Suits & Scrubs: The Surgeon Sessions Podcast Episode #0024: Jason Mays with guest Chase Bentley Transcript

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Introduction and Podcast Purpose

So, we have Jason Mays with us here So, we have Jason Mays with us here today and um we kind of got together and today and um we kind of got together and Rich out. We want to be on a podcast for Rich out. We want to be on a podcast for two reasons. Uh one is we both like to two reasons. Uh one is we both like to talk. Second is we go to the same barber talk. Second is we go to the same barber and and >> [laughter] >> uh you sent me uh you know some intro of >> uh you sent me uh you know some intro of what you're doing right now. So I want what you're doing right now. So I want to spend the the first little bit of to spend the the first little bit of what we're doing. So you can just tell what we're doing.

Jason's Coaching Journey and Philosophy

So you can just tell people like okay I thought you were people like okay I thought you were coaching at Ashlin. What happened to you coaching at Ashlin. What happened to you since then?

since then? You know, I'm a prideful man, and that You know, I'm a prideful man, and that is my uh you know, it's a it's a is my uh you know, it's a it's a prideful comment to say what your prideful comment to say what your biggest sin is even, but I I biggest sin is even, but I I [clears throat] think my biggest sin is [clears throat] think my biggest sin is pride. And um I know the heart that I pride. And um I know the heart that I have inside of me, Jason, and and I have inside of me, Jason, and and I didn't intend to go down this road, but didn't intend to go down this road, but I'm just feeling led to right now. Um I I'm just feeling led to right now. Um I know I know the heart is inside of me. I know I know the heart is inside of me. I know my family and I know my why of all know my family and I know my why of all these years that I've coached, these years that I've coached, especially the last six years. I was a especially the last six years. I was a high school coach, four at Ashlin and high school coach, four at Ashlin and two at McGomery County. And it was to two at McGomery County. And it was to invest in young people because of a invest in young people because of a god-given ability that had to run and god-given ability that had to run and jump and bounce and shoot a basketball.

jump and bounce and shoot a basketball. And how cool can it how cool is it for a And how cool can it how cool is it for a kid to learn discipline and kid to learn discipline and responsibility?

responsibility? responsibility? um understand when a great opportunity um understand when a great opportunity becomes a great responsibility that aha becomes a great responsibility that aha moment in a young person's life is a moment in a young person's life is a powerful shift and to be there every powerful shift and to be there every step of that progress I mean not many step of that progress I mean not many people can have a vocation where they're people can have a vocation where they're making that kind of having that kind of making that kind of having that kind of impact on young people impact on young people Graham once said that a coach will have Graham once said that a coach will have more impact on a young person than a more impact on a young person than a pastor ever will and there's a lot of pastor ever will and there's a lot of truth to that statement truth to that statement And so I've I've loved what I've done And so I've I've loved what I've done for 29 years coaching, for 29 years coaching, but uh I'm a rule breaker. And I don't but uh I'm a rule breaker. And I don't mean that. Um mean that. Um >> not a chain breaker, right?

>> not a chain breaker, right? >> Yeah. I I I I um >> Yeah. I I I I um the pride in me thinks that the pride in me thinks that if something just really doesn't make if something just really doesn't make sense and somebody can benefit from sense and somebody can benefit from doing what does make sense then just do doing what does make sense then just do what makes sense.

what makes sense. But you know if common sense was so But you know if common sense was so common you

know um common you know um and so I I've I I you know at Ashley I and so I I've I I you know at Ashley I got caught with my hand in the cookie got caught with my hand in the cookie jar. Um, I never have, jar. Um, I never have, Jason, I never have, Dr. Hunt, I've Jason, I never have, Dr. Hunt, I've never have, um, played the role of a never have, um, played the role of a victim in any, you know, any of my victim in any, you know, any of my run-ins with KHSA. Uh, you you can never run-ins with KHSA. Uh, you you can never find a social media post authored by find a social media post authored by myself where I was arguing my case, myself where I was arguing my case, where I was um saying, "But everybody's where I was um saying, "But everybody's doing it." Um, where I was justifying doing it." Um, where I was justifying things, and I'm really proud of that. I things, and I'm really proud of that. I shut up is what I did, which is not easy shut up is what I did, which is not easy for me to do. Um, and then so at Ashton, for me to do. Um, and then so at Ashton, we went we went 99 games in four years, we went we went 99 games in four years, you know, Dr. Hunt and had several kids you know, Dr. Hunt and had several kids go on to play at the next level on go on to play at the next level on scholarship. Um, which impacts a family, scholarship. Um, which impacts a family, you know. Um, you know. Um, and we had several kids that um came to and we had several kids that um came to salvation in their walk with the Lord salvation in their walk with the Lord because of how we ran our program and because of how we ran our program and our leadership development sessions and our leadership development sessions and our team devotions and our coachled our team devotions and our coachled devotions, our player devotions. You devotions, our player devotions. You know, we also grinded the heck out of know, we also grinded the heck out of them and made them get three stops in a them and made them get three stops in a row most of the time and practiced hard row most of the time and practiced hard and we lifted hard and we were uncommon and we lifted hard and we were uncommon in our effort and it worked. I ran it in our effort and it worked. I ran it like a small college program cuz that's like a small college program cuz that's all I knew. 20 years coaching at all I knew. 20 years coaching at Georgetown College, Vadosa State, Georgetown College, Vadosa State, Kentucky Westland, those are all small Kentucky Westland, those are all small college programs. Junior college prep college programs. Junior college prep school, all those places I had stops at, school, all those places I had stops at, you know, that's all I knew. And so that you know, that's all I knew. And so that was the model I applied to high school was the model I applied to high school and I didn't know it at the time, Dr.

and I didn't know it at the time, Dr. Hunt, but that was not a common model. Hunt, but that was not a common model. Well, it makes sense now because there's Well, it makes sense now because there's not a lot of high school coaches that not a lot of high school coaches that come from a college background. Yeah.

come from a college background. Yeah. >> Okay. >> Okay. >> Okay. >> Well, think about it. Let me pause you >> Well, think about it. Let me pause you for one second. Did you ever have a time for one second. Did you ever have a time where you sat down with parents and said where you sat down with parents and said to have the permission to coach your to have the permission to coach your kid?

kid? kid? >> So, I'm going to answer >> So, I'm going to answer >> when I say coach, I don't mean I'm your >> when I say coach, I don't mean I'm your coach. You know what I'm saying?

coach. You know what I'm saying? >> I'm going to answer your question with >> I'm going to answer your question with with a a background. Mike Matheni was with a a background. Mike Matheni was played for the St. Louis Cardinals. Um, played for the St. Louis Cardinals. Um, managed the St. Louis Cardinals. He got managed the St. Louis Cardinals. He got out when he retired before he went back out when he retired before he went back into managing, he coached his son's 13 into managing, he coached his son's 13 travel baseball team. And he was like, travel baseball team. And he was like, "Oh my goodness, are you serious? This "Oh my goodness, are you serious? This is how parents are, you know." And he's is how parents are, you know." And he's like, "I was only in a number of Major like, "I was only in a number of Major League Baseball All-Star games, you League Baseball All-Star games, you know. You think they would trust me?" know. You think they would trust me?" No. You know, and so he wrote this No. You know, and so he wrote this thing. You can you can Google it. It's a thing. You can you can Google it. It's a I think it's an ebook now. It's like 13 I think it's an ebook now. It's like 13 pages. It's called the Matheni Manifesto pages. It's called the Matheni Manifesto and it's just his thinking out loud and it's just his thinking out loud about perspective with youth sports about perspective with youth sports parents.

parents. parents. That document made so much sense to me. That document made so much sense to me. I would encourage every coach to get on I would encourage every coach to get on the internet and read it. And it said the

internet and read it. And it said things like DNA doesn't lie. [snorts] things like DNA doesn't lie. [snorts] >> Fair.

>> Fair. >> Fair. >> You know, >> You know, >> my wife says that about my son >> my wife says that about my son [laughter] for some reason. Uh, you [laughter] for some reason. Uh, you know, it's unfair for you to expect your know, it's unfair for you to expect your child to be better than you were.

child to be better than you were. Uh, you know, there's some exceptions, Uh, you know, there's some exceptions, but like that's a pretty good but like that's a pretty good point of homeostasis as a sports parent.

point of homeostasis as a sports parent. Work hard. If you get past where I was, Work hard. If you get past where I was, it's all gravy, you know. It's all it's all gravy, you know. It's all gravy. There's there's things in there gravy. There's there's things in there about, you know, your son is not an about, you know, your son is not an investment um portfolio. You should not investment um portfolio. You should not seek an ROI, return on investment. And seek an ROI, return on investment. And so what we're seeing, especially in so what we're seeing, especially in basketball today, is basketball today, is more investment made in your son's or more investment made in your son's or daughter's development is actually at daughter's development is actually at the end of the day only more money the end of the day only more money spent.

spent. spent. >> Yeah. >> Yeah. >> Yeah. >> And so there was a lot of great common >> And so there was a lot of great common sense things that he said in that. And sense things that he said in that.

Coaching Impact, Leadership, and Program Building

And so, yes, I when I became a high school so, yes, I when I became a high school coach, I had three open parent meetings coach, I had three open parent meetings a year and I had a policy of open a year and I had a policy of open practices.

practices. practices. Parents could come to any practice they Parents could come to any practice they wanted to because I didn't have anything wanted to because I didn't have anything to hide. I don't I don't curse and to hide. I don't I don't curse and berate kids. Um, I get stern with kids, berate kids. Um, I get stern with kids, change your voice tone. U, but that's change your voice tone. U, but that's all you got to do. You don't have to all you got to do. You don't have to cuss. You don't have to demean kids. And cuss. You don't have to demean kids. And so, there was nothing to hide. So, we we so, there was nothing to hide. So, we we were very transparent in how we handled were very transparent in how we handled money with our booster clubs. I mean, money with our booster clubs. I mean, that was another thing that was a that was another thing that was a disruptor. You know, we were raising disruptor. You know, we were raising $100,000 a year as a high school program $100,000 a year as a high school program just for basketball and our booster just for basketball and our booster clubs, but we did things no one has ever clubs, but we did things no one has ever done before. Well, you know, that makes done before. Well, you know, that makes administr administrators nervous, administr administrators nervous, >> you know. Um, and so I felt like I was >> you know. Um, and so I felt like I was always having to apologize for investing always having to apologize for investing in our kids.

in our kids. >> Yeah. >> Yeah. >> Yeah. >> But yo, I always met with parents and uh >> But yo, I always met with parents and uh I said, "Look, they're high school kids.

I said, "Look, they're high school kids. They live under your roof. They're They live under your roof. They're account under your roof. They're they account under your roof. They're they eat your food. They're in your under eat your food. They're in your under your insurance plan. Um, I get this. I'm your insurance plan. Um, I get this. I'm a parent, too.

a parent, too. Um, but I don't come to your CPA firm Um, but I don't come to your CPA firm that you work at and tell you and second that you work at and tell you and second guess how you did a tax filing.

guess how you did a tax filing. to quote the to quote the gate uh the to quote the to quote the gate uh the great Rodney Carrington the comedian great Rodney Carrington the comedian >> I don't come at your place of work and

>> I don't come at your place of work and throw rocks at you when you're mowing throw rocks at you when you're mowing you know and so I I I gave them you know and so I I I gave them perspective and I had to prove to them perspective and I had to prove to them that my experience was worthy of of that my experience was worthy of of [clears throat] trusting so parents are [clears throat] trusting so parents are the problem and the solution in in in the problem and the solution in in in high school sports. Um but part B of high school sports. Um but part B of that is the coach has to be trusted but that is the coach has to be trusted but the the coach needs to be trusted but the the coach needs to be trusted but the coach has to be trustworthy.

the coach has to be trustworthy. >> Yeah. >> Yeah. >> Yeah. >> You know and so that's u is that >> You know and so that's u is that demonstrating performance you think?

demonstrating performance you think? >> Do you think how how was that >> Do you think how how was that transition? Let's just go back to first transition? Let's just go back to first year at Ashlin year at Ashlin >> when you're like well we we didn't get >> when you're like well we we didn't get coached like this in the pre I don't coached like this in the pre I don't know the previous coach so I'm not know the previous coach so I'm not saying they didn't but we didn't get saying they didn't but we didn't get coached like this. This wasn't how our coached like this. This wasn't how our practice ran. This wasn't this and that.

practice ran. This wasn't this and that. Like was it demonstrated performance? Like was it demonstrated performance? Does it get easier through time or was Does it get easier through time or was just like it's always a grind?

just like it's always a grind? >> Winning helps. >> Winning helps. >> Yeah. >> Yeah. >> Yeah. >> Um, for sure that's an interesting >> Um, for sure that's an interesting question. Uh, but more interesting, you question. Uh, but more interesting, you brought in the first team at Ashlin. So, brought in the first team at Ashlin. So, we went to state tournament that year.

we went to state tournament that year. Um, we were a 500 team going uh into the Um, we were a 500 team going uh into the district tournament. Not a very good district tournament. Not a very good basketball team. We had one talented basketball team. We had one talented kid. He ended up playing in Alice Lloyd.

kid. He ended up playing in Alice Lloyd. And um, [clears throat] And um, [clears throat] and he's he's a great young man. very and he's he's a great young man. very proud of Devonte, but I kicked two kids proud of Devonte, but I kicked two kids off the team.

off the team. Um, Um, Um, after No, I kicked two kids. Yeah, after No, I kicked two kids. Yeah, after. No, after the district after. No, after the district tournament.

tournament. tournament. >> Okay. >> Okay. >> Okay. >> Okay. We got beat by Boyd County. It was >> Okay. We got beat by Boyd County. It was either before or after, I can't either before or after, I can't remember. I last it was a last remember. I last it was a last possession. It was a block charge called possession. It was a block charge called referee made the right call but it he referee made the right call but it he called a block on Ethan Hudson who ended called a block on Ethan Hudson who ended up playing at transit and I thought it up playing at transit and I thought it was a charge at the time obviously and was a charge at the time obviously and it it impacted the game. Okay.

it it impacted the game. Okay. >> And they they beat us in the district >> And they they beat us in the district championship and so we were not very championship and so we were not very good but um we had some players that good but um we had some players that made some poor decisions on social media made some poor decisions on social media after that game and I had to hold them after that game and I had to hold them accountable for that and no one prior to accountable for that and no one prior to me had done that with these kids. And so me had done that with these kids. And so when I suspended them for the regional when I suspended them for the regional tournament, the parents and the kids tournament, the parents and the kids of the kids that were making the right of the kids that were making the right decisions ultimately really quickly decisions ultimately really quickly respected that decision.

respected that decision. >> Okay. >> Okay. >> Okay. >> So the kids started buying into what we >> So the kids started buying into what we were doing finally.

were doing finally. >> Yeah. >> Yeah. >> Yeah. >> Okay. >> Okay. >> Okay. >> Um but it took some discipline >> Um but it took some discipline um subtra uh addition by subtraction for um subtra uh addition by subtraction for that to be the case. And then we win that to be the case. And then we win them. We beat Boy Canyon by 16 with a them. We beat Boy Canyon by 16 with a bunch of freshmen.

bunch of freshmen. Um we go to RUP play Owensboro who had Um we go to RUP play Owensboro who had won like 25 games that year and we went won like 25 games that year and we went we beat them. So we are the worst we beat them. So we are the worst history in the history of Elite 8 history in the history of Elite 8 basketball the HSA state tournament basketball the HSA state tournament >> and then the next year we go undefeated.

>> and then the next year we go undefeated. Next year we go the uh final four and we Next year we go the uh final four and we go to state tournament that the fourth go to state tournament that the fourth year as well. cut lightning in a bottle year as well. cut lightning in a bottle and uh so the model worked and so this and uh so the model worked and so this is not why we're on here tonight but you is not why we're on here tonight but you know people parents want their kids to know people parents want their kids to be a part of that.

be a part of that. >> Yeah. >> Yeah. >> Yeah. >> So yeah they pick up the phone and they >> So yeah they pick up the phone and they text you and they call you about text you and they call you about transferring. Um and I just had to have transferring. Um and I just had to have the parent that wanted to record a phone the parent that wanted to record a phone call. Fair, call. Fair, >> you know. So >> you know. So >> well I I'll tell you this and we've >> well I I'll tell you this and we've never said this together. I'll tell you never said this together. I'll tell you right now, like the way that you right now, like the way that you approached um approached um no one would believe that you would go no one would believe that you would go to the podcast at McGomery County and to the podcast at McGomery County and talk to those guys like they were like, talk to those guys like they were like, "Is he showing up? Like, is he coming?" "Is he showing up? Like, is he coming?" Like, Like, Like, >> and so I thought that uh spoke very >> and so I thought that uh spoke very highly of of your character to show up highly of of your character to show up and be like, and you said, "Y'all got and be like, and you said, "Y'all got any questions?" [laughter] And they were any questions?" [laughter] And they were like, "Well, yeah, everyone has like, "Well, yeah, everyone has questions. Like, what does like who's questions. Like, what does like who's who's leading practice right now?" who's leading practice right now?" [laughter] [laughter] [laughter] Um, and so yeah, Um, and so yeah, >> no one knew at that time.

>> no one knew at that time. >> Yeah. No one knew. And so, um, I always >> Yeah. No one knew. And so, um, I always respected that that like you said, you respected that that like you said, you weren't running from anything. It's weren't running from anything. It's like, and you sat down at the podcast.

like, and you sat down at the podcast. It's kind of a somber thing and in some It's kind of a somber thing and in some ways uh, an emotional time for you ways uh, an emotional time for you because it's like it's all fresh. It's a because it's like it's all fresh. It's a fresh wound. It's not even a scab yet.

fresh wound. It's not even a scab yet. >> Well, you love those kids, man. >> Well, you love those kids, man. >> Exactly. And that's the point I was >> Exactly. And that's the point I was getting to is like the investment that getting to is like the investment that you put in. Um, every coach you put in. Um, every coach um that I've talked to talks about um that I've talked to talks about coaches paydays and it's not necessarily coaches paydays and it's not necessarily winning a district championship or winning a district championship or taking the worst team in to the final taking the worst team in to the final eight or u but it's when your kiddo gets eight or u but it's when your kiddo gets married that you've been coaching or married that you've been coaching or when your kiddo has a kiddo who's when your kiddo has a kiddo who's playing again and all of a sudden you playing again and all of a sudden you know how old you're getting and you know how old you're getting and you start seeing second generations of start seeing second generations of people you coach. But th those are the people you coach. But th those are the paydays when they invite you to their paydays when they invite you to their wedding or they are also send you a text wedding or they are also send you a text message at 2 am and they need to talk to message at 2 am and they

need to talk to someone and all the stuff that um we someone and all the stuff that um we make rules about now and and I've said make rules about now and and I've said this publicly many many times. The idea this publicly many many times. The idea that a head coach can't communicate with that a head coach can't communicate with their players is completely insane.

their players is completely insane. >> Mhm. >> Mhm. >> Mhm. >> U now I understand there's bad actors >> U now I understand there's bad actors and I understand there needs to be and I understand there needs to be roadblocks and and how do you get bad roadblocks and and how do you get bad people out of the system, but who are people out of the system, but who are you going to call when you need you going to call when you need somebody? And if you've been through somebody? And if you've been through that system and you've had a coach who that system and you've had a coach who would pour out their heart and soul for would pour out their heart and soul for you, um, who would you text or who would you, um, who would you text or who would you call? And, um, we need to fix that.

you call? And, um, we need to fix that. And I don't know how we're going to fix And I don't know how we're going to fix it. And I don't care how we're going to it. And I don't care how we're going to fix it. It needs to be different. And fix it. It needs to be different. And then if you have the privilege, you then if you have the privilege, you know, the player's not forced to text know, the player's not forced to text you. No one said, "Oh, you got to text you. No one said, "Oh, you got to text your coach." It's someone they trust.

your coach." It's someone they trust. It's someone that's not their parents. It's someone that's not their parents. It's a situation that's critical to them It's a situation that's critical to them at that time. And um you know by at that time. And um you know by throwing the baby out with the bath throwing the baby out with the bath water, I don't even really know what water, I don't even really know what that means. I'm sure it has a meaning to that means. I'm sure it has a meaning to it. But we have eliminated to some we it. But we have eliminated to some we were just talking about it before when were just talking about it before when we're shooting like oh are you allowed we're shooting like oh are you allowed to text someone. Um fortunately at to text someone. Um fortunately at private schools you can. But um we I private schools you can. But um we I don't know what the solution is for that don't know what the solution is for that and I don't even know how we got on and I don't even know how we got on that. But that's got to be fixed because that. But that's got to be fixed because sometimes the most trustworthy person in sometimes the most trustworthy person in your life is your coach.

your life is your coach. >> And sometimes the person that you look >> And sometimes the person that you look up to most and and we can get into like, up to most and and we can get into like, you know, father figure situations and you know, father figure situations and single parent homes where there's not a single parent homes where there's not a dad that's kind of guiding them how to dad that's kind of guiding them how to do this hard thing, which is be a do this hard thing, which is be a teenager and be a young adult. But who teenager and be a young adult. But who else is designed for that? except for else is designed for that? except for your coach.

your coach. >> The whole where they got it backwards or >> The whole where they got it backwards or let me say this, where they got it wrong let me say this, where they got it wrong meaningful communication.

meaningful communication. And the people that wrote the bill, were And the people that wrote the bill, were behind a bill, passed the bill, behind a bill, passed the bill, supported the bill supported the bill were focused on communication. and they were focused on communication. and they forgot how important and how much more forgot how important and how much more important connection is over important connection is over communication communication communication comm in in sports and in business and comm in in sports and in business and marriage.

marriage. marriage. When you when I communicate with my wife When you when I communicate with my wife Lorie Beth, who is my best friend, she's Lorie Beth, who is my best friend, she's my north star.

my north star. I I I am talking I I I am talking um at her about things, but when I um at her about things, but when I connect with her, I'm talking with her.

connect with her, I'm talking with her. that it's meaningful. There's depth to that it's meaningful. There's depth to it.

