

Kaitlyn Eger | Youngstown State Track & Field

<https://silosolo.com/648692>

Summary

This Silo talks about a student athlete's experience as a pole vaulter at Youngstown State University. The speaker discusses advice from mentors and coaches, balancing academics and athletics, the recruitment process, overcoming challenges, and valuable advice for younger athletes.

Silo sample questions

- How does the speaker balance academics and athletics?
- What advice does the speaker receive from mentors and coaches?
- What is the speaker's biggest challenge and how is she working on overcoming it?
- How does the speaker describe her recruitment process to YSU?
- What does the speaker emphasize as the main thing for younger athletes?

Topics

Athletics

Academics

Recruitment

Mentorship

Challenges

Key Takeaways

- The speaker balances academics and athletics by staying organized and using athletics as an outlet for balance and time management.
- The speaker receives advice to keep pushing, follow dreams, stay disciplined, and focus on staying technically sound.
- The speaker's biggest challenge is staying mentally tough. She is working on overcoming it by staying consistent with activities like yoga, meditation, journaling, and seeking support from teammates.
- The speaker describes her recruitment process as initially resistant, but ultimately choosing YSU due to finding a coach that blended well with her.
- The speaker emphasizes the importance of consistent improvement, balancing academics, and the value of experiences and networking in addition to sports.

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