

Sierra Kondo | Maryland Gymnastics

<https://silosolo.com/281700>

Summary

This Silo talks about the speaker's journey in gymnastics, overcoming mental blocks, and managing mental health. It also discusses standing out in college gymnastics recruitment, balancing academics and sports, and the opportunities the speaker had with NIL deals in college.

Silo sample questions

- How did the speaker overcome mental blocks in gymnastics?
- What advice did the speaker give on managing mental health?
- How did the speaker stand out as a recruit for college gymnastics?
- How did the speaker balance academics and sports?
- What opportunities did the speaker have with NIL deals in college?

Topics

Gymnastics

Mental Health

Recruitment

Academic Balance

NIL Deals

Key Takeaways

- The speaker overcame mental blocks in gymnastics by trusting the process, remaining positive, and not being too hard on herself. She continued to push through and give her best effort, knowing that it would take her where she needed to go.
- The speaker advised using resources, such as sports psychologists and having a close relationship with coaches, to ensure good mental health. She emphasized the importance of prioritizing mental health as it affects performance.
- The speaker stood out as a recruit by being herself, showcasing her big, open personality and positivity. The Maryland coach recognized that her personality would fit perfectly with the school's culture.
- The speaker balanced academics and sports by utilizing every moment of free time to work on school assignments and getting ahead. While majoring in neurobiology, she emphasized the importance of managing time effectively while allowing for some personal time.
- The speaker had the opportunity for NIL deals, where she established her brand and worked with various brands, including Steve Madden and Cava. She also collaborated with the team for coaching appearances and worked with a brand for hair products.

[Click here for the full transcript](#)

[Click here for the source](#)