And without going into a lot of it. And without going into a lot of details, man, I had two kids that didn't details, man, I had two kids that didn't have dads. Never knew their fathers.

have dads. Never knew their fathers. Never knew their fathers. Never knew their fathers. That I was how that kid got to practice. That I was how that kid got to practice.

You know, I was There were times that You know, I was There were times that how I can say this now cuz I don't care. how I can say this now cuz I don't care.

You know, those kids ate You know, those kids ate >> and and and had Sorry, coach. That's a >> and and and had Sorry, coach. That's a violation. You can't do that. and had violation. You can't do that. and had Christmas, you know, and um you know, Christmas, you know, and um you know, things like that that I'll never things like that that I'll never apologize for. Um [clears throat] apologize for. Um [clears throat] and I don't I think my wife would would and I don't I think my wife would would be sad if I did apologize for it, be sad if I did apologize for it, >> you know. And uh you're taking away that >> you know. And uh you're taking away that connection by not letting them connection by not letting them communicate with you. So, it's not it's communicate with you. So, it's not it's not about it's a Billy Graham quote.

not about it's a Billy Graham quote. It's not about the communication. All It's not about the communication. All right. It's about the connection that right. It's about the connection that not being able to communicate with them not being able to communicate with them um minimizes. Yeah, um minimizes. Yeah, >> you need that connection for sure.

>> you need that connection for sure. >> I don't know how we got there. >> I don't know how we got there. >> No, it's great. I mean, it's >> No, it's great. I mean, it's >> we Let's talk about uh Okay, so we we >> we Let's talk about uh Okay, so we we went to Ashlin. Let's go to McGomery went to Ashlin. Let's go to McGomery County County County >> and uh talk about >> and uh talk about what you were thinking when you didn't what you were thinking when you didn't know if you wanted to coach again.

know if you wanted to coach again. >> Um >> Um >> Um >> I knew I wanted to coach again. >> I knew I wanted to coach again. >> No, no, I'm saying day zero. Like you >> No, no, I'm saying day zero. Like you don't know what to do. It's day zero don't know what to do. It's day zero >> at Ashlin.

>> at Ashlin. >> Oh, okay. I just got fired. I got >> Oh, okay. I just got fired. I got >> ground zero. Mhm. >> ground zero. Mhm. >> And what's next? Um, what would turn >> And what's next? Um, what would turn your eyes to a program like McGomery your eyes to a program like McGomery County?

County? County? >> So, I recruited a lot of McGomery County >> So, I recruited a lot of McGomery County kids when I was at Georgetown College. kids when I was at Georgetown College.

There were a lot of Mount Sterling There were a lot of Mount Sterling students that went to Georgetown College students that went to Georgetown College in the '9s when I was going to school in the '9s when I was going to school there. Uh, I was friends with a lot of there. Uh, I was friends with a lot of them. Really good friends. Some of them them. Really good friends. Some of them played for Billy Ray Fonds played for us played for Billy Ray Fonds played for us on our national championship team. And, on our national championship team. And, you know, he's from McGomery County. Uh, you know, he's from McGomery County. Uh, I knew the coach, a lot of the coaches I knew the coach, a lot of the coaches in McGomery County. My wife's college in McGomery County. My wife's college roommate um is from Mount St. She's the roommate um is from Mount St. She's the uh guidance counselor to high school uh guidance counselor to high school now. You know, been friends ever since now. You know, been friends ever since first day of school of of college. So, first day of school of of college.

Parent and Coach Relationships in Youth Sports

So, we just I had I always knew people we just I had I always knew people there. And there. And I they built they when they built the I they built they when they built the new high school or they added on to the new high school or

they added on to the existing high school 20 years ago. I existing high school 20 years ago. I mean, at the time it was by far the best mean, at the time it was by far the best gym in the state. Um and you know, I gym in the state. Um and you know, I like the weight room facility. Uh, I like the weight room facility. Uh, I like the football facility. I am a multi like the football facility. I am a multi I'm a pro football guy as a basketball I'm a pro football guy as a basketball coach. No, I I mean I am. I agree with coach. No, I I mean I am. I agree with that.

that. that. >> And um and so I was like, "Hey, I like >> And um and so I was like, "Hey, I like the football facility. I like the we got the football facility. I like the we got a track all the all all the boxes were a track all the all all the boxes were checking. Uh so I'd always thought and checking. Uh so I'd always thought and and and my one of my best friends and my and and my one of my best friends and my mentor in coaching, Happy Osborne, mentor in coaching, Happy Osborne, coached there for years. I would I mean coached there for years. I would I mean back in what was that 2013 I would go back in what was that 2013 I would go back and watch them play. I was like man back and watch them play. I was like man this is a good job.

this is a good job. >> Yeah. >> Yeah. >> Yeah. >> You know it's in the 10th region. Um >> You know it's in the 10th region. Um which is a winnable region. You know you which is a winnable region. You know you got GRC now. Um but uh but I mean my got GRC now. Um but uh but I mean my second year there we we upset that wagon second year there we we upset that wagon cart. It's a winnable region. So I I cart. It's a winnable region. So I I Central Kentucky which I like.

Central Kentucky which I like. >> Um there's a lot of boxes to check >> Um there's a lot of boxes to check there. Yeah. And so, um, they offered me there. Yeah. And so, um, they offered me the job my last my my my after my final the job my last my my my after my final four our our final four run at Ashlin four our our final four run at Ashlin after my third year.

after my third year. >> Yeah. >> Yeah. >> Yeah. >> And I turned it down >> And I turned it down >> cuz I wanted to stay with Colin and Cole >> cuz I wanted to stay with Colin and Cole and Aell and all those guys and Aell and all those guys >> and um >> and um uh but then I got fired and so I took a uh but then I got fired and so I took a year off and I relearned the game of year off and I relearned the game of basketball. It would be like you uh as a basketball. It would be like you uh as a physician being in medicine your whole physician being in medicine your whole life striving to to help those um and life striving to to help those um and you you take a sbatical you you take a sbatical >> and you just do deep dive into a medical >> and you just do deep dive into a medical theory and a medical applications that theory and a medical applications that you've always wanted to just never had you've always wanted to just never had time to.

time to. >> It's actually a really cool place cuz I >> It's actually a really cool place cuz I didn't lose my teaching job. didn't lose my teaching job.

>> Yeah. So I I I would go teach and um >> Yeah. So I I I would go teach and um live Fridays I took off because I was live Fridays I took off because I was going to go somewhere and watch practice going to go somewhere and watch practice for a weekend or two. NBA level, for a weekend or two. NBA level, division one, division 2, division division one, division 2, division three, high school, girls, boys. Um I three, high school, girls, boys. Um I saw all kinds of level saw all kinds of level >> consuming all of it.

>> consuming all of it. >> Yeah. And just said, "Okay, I know what >> Yeah. And just said, "Okay, I know what I know I know now. I want to learn what I don't know now. I want to learn what I don't know and I want to look at basketball and I want to look at basketball differently." differently." differently." And by golly, I did. And so we go to And by golly, I did. And so we go to McGomery County. We weren't very McGomery County. We weren't very talented. Um they uh they weren't ready talented. Um they uh they weren't ready to compete. They were good kids. They to compete. They were good kids. They wanted to compete. They didn't know how wanted to compete. They didn't know how to. And that is never a short learning to. And that is never a short learning curve because you have to lose with a curve because you have to lose with a team before you can win with the team.

team before you can win with the team. Um that is Tony Bennett's uh line. Um, Um that is Tony Bennett's uh line. Um, and or Dick Bennett's line, Tony and or Dick Bennett's line, Tony Bennett's dad back when he was the coach

Bennett's dad back when he was the coach at uh, Wisconsin.

at uh, Wisconsin. I always fought against that quote. That I always fought against that quote. That quote always bothered me because I know quote always bothered me because I know I respect the guy that said it. I was I respect the guy that said it. I was like, "No, you don't have to lose with a like, "No, you don't have to lose with a team before we win. If we're talented team before we win. If we're talented enough, enough, enough, >> because we already talked about if you >> because we already talked about if you win, the parents are happier, the kids win, the parents are happier, the kids are happy. Let's just win." But what are happy. Let's just win." But what happens is if you get to that point, if happens is if you get to that point, if if winning has always come first, you're if winning has always come first, you're going to hit sandpaper and you're going going to hit sandpaper and you're going to have friction. And if the mental to have friction. And if the mental faculties of your players and your your faculties of your players and your your players families for the high school players families for the high school level haven't aren't developed to where level haven't aren't developed to where they can reframe adversity, it that it's they can reframe adversity, it that it's an awful place [snorts] to be. Okay.

an awful place [snorts] to be. Okay. It's not a dip. It's a cliff at that It's not a dip. It's a cliff at that point. point. point. >> Yeah. And so >> Yeah. And so being able, you don't like it at the being able, you don't like it at the time. I didn't know know this at the time. I didn't know know this at the time, but that first year at McGomery time, but that first year at McGomery [clears throat] County, I proved that [clears throat] County, I proved that theory to be true. We coached so hard.

theory to be true. We coached so hard. We practiced so hard. We had great We practiced so hard. We had great students. Had zero. My two years at students. Had zero. My two years at McGomery County, we had zero behavior McGomery County, we had zero behavior writeups. Zero. Um, great kids. Again, writeups. Zero. Um, great kids. Again, we had kids that started going to the we had kids that started going to the church for the first time, starting church for the first time, starting started asking God questions. And um started asking God questions. And um parents started to to trust us and give parents started to to trust us and give us the freedom to do what we think h how us the freedom to do what we think h how we could invest in kids the right way.

we could invest in kids the right way. And we were 11 and 18. And we were 11 and 18. And then we added uh a few players uh And then we added uh a few players uh one particularly named Kaden Reed. And one particularly named Kaden Reed.

Transition to McGomery County and Coaching Reflections

And then the the talented young guys um and then the the talented young guys um and the talented underclassman that they the talented underclassman that they just started figuring it out just started figuring it out physically, mentally, and they knew that physically, mentally, and they knew that I wasn't going to capitulate on I wasn't going to capitulate on toughness and winning because Dr. Hunt, toughness and winning because Dr. Hunt, I hate to lose more than I love to win.

I hate to lose more than I love to win. And I think your top flight competitors, And I think your top flight competitors, regardless if it's in business or sport, regardless if it's in business or sport, um are the same way. I know Jordan was.

um are the same way. I know Jordan was. I know Kobe was. Um Brady was because I know Kobe was. Um Brady was because winning just validates the process that winning just validates the process that I've been putting myself through. Good.

I've been putting myself through. Good. It's working. We're going to keep doing It's working. We're going to keep doing this. Losing this. Losing crap. I got to go what now? I got to crap. I got to go what now? I got to figure out what went wrong, why I went figure out what went wrong, why I went wrong, what I got to tweak, what I got wrong, what I got to tweak, what I got to change, who I got to bench, who I who to change, who I got to bench, who I who I need to play more. It's a lot more I need to play more. It's a lot more work. It's a lot more stress. You got to work. It's a lot more stress. You got to go back to that drawing board. That's go back to that drawing board. That's [snorts]

that's losing.

[snorts] that's losing. >> Yeah. >> Yeah. >> Yeah. >> All right. Um winning is a is a >> All right. Um winning is a is a validation. And so after that year, I validation. And so after that year, I didn't have the proof uh to to say, didn't have the proof uh to to say, "Hey, this is working." So, we had to "Hey, this is working." So, we had to start the next year. And man, we just start the next year. And man, we just started clicking. It wasn't pretty. We started clicking. It wasn't pretty. We had a lot of rough games early in had a lot of rough games early in December, but you know, we ended up December, but you know, we ended up beating GRC for the first time in beating GRC for the first time in February, February 27th of 2024. That February, February 27th of 2024. That was the first time we'd beat GRC since was the first time we'd beat GRC since And they thought, okay, one time fluke.

And they thought, okay, one time fluke. And then we beat him again on the last And then we beat him again on the last second shot in the regional championship second shot in the regional championship in front of almost 5,000 people. And in front of almost 5,000 people. And what a great [clears throat] moment that what a great [clears throat] moment that was. And so in my six year high school was. And so in my six year high school career, I've been able to coach a team career, I've been able to coach a team in the rep arena five of those six in the rep arena five of those six years. So the model years. So the model from a winning standpoint works.

from a winning standpoint works. >> Yeah. >> Yeah. >> Yeah. >> Where it's gray area is um kids are >> Where it's gray area is um kids are going to want to be a part of that.

going to want to be a part of that. >> Yeah. And so when kids come and they >> Yeah. And so when kids come and they it's it's not fair because there are it's it's not fair because there are certain schools that have advantages certain schools that have advantages that other schools don't.

that other schools don't. >> Sure. >> Sure. >> Sure. >> Because of people that have a history >> Because of people that have a history with the KHSA or have administr with the KHSA or have administr administration that are in certain administration that are in certain positions tied to the KHSA positions tied to the KHSA and that's real world truths. Yeah.

and that's real world truths. Yeah. Okay. I mean and Okay. I mean and >> same business world. And so I'm not mad >> same business world. And so I'm not mad about it. Never was mad about it.

about it. Never was mad about it. >> So I had a my I was made an example of >> So I had a my I was made an example of at Ashlin at Ashlin >> and I was told that by the way. Um and >> and I was told that by the way. Um and so I knew that I couldn't screw up. I so I knew that I couldn't screw up. I had to be extra clean.

had to be extra clean. You know, for a a rival to send 19-month You know, for a a rival to send 19-month old 18-month old text messages of me old 18-month old text messages of me trying to help a mo a mother. And I trying to help a mo a mother. And I won't go into details because I don't won't go into details because I don't want to have anybody assume who it was want to have anybody assume who it was or anything, but single mom working two or anything, but single mom working two jobs, had had a government housing and jobs, had had a government housing and needed government housing, was needed government housing, was unenrolled. Her student was unenrolled unenrolled. Her student was unenrolled at the time, which doesn't make it um at the time, which doesn't make it um doesn't make it right because it's still doesn't make it right because it's still bylaw violation because he wasn't bylaw violation because he wasn't enrolled in Montgomery County.

enrolled in Montgomery County. >> And all I'm trying to do was hope for >> And all I'm trying to do was hope for the lady. the lady. >> Yeah. >> Yeah.

>> Yeah. >> You know, there was no money >> You know, there was no money transferred, nothing. I've never done transferred, nothing. I've never done that.

that. that. >> Yeah. And um 18 months later, we get a >> Yeah. And um 18 months later, we get a really good point guard named Austin really good point guard named Austin Sears enrolls in our school and it just Sears enrolls in

our school and it just happens to come from this group of happens to come from this group of people where the kids currently playing people where the kids currently playing that, oh, we're going to release this.

that, oh, we're going to release this. They didn't release to the KHSA, they They didn't release to the KHSA, they released it to social media. released it to social media. >> Sure.

>> Sure. >> Sure. >> And >> And >> And >> that's the first place I saw it. >> that's the first place I saw it. >> And and I I thought it was cowardly.

>> And and I I thought it was cowardly. >> I thought it showed a lack of >> I thought it showed a lack of competitive spirit. competitive spirit. >> Yeah. And um not that I'm going to >> Yeah. And um not that I'm going to overuse a term here, but like overuse a term here, but like there needs to be honor among thieves.

there needs to be honor among thieves. >> You know, I mean, you are on the >> You know, I mean, you are on the sidelines of one of the premier football sidelines of one of the premier football high school football programs in our high school football programs in our state >> what your guy your model is working and >> what your guy your model is working and it has for over a decade now for the it has for over a decade now for the most part.

most part. And I know people want to join your And I know people want to join your culture. culture. culture. >> Yeah. >> Yeah. >> Yeah. And there's things that you guys have And there's things that you guys have had to have conversations with that I had to have conversations with that I never had that if I would have because never had that if I would have because of the the scrutiny I had, it would have of the the scrutiny I had, it would have been blown totally out of proportion been blown totally out of proportion >> for sure.

>> for sure. >> And at the end of the day, all I was >> And at the end of the day, all I was trying to do was that video from the guy trying to do was that video from the guy that recorded me in Ashlin or the not that recorded me in Ashlin or the not the video, the audio, I was telling the video, the audio, I was telling about how we talk about Jesus.

about how we talk about Jesus. I had a guy text me one time that said, I had a guy text me one time that said, "Coach, I just want to let you know that "Coach, I just want to let you know that I listen to your video and I love I listen to your video and I love everything you said about it. I also everything you said about it. I also feel like I just went to church." feel like I just went to church." >> Yeah.

>> Yeah. >> Yeah. >> You know, and it's and so I was wrong. I >> You know, and it's and so I was wrong. I committed by violations and so I never committed by violations and so I never got in trouble with KHS McGomery County.

got in trouble with KHS McGomery County. My decision to resign McGomery County My decision to resign McGomery County was just cuz I thought it was petty and was just cuz I thought it was petty and I thought it was I thought it was >> Yeah.

>> Yeah. >> Yeah. >> I was done with it. >> I was done with it. >> Yeah. And but let's go back to day zero >> Yeah. And but let's go back to day zero again. [clears throat] again. [clears throat] >> Uh how many day zeros you gonna have?

>> Uh how many day zeros you gonna have? >> You know, I'm not a scare. There's a lot >> You know, I'm not a scare. There's a lot of people that of people that >> I love that answer because you said I'm >> I love that answer because you said I'm not as scared to have another one. No.

not as scared to have another one. No. >> So, I mean, >> So, I mean, I have failed more in my life than I I have failed more in my life than I have succeeded.

have succeeded. >> Um you know, I I I'm not a wealthy man. >> Um you know, I I I'm not a wealthy man. Um I am trying to become one. I'm Um I am trying to become one. I'm working very hard. Yeah.

working very hard. Yeah. >> In that pursuit right now. Um >> In that pursuit right now. Um but uh I have always chased winning. but uh I have always chased winning. >> Yeah.

