

Layla Armas | UCLA Soccer

<https://silosolo.com/923737>

Summary

This Silo talks about Layla Armas' experience as a women's soccer player at UCLA. It covers topics such as the recruiting process, overcoming injuries and challenges, balancing soccer and academics, embracing feminine athleticism, and growing social media. Layla provides valuable advice on persistence in the recruiting process, maintaining a growth mindset during injuries, planning and organization for balancing schedules, and being authentic and confident while embracing feminine athleticism and growing a social media platform.

Silo sample questions

- What advice does Layla offer to high school athletes in the recruiting process?
- How does Layla approach overcoming injuries as an athlete?
- What key takeaway does Layla share about balancing soccer and academics at UCLA?
- What does Layla emphasize about embracing feminine athleticism and being a positive role model?
- How does Layla advise athletes to approach growing their social media platform?

Topics

Recruiting Process

Overcoming Injuries

Balancing Schedule

Feminine Athleticism

Social Media Growth

Key Takeaways

- Layla advises high school athletes to be persistent in reaching out to coaches, sending them film, and attending ID camps to get noticed by colleges they are interested in. She encourages them to be vocal, work hard, and show coaches that they can be developed into something more than what they are right now.

- Layla maintains a growth mindset when facing injuries and focuses on other aspects of her game such as rehab, nutrition, and film analysis. She emphasizes that even when injured, there is always something an athlete can do to improve and grow.

- Layla stresses the importance of planning ahead and using organizational tools like the Teamworks app to manage her schedule. She emphasizes the need for awareness of the week's plans and uses her calendar to stay organized.

- Layla strives to impact the game on a positive scale for women's athletes by embracing feminine athleticism and being a positive role model for her community. She aims to connect with her audience and show that women can be both beautiful and strong in sports.

- Layla advises athletes to be authentic, not care about others' criticism, and post everything as content. She encourages them to have fun with social media, post about their daily life, and be themselves in order to grow their platform.

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