

# Alana Embry | USC Beach Volleyball

<https://silosolo.com/280602>

## Summary

This Silo talks about a beach volleyball player's journey, including challenges faced, advice for high schoolers considering college athletics, and her goals for the 5th year at USC. The player transitioned from indoor volleyball to beach volleyball and offers insights into the mental and physical aspects of the sport. She advises high schoolers about the transfer portal and emphasizes the importance of pursuing personal happiness. Additionally, the speaker discusses her aspirations to win a national championship and pursue a master's degree in entrepreneurship at USC.

## Silo sample questions

- What advice has the speaker received from a mentor?
- What challenges has the speaker overcome in her volleyball journey?
- What advice does the speaker give to high schoolers considering college athletics?
- What are the speaker's goals for her 5th year at USC?
- Why did the speaker choose USC for her last year of college athletics?

## Topics

Volleyball

Transition

Advising

Goals

College Choice

## Key Takeaways

- The best advice given by a mentor is to work towards the person one wants to be when they graduate, emphasizing that there's life outside of volleyball.
- The speaker overcame a tear in her right shoulder, underwent rehab and recovery, and transitioned from indoor volleyball to beach volleyball after facing personal issues at a previous university.
- The speaker advises high schoolers that nothing is set in stone with the transfer portal and encourages students to go for a transfer if they are not happy at their current college.
- The speaker aims to win a national championship in beach volleyball and plans to pursue a master's degree in entrepreneurship while taking advantage of USC's business program.
- The speaker chose USC for its prestigious academics, successful volleyball program, and legendary coaches, aiming to be a part of the USC family for her last year.

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