>> Yeah. >> Yeah. >> Well, let's let's pause there and so I >> Well, let's let's pause there and so I want to ask you one thing and we're want to ask you one thing and we're going to go into what you're doing now.

going to go into what you're doing now. >> But when you say winning, now we're >> But when you say winning, now we're going to have a here in a few minutes going to have a here in a few minutes have an opportunity to hear from a kiddo have an opportunity to hear from a kiddo named Chase Bentley who is winning at named Chase Bentley who is winning at life right now. But not too long ago, he life right now. But not too long ago, he wasn't winning. If you ask him if he was wasn't winning. If you ask him if he was winning, he would have said no. If you winning, he would have said no. If you ask his dad if he was winning, he would ask his dad if he was winning, he would have said no. If you ask anybody, they have said no. If you ask anybody, they would have said, "Man, that's a tough would have said, "Man, that's a tough luck type of situation. He's not luck type of situation. He's not winning." So, for people who are winning." So, for people who are listening, no matter who it is, when you listening, no matter who it is, when you say winning, what do you mean? I don't say winning, what do you mean? I don't think you mean what the scoreboard says think you mean what the scoreboard says when the game's over.

when the game's over. >> Um, when I say winning, I mean being the >> Um, when I say winning, I mean being the best version of yourself as a best version of yourself as a competitor. Now, competitor. Now, you compete. Are you still doing you compete. Are you still doing surgeries? you still okay?

surgeries? you still okay? >> Uh, that's a competition. When you're in >> Uh, that's a competition. When you're in that surgery, that surgery, you're competing with yourself. You're you're competing with yourself. You're competing with the patient standards for competing with the patient standards for the outcome of that surgery. You're the outcome of that surgery. You're competing with what the statistics say competing with what the statistics say about the recovery timeline and recovery about the recovery timeline and recovery success of that type of surgery. You're success of that type of surgery. You're trying to be the best version of trying to be the best version of yourself in that moment. You're yourself in that moment. You're competing. You're a competitor. Okay.

competing. You're a competitor. Okay. >> You lost my other podcast, didn't you? >> You lost my other podcast, didn't you? >> Huh? I said the same exact words. I went >> Huh? I said the same exact words. I went from competing on a baseball diamond.

from competing on a baseball diamond. The void that went away had to be filled The void that went away had to be filled by something and instead of competing by something and instead of competing against opponents, now I compete against against opponents, now I compete against injuries. I've said that so many years.

injuries. I've said that so many years. >> Also, part of winning is advocating for >> Also, part of winning is advocating for those who can't win [clears throat] for those who can't win [clears throat] for themselves. So, that's the definition my themselves. So, that's the definition my definition of advocacy.

definition of advocacy. And at the high school, so I never And at the high school, so I never thought I was going to enjoy high school thought I was going to enjoy high school coaching as much as I did college coaching as much as I did college coaching. That was so wrong, dude. The coaching. That was so wrong, dude. The the interpersonal connection that you the interpersonal connection that you have with high school kids is special.

have with high school kids is special. It really is. And It really is. And those kids, if they can learn what those kids, if they can learn what winning feels like, how hard it is, how winning feels like, how hard it is, how uncommon it is, uncommon it is, if they can learn that if they can learn that winning divides people, winners are not winning divides people, winners are not popular people popular people because People don't want to put in the because People don't want to put in the sweat equity to be a winner. They don't sweat equity to be a winner. They don't want to take the risk that is required want to take the risk that is required to be a winner. They don't want to go to be a winner. They don't want to go through the discomfort and the failures through the discomfort and the failures that winners have to go through. Um, so that winners have to go through. Um, so that's why it's uncommon because you got

that's why it's uncommon because you got to be a little bit maniacal and to be a little bit maniacal and obsessive to be a winner. Okay. Um, and obsessive to be a winner. Okay. Um, and so if these young kids can learn those so if these young kids can learn those traits now, traits now, uh, I mean, I was I was telling a group uh, I mean, I was I was telling a group of of high school girls basketball, I I of of high school girls basketball, I I I was doing a workshop at Hazard High I was doing a workshop at Hazard High School this morning at 7:30. Uh, they're School this morning at 7:30. Uh, they're one of my clients and, um, one of my clients and, um, a girl asked me about what are our a girl asked me about what are our players from Ashlin doing? Because our players from Ashlin doing? Because our kids from McGomery County are either kids from McGomery County are either still in Montgomery County, they're still in Montgomery County, they're still in college.

still in college. >> Yeah. >> Yeah. >> Yeah. I got we got two kids. I talked to I got I got we got two kids. I talked to I got like I'm their parent. I love them that like I'm their parent. I love them that much.

much. much. >> My wife says I call every kid that comes >> My wife says I call every kid that comes in our walls. My kiddo. in our walls. My kiddo. >> Yes.

>> Yes. >> Yes. >> And she was like, "Man, you got a lot of >> And she was like, "Man, you got a lot of kids." [laughter] So you can imagine kids." [laughter] So you can imagine like right now you saw the wall in like right now you saw the wall in there. There are college football there. There are college football players all over the map.

players all over the map. >> I bet there's from noon till midnight on >> I bet there's from noon till midnight on Saturday. I'm watching my kiddos play.

Saturday. I'm watching my kiddos play. >> Yes. Awesome. >> Yes. Awesome. >> So, we got two that are in law school, >> So, we got two that are in law school, one at Chase up in Northern One at UK.

one at Chase up in Northern One at UK. Uh I got one that is a um butt kicker of Uh I got one that is a um butt kicker of a financial planner in Huntington, West a financial planner in Huntington, West Virginia for Morgan, uh for Morgan Virginia for Morgan, uh for Morgan Stanley. He's going to be great. He's I Stanley. He's going to be great. He's I mean, Cole Villers, he's just a dog.

mean, Cole Villers, he's just a dog. He's a killer. Um uh Ethan Sers is a He's a killer. Um uh Ethan Sers is a minister in Milwaukee, Wisconsin. minister in Milwaukee, Wisconsin.

>> You didn't see that coming, did you? >> You didn't see that coming, did you? Just kidding. Boy, dad, did you ever get Just kidding. Boy, dad, did you ever get to meet Ethan?

to meet Ethan? >> I did. >> I did. >> All right. >> All right. >> All right. >> Talk about being uncommon. >> Talk about being uncommon. >> So, Ethan and I uh hated each other >> So, Ethan and I uh hated each other every day in practice. [laughter] every day in practice. [laughter] And uh um his mom was was president of And uh um his mom was was president of my booster club. Uh and that family is my booster club. Uh and that family is my wife and I's best friends. Um I will my wife and I's best friends. Um I will give um a kidney, a lung, a a leg, a give um a kidney, a lung, a a leg, a lamb to to anybody in that family. Um, lamb to to anybody in that family. Um, so he ended up playing at Cedarville on so he ended up playing at Cedarville on scholarship and he's a he's a recreation scholarship and he's a he's a recreation minister, a very large church. I think minister, a very large church. I think it's a mega church up in Milwaukee, it's a mega church up in Milwaukee, which is cool how God works because now which is cool how God works because now Colin Porter is in Milwaukee at Colin Porter is in Milwaukee at Marquette.

Marquette. Marquette. >> Unbelievable. >> Unbelievable. >> Unbelievable. >> 15 miles away from where Silly lives. >> 15 miles away from where Silly lives.

Building a Winning Culture and Overcoming Adversity

So, you know, God's like, "Hey, Colin, So, you know, God's like, "Hey, Colin, this is going to be I told Colin the this

is going to be I told Colin the other night. I said, Colin, this is other night. I said, Colin, this is going to be hard for you. I'm going to going to be hard for you. I'm going to give you a trusted friend 15 miles give you a trusted friend 15 miles away." away." away." >> Yeah.

>> Yeah. >> Yeah. >> During this experience and you know, >> During this experience and you know, it's just really neat. But I mean, it's just really neat. But I mean, Colin's married now, you know, and you Colin's married now, you know, and you know, he's he's th he's going to be know, he's he's th he's going to be playing in the Big East. Um, you know, playing in the Big East. Um, you know, barring the NCAA, doing crazy things.

barring the NCAA, doing crazy things. >> Um, and you know, but, uh, the other day >> Um, and you know, but, uh, the other day I had a kid that played from MC McGomery I had a kid that played from MC McGomery County that text me and said, "Coach, County that text me and said, "Coach, just checking on you. How you Because just checking on you. How you Because these kids all worry about me." Sure.

these kids all worry about me." Sure. >> Because I, you know, my wife and I have >> Because I, you know, my wife and I have been through some stuff, man. No doubt.

been through some stuff, man. No doubt. >> I found out she had breast cancer on her >> I found out she had breast cancer on her 42nd birthday. And while I was waiting 42nd birthday. And while I was waiting to get called back, to get called back, uh, at the cancer place there at King's uh, at the cancer place there at King's Daughters in Ashlin, you know, sort of Daughters in Ashlin, you know, sort of across the parking lot, um, KSR is on across the parking lot, um, KSR is on the speakers in a waiting area talking the speakers in a waiting area talking about that recording.

about that recording. >> Yeah. You're like, "What the heck?" >> Yeah. You're like, "What the heck?" >> Like, God, I don't care who you are. I >> Like, God, I don't care who you are. I will whip you right now. That's will whip you right now. That's [laughter] how, you know, I mean, that's [laughter] how, you know, I mean, that's how I was like, really?

how I was like, really? >> Like, really? >> Like, really? >> Yeah. >> Yeah. >> Yeah. >> Yeah. And 15 minutes later, yes, it's >> Yeah. And 15 minutes later, yes, it's breast cancer. And we decided to do a breast cancer. And we decided to do a double masectomy that like her birthday, double masectomy that like her birthday, 42 years old, very healthy cancer. And 42 years old, very healthy cancer. And the these guys are talking about that.

the these guys are talking about that. >> So, it must have been Mario. >> So, it must have been Mario. >> Oh, it's crazy. No, Mario wasn't there >> Oh, it's crazy. No, Mario wasn't there yet. Mario wasn't there yet. And I'm yet. Mario wasn't there yet. And I'm great friends with Ryan Lemon.

great friends with Ryan Lemon. >> Yeah. >> Yeah. >> Yeah. >> Um Ryan Lemon was college roommates with >> Um Ryan Lemon was college roommates with my brother-in-law at Kentucky Wesley.

my brother-in-law at Kentucky Wesley. They played baseball together. They played baseball together. >> I was going to blame on Mario. >> I was going to blame on Mario.

>> Yeah. But anyways, um uh well, a kid >> Yeah. But anyways, um uh well, a kid called me the other day and he's like, called me the other day and he's like, "Coach, he's checking on you. How you "Coach, he's checking on you. How you doing?" I'm like, "I'm great. Did you doing?" I'm like, "I'm great. Did you end up getting that lineman job?" end up getting that lineman job?" Because I was helping him one of my Because I was helping him one of my other foreign players from Ashlin as a other foreign players from Ashlin as a utility lineman utility lineman >> doing really well up in Columbus, Ohio.

>> doing really well up in Columbus, Ohio. And I put him in touch with one of my And I put him in touch with one of my players in McGomery County after players in McGomery County after graduation. He wanted to do the same graduation. He wanted to do the same thing and he was going to go through thing and he was going to go through training and everything. He said, "Well, training and everything. He said, "Well, I decided not to be a lineman. I am a I decided not to be a lineman. I am a supervisor now for a a fiber supervisor now for a a fiber installation

company. um where lay a lot installation company. um where lay a lot of fiber and he said I'm loving it and of fiber and he said I'm loving it and he's you know so like he's you know so like >> this is a coach's paydays we're talking >> this is a coach's paydays we're talking about about about >> although yeah 100%. And so um you know >> although yeah 100%. And so um you know just you don't get that experience. I just you don't get that experience. I don't know how we got talking about don't know how we got talking about that.

that. that. >> No cuz we're getting ready to allude to >> No cuz we're getting ready to allude to like we're getting ready to sit down like we're getting ready to sit down with Chase and hear his story. But with Chase and hear his story. But before we do that I wanted to say like before we do that I wanted to say like what's what are you doing now because we what's what are you doing now because we haven't talked about that. So how did haven't talked about that. So how did you end up to you end up to >> so >> so >> so >> from from McGomery County to what you're >> from from McGomery County to what you're doing now? Give us the intro for that.

doing now? Give us the intro for that. >> So Dr. Hunt. Um, you and I don't know >> So Dr. Hunt. Um, you and I don't know each other very well, but I know your each other very well, but I know your brother, your brother was very good to brother, your brother was very good to me in Ashlin. Um, and your brother's me in Ashlin. Um, and your brother's brain was always on, and you your brain brain was always on, and you your brain is on is on >> on steroids.

>> on steroids. >> I don't think he sleeps either. So, >> I don't think he sleeps either. So, >> I mean, I I DNA doesn't lie. You guys, >> I mean, I I DNA doesn't lie. You guys, [laughter] [laughter] [laughter] you guys are just uh I and I'm intrigued you guys are just uh I and I'm intrigued by people like you because you I love by people like you because you I love being around smart people. I love being being around smart people. I love being around people who are creators. You're a around people who are creators. You're a creator. Yeah. You know, I love that.

creator. Yeah. You know, I love that. And that is where I am in my life right And that is where I am in my life right now. I want what motivates me is I want now. I want what motivates me is I want to create things in spaces that where to create things in spaces that where this hasn't been created before. And I this hasn't been created before. And I want to make money now. I'm not want to make money now. I'm not motivated by riches and wealth cuz God motivated by riches and wealth cuz God didn't bless me with the talent to be didn't bless me with the talent to be even though I was a financial adviser even though I was a financial adviser for seven years. I was a competitive for seven years. I was a competitive financial adviser. I closed a deal. Bam.

financial adviser. I closed a deal. Bam. And then getting actual paid for it. I I And then getting actual paid for it. I I didn't care about that. Right. You know didn't care about that. Right. You know Yeah. So, um, and so I wanted to create Yeah. So, um, and so I wanted to create in spaces right now. And so, when I was in spaces right now. And so, when I was a financial adviser, a financial adviser, um, I had a mental performance coach.

um, I had a mental performance coach. Have you ever had a mental performance Have you ever had a mental performance coach? coach? coach? >> Never have.

>> Never have. >> Oh, you need anyways, >> Oh, you need anyways, >> they all retire. >> they all retire. >> Um, so >> Um, so >> they met me. >> they met me.

>> Uh, I Yeah, you'd be coaching a coach. >> Uh, I Yeah, you'd be coaching a coach. But anyways, um, my first one was a guy But anyways, um, my first one was a guy um by the name of um Dr. Jason Selk. You um by the name of um Dr. Jason Selk. You can Google all these people. He's a can Google all these people. He's a sports psychologist. Uh worked with St.

sports psychologist. Uh worked with St. Louis Cardinals, worked for several Louis Cardinals, worked for several teams in uh MLB, teams in uh MLB, NFL, hockey, Olympians, and was the guru NFL, hockey, Olympians, and was the guru for training financial adviserss in the for training financial adviserss in the whole Edward Jones network.

whole Edward Jones network. Sharp guy. And I met him at a workshop Sharp guy. And I met him at a workshop and then I hired him on retainer every and then I hired him on retainer every month and he coached me for two

hours a month and he coached me for two hours a month, month, month, $800. This is 15 years ago. I didn't $800. This is 15 years ago. I didn't have $8,800. Yeah.

have $8,800. Yeah. >> And >> And >> And I I've always valued the investment. And I I've always valued the investment. And then I left that industry, but I wanted then I left that industry, but I wanted to keep a coach. So I I worked with a to keep a coach. So I I worked with a guy named Kevin Elco, Dr. Kevin Elco, guy named Kevin Elco, Dr. Kevin Elco, another sports psychologist. Um, another sports psychologist. Um, University of West Virginia has one of University of West Virginia has one of the best graduate programs for sports the best graduate programs for sports psychology in the world. So if you ever psychology in the world. So if you ever run across a sports psych guy that's run across a sports psych guy that's from University of West Virginia, they from University of West Virginia, they they've [clears throat] had really good they've [clears throat] had really good professors. it. Um he worked with saving professors. it. Um he worked with saving in Alabama, worked with Louisville in Alabama, worked with Louisville baseball um and also worked with real baseball um and also worked with real estate agents, financial advisors, and estate agents, financial advisors, and he just kept my edges sharp. Valued him.

he just kept my edges sharp. Valued him. Totally different way of coaching than Totally different way of coaching than Dr. Selk. Then I um joined up with a guy Dr. Selk. Then I um joined up with a guy named Ben Newman. Uh Ben Newman was a named Ben Newman. Uh Ben Newman was a mindset conditioning coach. That was the mindset conditioning coach. That was the title for five years at Alabama football title for five years at Alabama football for coach Sabin. and he was with um for coach Sabin. and he was with um coach Kleinman who's now at Kansas State coach Kleinman who's now at Kansas State um all those years and they were winning um all those years and they were winning natties like they were like they were a natties like they were like they were a habit at North Dakota State in football habit at North Dakota State in football >> and started working for coach Kleman at >> and started working for coach Kleman at North Dakota State for free. Coach North Dakota State for free. Coach Kleman flew him up there but that was Kleman flew him up there but that was all he I'm stay with the with my gas and all he I'm stay with the with my gas and however it work but Ben didn't even however it work but Ben didn't even charge him that first year and just got charge him that first year and just got into that space. Ben himself was a into that space. Ben himself was a former financial adviser at Northwestern former financial adviser at Northwestern Mutual and I was with wealth management Mutual and I was with wealth management Northwestern Mutual here in Lexington Northwestern Mutual here in Lexington for years. That's how we got to know for years. That's how we got to know each other. And so I go I I retain him each other. And so I go I I retain him and then I go through his coach the and then I go through his coach the coaches uh program gets you know um and coaches uh program gets you know um and I resign and these guys all call me like I resign and these guys all call me like you got to do this man you'd be great at you got to do this man you'd be great at it. Yeah.

it. Yeah. >> You kill it. >> You kill it. >> When you say this say what >> When you say this say what >> so I am a You know, it's I ain't got my >> so I am a You know, it's I ain't got my elevators uh pitched down. I I am a elevators uh pitched down. I I am a mental performance coach, but here's why mental performance coach, but here's why I have anxiety by telling people that I have anxiety by telling people that I am not a clinician. I don't treat I'm I am not a clinician. I don't treat I'm not trained to treat trauma. I don't not trained to treat trauma. I don't diagnose.

diagnose. diagnose. >> Yeah. I have, you know, and and no one >> Yeah. I have, you know, and and no one has ever asked John Gordon or Ed Milelet has ever asked John Gordon or Ed Milelet or Tony Robbins if they are or Tony Robbins if they are academically academically certified or have or credentialed in certified or have or credentialed in what they do, but they've helped what they do, but they've helped millions more than millions more than licensed and credentialed mental licensed and credentialed mental therapists. Okay?

therapists. Okay? >> So, I always like to disclose that when >> So, I always like to disclose that when I'm in a public forum, like I'm not a I'm in a public forum, like I'm not a clinician. I'm not a the licensed clinician. I'm not a the licensed therapist. Uh, I coached basketball for therapist. Uh, I coached basketball for 30 years and I studied winning whether I 30 years and I studied winning whether I knew it or not.

knew it or not. >> Yeah. >> Yeah. >> Yeah. >> For 30 years and that doesn't include >> For 30 years and that doesn't include the undergraduate years where I was part the undergraduate years where I was part of a national championship program and a of a national championship program and a national runnerup program. Um, and had

national runnerup program. Um, and had an array of experiences.

an array of experiences. >> Go Bears. >> Go Bears. >> Yeah. So, >> Yeah. So, but you know, so I what I here's what I but you know, so I what I here's what I want to do, Lori Beth. I want to coach want to do, Lori Beth.

