

Zoë Bormet | Michigan Field Hockey

<https://silosolo.com/189682>

Summary

This Silo talks about Zoe Bemet's experiences as a field hockey player, including the advice she receives from mentors, the challenges faced by field hockey players in the US, her approach to the college selection process, advice for younger athletes, and her key learning about field hockey at the college level.

Silo sample questions

- What advice does Zoe Bemet receive from her mentors, and how does it impact her decisions?
- What are some challenges faced by field hockey players in the US, and how does Zoe Bemet address these challenges?
- How does Zoe Bemet approach the college selection process, and what factors does she consider?
- What advice does Zoe Bemet have for younger upcoming athletes, especially female athletes?
- What key learning does Zoe Bemet share about field hockey at the college level?

Topics

Advice

Challenges

College Selection

Athlete Advice

College-Level Field Hockey

Key Takeaways

- Zoe Bemet receives advice from her dad to only do things that she loves and is passionate about, advice from her mom to prioritize intelligence and education, and feedback from her club coach given with love. These advices have influenced her decisions to invest in things she loves, prioritize education, and recognize feedback given with love.

- Field hockey players in the US face challenges of underdeveloped sport, lack of access to facilities and expensive turf. Zoe Bemet addresses these challenges by seeking extra opportunities to play, training in her backyard and garage, and actively participating in the recruitment process to find opportunities to play.

- Zoe Bemet approaches the college selection process by evaluating academic rigor, athletic rigor, and the community and environment of the university. She values being in a happy environment and considers the community and environment beyond just the sport and academics.

- Zoe Bemet advises younger upcoming athletes, especially female athletes, to own their space, find their voice, amplify it, and hold their ground. She encourages them to prioritize their own space and assert themselves.

- Zoe Bemet shares that field hockey at the college level is not stagnant and requires fluidity and adaptability. She emphasizes the complexity of the game and the need to understand the various components of positions, which leads to more opportunities for big plays.

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