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<https://silosolo.com/729073>

## Summary

This Silo talks about the importance of attitude in the recruitment process, balancing social life and sports, the level of effort required to reach the D1 level, types of workouts in high school and college, and tips for staying motivated while pursuing athletic goals.

## Silo sample questions

- How important is attitude in the recruitment process?
- How can one balance social life and sports?
- How hard should one work to get to the D1 level?
- What should high school and college workouts look like?
- What are some tips for staying motivated?

## Topics

recruitment

attitude

balance

workouts

motivation

## Key Takeaways

- Attitude is one of the most important factors in the recruitment process, and having a positive and respectful attitude can significantly impact the outcome of the recruitment process.
- Balancing social life and sports requires sacrifice, understanding the priorities, and surrounding oneself with supportive friends who understand and appreciate the commitment to sports.
- The level of effort required to reach the D1 level is subjective and depends on individual talent, goals, and circumstances. It's important to understand one's pace, set goals, and work towards achieving them while avoiding comparisons with others.
- High school and college workouts should involve practicing and training with individuals who have similar or higher goals, as well as incorporating lifting weights and consistent effort to improve performance and physical strength.
- Staying motivated involves finding one's 'why' and maintaining consistency, as motivation may vary from day to day. Watching footage of oneself or admired athletes, creating a vision board, and understanding one's purpose in training and competition can help maintain motivation.

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