Defining Winning and Life Lessons from Coaching

I want to coach uh athletes and coaches in the high uh athletes and coaches in the high school and college space. school and college space. And as a auxiliary line of work, I want And as a auxiliary line of work, I want to coach people in sales. And then I to coach people in sales. And then I want to be a a public speaker.

want to be a a public speaker. >> Yeah. I want to advocate on a stage in >> Yeah. I want to advocate on a stage in front of a lot of people for winning in front of a lot of people for winning in this thing we called life this thing we called life and educate them what I think and educate them what I think 30 years of coaching at a at a at a at a 30 years of coaching at a at a at a at a successful level has taught me about successful level has taught me about winning. So I want to coach others to be winning. So I want to coach others to be the best version of themselves and I the best version of themselves and I want to speak and advocate for winning.

want to speak and advocate for winning. That was my idea. That was my idea. >> Gotcha. >> Gotcha. >> Gotcha. >> Now what's it look like? that that's >> Now what's it look like? that that's that's what we're developing right now.

that's what we're developing right now. >> What we're going to do now is make a >> What we're going to do now is make a transition in and sit down for somebody transition in and sit down for somebody like I said that we is certainly winning like I said that we is certainly winning now, but it didn't look like he was just now, but it didn't look like he was just too long ago. So, we'll take a short too long ago. So, we'll take a short break. We'll come back and have you lead break. We'll come back and have you lead >> All right, we're back here with Jason >> All right, we're back here with Jason Mazize and now we have a special guest Mazize and now we have a special guest here with us, Chase Bentley. So, uh, here with us, Chase Bentley. So, uh, coach, give us a little intro to Chase coach, give us a little intro to Chase and, uh, Chase, welcome. And we're going and, uh, Chase, welcome. And we're going to talk a little bit about, uh, to talk a little bit about, uh, something you know too much about, which something you know too much about, which is the injury and recovering from that.

is the injury and recovering from that. But it's a great story to tell. We want But it's a great story to tell. We want to kind of highlight that for you, uh, to kind of highlight that for you, uh, for other people who may be injured for other people who may be injured right now and maybe going through right now and maybe going through something, but also, it's just an something, but also, it's just an incredible story of everything you've incredible story of everything you've been dealing with and how you bounced been dealing with and how you bounced back. So, I'm going to turn it over to back. So, I'm going to turn it over to you, uh, coach, and let you kind of give you, uh, coach, and let you kind of give an introduction to Chase, and then we an introduction to Chase, and then we can, uh, kind of walk through the can, uh, kind of walk through the history of what he's been through and history of what he's been through and and how he's handling that.

and how he's handling that. >> So, I met Chase through a friend of mine >> So, I met Chase through a friend of mine at Mount Sterling that is lifelong at Mount Sterling that is lifelong friends with the Bentley family. And, friends with the Bentley family. And, um, I was entertaining becoming the um, I was entertaining becoming the basketball coach at LCA um, or interview basketball coach at LCA um, or interview interviewing for it. Um, and I, you interviewing for it. Um, and I, you know, I've hung my whistle up. I'm no know, I've hung my whistle up. I'm no longer coaching. That was the right longer coaching. That was the right decision, uh, for me and my family. And decision, uh, for me and my family. And I wanted to become a mental performance I wanted to become a mental performance coach and start a business where I'm coach and start a business where I'm coaching mindset and athletes and coaching mindset and athletes and coaches. And I had heard about this coaches. And I had heard about this great kid at LCA. I knew his I knew his great kid at LCA. I knew his I knew his dad from sitting with him at some state dad from sitting with him at some state tournament games over the years. And um, tournament games over the years. And um, you know, I knew he was coming back from you know, I knew he was coming back from an injury. And then I heard boom, he had an injury. And then I heard boom, he had another injury on top of the

injury, was another injury on top of the injury, was going to miss his entire season. And you going to miss his entire season. And you know, he's a college prospect.

know, he's a college prospect. And one thing led to another. And I And one thing led to another. And I don't know whose idea it was. I'll let don't know whose idea it was. I'll let Chase tell here in a minute, but his Chase tell here in a minute, but his father said something that was amazing.

father said something that was amazing. He said, "We want to build, his mother He said, "We want to build, his mother and I want to build a team around him.

and I want to build a team around him. We want somebody to, you know, on on the We want somebody to, you know, on on the mental side of things." That's where I mental side of things." That's where I was coming into play. We want somebody was coming into play. We want somebody on the strength and conditioning side of on the strength and conditioning side of things. We want somebody on the skill things. We want somebody on the skill training side of things on the floor training side of things on the floor when he's able to return to the floor.

when he's able to return to the floor. And then obviously he has a medical And then obviously he has a medical team. So Chase, with that background team. So Chase, with that background being said, let take us back to the being said, let take us back to the first injury, when it was, what it was, first injury, when it was, what it was, and take us take take us up to the and take us take take us up to the second injury. So start with the first second injury. So start with the first one. So, actually, I'm going to take you one. So, actually, I'm going to take you back to uh the previous summer. I got back to uh the previous summer. I got hurt. I broke my wrist uh at the EBL up hurt. I broke my wrist uh at the EBL up in I think Indiana.

in I think Indiana. >> Um >> Um >> Um and I was recovering from that. Came and I was recovering from that. Came back, got cleared around mid August, back, got cleared around mid August, maybe early September. Was working, you maybe early September. Was working, you know, trying to get that left wrist know, trying to get that left wrist back. I snapped it. They had put it back back. I snapped it. They had put it back in place. So, you know, that was a grind in place. So, you know, that was a grind those three and a half months. uh you those three and a half months. uh you know, excited to play basketball again, know, excited to play basketball again, ready to go. Uh come out great first ready to go. Uh come out great first four games. Uh leading the team in four games. Uh leading the team in points and assist, close in rebounds. Uh points and assist, close in rebounds. Uh we played Nicholas County at a home game we played Nicholas County at a home game and I have to step up and guard a 67 68 and I have to step up and guard a 67 68 guy. Uh early in the first quarter, he guy. Uh early in the first quarter, he drives to his right. I go to cut him drives to his right. I go to cut him off, steal the ball from him, hit ahead, off, steal the ball from him, hit ahead, and I no longer could run. Uh, I come and I no longer could run. Uh, I come down the court and it's just it's just down the court and it's just it's just absolutely killing me. I look at the absolutely killing me. I look at the dad, Dawson Farmer, good teammate of dad, Dawson Farmer, good teammate of mine [clears throat] in front. I go, I mine [clears throat] in front. I go, I think my foot's broke. So, uh, me and think my foot's broke. So, uh, me and Dr. Hunt actually come meet that night.

Dr. Hunt actually come meet that night. Uh, he gets an X-ray of it here here at Uh, he gets an X-ray of it here here at this place we're sitting at right now.

this place we're sitting at right now. And, um, I realized that it's broke. And, um, I realized that it's broke. Thought maybe we needed a screw, but, Thought maybe we needed a screw, but, you know, went talked around, got some you know, went talked around, got some more X-rays, and thankfully I didn't.

more X-rays, and thankfully I didn't. So, you know, that's that was a recovery So, you know, that's that was a recovery process. I was on a scooter for I think process. I was on a scooter for I think a month. Uh got to walking back on it a month. Uh got to walking back on it again. Starting to feel good. Um again. Starting to feel good. Um it's getting back to practicing. We had it's getting back to practicing. We had a practice a practice January 30th and uh you know, I'm I'm January 30th and uh you know, I'm I'm clear to practice. Four days away from clear to practice. Four days away from being fully cleared from the foot and being fully cleared from the foot and we're getting ready to start practice. I we're getting ready to start practice. I just go up to dunk one. uh just go up to just

go up to dunk one. uh just go up to dunk one and completely snap my knee uh dunk one and completely snap my knee uh tibia tubrical tibia tubrical and um you know call an ambulance, rush and um you know call an ambulance, rush to the hospital. I snap my wrist as well to the hospital. I snap my wrist as well again. So that had to be put back in again. So that had to be put back in place. Uh thanks to our guy Robbie place. Uh thanks to our guy Robbie Royalty, he had a great surgeon. I had Royalty, he had a great surgeon. I had surgery that next morning.

surgery that next morning. Uh, the thing I remember the most though Uh, the thing I remember the most though that I can take away from this is we're that I can take away from this is we're sitting in the hospital 2 am sitting in the hospital 2 am January the 31st. Uh, just got my wrist January the 31st. Uh, just got my wrist put back in place. I'm wheeled upstairs.

put back in place. I'm wheeled upstairs.

Jason's Career Shift: Mental Performance Coaching

Dad Dad looks at me and goes, "I know Dad Dad looks at me and goes, "I know what you want to accomplish here, man. I what you want to accomplish here, man. I know your goals. I'm with you the whole know your goals. I'm with you the whole way. I'm going to strategize together a way. I'm going to strategize together a team of people to help you get back to team of people to help you get back to where you want to be and accomplish where you want to be and accomplish every single goal or standard that you every single goal or standard that you have." Uh so we go through surgery. Uh have." Uh so we go through surgery. Uh Dr. Maduski, it was awesome. Uh stayed Dr. Maduski, it was awesome. Uh stayed in the hospital for four nights. Uh it in the hospital for four nights. Uh it was a rough four nights. Had a lot of was a rough four nights. Had a lot of pain.

pain. pain. Uh you know, didn't really eat for 3 Uh you know, didn't really eat for 3 days and got cleared to go home in a days and got cleared to go home in a wheelchair.

wheelchair. wheelchair. So I was home for that 6 weeks. Couldn't So I was home for that 6 weeks. Couldn't go to school. Uh this is when the first go to school. Uh this is when the first aspect of the team came on board and aspect of the team came on board and that was coach Maize. Uh Coach Maize was that was coach Maize. Uh Coach Maize was the first guy there with me when I had the first guy there with me when I had nobody else cuz obviously I can't do nobody else cuz obviously I can't do anything physical. The mental side that anything physical. The mental side that coach Maize provided for me was so so coach Maize provided for me was so so huge for my just overall being in that huge for my just overall being in that time. I mean I'm down in the dumps.

time. I mean I'm down in the dumps. Can't go to school. Can't really see Can't go to school. Can't really see anybody in a wheelchair. Uh, Coach May's anybody in a wheelchair. Uh, Coach May's discipline, uh, his journaling is what discipline, uh, his journaling is what really stuck with me through all that.

really stuck with me through all that. Uh, made sure to obviously keep Christ Uh, made sure to obviously keep Christ first and everything that we did. And first and everything that we did. And just the discipline, the habits that we just the discipline, the habits that we talked about really carried me talked about really carried me throughout this injury. Uh, I got a book throughout this injury. Uh, I got a book uh, and it's called God Will Carry You uh, and it's called God Will Carry You Through. And I woke up every morning, Through. And I woke up every morning, did devotional on that. And that book did devotional on that. And that book really just got me through that tough really just got me through that tough time of just being at home doing time of just being at home doing nothing. And basically uh that 6 weeks nothing. And basically uh that 6 weeks was really it was terrible. It was awful was really it was terrible. It was awful 6 weeks.

6 weeks. Mom came up with a great idea. I had to Mom came up with a great idea. I had to wheel into LCA to shower at nights like wheel into LCA to shower at nights like you know like three times a week maybe.

you know like three times a week maybe. So I'm smelling bad. I'm feeling So I'm smelling bad. I'm feeling terrible. Uh I I luckily didn't have any terrible. Uh I I luckily didn't have any pain throughout all that. Had a pain the pain throughout all that. Had a pain the first few nights and then by end of week first few nights and then by end of week

one it was completely away. So, we go one it was completely away. So, we go back to the doctor, get cleared to walk back to the doctor, get cleared to walk again, get cleared to go back to school.

again, get cleared to go back to school. That's just such a big sigh of relief. I That's just such a big sigh of relief. I was sticking with Coach Maze. So, the PT was sticking with Coach Maze. So, the PT ramps up. The guy by the name of Cameron ramps up. The guy by the name of Cameron Fulture. Uh, I can't thank Cameron Fulture. Uh, I can't thank Cameron enough, man. He's been he's been so enough, man. He's been he's been so awesome throughout all this. He's really awesome throughout all this. He's really invested in me. He's over at court.

invested in me. He's over at court. And just working with him has really has And just working with him has really has brought me back where I needed to be.

brought me back where I needed to be. All my muscles feel strong. I feel All my muscles feel strong. I feel great. and knee feels awesome. Uh, start great. and knee feels awesome. Uh, start working with Mark Dinardo again. Then as working with Mark Dinardo again. Then as time went on, I got to progress back to time went on, I got to progress back to the court, work with Justin Taylor, Matt the court, work with Justin Taylor, Matt Jones, Coach Stone has been a huge piece Jones, Coach Stone has been a huge piece of that. So, it was really great working of that. So, it was really great working with Justin getting back on the court with Justin getting back on the court cuz Coach Maze knows, but he went cuz Coach Maze knows, but he went through a similar injury. He had a screw through a similar injury. He had a screw screw or two put in his I think it was screw or two put in his I think it was left knee as well.

left knee as well. and um you know his his him giving me and um you know his his him giving me insight on what that's like, what the insight on what that's like, what the recovery is like and how I'm going to recovery is like and how I'm going to feel was huge for me cuz he knew what I feel was huge for me cuz he knew what I needed to work on and how that recovery needed to work on and how that recovery back was going to be. So we're here now.

back was going to be. So we're here now. Uh I'm blessed and thankful say my knee Uh I'm blessed and thankful say my knee feels great. I haven't had any pain in a feels great. I haven't had any pain in a long long time and body feels good. So long long time and body feels good. So >> So not when you when you come out of >> So not when you when you come out of surgery you can't walk. You can't put surgery you can't walk. You can't put any pressure on it. So, you're in a any pressure on it. So, you're in a wheelchair and you can't be in crutches wheelchair and you can't be in crutches because you got a broken wrist.

because you got a broken wrist. >> Yes, sir. Yes, sir. >> Yes, sir. Yes, sir. >> I mean, that's crazy. >> I mean, that's crazy. >> Yeah. >> Yeah. >> Yeah.

>> I've coached for 30 years. I don't know >> I've coached for 30 years. I don't know if I've ever heard of a story similar to if I've ever heard of a story similar to this. So, that takes us to today. Um, this. So, that takes us to today. Um, it's the 2nd of September, 2026.

it's the 2nd of September, 2026. Um, how many games did you play your Um, how many games did you play your freshman year? 25 26. How many games did freshman year? 25 26. How many games did you get in?

you get in? >> I was blessed to play all 32 >> I was blessed to play all 32 my freshman year. my freshman year. >> Oh, no. I played four. Sorry. My >> Oh, no. I played four. Sorry. My freshman year I played four.

freshman year I played four. >> Okay. You played four before the wrist >> Okay. You played four before the wrist fracture. All right. So, this is your fracture. All right. So, this is your You're a sophomore.

You're a sophomore. >> Y >> Y >> Y >> and it's your second year at Lexity >> and it's your second year at Lexity Christian Academy. Where are you now Christian Academy. Where are you now after a full summer of strength after a full summer of strength training, uh, conditioning, uh, physical training, uh, conditioning, uh, physical therapy, mindset conditioning. Um, therapy, mindset conditioning. Um, you're are you released for full you're are you released for full activity, sir? And you you've been activity, sir? And you you've been released for about a

month now. Correct, released for about a month now. Correct, sir. All right. You did not play AAOU.

sir. All right. You did not play AAOU. Maybe could have, but wanted to say, Maybe could have, but wanted to say, "Hey, if I've been through all this, "Hey, if I've been through all this, we're going to make sure every box is we're going to make sure every box is checked." And I I think that's a lesson checked." And I I think that's a lesson to be learned, too.

to be learned, too. more is not always better for young more is not always better for young athletes, you know, and I I think not athletes, you know, and I I think not playing in AAU as you were recovering playing in AAU as you were recovering and almost at the tail end of that and almost at the tail end of that recovery was smart. Here's why. recovery was smart. Here's why. AAOU events, there are there's no resources events, there are there's no resources to help you physically during that to help you physically during that weekend. They might have some athletic weekend. They might have some athletic trainers, but they're there to to tape trainers, but they're there to to tape ankles, to send you to the hospital.

ankles, to send you to the hospital. That's what they're there for. And if That's what they're there for. And if you, you know, AU events have more, what you, you know, AU events have more, what are those chairs called in the mall are those chairs called in the mall where you sit in, you put a dollar in, where you sit in, you put a dollar in, it massages you, massage chairs. They it massages you, massage chairs. They they got more of those in the lobby and they got more of those in the lobby and they got athletic trainers in the gym.

they got athletic trainers in the gym. Okay. And so if something would have Okay. And so if something would have happened or you would have felt happened or you would have felt something, there would have been no something, there would have been no resource resources there for you to to resource resources there for you to to help help you through that. So I think help help you through that. So I think that was a wise decision. So school that was a wise decision. So school started in August. What do you te tell started in August. What do you te tell us about your return to play at this us about your return to play at this moment in September?

moment in September? >> Our return to play has been great. Like >> Our return to play has been great. Like I said, I've had no pain throughout all I said, I've had no pain throughout all that, which has been a blessing. U you that, which has been a blessing. U you know, it's it's tough getting my legs know, it's it's tough getting my legs back under me. I've definitely been sore back under me. I've definitely been sore these those first two and a half weeks, these those first two and a half weeks, 3 weeks is there's nothing like 3 weeks is there's nothing like conditioning. You can condition all you conditioning. You can condition all you want. When you get back on the court, want. When you get back on the court, it's just completely different feel. uh it's just completely different feel. uh with multiple talks with the surgeons with multiple talks with the surgeons and everybody around, it's going to take and everybody around, it's going to take around a year for my body to feel around a year for my body to feel completely back to where I want it to, completely back to where I want it to, my legs.

my legs. So, right now, I feel like I'm 90%. Like So, right now, I feel like I'm 90%. Like I said, I'm I'm not going to feel true I said, I'm I'm not going to feel true 100 till that year, but I'm feeling as 100 till that year, but I'm feeling as good as I can right now. Uh my mental good as I can right now. Uh my mental state is probably the highest it's ever state is probably the highest it's ever been cuz I'm back playing again. Uh, you been cuz I'm back playing again. Uh, you know, there's nothing like that dopamine know, there's nothing like that dopamine just getting to play basketball again.

just getting to play basketball again. And after watching for eight months, And after watching for eight months, nine months, whatever it was, I get to nine months, whatever it was, I get to play again. And that's a that's a lesson play again. And that's a that's a lesson I try and talk to the team about. I'm I try and talk to the team about. I'm like, you know, never take this for like, you know, never take this for granted. Never take that 5:30 a.m.

granted. Never take that 5:30 a.m. workout for granted. Never take that workout for granted. Never take that Friday night at 8:00 when you don't feel Friday night at 8:00 when you don't feel like doing anything, going to the gym like doing anything, going to the gym and work. Never take that for granted and work. Never take that for granted just because you never know when it just because you never know when it stops. So, that's just been just been a stops.

