

# KAI TAMASHIRO | UNC SOCCER

<https://silosolo.com/282817>

## Summary

This Silo talks about the challenges of recruitment and athletic development, emphasizing the importance of focusing on the controllable, recovery, consistency, showcasing uniqueness in recruitment, and prioritizing campus environment when choosing a college.

## Silo sample questions

- What's the importance of focusing on the controllable?
- Why is recovery and consistency important in sports?
- What's the significance of showcasing what makes you different in recruitment?
- What should athletes prioritize when choosing a college?
- What's the advice for aspiring athletes in dealing with recruitment challenges?

## Topics

Recruitment

Athletic Development

College Selection

## Key Takeaways

- Focusing on the controllable is emphasized to avoid getting discouraged and to let the rest happen naturally.
- Recovery and consistency are crucial in sports to allow athletes to keep getting better and make themselves more available for opportunities.
- In recruitment, it's important to highlight what makes you different and unique as a prospect.
- When choosing a college, athletes should prioritize not only the sports program but also the overall campus environment and their comfort and enjoyment while off the field.
- Aspiring athletes are advised to focus on what they can control, create a good highlight reel, and not get discouraged by the lack of immediate response from coaches.

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