

# Siena Meyer | UCLA Soccer

<https://silosolo.com/306480>

## Summary

This Silo talks about Sienna Meyer's experiences in women's soccer, including challenges faced, recruitment advice, factors to consider when picking a school, the impact of playing at the college level, and advice for younger high school players.

## Silo sample questions

- How did Sienna Meyer handle the challenges in her soccer career?
- What advice would Sienna Meyer give to high schoolers trying to make themselves known to coaches before June 15th of their sophomore and junior year?
- What are the most important factors to consider when picking a school for recruitment according to Sienna Meyer?
- How did playing at the college level improve Sienna Meyer as a player?
- What is Sienna Meyer's advice for younger high school players trying to go to the college level?

## Topics

recruitment advice

soccer challenges

playing at college level

school picking factors

advice for high school players

## Key Takeaways

- Sienna Meyer faced challenges like a broken ankle injury and COVID-19 quarantine but used these challenges to appreciate the sport more and improve as a player. She valued the recovery process from the injury and found ways to train during the quarantine period.

- Sienna advises high schoolers to reach out to coaches, email them their showcase and season schedules, post clips on social media, and attend ID camps of schools they are interested in to get noticed before June 15th.

- The most important factors to consider when picking a school for recruitment, according to Sienna Meyer, are the quality of the people at the school, the location and campus, and the academics offered.

- Playing at the college level improved Sienna Meyer as a player by teaching her deeper levels of the game, challenging her speed of play and thought, and helping her improve tactically and technically.

- Sienna's advice for younger high school players trying to go to the college level is to trust the path they are on, believe that the decisions made about them are meant to be, and not worry because they will end up where they are supposed to be.

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