So, that's just been just been a blessing to get back to play again.

blessing to get back to play again. And and Dr. Hunt, I said earlier that, And and Dr. Hunt, I said earlier that, you know, he didn't play AU, but he was you know, he didn't play AU, but he was Were you at every AU tournament this Were you at every AU tournament this summer?

summer? summer? >> I was. U Midwest >> I was. U Midwest >> supporting this team. >> supporting this team. >> Yeah, Midwest has been great. Uh >> Yeah, Midwest has been great. Uh when I heard my knee, uh Dad was like, when I heard my knee, uh Dad was like, you know, man, I hate to break this to you know, man, I hate to break this to you, but you're probably not going to be you, but you're probably not going to be on Midwest anymore because Midwest is a on Midwest anymore because Midwest is a renowned program. It's been one of the renowned program. It's been one of the best in 3SB for many years. you know, best in 3SB for many years. you know, they've produced great players. And, you they've produced great players. And, you know, we call up the director of it, know, we call up the director of it, Andrew Martin. He's like, "Man, uh, Andrew Martin. He's like, "Man, uh, Chase is on board with us. This is a Chase is on board with us. This is a three-year deal." So, they've been three-year deal." So, they've been great. Uh, Coach Fox, it's been great.

great. Uh, Coach Fox, it's been great. Coach Hawkins and everybody just let me Coach Hawkins and everybody just let me come to all these events, and it's just come to all these events, and it's just been an awesome experience to see what been an awesome experience to see what uh I can do next year, what I get to uh I can do next year, what I get to play in front of next year.

play in front of next year. >> Let's talk a little bit about Lexon >> Let's talk a little bit about Lexon Christian Academy. So, you got a new Christian Academy. So, you got a new coach, Coach Stone. Um, you're coming coach, Coach Stone. Um, you're coming back to play. He's coming in to coach.

back to play. He's coming in to coach. U, how has how have you guys teamed as a U, how has how have you guys teamed as a coach and player? And, um, how is how's coach and player? And, um, how is how's the team come together right now? What's the team come together right now? What's your activity as a team? And in this, your activity as a team? And in this, it's not preseason yet, October 15th, it's not preseason yet, October 15th, but I always call this time of the year but I always call this time of the year offseason 2. Um, so tell me about how offseason 2. Um, so tell me about how things are going right now with you and things are going right now with you and Coach Stone and your teammates.

Coach Stone and your teammates. >> I think me and Coach Stone's >> I think me and Coach Stone's relationship has built so much. Uh, I've relationship has built so much. Uh, I've gotten so close with Coach Stone. Uh, I gotten so close with Coach Stone. Uh, I mean, he worked out with me when I was mean, he worked out with me when I was just getting back on the court until just getting back on the court until now. We're still probably working out now. We're still probably working out two, three days a week. Uh, you know, he two, three days a week. Uh, you know, he brings in he has great connections. So, brings in he has great connections. So, he's bringing in transit guys, you know, he's bringing in transit guys, you know, past players, past connections, all past players, past connections, all these college pro guys to come back in these college pro guys to come back in and play with us. So, Coach Stone's and play with us. So, Coach Stone's amazing, man. He's a He's a hard worker.

amazing, man. He's a He's a hard worker. Uh he's going to be great at LCA. He's a Uh he's going to be great at LCA. He's a great guy. So, he's all in. He's all great guy. So, he's all in. He's all invested in us. He's texting us all the invested in us. He's texting us all the time. I got one from him right before I time. I got one from him right before I came in here. And uh with him coming to came in here. And uh with him coming to LCA, got that new job. We got two uh new LCA, got that new job. We got two uh new players from Paris High School, Braden players from Paris High School, Braden and Keegan Straight. They're going to be and Keegan Straight. They're going to be great additions to the team this year.

great additions to the team this year. Jake Lyen starting to come into his Jake Lyen starting to come into his zone. He's really became more physical, zone. He's really became more physical, starting to get a body on him. Dawson's starting to get a body on him. Dawson's great. Marsh is great. Everybody's great. Marsh is great.

Everybody's working super hard right now. We're in working super hard right now. We're in offseason, too, like coach said, but uh offseason, too, like coach said, but uh we have one guy not at practice, and we have one guy not at practice, and that's because he's a football player.

that's because he's a football player. So, we have a practice with 23 guys So, we have a practice with 23 guys there right now, freshman and up. there right now, freshman and up.

Everybody's all in. Guys coming in in Everybody's all in. Guys coming in in the mornings to work out, staying late the mornings to work out, staying late at night, working out with their at night, working out with their trainers. So, uh it should be a really trainers. So, uh it should be a really good year for us. Should be a fun style good year for us. Should be a fun style of basketball. Uh play a lot of big of basketball. Uh play a lot of big games this year. Playing it at at games this year. Playing it at at Ashland, playing at McGomery County. We Ashland, playing at McGomery County. We open up at Oldm County at Woodford. I open up at Oldm County at Woodford. I know those are all on the road, but it's know those are all on the road, but it's going to be good test. The Catholic game going to be good test. The Catholic game should be fun this year. Looking forward should be fun this year. Looking forward to beating them for the first time since to beating them for the first time since 2020, I believe.

2020, I believe. >> Who's counting? >> Who's counting? >> So, >> So, >> So, >> everyone. >> everyone. >> everyone. >> Yeah. >> Yeah. >> Yeah. >> Dr. Hunt, they're going to call the >> Dr. Hunt, they're going to call the games against Ashley McGomery County the games against Ashley McGomery County the Jason May's invitation. [laughter] Jason May's invitation. [laughter] >> That's fine because you had to invite >> That's fine because you had to invite them. That's for sure.

them. That's for sure. >> Um, all right. So there there's a few >> Um, all right. So there there's a few interesting points before we we let interesting points before we we let Chase go um that I want to talk about.

Chase go um that I want to talk about. I'm actually starting um I'm actually starting um it just came to me one night. Uh I was it just came to me one night. Uh I was on chat GPT and uh you know you can name on chat GPT and uh you know you can name your chat GPT. Mine's Bubby. So I was on your chat GPT. Mine's Bubby. So I was on Bubby and uh Bubby and uh >> we we do open open uh AI sponsorships >> we we do open open uh AI sponsorships too. We don't care.

too. We don't care. >> I'm sorry. Well, anyways, uh >> I'm sorry. Well, anyways, uh [clears throat] it, you know, Bubby had [clears throat] it, you know, Bubby had a good idea. He's like, you know, what a good idea. He's like, you know, what about a return to play curriculum um for about a return to play curriculum um for injured athletes? I was like, I'm sort injured athletes? I was like, I'm sort of doing this with Chase. That's a good of doing this with Chase. That's a good idea. And one of the the things I was idea. And one of the the things I was I'm still working through is when I'm still working through is when injured athletes injured athletes are are fighting to return to play, and are are fighting to return to play, and I call it return stronger, I call it return stronger, they often make a mistake of putting an they often make a mistake of putting an immense amount of mental pressure and immense amount of mental pressure and emotional pressure emotional pressure on themselves to be better than they on themselves to be better than they were before, were before, quicker than they're mentally ready to quicker than they're mentally ready to be.

be. be. And I think if more athletes in Chase's And I think if more athletes in Chase's situation situation situation would focus on integrating back into the would focus on integrating back into the team fabric first, team fabric first, that not only allows him to be easier that not only allows him to be easier coached because it's hard to coach a kid coached because it's hard to coach a kid who's putting a lot of pressure on who's putting a lot of pressure on himself, okay? But allows coach Stone to himself, okay? But allows coach Stone to coach him better. It allows his coach him better. It allows his teammates to see that this is not about teammates to see that this is not about him. He's just trying to be one of us.

him. He's just trying to be one of us. We know he's missed it, but he could We know he's missed it, but he could have easily portrayed the the aura of, have easily portrayed the the aura of, "Hey, hey guys, I'm back. Get me the "Hey, hey guys, I'm back. Get me the ball" kind of deal. I've got to catch ball" kind of deal. I've got to catch up. I've

got makeup work to do. And that up. I've got makeup work to do. And that would have made him a difficult presence would have made him a difficult presence in the locker room. He would have felt in the locker room. He would have felt that that that um awkwardness um awkwardness and he would have had another emotional and he would have had another emotional and mental layer to work through. But and mental layer to work through. But when he just throws himself into the when he just throws himself into the team, the school, the school culture, team, the school, the school culture, and doesn't make any of this about him, and doesn't make any of this about him, next thing you know, he's the better next thing you know, he's the better version of himself as a player because version of himself as a player because he hasn't had all this stinking pressure he hasn't had all this stinking pressure built up in his mind to do things um you built up in his mind to do things um you know, that were for him and for him know, that were for him and for him only.

only. only. So, it takes a servant leader. It takes So, it takes a servant leader. It takes a humble heart. And for people that a humble heart. And for people that don't know this young man, you know, I a don't know this young man, you know, I a lot of credit needs to be given to his lot of credit needs to be given to his parents parents parents um for the way he is and the way how um for the way he is and the way how strong his faith is. But for anybody at strong his faith is. But for anybody at LCA listening to this, you have an LCA listening to this, you have an ambassador for Christ that is just an ambassador for Christ that is just an amazing young man who is going to do amazing young man who is going to do unbelievable things in this world. and unbelievable things in this world. and he's going to make a lot of you proud.

he's going to make a lot of you proud. And the world needs to know that he's And the world needs to know that he's went through more adversity before his went through more adversity before his sophomore year in high school than most sophomore year in high school than most athletes will go through their entire athletes will go through their entire career.

career. career.

Chase Bentley's Injury and Recovery Story

And it's just made him stronger, And it's just made him stronger, [snorts] [snorts] [snorts] better, and he's going to be a he is a better, and he's going to be a he is a college prospect, good Lord willing.

college prospect, good Lord willing. He's going to play at a very high level. He's going to play at a very high level. He's going to get his education paid He's going to get his education paid for. Nowadays, we have to put a caveat.

for. Nowadays, we have to put a caveat. You get your education paid for, plus You get your education paid for, plus you get a check. Um, but all that you get a check. Um, but all that stuff's going to happen. And I just want stuff's going to happen. And I just want to encourage you, Chase, to just to to to encourage you, Chase, to just to to keep the the servant leader mentality, keep the the servant leader mentality, to stay humble, to do this, to honor and to stay humble, to do this, to honor and glorify God because he's the one that's glorify God because he's the one that's blessed you with the ability, and to blessed you with the ability, and to always play for something bigger than always play for something bigger than yourself. And he's he's he's checking yourself. And he's he's he's checking all those boxes, Dr. Hunt. That's why all those boxes, Dr. Hunt. That's why they're going to be good. and you know they're going to be good. and you know what you'll receive in return is going what you'll receive in return is going to be bigger and more bountiful than to be bigger and more bountiful than anything that you've dreamed of up to anything that you've dreamed of up to this point. Um and so for injured this point. Um and so for injured athletes out there, the wrong way is to athletes out there, the wrong way is to attack this thing saying I'm owed attack this thing saying I'm owed something because I missed something due something because I missed something due to something I couldn't control. That's to something I couldn't control. That's not how you reframe that adversity. You not how you reframe that adversity. You reframe it into the next best reframe it into the next best opportunity. And I think that's what opportunity. And I think that's what he's done. I mean, he's he's going to he's done. I mean, he's he's going to relish. And I mean, he's going to be a relish. And I mean, he's going to be a Mr. Basketball candidate. I mean, we're Mr. Basketball candidate. I mean, we're talking about a guy who is going to be a talking about a guy who is going to be a one of the better players in Kentucky one of the better players in Kentucky for the next three years. So, I'm really for the next three years. So, I'm really proud of you.

proud of you. >> I appreciate it, coach. I want to uh >> I appreciate it, coach. I want to uh mention something real quick. Me and mention something real quick. Me and coach had a call about 3 weeks ago and coach had a call about 3 weeks ago and uh we made a list of things that are uh we made a list of things that are important in my life, things that I, you important in my life, things that I, you know, the highest value. you know, you know, the highest value. you know, you got God, family, basketball, school, all got God, family, basketball, school, all that stuff is important. Uh, and he did that stuff is important. Uh, and he did the exercise where he walked me through.

the exercise where he walked me through. Uh, it was sad. It was sad. It was real Uh, it was sad. It was sad. It was real sad. It was a heartfelt moment.

sad. It was a heartfelt moment. >> We killed him. We g we gave him cancer >> We killed him. We g we gave him cancer and he died. and he died. >> Yeah. He walked me through if I had >> Yeah. He walked me through if I had cancer, right? And, uh, we were cancer, right? And, uh, we were scratching things off the list as we scratching things off the list as we went. And one thing remained, that was went. And one thing remained, that was Jesus. And when I was in that wheelchair Jesus. And when I was in that wheelchair for 6 weeks, obviously my family was a for 6 weeks, obviously my family was a huge part of that, man. But my huge part of that, man. But my relationship with God, I felt like I'd relationship with God, I felt like I'd never been closer because he's really never been closer because he's really all I had at that moment. I didn't have all I had at that moment. I didn't have school. I didn't have sports. All I had school. I didn't have sports. All I had was my family and Jesus. And Coach Mace was my family and Jesus. And Coach Mace did a great exercise that, you know, did a great exercise that, you know, reminded me of what that was like. And, reminded me of what that was like. And, you know, really that's all that does you know, really that's all that does matter to Jesus. So, uh, being able to matter to Jesus. So, uh, being able to learn that through an injury was just, learn that through an injury was just, it was so great for me. It was really so it was so great for me. It was really so great for my relationship with him, so great for my relationship with him, so great for my everyday life.

great for my everyday life. >> Yeah. you look back at it and I just had >> Yeah. you look back at it and I just had the same conversation with an athlete the same conversation with an athlete before uh probably six months ago and before uh probably six months ago and he's like would he's like would the the age-old question is like why the the age-old question is like why does God let bad things happen to his does God let bad things happen to his kiddos like we're his kiddos and why kiddos like we're his kiddos and why would he allow you to go through that would he allow you to go through that and but would he let you go through such and but would he let you go through such a bad thing to to make you closer to him a bad thing to to make you closer to him and the answer is yes every time and how and the answer is yes every time and how you approach that is way mature than the you approach that is way mature than the number of years you've been on the earth number of years you've been on the earth that's for sure But now you have a that's for sure But now you have a toolkit that other people don't have.

toolkit that other people don't have. They haven't sat in a wheelchair for six They haven't sat in a wheelchair for six weeks and they haven't desired to have a weeks and they haven't desired to have a closer relationship with God. And and if closer relationship with God. And and if you talk about how hard mentally it is you talk about how hard mentally it is to be a a high level athlete in high to be a a high level athlete in high school or in college or as a school or in college or as a professional, your toolbox is bigger professional, your toolbox is bigger than everybody else's toolbox. And then than everybody else's toolbox. And then you know for sure that you're not you know for sure that you're not promised another game. You're not promised another game. You're not promised another practice. You said it promised another practice. You said it already. And so it gives you the comfort already. And so it gives you the comfort to enjoy the moment where most people to enjoy the moment where most people are looking for whatever's next. What are looking for whatever's next. What college coach is going to call me with college coach is going to call me with an offer? What AAOU team is going to an offer? What AAOU team is going to invite me to their team? Uh if I make it invite me to their team? Uh if I make it to college, what's my NIL deal look to college, what's my NIL deal look like? All the things that people like? All the things that people continue to look forward to. You're able continue to look forward to. You're able to turn back the dial, slow it down, and to turn back the dial, slow it down, and enjoy the moment of the tip ball. Like enjoy the moment of the tip ball. Like imagine what happens when somebody's imagine what happens when somebody's getting ready to throw the ball in the getting ready to throw the ball in the air next and it's against another team.

air next and it's against another team. It's going to feel different for you It's going to feel different for you than it did before all this mess, before than it did before all this mess, before all this injuries. So, I want to also all this injuries. So, I want to also on camera say um on camera say um congratulations for hitting the start congratulations for hitting the start button again. So, nothing's finished.

button again. So, nothing's finished. Obviously, you know, you know that, but Obviously, you know, you know that, but also uh congratulate you how how you've also uh congratulate you how how you've approached it and also it's been done approached it and also it's been done three times already. Call out your three times already. Call out your parents for raising a kiddo like you and parents for raising a kiddo like you and um when the focus is God's first and no um when the focus is God's first and no matter where I said I heard that you put matter where I said I heard that you put school behind basketball, I won't tell school behind basketball, I won't tell anyone. Um I was the same way. But that anyone. Um I was the same way. But that that list kind of it doesn't matter as that list kind of it doesn't matter as much. And if you go through the process much. And if you go through the process of of having cancer and die and you of of having cancer and die and you start checking stuff off that's going to start checking stuff off that's going to go away. It's sure not a car. It's not a go away. It's sure not a car. It's not a chain. It's not some shoes. Um when it's chain. It's not some shoes. Um when it's all said and done, there's only one all said and done, there's only one thing that matters. So you are mature thing that matters. So you are mature beyond your years and you have something beyond your years and you have something to share. It's the reason we're here to share. It's the reason we're here right now. The reason he invited you right now. The reason he invited you here is because you have something to here is because you have something to share that will help people way outside share that will help people way outside of the walls of LCA, way outside of of the walls of LCA, way outside of Faget County, way outside of Kentucky.

Faget County, way outside of Kentucky. Like everyone needs to hear how you Like everyone needs to hear how you approach how you can do that and it's approach how you can do that and it's really important. So, um whether you really important. So, um whether you like it or not, you get to be a role like it or not, you get to be a role model and I think you're more than well model and I think you're more than well equipped to be that.

equipped to be that. >> So, you don't have to change your name. >> So, you don't have to change your name. >> No. cognitive our cognitive ability to >> No. cognitive our cognitive ability to think as human beings. All right, which think as human beings. All right, which I think uh is divinely uh designed and I think uh is divinely uh designed and then architecture, then architecture, cognit cognit cognit design thinking. It's mental design thinking. It's mental architecture for how we think.

architecture for how we think. And my advocacy is for winning. And I And my advocacy is for winning. And I It's rooted in faith, built by It's rooted in faith, built by discipline, designed for peak uh peak discipline, designed for peak uh peak performance.

performance. performance. Those are that that that that's it. Those are that that that that's it. That's that's that's who I am right now That's that's that's who I am right now at this stage of my life. That's my at this stage of my life. That's my creative zone.

creative zone. >> Yeah. >> Yeah. >> Yeah. >> How did you come up with the name number >> How did you come up with the name number one? one? one? >> 100% thought of.

>> 100% thought of. >> God gave it to you, you think? >> God gave it to you, you think? >> I hope so. Um you know, did I pray over >> I hope so. Um you know, did I pray over it? I don't think I prayed over it. Um, it? I don't think I prayed over it. Um, you know, I'm in my Bible every morning you know, I'm in my Bible every morning and I prayer journal. I don't think I and I prayer journal. I don't think I prayed for it. I don't Maybe I need to prayed for it. I don't Maybe I need to do that. [laughter] do that. [laughter] >> Fix it. We know if your social media >> Fix it. We know if your social media people are right or wrong. We're getting people are right or wrong. We're getting ready to find out.

ready to find out. >> Um, and uh, I like the so I have had >> Um, and uh, I like the so I have had rebranding. I got new logos, uh, rebranding. I got new logos, uh, branding kit, all that kind of stuff.

branding kit, all that kind of stuff. But we kept my website's coachmaze.com. But we kept my website's coachmaze.com. So, it's sort of like when you start a So, it's sort of like when you start a business like um business like um like my business, my formal name that I like my business, my formal name that I tax filed is the turnover team. Okay.

tax filed is the turnover team. Okay. I'm DBA, Cognite. I'm DBA, Cognite. >> Okay. >> Okay. >> Okay. >> All right. But everybody's going to know >> All right. But everybody's going to know it as Jason. Coach Jason Mays. Yeah. All it as Jason. Coach Jason Mays. Yeah. All right. So, u which I've learned as an right. So, u which I've learned as an entrepreneur now that there's a lot entrepreneur now that there's a lot >> turnover king.

