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<https://silosolo.com/147185>

## Summary

This Silo talks about the key factors to consider for high school athletes looking to play college sports, the challenges college athletes face and how they can overcome them, advice for young athletes looking to play college sports, the emphasis on the recruitment process for college sports, and insights for college athletes about the speaker's experience with the change in intensity, putting in extra work, and balancing school and sports.

## Silo sample questions

- What are the key factors to consider for high school athletes looking to play college sports?
- What challenges do college athletes face and how can they overcome them?
- What advice would the speaker give to young athletes looking to play college sports?
- What does the speaker emphasize about the recruitment process for college sports?
- What insights can college athletes gain from the speaker's experience?

## Topics

effort

technical abilities

mentality

recruitment process

balance

## Key Takeaways

- The key factors to consider for high school athletes looking to play college sports are effort, technical abilities, soccer IQ, fitness, mentality, resilience, attitude, mindset, and knowing what you're looking for when talking to coaches.

- College athletes face challenges such as the change in intensity, balancing school and sports, and managing time. They can overcome these challenges by putting in extra work, prioritizing their time, and staying focused on academics and sports.

- The speaker would advise young athletes to look at the bigger picture, understand that it's not all about soccer, prioritize academics, know what they want, and make it known to coaches. They should also control what they can by putting in effort and staying focused on their goals.

- The speaker emphasizes that the recruitment process requires knowing what you want, understanding the two-way nature of the process, and considering factors such as school location and study preferences. It's important to take everything into consideration and make it known to the coaches.

- College athletes can gain insights about the change in intensity from high school to college sports, the importance of putting in extra work, and the need to balance school and sports while staying focused and disciplined.

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