

# REAL AND RAW PODCAST with AGENT 0 | EPISODE 3 | TRINITY ROSSUM

<https://silosolo.com/375422>

## Summary

This Silo discusses Trinity's experience in track and field, including the challenges of being a college athlete and the transition from the South to LA. Trinity also shares her aspirations to go pro in track and pursue a career in sports broadcasting. Additionally, the conversation touches on long-distance relationships, highlighting the challenges and toxic behaviors associated with them.

## Silo sample questions

- What does it take to be a college track and field athlete?
- How was the transition from the South to LA?
- What are the main topics of the conversation?
- What are Trinity's career aspirations after college?
- How does the conversation touch on long-distance relationships?

## Topics

Transition

Track and Field

Sports Broadcasting

Long-Distance Relationships

## Key Takeaways

- Being focused is important, and LA offers distractions that can be challenging to navigate. Adversity can also be a part of the experience, requiring resilience and determination.
- The transition was described as a bit of a culture shock, with contrasts in mannerisms, morals, mentalities, and environment. Trust and genuineness were highlighted as differences between people in the South and LA.
- The conversation covers experiences in track and field, the transition from the South to LA, insight into sports broadcasting aspirations, and a quiz on football.
- Trinity aspires to go pro in track and field and pursue a career in sports broadcasting, specifically in football and possibly basketball.
- Trinity shares a personal experience with a long-distance relationship, highlighting distrust and toxic behavior in the relationship.

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