>> turnover king. >> Turnover team. >> Turnover team. >> I'm joking. >> I'm joking. >> But you know why I so I started You're >> But you know why I so I started You're going to love this about me. Like we, going to love this about me. Like we, you and I, we're we got we're brothers you and I, we're we got we're brothers from another mother, man. Uh I started from another mother, man. Uh I started the turnover team cuz I have a business the turnover team cuz I have a business idea that I'm I'm putting in my back idea that I'm I'm putting in my back pocket for down the road. I live in Pow pocket for down the road. I live in Pow County, Kentucky. We bought the home County, Kentucky. We bought the home that my wife grew up in. It's only been that my wife grew up in. It's only been her family's name her family's name >> that her mom and dad built. They have >> that her mom and dad built. They have since passed. We bought it from the since passed. We bought it from the estate. We're renovating it.

estate. We're renovating it. >> And it's it's becoming a pretty cool >> And it's it's becoming a pretty cool project. project. Well, Natural Bridge and River Gorge are Well, Natural Bridge and River Gorge are within five minutes of me.

within five minutes of me. Pow County, Lee County, Es Esto County, Pow County, Lee County, Es Esto County, now Meny County, even Alley County, now Meny County, even Alley County, Jackson County, Wolf County have more Jackson County, Wolf County have more cabins in those counties per capita cabins in those counties per capita population any other counties in the population any other counties in the United States right now.

United States right now. >> That's facts, huh? >> That's facts, huh? >> And those are all Airbnbs. >> And those are all Airbnbs. >> Yeah. So when you flip a Airbnb, you >> Yeah. So when you flip a Airbnb, you turn it over. It's called turnover.

turn it over. It's called turnover. >> Okay. >> Okay. >> Okay. >> I want to start a cleaning company that >> I want to start a cleaning company that turns over Airbnbs in Red River Gorge.

turns over Airbnbs in Red River Gorge. >> Does anybody do it right now? >> Does anybody do it right now? >> Very few. And hardly anybody does >> Very few. And hardly anybody does >> as well.

>> as well. >> So I need a few more hours of the day to >> So I need a few more hours of the day to get this thing laid out. But so get this thing laid out. But so >> how many hours do you sleep at night?

>> how many hours do you sleep at night? >> I'm not like you. I used to be like you. >> I'm not like you. I used to be like you. Um so when I got fired at Ashlin, um I Um so when I got fired at Ashlin, um I had a lot of health issues. I gained I I had a lot of health issues. I gained I I got up to 300 lb. Um I've gotten up to got up to 300 lb. Um I've gotten up to 300 lb twice, which is definitely not 300 lb twice, which is definitely not healthy for your heart. Um I had a lot healthy for your heart. Um I had a lot of stress and it was never diagnosed as of stress and it was never diagnosed as a TIA, like a mini stroke. Um but when I a TIA, like a mini stroke. Um but when I had a very bad vomiting event that had a very bad vomiting event that lasted like eight hours non-stop, lasted like eight hours non-stop, >> it was very very traumatic. Um my blood >> it was very very traumatic. Um my blood pressure was pressure was Um, Um, Um, two, two, two, let's see. Hang on. Normal blood let's see. Hang on. Normal blood pressure is supposed to be what? 180 pressure is supposed to be what? 180 over over over >> No, no. 120 over 120 over 80, right?

>> No, no. 120 over 120 over 80, right? >> So, mine was 190. Mine was 190 over 121. >> So, mine was 190. Mine was 190 over 121. >> Yeah. >> Yeah. >> Yeah.

>> Okay. Which is >> Okay. Which is >> like it saw stroke level >> like it saw stroke level >> way back when. All right. And um the way >> way back when. All right. And um the way my body reacted to it was I just went my body reacted to it was I just went into bad nausea inner ear. I couldn't into bad nausea inner ear.

Team Support, Mindset, and Return to Play

I couldn't open my eyes, couldn't dizziness, open my eyes, couldn't dizziness, couldn't stand up. Um if I would turn my couldn't stand up. Um if I would turn my head just an inch, it was bobbing.

head just an inch, it was bobbing. >> Yeah. >> Yeah. >> Yeah. >> And um so I went doctor had my crystals >> And um so I went doctor had my crystals in my inner ear reset by a c a in my inner ear reset by a c a chiropractor and a physical therapist chiropractor and a physical therapist that are trained to do that. turned you that are trained to do that. turned you upside down, shook you off.

upside down, shook you off. >> Oh yeah, it was Yeah, I was acrobatic. >> Oh yeah, it was Yeah, I was acrobatic. Yeah. And they said, "Look, I don't Yeah. And they said, "Look, I don't think this is your problem." think this is your problem." >> We cuz you know cuz if we during this >> We cuz you know cuz if we during this process of resetting your crystals in process of resetting your crystals in your inner ear, you get sick your inner ear, you get sick >> a lot of times and like have you had any >> a lot of times and like have you had any nausea during that? I'm like, "No, none nausea during that? I'm like, "No, none at all." Like I don't think it's your at all." Like I don't think it's your problem. It was my blood pressure, man.

problem. It was my blood pressure, man. >> Yeah. >> Yeah. >> Yeah. >> So, um you know, I I got uh Why would we >> So, um you know, I I got uh Why would we get on that? I have no how you picked get on that? I have no how you picked your name.

your name. >> No, we were talking about that. But uh >> No, we were talking about that. But uh >> didn't you talk about the turnover king? >> didn't you talk about the turnover king?

>> Oh, that's so that's my it's it's >> Oh, that's so that's my it's it's actually a turnover team. All right. But actually a turnover team. All right. But so I I want to do this. I don't know how so I I want to do this. I don't know how we got in that. Anyway, so Cognitecture we got in that. Anyway, so Cognitecture is uh it's my coaching and speaking is uh it's my coaching and speaking company and um I coach right now my company and um I coach right now my clientele consists of athletes at the clientele consists of athletes at the high school and college level um that high school and college level um that don't just play basketball um football don't just play basketball um football players, uh volleyball players, um I players, uh volleyball players, um I have college and high school coaches. I have college and high school coaches. I have financial services professionals.

have financial services professionals. Uh I had a discovery call not too long Uh I had a discovery call not too long ago with a person in the medical field.

ago with a person in the medical field. Um and I'm slowly drifting into sales Um and I'm slowly drifting into sales organizations and you know um people organizations and you know um people that are responsible for having a that are responsible for having a profitable sales organization in some profitable sales organization in some form or fashion. Um the growth areas I form or fashion. Um the growth areas I see uh are in competitive sports um we see uh are in competitive sports um we coach the body but we never coach the coach the body but we never coach the mind.

mind. mind. >> Yeah. >> Yeah. >> Yeah. >> And if the mind goes south the body >> And if the mind goes south the body always follows. Do you think elite always follows. Do you think elite coaches coach the mind in some ways coaches coach the mind in some ways unintentionally or intentionally?

unintentionally or intentionally? >> Well, whether you're doing it >> Well, whether you're doing it intentionally or intentionally, you can intentionally or intentionally, you can still do it wrong. Let's acknowledge still do it wrong. Let's acknowledge that first. I think Bobby Knight coached that first. I think Bobby Knight coached mindset mindset mindset um very purposely. Yeah.

um very purposely. Yeah. >> Did you do it the right way? >> Did you do it the right way? >> I'm a huge Bob. >> I'm a huge Bob. >> I don't know. Maybe when's the last time >> I don't know. Maybe when's the last time there was undefeated season?

there was undefeated season? >> Point technique. All right. But you also >> Point technique. All right. But you also >> might get you in a little trouble.

>> might get you in a little trouble. >> Yeah. All right. So, um, and then >> Yeah. All right. So, um, and then there's people that that do it there's people that that do it intentionally that aren't affected with, intentionally that aren't affected with, and there's people that are doing it and there's people that are doing it unintentionally that they see unintentionally that they see effectiveness out of it. I think a effectiveness out of it. I think a recent good example is, uh, UCLA, they recent good example is, uh, UCLA, they um, their women's basketball coach. Um, um, their women's basketball coach. Um, they had a really good season this past they had a really good season this past season. Um, it is at the core of who season. Um, it is at the core of who they are as a program.

they are as a program. >> Yeah, you would know this better than >> Yeah, you would know this better than me, but this is a very passive viewing me, but this is a very passive viewing of Liberty's coach, of Liberty's coach, >> Coach McKay. I feel like he passively >> Coach McKay. I feel like he passively coaches their mind in a way that they coaches their mind in a way that they they feel respect as somebody they might they feel respect as somebody they might want to follow, somebody they might want want to follow, somebody they might want to consider, I want to do life like he to consider, I want to do life like he does it. I think that's another passive does it. I think that's another passive way to coach your mindset, right? I way to coach your mindset, right? I think what Coach McKay does is you're think what Coach McKay does is you're man, you're right, he's he's so man, you're right, he's he's so cognitive about how he does things. I cognitive about how he does things. I think what one of the things I've think what one of the things I've noticed about Coach McKay, and if he's noticed about Coach McKay, and if he's he hears this, he may disagree. I think he hears this, he may disagree. I think he takes a player or a team and I think he takes a player or a team and I think he says, "All right, here's your the he says, "All right, here's your the parameters of your property while you're parameters of your property while you're a student athlete here at Liberty and he a student athlete here at Liberty and he sets those parameters way far out." sets those parameters way far out." And he says, "Now listen, if you stray And he says, "Now listen, if you stray too far from the house, but still stay too far from the house, but still stay on the property, there's a bear den over on the property, there's a bear den over here. There's there's a there's some here. There's there's a there's some coyotes over here that sometimes get in coyotes over here that sometimes get in our property. Just be careful." our property. Just be careful." And then what he starts to see is the And then what he starts to see is the environment that they create, the environment that they create, the players sort of bring those parameters players sort of bring those parameters in on their own in on their own >> where they know right righteous >> where they know right righteous decisions are made.

decisions are made. >> Um I've seen that firsthand with I got >> Um I've seen that firsthand with I got two former players that are there. One two former players that are there. One there now and Colin played there. So um there now and Colin played there. So um >> I think that's sort of I've never >> I think that's sort of I've never thought about it that way. I just thought about it that way. I just articulated that while thinking out articulated that while thinking out loud, but like he he and when you give loud, but like he he and when you give players a lot of rope, they view that as players a lot of rope, they view that as freedom.

freedom. freedom. >> Yep. >> Yep. >> Yep. But eventually they view it as we don't But eventually they view it as we don't need that much rope coach. need that much rope coach.

>> Exactly. So I think that's sort of how >> Exactly. So I think that's sort of how he how he leads it. You know he's a he how he leads it. You know he's a servant leader first. I'm a I admire servant leader first. I'm a I admire serv

servant leaders, people that give serv servant leaders, people that give first before they ever expect anything first before they ever expect anything in return. But you know um I spend a lot in return. But you know um I spend a lot of time um coaching oneonone of time um coaching oneonone um right now as I grow my business. Um, um right now as I grow my business. Um, long-term, I don't think I don't know long-term, I don't think I don't know how sustainable that is because how sustainable that is because economically from a scaling standpoint, economically from a scaling standpoint, uh, you want to reach more and more uh, you want to reach more and more people. You just are going to be limited people. You just are going to be limited how many one-on- ones you can have.

how many one-on- ones you can have. >> But starting out, that's that's where >> But starting out, that's that's where I'm at right now, which is is very good I'm at right now, which is is very good because I have great relationships with because I have great relationships with guys like Chase.

guys like Chase. >> Coaches, um, I work with coaches >> Coaches, um, I work with coaches individually. I also work with coaches individually. I also work with coaches as I work with their team as sort of as I work with their team as sort of like the, uh, the mental performance like the, uh, the mental performance coach for their team. So, like I have a coach for their team. So, like I have a few I'm working with an high school few I'm working with an high school athletic department right now, another athletic department right now, another high school girls basketball team right high school girls basketball team right now. And just those two examples, I'm now. And just those two examples, I'm like the culture consultant. All right, like the culture consultant. All right, their words, not mine. But like this their words, not mine. But like this morning, I talked about living the morning, I talked about living the disciplined day with all the girls on disciplined day with all the girls on that team about you got to start that team about you got to start earlier. If you can't get up 20 minutes earlier. If you can't get up 20 minutes earlier than you normally do, then earlier than you normally do, then greatness is not inside of you. We greatness is not inside of you. We talked about uh how to write properly talked about uh how to write properly formatted I am statements. You know, formatted I am statements. You know, there's a lot of people saying, "Hey, there's a lot of people saying, "Hey, write your affirmation statements." write your affirmation statements." Well, you can also get a little hokey on Well, you can also get a little hokey on that. Okay? You got to be careful. Um, that. Okay? You got to be careful. Um, and and we have to define who you are at and and we have to define who you are at your core, what your identity is. If your core, what your identity is. If you're a bullseye, I think the world you're a bullseye, I think the world that we're living in right now likes to that we're living in right now likes to live on the peripheral of that bullseye.

live on the peripheral of that bullseye. Well, in archery, that's not worth very Well, in archery, that's not worth very many points. All right? But that's what many points. All right? But that's what everybody can see is the edges, the everybody can see is the edges, the outside. Um, and it's it's an easier outside. Um, and it's it's an easier miss to hit there, but that bullseye, miss to hit there, but that bullseye, that's rare air and that's where your that's rare air and that's where your identity is. And I think we have to identity is. And I think we have to build ourselves from the identity from build ourselves from the identity from the bullseye out. But that's hard work.

the bullseye out. But that's hard work. >> You talked about DNA being a limiting >> You talked about DNA being a limiting factor for, you know, if you're not 68, factor for, you know, if you're not 68, some places you can't play basketball.

some places you can't play basketball. >> Sure. >> Sure. >> Sure. >> So DNA is the limit. What do you think >> So DNA is the limit. What do you think for a kiddo? Uh for a kiddo? Uh what level would you say and this is you what level would you say and this is you giving a pitch for your services or giving a pitch for your services or anyone else who who believes that they anyone else who who believes that they can break through mentally and get a can break through mentally and get a performance. Would you say performance. Would you say an undertalented kid can overachieve an undertalented kid can overachieve through mindset to fulfill a dream to through mindset to fulfill a dream to play college baseball or to fill a dream play college baseball or to fill a dream to play college football or college to play college football or college basketball?

basketball? basketball? How powerful do you think that that How powerful do you think that that those disciplines are to break through those disciplines are to break through the the fin? And I'm not talking about the the fin? And I'm not talking about go play at Georgia and if you're a three go play at Georgia and if you're a three star, you can play at Georgia if you're star, you can play at Georgia if you're a three star, but there's not many of a three star, but

there's not many of them. Now, let's say you have no stars.

them. Now, let's say you have no stars. You're not playing at Georgia. I'm You're not playing at Georgia. I'm talking about the kid who has a stern talking about the kid who has a stern discipline discipline discipline uh and and does the things that you're uh and and does the things that you're talking about. Do you think it can talking about. Do you think it can propel you athletically or is that propel you athletically or is that ceiling a lot closer than we think?

ceiling a lot closer than we think? I'm going to put you on the spot as a I'm going to put you on the spot as a physician. physician. physician. So, I am reading a lot about the brain.

So, I am reading a lot about the brain.

Mental Performance, Visualization, and Resilience

Um, not that I want to be a Um, not that I want to be a neuroscientist, neuroscientist, neuroscientist, um, but I want to learn how the brain um, but I want to learn how the brain works. So, I'm doing a lot of reading works. So, I'm doing a lot of reading about the brain.

about the brain. First thing I I've learned about the First thing I I've learned about the brain is that brain is that whoever this world in the medical whoever this world in the medical community considers the foremost community considers the foremost physician of neuroscience physician of neuroscience knows about 5% of what the brain's knows about 5% of what the brain's capacity is. There's so much and I think capacity is. There's so much and I think it's so cool as a person of faith of how it's so cool as a person of faith of how we were designed not to understand we were designed not to understand >> the things that we all want to >> the things that we all want to understand. But I believe in in in in understand. But I believe in in in in studying the brain over over not just studying the brain over over not just here recently, but I've I've done this here recently, but I've I've done this for years since I've been coached by for years since I've been coached by performance coaches that um here's the performance coaches that um here's the simple analogy I use is uh you remember simple analogy I use is uh you remember back in the 1800s when before back in the 1800s when before automobiles around automobiles around >> um when [laughter] >> um when [laughter] you are watching the westerns um uh you are watching the westerns um uh people travel with horse and buggy and people travel with horse and buggy and wagons and you know so on dirt roads u wagons and you know so on dirt roads u there would be ruts in the road from there would be ruts in the road from when the wagons were on the road when when the wagons were on the road when the dirt was soft, it'd form and then the dirt was soft, it'd form and then when it hardened with the heat and the when it hardened with the heat and the dry dry weather, they would harden and dry dry weather, they would harden and there would be ruts in the road that there would be ruts in the road that were unforgiving. And sometimes if you were unforgiving. And sometimes if you didn't keep that wagon wheel in that rut didn't keep that wagon wheel in that rut and it got out, it would snap the wheel and it got out, it would snap the wheel off the hub.

off the hub. I think in our brain we have ruts, I think in our brain we have ruts, neuropathways. neuropathways. neuropathways. And I think there's those are those the And I think there's those are those the the neuroscience community calls this the neuroscience community calls this neuroplasticity. Okay. And we can get neuroplasticity. Okay. And we can get out of those ruts and form new ones. Um, out of those ruts and form new ones. Um, form new neural pathways. The whole form new neural pathways. The whole premise of cognitive is design thinking, premise of cognitive is design thinking, mental architecture.

mental architecture. But there's no free ice cream. That's a But there's no free ice cream. That's a hard process. Here's what I've learned. hard process. Here's what I've learned.

The brain, [clears throat] The brain, [clears throat] unless everything I'm reading is lying unless everything I'm reading is lying to me, all right? Um, the brain views a to me, all right? Um, the brain views a mental visualization, mental visualization, not just a a a slap one against the not just a a a slap one against the wall, but I'm talking I I practice wall, but I'm talking I I practice visualization every morning as part of visualization every morning as part of my morning routine. And so, you know, I my morning routine. And so, you know, I come into a building, I walk in, I open come into a building, I walk in, I open the door, my right hand, I'm in a the door, my right hand, I'm in a

building, and everything inside this building, and everything inside this warehouse is white. It's clean. It's warehouse is white. It's clean. It's spotless. Not spot speck of dust, spotless. Not spot speck of dust, ceiling, floor, walls, everything is ceiling, floor, walls, everything is white. Bright LED lights. There's white. Bright LED lights. There's nothing in the room. It's a warehouse.

nothing in the room. It's a warehouse. Nothing in it but whiteness. That's my Nothing in it but whiteness. That's my anti room. I walk through that room to anti room. I walk through that room to get to the door on the other side. That get to the door on the other side. That is where I'm prepping my brain for my is where I'm prepping my brain for my visualizations. I want order. I want visualizations. I want order. I want clarity. I want concentration. I want clarity. I want concentration. I want cleanliness. Okay. I get to that far cleanliness. Okay. I get to that far door, right hand, open it up, and that's door, right hand, open it up, and that's when I get into my sort of my dream when I get into my sort of my dream cave. And I on this screen I see me on a cave. And I on this screen I see me on a stage in front of 5,000 people speaking.

stage in front of 5,000 people speaking. On this screen, I see me coaching a On this screen, I see me coaching a division one, highly paid power forward division one, highly paid power forward level basketball coach as his mental level basketball coach as his mental performance coach. And what I see on the performance coach. And what I see on the screen is that person on a Zoom screen.

screen is that person on a Zoom screen. I'm on my end of the Zoom screen and I'm on my end of the Zoom screen and we're having our monthly coaching we're having our monthly coaching session. On this screen is where I see session. On this screen is where I see my online course, Building a Culture my online course, Building a Culture Champions of Blueprint, selling hot Champions of Blueprint, selling hot cakes to high school coaches all across cakes to high school coaches all across the country. Okay? And then what I do is the country. Okay? And then what I do is I walk behind those screens and I come I walk behind those screens and I come out. I see that same picture, that same out. I see that same picture, that same picture, that same picture from my eyes.

picture, that same picture from my eyes. All right? So I got the view from the All right? So I got the view from the crowd, you know, and then I got what I'm crowd, you know, and then I got what I'm actually seeing. And so that's my actually seeing. And so that's my visualization. Well, my my brain sees visualization. Well, my my brain sees those events. When those events actually those events. When those events actually happen, the brain doesn't know the happen, the brain doesn't know the difference. It's the same event. That's difference. It's the same event. That's why I tell players all the time, why I tell players all the time, [clears throat] [clears throat] [clears throat] I want you to see. So, my teams have I want you to see. So, my teams have always practiced visualization. I want always practiced visualization. I want you to see it before you see it. So, you to see it before you see it. So, they always practice a play.

they always practice a play. >> Are we talking something simple as >> Are we talking something simple as making a free throw? making a free throw? >> Yeah.

>> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Your form. Okay. So, my daughter, what >> Your form. Okay. So, my daughter, what I'm trying to get her to do right now, I'm trying to get her to do right now, my daughter's a great player, a college my daughter's a great player, a college prospect. She shot 47% from a free throw prospect. She shot 47% from a free throw line last year. All right. [snorts] line last year. All right. [snorts] >> That's not good if the coaches if your >> That's not good if the coaches if your dad's a coach.

dad's a coach. >> Yeah. How many people told me that? I >> Yeah. How many people told me that? I mean, I was like, "Honey, I'm not going mean, I was like, "Honey, I'm not going to come watch. It's embarrassing. You're to come watch. It's embarrassing. You're killing my business. You're killing my killing my business. You're killing my rep here." Right? So, we worked on that rep here." Right? So, we worked on that hard this summer. And you know, Steve hard this summer. And you know, Steve Nash, I said, "All right, don't take my Nash, I said, "All right, don't take my word for it. Here's Steve Nash. Educate word for it. Here's Steve Nash. Educate yourself about Steve Nash." And before yourself about Steve Nash." And before he got to the line, he would always do he got to the line, he would always do >> without a ball every time. That was his >> without a ball every time. That was his mental rep. Why? Because the So, his mental rep. Why? Because the So, his body saw the second free throw, which body

saw the second free throw, which actually the world thought was his first actually the world thought was his first free throw. enough for in his brain that free throw. enough for in his brain that was his second free throw. He didn't get was his second free throw. He didn't get two free throws, he got three two free throws, he got three >> cuz the first one counted here.

>> cuz the first one counted here. >> And um the stats say in the NBA during >> And um the stats say in the NBA during the time he played that um in the NBA, the time he played that um in the NBA, whatever year he studied, I can't I whatever year he studied, I can't I think it was like uh 13, 12, right when think it was like uh 13, 12, right when Steph was a young player, Steph was a young player, the free throw percentage rating that the free throw percentage rating that crossed the NBA was like 72% on the crossed the NBA was like 72% on the first free throw, but it was like 78% on first free throw, but it was like 78% on the second free throw. So he's like, the second free throw. So he's like, "Oh, okay. I'll just do my second one "Oh, okay. I'll just do my second one first." first." first." >> Yes. Okay.

>> Yes. Okay. So I believe that the brain can be So I believe that the brain can be trained, trained, trained, um, um, um, habits, habits, habits, discipline, discipline, discipline, intentionality, intentionality, intentionality, and so but you have, you just can't wish and so but you have, you just can't wish it. Like there we ain't talking about it. Like there we ain't talking about hope here, folks. All right.

hope here, folks. All right. >> Let me throw a wrench at you when you >> Let me throw a wrench at you when you start talking about hope. Yeah. start talking about hope. Yeah.

>> Let's say [clears throat] you're going >> Let's say [clears throat] you're going through your visualization and you're through your visualization and you're you're doing that every morning. You're you're doing that every morning. You're going through what happens when someone going through what happens when someone comes in and unplugs your TV comes in and unplugs your TV >> and it won't turn on the next day >> and it won't turn on the next day because you've fallen and broken your because you've fallen and broken your wrist because you have a fifth wrist because you have a fifth metatarsal fracture because unbeknownst metatarsal fracture because unbeknownst to you, your tibia tubal is going to rip to you, your tibia tubal is going to rip off your tibia and all the visualization off your tibia and all the visualization in the world doesn't prepare you for in the world doesn't prepare you for what's about to hit you. talk about that what's about to hit you. talk about that and what happens when when you have this and what happens when when you have this structured thinking and then the world structured thinking and then the world flips you upside down.

flips you upside down. >> Okay, so the structured thinking, great >> Okay, so the structured thinking, great way of putting it. It enhances your way of putting it. It enhances your chance of achie achieving those chance of achie achieving those visualizations and those things that visualizations and those things that you're intentional about creating new you're intentional about creating new neural pathways for. Okay, neural pathways for. Okay, anybody that tells you that adversity is anybody that tells you that adversity is not going to strike is a fool and a not going to strike is a fool and a liar.

liar. liar. So our mission statement is confidence So our mission statement is confidence composure class for the company. Our composure class for the company. Our clients are going to have a confidence clients are going to have a confidence to obtain what they set out for in life.

to obtain what they set out for in life. They're going to have composure to They're going to have composure to understanding that adversity is going to understanding that adversity is going to strike when it does. It doesn't derail strike when it does. It doesn't derail your desire to succeed, but it your desire to succeed, but it intensifies your desire to succeed. And intensifies your desire to succeed. And class means no one's going to remember class means no one's going to remember the thing that happened. They're always the thing that happened. They're always going to remember how you reacted to the going to remember how you reacted to the thing that happened. Okay? So that thing that happened. Okay? So that middle part is called composure. So when middle part is called composure. So when we teach and we talk about composure, we teach and we talk about composure, it's called reframing. So adversity it's called reframing. So adversity strikes. I have that that fracture that strikes. I have that that fracture that Chase went through four days before I Chase went through four days before I was going to be

released to play and was going to be released to play and help my team compete for a district help my team compete for a district championship. I've been yearning and and championship. I've been yearning and and hungering for this moment. I'm mad at hungering for this moment. I'm mad at God because he took it away from me. I'm God because he took it away from me. I'm disappointed. I'm an emotional wreck.

disappointed. I'm an emotional wreck. I'm questioning whether I should be play I'm questioning whether I should be play and meant to play basketball. and meant to play basketball.

all this thinking thinking all this all this thinking thinking all this self-doubt you know all these self the self-doubt you know all these self the scarcity um way of of thinking about scarcity um way of of thinking about life comes into play. So what we train life comes into play. So what we train our clients on and we spend a lot of our clients on and we spend a lot of time on this is reframing adversity to time on this is reframing adversity to the next best opportunity. Okay.

the next best opportunity. Okay. So physiologically speaking So physiologically speaking part of that process is understanding part of that process is understanding the amygdala. Did I say it correctly?

the amygdala. Did I say it correctly? >> You did. >> You did. >> Okay. Um >> Okay. Um >> do you use audio books or you actually >> do you use audio books or you actually read? I'm reading. I can't. My wife read? I'm reading. I can't. My wife That's cheating, by the way.

That's cheating, by the way. >> No, it's not. >> No, it's not. >> My wife. We We're racing on who can read >> My wife. We We're racing on who can read more.

more. more. >> She can read more. >> She can read more. >> Yes. She's like 20 and she lays at bed, >> Yes. She's like 20 and she lays at bed, plays her casino game on her phone as plays her casino game on her phone as she's listening, quote unquote, reading she's listening, quote unquote, reading a book. That's not reading. I'm reading a book. That's not reading. I'm reading Napoleon Hill.

Napoleon Hill. >> It's okay. Admit it. >> It's okay. Admit it. >> I'm I'm reading Napoleon Hill's laws of >> I'm I'm reading Napoleon Hill's laws of success. The one that it's it's a success. The one that it's it's a thousand pages. I don't know if I'm thousand pages. I don't know if I'm reading that right now. I'm sitting here reading that right now. I'm sitting here grinding with my readers on. just here grinding with my readers on. just here playing slot machines virtually by playing slot machines virtually by listening to a book, you know. Anyways, listening to a book, you know. Anyways, um and so if you understand how your um and so if you understand how your brain responds to that adversity, it brain responds to that adversity, it just struck. Now, that adversity could just struck. Now, that adversity could be hearing that you have cancer. That be hearing that you have cancer. That adversity could be strike three, batters adversity could be strike three, batters out. That adversity could be if I make out. That adversity could be if I make this free throw, we win a game. Clank, this free throw, we win a game. Clank, you know, it's all kinds of adversity.

you know, it's all kinds of adversity. Yeah. Yeah. Yeah. >> And so your your brain reacts to that. >> And so your your brain reacts to that. And so you got to know And so you got to know and we we teach this as a non clinician and we we teach this as a non clinician can teach it. I I don't teach it. I can teach it. I I don't teach it. I don't get into the the the medicine of don't get into the the the medicine of it or the the anatomy of it. I get into it or the the anatomy of it. I get into this is what's going on. Just believe me this is what's going on. Just believe me on this, right? Because I'm believing on this, right? Because I'm believing what I read and what I talk to other what I read and what I talk to other people about. So just believe me on people about. So just believe me on this.

this. this. >> And I can pronounce Amydala. >> And I can pronounce Amydala. >> Amydala, right? So, so this is what's >> Amydala, right? So, so this is what's going on physiologically in your in your going on physiologically in your in your body in this moment.

body in this moment. Self-aware. Understand that about it. Self-aware. Understand that about it. Now, rewire it. All right. We got to do Now, rewire it. All right. We got to do a reset. We got to do a reframe. Okay.

a reset. We got to do a reframe. Okay. What's the next thing I can control? What's the next thing I can control? Get that small win. You're never going Get that small win. You're never going to like that next thing as much as the to like that next thing as much as the original opportunity. Never. Never.

original opportunity. Never. Never. Never. Never. Never never never. Okay? Never. Never. Never never never. Okay? because you're still disappointed, because you're still disappointed, you're still aggravated, you're still you're still aggravated, you're still frustrated, you haven't flushed it out frustrated, you haven't flushed it out of your system yet. So, but by by of your system yet. So, but by by redirecting into, okay, what can I redirecting into, okay, what can I control now? Even though I don't like control now? Even though I don't like it, what can I control? Find that thing.

it, what can I control? Find that thing. And then now you have to throw your And then now you have to throw your energy into that thing. You just got to energy into that thing. You just got to win. You just had to win. [snorts] win. You just had to win. [snorts] And so when my son, he doesn't strike And so when my son, he doesn't strike out a lot. he's was uh led to state in out a lot. he's was uh led to state in hits this year, but um when he does hits this year, but um when he does strike out, he I've never seen my son strike out, he I've never seen my son since he's a seventh grader since he's a seventh grader act out of sorts after a strikeout ever.

act out of sorts after a strikeout ever. And I'd like to take credit for that. I And I'd like to take credit for that. I can't I can't. He can't I can't. He >> Wait a second. If you take credit for >> Wait a second. If you take credit for that, you have to also take credit for that, you have to also take credit for 47% free throws.

47% free throws. >> Oh. So, so we um you know he he he he >> Oh. So, so we um you know he he he he jogs back in. He don't walk back in. jogs back in. He don't walk back in.

He's never thrown his bat, never swung He's never thrown his bat, never swung his helmet, never caused a scene, never his helmet, never caused a scene, never made it about himself, gets his glove, made it about himself, gets his glove, gets his hat, gets out to short, stop, gets his hat, gets out to short, stop, second base, where wherever he's second base, where wherever he's playing, middle infield, and he does his playing, middle infield, and he does his job. All right. Uh when he boots a job. All right. Uh when he boots a ground ball, all right, when there's a ground ball, all right, when there's a runner on first and we got a one, we got runner on first and we got a one, we got there there's no outs. They got a runner there there's no outs. They got a runner on first and he boots a ground ball, on first and he boots a ground ball, that guy gets a third and now it could that guy gets a third and now it could be a ball game again. you know, how do be a ball game again. you know, how do you refrain from that adversity? Um, so, you refrain from that adversity? Um, so, you know, the the the way of doing it is you know, the the the way of doing it is understanding the only thing I can understanding the only thing I can control [clears throat] is how I react control [clears throat] is how I react to this. So, what's the next thing I can to this. So, what's the next thing I can control? My attitude, my emotion, my control? My attitude, my emotion, my body language. You can't let one body language. You can't let one turnover lead to another bad possession.

turnover lead to another bad possession. Because now you got two bad possessions. Because now you got two bad possessions. It's going to lead to third bad It's going to lead to third bad possession. You know what happens now?

possession. You know what happens now? You just took it out of your hand. You You just took it out of your hand. You put it in the hand of the coach. he just put it in the hand of the coach. he just benched you because you let one play benched you because you let one play deteriorate into three bad possessions.

deteriorate into three bad possessions. So now instead of saying, "Okay, I can So now instead of saying, "Okay, I can control how how much I get back and control how how much I get back and communicate on this defensive possession communicate on this defensive possession because I just turned it over. I can because I just turned it over. I can control that, but I'm the last one back control that, but I'm the last one back because my shoulders are slumped and my because my shoulders are slumped and my attitude is I'm a victim and now I attitude is I'm a victim and now I somebody has to cover my guy, we get somebody has to cover my guy, we get scored on and you know, now the coach is scored on and you know, now the coach is yelling at me. So now I'm even more yelling at

me. So now I'm even more frustrated. Now I'm benched. Now, frustrated. Now I'm benched. Now, anything I could control, anything I could control, you see what I'm saying? It happens like you see what I'm saying? It happens like this. Here's how I know you're a this. Here's how I know you're a basketball coach.

basketball coach. We went from talking about ground balls We went from talking about ground balls at second base. I had a bad possession at second base. I had a bad possession and two turnovers and now you hurt my and two turnovers and now you hurt my [laughter] defense. Hold on a second.

[laughter] defense. Hold on a second. We're talking about baseball. So, I'm We're talking about baseball. So, I'm kidding. kidding. kidding. >> So, but when he boots when he boots a >> So, but when he boots when he boots a ground ball, okay, um after the play's ground ball, okay, um after the play's done, instead of, you know, cussing at done, instead of, you know, cussing at him, you'll see a lot if you see a guy him, you'll see a lot if you see a guy cocking himself in his gloves, cussing cocking himself in his gloves, cussing himself. All right? He doesn't do that.

himself. All right? He doesn't do that. What he does, he turns, he faces center What he does, he turns, he faces center field, tries to fly or wherever the flag field, tries to fly or wherever the flag pole is, and he finds a flag pole.

pole is, and he finds a flag pole. That's his focus point. That's his focus point. >> Next play, boom. Turns around. And when >> Next play, boom. Turns around. And when he turns around, he knows that the rule he turns around, he knows that the rule is this is all I have in front of me. I is this is all I have in front of me. I can control this next play. All right?

can control this next play. All right? >> So, you got to find that reset point. >> So, you got to find that reset point. Batters when they swing and miss on a Batters when they swing and miss on a first pitch, hey, I still got two more first pitch, hey, I still got two more strikes on me before I'm out here. All strikes on me before I'm out here. All right? You step out of the box. You have right? You step out of the box. You have a routine. You find your focus point on a routine. You find your focus point on your back. Um, you know, because I work your back. Um, you know, because I work with baseball and softball players, too.

with baseball and softball players, too. Routine helps in everything. When you go Routine helps in everything. When you go in to repair somebody's meniscus in to repair somebody's meniscus tomorrow morning, all right, tomorrow morning, all right, >> I'm glad you picked that up.

>> I'm glad you picked that up. >> I bet you have a routine before you >> I bet you have a routine before you actually start the surgery. actually start the surgery.

>> For sure. >> For sure. >> Okay. And then I bet there's a routine >> Okay. And then I bet there's a routine based on the meniscus injury that you based on the meniscus injury that you follow. All right.

follow. All right.

Faith, Adversity, and Personal Growth

I'd say you've had surgeries where I'd say you've had surgeries where there's been adversity strike in the there's been adversity strike in the middle of the surgery and your routine middle of the surgery and your routine and how you thought the surgery was and how you thought the surgery was going to go got screwed up by something going to go got screwed up by something that blood pressure spike something with that blood pressure spike something with the anesthesia. I I I don't know.

the anesthesia. I I I don't know. >> Yeah, I'll tell you the details of that >> Yeah, I'll tell you the details of that and it's important you say that because and it's important you say that because I've told that to um I told that to a a I've told that to um I told that to a a group of parents recently with a high group of parents recently with a high level athlete who has a lot on the line level athlete who has a lot on the line for what we're trying to do for him.

for what we're trying to do for him. Mhm. Mhm. Mhm. >> And I was like, I'm not going to say >> And I was like, I'm

not going to say this in an arrogant way, but it's going this in an arrogant way, but it's going to sound arrogant to you, which is like, to sound arrogant to you, which is like, if I hadn't have been in so many if I hadn't have been in so many shoulders in my life, I don't know if I shoulders in my life, I don't know if I would have known what to do in this would have known what to do in this situation. And um all you can do is lean situation. And um all you can do is lean on your training on your training >> and the effort that you put in. So, >> and the effort that you put in. So, one of the reasons that we do get along one of the reasons that we do get along very well and we just are getting to very well and we just are getting to know each other is know each other is um I have a similar mindset of fighting um I have a similar mindset of fighting against injuries in a way that's against injuries in a way that's uncommon among other orthopedic surgeons uncommon among other orthopedic surgeons because I was a 19-year-old baseball because I was a 19-year-old baseball player with a torn meniscus player with a torn meniscus and I just won the starting job as a and I just won the starting job as a catcher and I went to the orthopedic catcher and I went to the orthopedic surgeon's office by myself because I was surgeon's office by myself because I was and and and he said, "You have a torn meniscus. You he said, "You have a torn meniscus. You probably need need to consider having a probably need need to consider having a surgery to be okay if you're a catcher." surgery to be okay if you're a catcher." I said, "Okay, how long am I out?" I said, "Okay, how long am I out?" Six week. I don't know what the number Six week. I don't know what the number was. I I don't I wasn't versed at was. I I don't I wasn't versed at understanding these things. It didn't understanding these things. It didn't matter what the number was. He could matter what the number was. He could have said, "It depends if it was cut out have said, "It depends if it was cut out or stitched. It matters. I've learned or stitched. It matters. I've learned this over the years." this over the years." >> Well, [laughter] not only that, like >> Well, [laughter] not only that, like you're doing social marketing for me you're doing social marketing for me right now. Um, so regardless of that right now. Um, so regardless of that situation, he could have said 14 minutes situation, he could have said 14 minutes and it was too much for me.

and it was too much for me. >> So I went directly. I said, "Okay, let >> So I went directly. I said, "Okay, let me talk to my parents. Obviously, you me talk to my parents. Obviously, you know, I need to talk this over." I drove know, I need to talk this over." I drove to the baseball field, told my head to the baseball field, told my head coach. He cleared me. There is no coach. He cleared me. There is no issues.

issues. issues. And I went back to catching. I couldn't And I went back to catching. I couldn't bend my leg that year. Couldn't bend my bend my leg that year. Couldn't bend my knee to catch. So, I started this Bo knee to catch. So, I started this Bo Diaz ass type catching with my leg out.

