

Bianca Giglio | Youngstown State Volleyball

<https://silosolo.com/354880>

Summary

This Silo talks about Bianca Giglio, a member of the Youngstown State women's volleyball team. She shares personal goals, advice for younger athletes, challenges faced, and important values and skills that she focuses on. Bianca discusses the importance of balancing academics and volleyball, the challenges of the transfer portal, and the significance of giving 100% every day.

Silo sample questions

- What are the key personal goals of Bianca Giglio?
- How does Bianca Giglio balance academics and volleyball?
- What advice does Bianca Giglio have for younger athletes?
- What challenges did Bianca Giglio face and how did they help her grow?
- What are some of the important values and skills that Bianca Giglio focuses on?

Topics

Personal Goals

Balancing Academics

Advice for Younger Athletes

Challenges and Growth

Values and Skills

Key Takeaways

- Bianca Giglio's personal goals include making the Horizon League tournament, getting her MBA, and playing professional volleyball in Europe for a season or two.
- Bianca Giglio balances academics and volleyball through time management, which is important for staying successful and in the right headspace.
- Bianca Giglio advises younger athletes to keep working hard, trust the process, give 100% every day, stay focused, and have fun while doing it.
- Bianca Giglio faced the challenge of the transfer portal, which helped her grow as an athlete and a person, and led her to create important relationships in and outside of volleyball.
- Bianca Giglio focuses on consistency, serving, shots, being disciplined on defense, growth, patience, time management, persistence, and being a vocal leader.

[Click here for the full transcript](#)

[Click here for the source](#)