

# WYATT SULLIVAN | FAU FOOTBALL Ø<BÈ

<https://silosolo.com/482194>

## Summary

This Silo talks about the speaker's transition from playing basketball in high school to pursuing a football career in college. It also covers advice for kids going through the recruiting process, the importance of body health, and the lessons learned about building name, image, and likeness through social media presence.

## Silo sample questions

- What advice did the mentor give about pursuing sports?
- What advice would the speaker give to kids going through the recruiting process?
- What did the speaker learn about building name, image, and likeness?
- What would the speaker tell his younger self about the importance of his body?
- What was the main driving factor in choosing to play football over basketball?

## Topics

Sports

Recruiting

Name Image Likeness

Body Importance

Athlete Transition

## Key Takeaways

- The best advice a mentor gave was to stay the course, be confident, and not give up, as it carries over to whatever sports you play.
- The advice the speaker would give to kids going through the recruiting process is to ask tough questions about the program, not just the coach, and to focus on being the best in their sport rather than social media presence.
- The speaker learned that building name, image, and likeness requires consistency, authenticity, and being mindful of what is posted on social media.
- The speaker would tell his younger self to focus on eating healthier, stretching more, and working on mobility, emphasizing that the body is the most important thing that can be controlled.
- The main driving factor in choosing to play football over basketball was the realization of faster recruiting for football due to COVID and the limited spots on a basketball roster.

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