

# Cara Simpson | FAU Track & Field

<https://silosolo.com/350177>

## Summary

This Silo talks about the importance of training and putting in a lot of effort in sports, valuable advice in not comparing oneself to others, overcoming challenges with injuries, approaching recruitment by being a walk-on and earning a scholarship, and balancing academics and athletics with a focus on academics as a priority.

## Silo sample questions

- How did the speaker focus on improving in their sport?
- What advice did the speaker receive and find valuable in their sport?
- What challenges did the speaker face in their athletic journey?
- How did the speaker approach recruitment and what advice did they give to others going through the recruitment process?
- How did the speaker balance academics and athletics, and what advice did they give in this area?

## Topics

Training

Advice

Injuries

Recruitment

Academics

## Key Takeaways

- The speaker focused on improving by putting in a lot of reps for each practice and giving 100 and 10% effort every time they went out to practice. They emphasized that this effort separates them from the competition and anyone else trying to get recruited.
- The speaker found valuable advice in not comparing oneself to what is on paper, such as comparing personal records with others. They emphasized the importance of focusing on one's own performance and abilities rather than comparing to others.
- The speaker faced challenges with injuries, which they described as a hit or miss that comes with the game. They highlighted the importance of overcoming injuries by tapping into mental focus and patience.
- The speaker approached recruitment by initially being a walk-on for their current college and later earning a scholarship through hard work and ambition. They advised others to give their all every day, separate themselves from the crowd, and show coaches their unique qualities.
- The speaker prioritized academics and emphasized the importance of organizational skills in balancing athletics and academics. They stressed that academics are crucial for an athlete's journey.

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