

Matthew Reardon | Youngstown State Football

<https://silosolo.com/861167>

Summary

This Silo talks about the importance of consistent hard work and dedication in sports, prioritizing mobility and flexibility in training, facing challenges in football career, earning a scholarship through dedication and versatility, and future plans of pursuing an MBA and becoming a pilot in the Air Force while being a positive role model.

Silo sample questions

- What is the best advice Matthew received throughout his career?
- What are the main concerns for Matthew at this point in his career?
- What challenges did Matthew face in his football career?
- What led to Matthew earning a scholarship at Youngstown State University?
- What are Matthew's future plans after graduating from college?

Topics

Work Ethic

Flexibility

Challenges

Earning Scholarship

Future Plans

Key Takeaways

- Put your head down and work, focusing on consistent hard work and dedication.
- Focusing more on mobility and flexibility due to aging and prioritizing these aspects in his training regimen.
 - Facing a period of falling out of love with the sport, transferring to rediscover his passion, and dealing with the impact of coaches' transitions.
 - Dedication to improving his skills, working two jobs to pay for school, and demonstrating valuable versatility in his football abilities.
 - Pursuing an MBA, aiming to become a pilot in the Air Force, and aspiring to be a positive role model for youth and fans.

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