

Royce Nilo | Wisconsin Wrestling

Hi, I'm Royce Nilo I am a junior here at University of Wisconsin and I wrestle I'd say the best advice I've been given by my coaches is uh you know, you're more than a wrestler You're more than who you are within the sport And uh being able to recognize yourself outside of it helps you kind of grow as a person within and without the sport What I focus most on in my training is, you know, being intentional and then, um, having fun with it, too Uh, you know, being able to create a space that you like to be in and actually look forward to coming to, like looking forward to coming to practice allows you to kind of focus more in on your stuff, and that's how you improve more I coach down at uh it's called Riley Training Center down in uh Milton, Wisconsin Uh we train from youth all the way up to high school Uh just helping kids out uh get better at their wrestling and um growing as a person So we have regular practices and then also being a mentor and being a role model for these youth Been doing it for few years now Uh we do it in season, out of season, and then also doing one-on-one or small group privates on the side My biggest challenge would be um actually falling out of love with the sport Uh I decided to, you know, not wrestle my sophomore year Just completely fell out of love and as I was just talking about uh not wanting to show up to practice, not being intentional with uh my wrestling So I took a took a year off and uh really stepped outside, tried to find myself and uh realized my love for the sport And when I came back, you know, being super intentional, making the sport fun again, and it's really helped me improve and grow tremendously as a wrestler Uh, looking back at the team that was there, uh, just a bunch of bunch of guys I see now in college wrestling and, you know, the trip was awesome Being able to tour France and stuff and then obviously winning out there was really cool someone in a town over He brought a bunch of kids from all over the state and uh brought them overseas to this big tournament in France It was uh youth wrestling and there was a you know tournament in France and it's really big tournament Brought a bunch of bunch of kids from all over the United States out there and we competed My recruitment process was um I actually trained with one of the assistant coaches, Seth Gross, who used to be here uh now he coaches out in um at a club, youth club in I think North Dakota But uh he was up in the room back where I was from and we were up there training uh training a long time And uh from there he got me up here for a visit and right when I stepped in the room and got to see everything that Madison had to offer I

knew it was it's where I wanted to be I love Wisconsin because it's it's close to home so I can, you know, stay uh next to my family, be involved in my little brother's wrestling Um, also love the school, uh, love the city, um, everything around it And then obviously the wrestling program and now being here, love it even more, uh, with all my teammates I've met, people I've met, and I love, uh, I love the growth I've been making competing at the college level, I feel it goes back to uh the practice room and surrounded by guys with um the same mindset of, you know, getting better and working towards that uh national championship as a team and we're all just striving to get better every day and going out and competing We're coming back to the room and uh tweaking and fixing little things that we need to and then we're going out as a team to go perform next week My major is personal finance and I balance my school and wrestling by, you know, sitting down and uh getting my school done and certain bits throughout the day Um like to split it up kind of in between my wrestling and lift and then after my lift, um give myself a few hours before going to bed Split it up in those two kind of time slots every uh throughout the week I see the NIL space as, you know, an opportunity for these college athletes to kind of get their name out there and just create more opportunities for themselves, uh, future- wise Um, I see it as, you know, doing brand deals as, uh, you get to meet more people and, um, like I said, get your name out there and for future post college, um, just creating more word of mouth about, uh, yourself to kind of get yourself uh, set up for the future Something I'd give to younger athletes looking to get scholarships is um, just enjoying the whole process, the highs and the lows um not getting too hard on yourself and uh realizing, you know, you're still someone outside of the sport Um that helped me myself, you know, truly find love to what I do Um knowing that I want to be doing it, that I have a choice to, you know, I can stop whenever I want to Um just makes the urge to go in the practice room and go compete even more um knowing that I want to do it and you know just not giving up on myself Uh I'm out here for a reason doing everything with a purpose Hey, I'm Royce Nilo I am a junior at the University of Wisconsin I wrestle and you can check me out on Next Level Prep