

Royce Nilo | Wisconsin Wrestling

<https://silosolo.com/121435>

Summary

This Silo talks about Royce Nilo's personal experience as a wrestler, balancing school and wrestling, facing challenges, the NIL space and its opportunities, and the advice he would give to younger athletes looking to get scholarships.

Silo sample questions

- What did Royce Nilo learn from his coaches that he considers important?
- How does Royce Nilo balance his school and wrestling?
- What does Royce Nilo see as the biggest challenge in his wrestling journey?
- How does Royce Nilo view the NIL space and the opportunities it provides for college athletes?
- What advice would Royce Nilo give to younger athletes looking to get scholarships?

Topics

Wrestling

Balancing

Challenges

NIL Space

Advice

Key Takeaways

- Royce Nilo learned from his coaches that he is more than just a wrestler and should recognize himself outside of the sport, which helps him grow as a person within and without the sport.

- Royce Nilo balances his school and wrestling by splitting his time between school work and wrestling and lifting throughout the week, giving himself a few hours after his lift before going to bed.

- Royce Nilo's biggest challenge was falling out of love with the sport, which led him to take a year off. He had to rediscover his love for the sport and be intentional with his training to improve and grow as a wrestler.

- Royce Nilo views the NIL space as an opportunity for college athletes to get their name out there, create more opportunities for themselves, and do brand deals to set themselves up for the future.

- Royce Nilo advises younger athletes to enjoy the whole process, including the highs and lows, not be too hard on themselves, and realize that they are still someone outside of the sport. This approach helped him find love for what he does and stay committed to his sport.

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