Diaz ass type catching with my leg out. And the coach is like, "Are you okay?" I And the coach is like, "Are you okay?" I was like, "Yeah, I have all these idiot was like, "Yeah, I have all these idiot pitchers. They can't work the bottom of pitchers. They can't work the bottom of the zone. The only way I can get down the zone. The only way I can get down and keep these people from hammering and keep these people from hammering home runs is to get low enough that I home runs is to get low enough that I can get these nutad pitchers to hit the can get these nutad pitchers to hit the bottom of the zone." Good enough answer bottom of the zone." Good enough answer for head. Nobody ever asked about my for head. Nobody ever asked about my knee again. No, I've never looked at it knee again. No, I've never looked at it again. I don't know what's happening again. I don't know what's happening inside that knee. But baseball was so inside that knee. But baseball was so important to me that if you would have important to me that if you would have told me when you turn 21, told me when you turn 21, you're gonna miss your senior year, your you're gonna miss your senior year, your junior year, your sophomore year, your junior year, your sophomore year, your freshman year, and you're going to die freshman year, and you're going to die age 21.

age 21. Or we'll let you play. And if you do Or we'll let you play. And if you do play, you're going to die. If you if you play, you're going to die. If you if you don't, then you live to be 140. I would don't, then you live to be 140. I would have died at 21 without question.

have died at 21 without question. That's how important baseball was to me. That's how important baseball was to me. And that's how competitive I am at And that's how competitive I am at taking someone who meets me on their taking someone who meets me on their worst day when they just tore their ACL, worst day when they just tore their ACL, the worst day when they just broke their the worst day when they just broke their foot.

foot. foot. Knowing who I was sitting in their chair Knowing who I was sitting in their chair at the time who was

willing to lie to at the time who was willing to lie to his coach to play a game. Now it seems his coach to play a game. Now it seems kind of silly when I'm old, but it kind of silly when I'm old, but it wasn't them. It was serious stuff.

wasn't them. It was serious stuff. But so I approach everything from that But so I approach everything from that mindset. Like I'm going right back to mindset. Like I'm going right back to that seat that I was in in this that seat that I was in in this orthopedic surgeon's office when I was orthopedic surgeon's office when I was 19 years old and I'm living in it with 19 years old and I'm living in it with this athlete who's having the worst day this athlete who's having the worst day of their life when I read their MRI of their life when I read their MRI report to them or when I pulled the report to them or when I pulled the images up and even show it to them.

images up and even show it to them. That's even worse. And now their ACL's That's even worse. And now their ACL's gone and the whole year is gone. And gone and the whole year is gone. And then sometimes their career is over then sometimes their career is over because it's a high school career. Um, because it's a high school career. Um, so that is the mindset that we that I so that is the mindset that we that I approach people with with an injury. And approach people with with an injury. And the important part is and the reason the important part is and the reason we're I'm bringing this up and getting we're I'm bringing this up and getting to this point is is you can only do so to this point is is you can only do so much with the meniscus. You can only do much with the meniscus. You can only do so much without an ACL. You can only do so much without an ACL. You can only do so much. And that's the reason I ask you so much. And that's the reason I ask you the question about can mindset break you the question about can mindset break you through a physical barrier that you through a physical barrier that you otherwise wouldn't be capable of. The otherwise wouldn't be capable of. The way people approach injury, way people approach injury, if they're in a good place, meaning they if they're in a good place, meaning they have a good family, they have a good have a good family, they have a good coach, they have a good structure, and coach, they have a good structure, and I'm not talking about their money or I'm not talking about their money or their socioeconomic status. If they're their socioeconomic status. If they're in a healthy place mentally, in a healthy place mentally, they will be in a healthy place they will be in a healthy place physically faster than everyone else physically faster than everyone else who's involved. If you've been playing who's involved. If you've been playing baseball your whole life for your dad baseball your whole life for your dad and you get hurt, that's your ticket out and you get hurt, that's your ticket out and you don't come back sometimes and you don't come back sometimes because you don't want to come back.

because you don't want to come back. Now, if you've been playing baseball Now, if you've been playing baseball your whole life and it's as important to your whole life and it's as important to you as it once was for me and then an you as it once was for me and then an injury comes up, we talked about Tommy injury comes up, we talked about Tommy John surgery off the camera. There's no John surgery off the camera. There's no guarantee that if you have a slap tear guarantee that if you have a slap tear in your shoulder or you tear the UCL in in your shoulder or you tear the UCL in your elbow that you will ever compete your elbow that you will ever compete again at the level you just competed at.

again at the level you just competed at. So imagine going through that for So imagine going through that for somebody who gets paid to do that. Um somebody who gets paid to do that. Um you didn't want the injury. You wish you you didn't want the injury. You wish you could go back to 14 and understand how could go back to 14 and understand how not to tear your elbow and do those not to tear your elbow and do those things. And so that mindset like what we things. And so that mindset like what we do what makes us different as a practice do what makes us different as a practice is I it's not a visualization it's a is I it's not a visualization it's a real thing. I go and sit with them on real thing. I go and sit with them on their bench. When they're on the exam their bench. When they're on the exam table, I'm on the exam table. And it's table, I'm on the exam table. And it's different for them because now all of a different for them because now all of a sudden they understand you just got a sudden they understand you just got a new teammate and it happens to be new teammate and it happens to be somebody can give you a new ACL. It's somebody can give you a new ACL. It's not somebody who transferred in from out not somebody who transferred in from out of county. You can score a lot. It's a of county. You can score a lot. It's a new teammate. So if you don't do that, new teammate. So if you don't do that, kids will struggle. It's a deep dark kids will struggle. It's a deep dark place. Chase alluded to it. He didn't he place. Chase alluded to it. He didn't he didn't tell the details of how bad he didn't tell the details of how bad he felt when he rose in the wheelchair. It felt

when he rose in the wheelchair. It is a struggle to get from um the time is a struggle to get from um the time that the doctor gives you the diagnosis that the doctor gives you the diagnosis to you try to figure out what the next to you try to figure out what the next step is. There's some things to unpack step is. There's some things to unpack there. So, first of all, I can relate.

there. So, first of all, I can relate. Uh I was injured as an athlete, too. And Uh I was injured as an athlete, too. And my son, who is a college baseball player my son, who is a college baseball player now, um tore his um had four anchors put now, um tore his um had four anchors put in his labum on his non-thorn shoulder in his labum on his non-thorn shoulder diving for a ball um and missed his diving for a ball um and missed his entire sophomore season. Missed two entire sophomore season. Missed two consecutive um travel seasons, which is consecutive um travel seasons, which is where you get recruited. I'm going to where you get recruited. I'm going to mispronounce this, but back in the back mispronounce this, but back in the back um supersonatus, um supersonatus, >> super spanatus, >> super spanatus, >> spanatus, >> spanatus, >> spanatus, >> but it's not back there.

>> but it's not back there. >> Good guess. >> Good guess. >> Oh, where? Yeah. um it it it it had a >> Oh, where? Yeah. um it it it it had a slight tear in it and it just needed slight tear in it and it just needed rest to heal. Okay. So, that took him rest to heal. Okay. So, that took him out of his second uh travel season. So, out of his second uh travel season. So, you know, he faced all kinds of you know, he faced all kinds of adversity adversity adversity >> uh as a as a baseball prospect. I mean, >> uh as a as a baseball prospect. I mean, >> um I had to force recruit him and I said >> um I had to force recruit him and I said I was never going to do that, but man, I I was never going to do that, but man, I had to had to >> and it ended up working out. But here >> and it ended up working out. But here here's what we learned.

here's what we learned. He here's what I learned by watching him He here's what I learned by watching him go through that. go through that. Patience is way more powerful and Patience is way more powerful and important than pride.

important than pride. Injuries to an athlete Injuries to an athlete will teach you that lesson whether will teach you that lesson whether you're ready for it or not.

you're ready for it or not. And we need to learn that lesson in our And we need to learn that lesson in our lives eventually. lives eventually. Personally, the earlier we can learn Personally, the earlier we can learn that the better off. My son learned that the better off. My son learned patience patience patience and because of that he learned poise and because of that he learned poise and I think that's one of the reasons and I think that's one of the reasons why he has such a high level of why he has such a high level of emotional control emotional control um when things are good when things are um when things are good when things are bad. Um bad. Um has had to learn patience.

has had to learn patience. You know, one of the one of the things You know, one of the one of the things that I coach injured athletes on is, that I coach injured athletes on is, "Oh, you still get to compete.

"Oh, you still get to compete. All right? You still get to compete All right? You still get to compete right now, but when when's your PT right now, but when when's your PT session?" All right. When they put you session?" All right. When they put you through those exercises to get your uh through those exercises to get your uh uh degree of flexibility, uh degree of flexibility, game time.

game time. >> Yeah. you know when well even more than >> Yeah. you know when well even more than that and again I that and again I not to steal thunder because you already not to steal thunder because you already know the thunder like I go way off of know the thunder like I go way off of that plan.

that plan. >> Yeah. >> Yeah. >> Yeah. >> And I say are you the best student in >> And I say are you the best student in your class cuz I've seen you compete on your class cuz I've seen you compete on the field. I know nobody has a dog like the field. I know nobody has a dog like you have. And if you're telling me that you have. And if you're telling me that you can't be the top student in your you can't be the top student in your class, you're lying to

me because I've class, you're lying to me because I've seen you compete. I've seen you drag seen you compete. I've seen you drag stuff that's as so important. I've saw stuff that's as so important. I've saw you push weight that no one else can you push weight that no one else can push. You're trying to tell me that push. You're trying to tell me that there's some there's some >> math scholar in here who can beat you in >> math scholar in here who can beat you in this classroom.

this classroom. >> And so many times people forget that >> And so many times people forget that part. They they find they get their part. They they find they get their identity in being an athlete.

identity in being an athlete. >> Yeah. >> Yeah. >> Yeah. >> And they forget like I can compete at >> And they forget like I can compete at anything I'm doing. But the reason anything I'm doing. But the reason that's important is because you can't do that's important is because you can't do it on the field right now. But compete.

it on the field right now. But compete. Go smoke your classmates in this class. Go smoke your classmates in this class. Go do whatever you can't, you know, Go do whatever you can't, you know, whatever you're physically capable of whatever you're physically capable of doing at a high level and then see if it doing at a high level and then see if it doesn't fuel your fire and and fill that doesn't fuel your fire and and fill that void that you're having right now void that you're having right now because you're not being able to compete because you're not being able to compete on the baseball field or the track field on the baseball field or the track field or whatever it is.

or whatever it is. >> Quick tangent. >> Quick tangent. This is not my original idea. I reto I This is not my original idea. I reto I reposted on my Instagram story reposted on my Instagram story yesterday.

yesterday. yesterday. I love this thought. I love this thought. If we if if public education If we if if public education would treat academics like they treat would treat academics like they treat athletics, athletics, athletics, it would change everything.

it would change everything. >> Say that one more time so it's clear. >> Say that one more time so it's clear. >> If public education would treat >> If public education would treat academics academics academics like they treat athletics like like most like they treat athletics like like most people treat athletics.

people treat athletics. >> Okay. >> Okay. >> Okay. >> It would change everything >> It would change everything >> in a good way. You mean >> in a good way. You mean >> make it competitive. make it hold them >> make it competitive. make it hold them accountable.

accountable. accountable.

Coaching, Family, and Life Balance

>> You have to post your ACT score on >> You have to post your ACT score on >> what's the academic uh what is relative >> what's the academic uh what is relative academically to sitting the bench academically to sitting the bench athletically.

athletically. athletically. >> All right. I'm holding you accountable. >> All right. I'm holding you accountable. There's none of that now. There's none of that now.

>> There's none of that now. You know, >> There's none of that now. You know, >> I don't know that cuz we've been >> I don't know that cuz we've been sheltered. You know, we've been at I'm sheltered. You know, we've been at I'm at I have page we're at LCA.

at I have page we're at LCA. >> Yeah. >> Yeah. >> Yeah. >> They don't give a dang what sport you >> They don't give a dang what sport you play play play >> but >> but >> but >> in the classroom. But at the same rate, >> in the classroom. But at the same rate, I think that I don't think that's just I think that I don't think that's just it. I don't think that's the reason it it. I don't think that's the reason it matters. I think it's just well you gave matters. I think it's just well you gave a perfect illustration of you know what a perfect illustration of you know what McKay is doing. It's like

you give McKay is doing. It's like you give >> go grow here like be here. Um but when >> go grow here like be here. Um but when you say that if they made it competitive you say that if they made it competitive what's that going to do uh for the what's that going to do uh for the person who was never designed to play person who was never designed to play the sport? Like you've had a kid try out the sport? Like you've had a kid try out for basketball just like the DNA was a for basketball just like the DNA was a limiting factor.

limiting factor. >> What how do you handle that academically >> What how do you handle that academically for someone who's like struggling? So for someone who's like struggling? So you so I taught special ed for for 7 you so I taught special ed for for 7 years um and I have a special needs um years um and I have a special needs um family member and um family member and um I do believe that you can't change I do believe that you can't change people. [clears throat] Okay, I believe people. [clears throat] Okay, I believe they have to have an internal will to they have to have an internal will to change ultimately before true change change ultimately before true change happens. But you can impact and happens. But you can impact and influence their environment which can influence their environment which can also influence their will and their also influence their will and their desire to change desire to change and idea which is the federal rules for and idea which is the federal rules for spe you know that pertain to special spe you know that pertain to special education they're all uh there's a lot education they're all uh there's a lot of well-intentioned rules in there of well-intentioned rules in there governing special education and um and governing special education and um and not all special education students are not all special education students are poor students. Some of them there poor students. Some of them there there's some brilliant um autistic there's some brilliant um autistic students that will blow your mind what students that will blow your mind what they're capable of doing and they're capable of doing and remembering. It's just processing is remembering. It's just processing is different. Um and so you have to meet different. Um and so you have to meet students where they are. You have to students where they are. You have to meet athletes where they are. And that's meet athletes where they are. And that's where development starts. Gotcha. you where development starts. Gotcha. you know, uh, you I mean, you know that when know, uh, you I mean, you know that when you, how many young doctors do you you, how many young doctors do you mentor and you may have one comes from mentor and you may have one comes from Harvard Medical and you have one that Harvard Medical and you have one that comes from, comes from, you know, No-Name Tech Medical, they're you know, No-Name Tech Medical, they're probably at different places. Now, there probably at different places. Now, there may be a different level of pride and may be a different level of pride and academic arrogance between the two, but academic arrogance between the two, but they're probably at different levels they're probably at different levels competencywise.

competencywise. competencywise. And you know, if you met the Harvard And you know, if you met the Harvard student where they're at and you just student where they're at and you just assume, well, I'm going to meet this assume, well, I'm going to meet this no-name tech student where they're at, no-name tech student where they're at, there's that student's going to there's that student's going to struggle. Whereas, if you met them where struggle. Whereas, if you met them where they're at, you can accelerate that they're at, you can accelerate that growth. It's important that you growth. It's important that you understand where they are. I work with a understand where they are. I work with a gym in Louisville called Blue Chip gym in Louisville called Blue Chip Basketball Academy, and we I have Basketball Academy, and we I have segments for players, four segments. And segments for players, four segments. And when somebody comes in, we evaluate when somebody comes in, we evaluate them, and I said, "This is where we see them, and I said, "This is where we see them right now. This is where their them right now. This is where their level training is going to be. And they level training is going to be. And they need to master skill A through F before need to master skill A through F before we segment them over here. So, what's we segment them over here. So, what's the key to mastery? Repetition. So, our the key to mastery? Repetition. So, our workout's going to be based on making workout's going to be based on making sure that we master these skills. We're sure that we master these skills. We're going to rep these skills in game-like going to rep these skills in game-like form until we feel that they're being form until we feel that they're being mastered. Then, we're going to move over mastered. Then, we're going to move over to another set. Well, if I don't meet to another set. Well, if I don't meet that player where he or she is at and I that player where he or she is at and I don't establish the segment that they're don't establish the segment that they're at right at that moment, then any at right at that moment, then any instruction I'm giving them is sort of instruction I'm giving them is sort of offkilter offkilter offkilter >> because I didn't start at the right >> because I didn't start at the right point of origin, point of origin, >> you know. So, this is going to be the >> you know. So, this is going to be the longest podcast in the history of longest podcast in the history of podcast.

podcast. podcast. >> It's not I did a [laughter] 4hour >> It's not I did a [laughter] 4hour marathon before. So, it is long form. marathon before. So, it is long form.

The reason I think that's important is The reason I think that's important is is I can sit down and I can interview is I can sit down and I can interview you and you can say stuff about your you and you can say stuff about your business, but when when you business, but when when you want to move forward in your business, want to move forward in your business, it's important for people who are going it's important for people who are going to hire you to know what they're to hire you to know what they're getting.

getting. getting. >> Yeah. >> Yeah. >> Yeah. >> And this helps in many forms. Like, >> And this helps in many forms. Like, okay, I I heard what you said about okay, I I heard what you said about this. I heard what you said about that.

this. I heard what you said about that. And it makes a difference. And And it makes a difference. And >> and no one talks about it, but people >> and no one talks about it, but people interviewed doctors, too. Like people interviewed doctors, too. Like people hire me to be their surgeon and they hire me to be their surgeon and they hire me to take care of their kiddos, hire me to take care of their kiddos, which is a way bigger compliment than which is a way bigger compliment than taking care of yourself. If somebody taking care of yourself. If somebody will let you operate on their kiddo, will let you operate on their kiddo, they'll let you come to their house and they'll let you come to their house and sleep.

sleep. sleep. >> That's a big deal. And so when we start >> That's a big deal. And so when we start talking about being competitive in what talking about being competitive in what we're doing, like the mindset part of we're doing, like the mindset part of it, what we are bringing to Lexington it, what we are bringing to Lexington from like cheating the system to return from like cheating the system to return to play because that's what you said off to play because that's what you said off camera about me, which is like I don't camera about me, which is like I don't know, there's some wizard thing and you know, there's some wizard thing and you took this thing up and people just play.

took this thing up and people just play. >> And >> And >> And >> I've seen the proof. I I've heard about >> I've seen the proof. I I've heard about it and I've seen the proof.

it and I've seen the proof. >> But that that's part of the the >> But that that's part of the the situation. That's part of understanding situation. That's part of understanding what you can and can't do with a certain what you can and can't do with a certain resource. And some of it was luck and resource. And some of it was luck and some of it was a lot of hard work and some of it was a lot of hard work and some of it's not sleeping at all trying some of it's not sleeping at all trying to figure out how to be good at it. But to figure out how to be good at it. But then you have to sit down and and ask then you have to sit down and and ask the same question you have to ask the same question you have to ask yourself is like why am I doing this? Is yourself is like why am I doing this? Is it because I went to med school so I it because I went to med school so I just have to do it? So there's just have to do it? So there's >> there's people who walk through the >> there's people who walk through the steps of being a doctor. I know this steps of being a doctor. I know this like I hate to tell it to somebody.

like I hate to tell it to somebody. >> I had several doctors as clients when I >> I had several doctors as clients when I was a financial adviser and I saw that was a financial adviser and I saw that firsthand.

firsthand. firsthand. >> Yeah. So, but then there's other people >> Yeah. So, but then there's other people like you and like me who whatever the like you and like me who whatever the status quo is, that's so far away from status quo is, that's so far away from where you want to be that it would make where you want to be that it would make you as nauseated as high blood pressure you as nauseated as high blood pressure if you had to stay where the status quo if you had to stay where the status quo was. And and so when you start pushing was. And and so when you start pushing through, when people start hearing like, through, when people start hearing like, well, what makes you different than well, what makes you different than Lexington Clinic or Bluegrass Lexington Clinic or Bluegrass Orthopedics or University of Kentucky Orthopedics or University of Kentucky Athletic Athletic Athletic U athletic, whatever they call their U athletic, whatever they call their program now, um, one thing that people program now, um, one thing that people find out and and I think it's really find out and and I think it's really

important is important is if you've [clears throat] if you've been if you've [clears throat] if you've been involved in athletics, the reason I involved in athletics, the reason I chose orthopedic surgery, it it kind of chose orthopedic surgery, it it kind of chose me if I'm being truthful. I had no chose me if I'm being truthful. I had no intentions of going to med school. It intentions of going to med school. It was never a dream to go to med school. I was never a dream to go to med school. I didn't even have a plan. I told you I didn't even have a plan. I told you I didn't care if I died the last time.

didn't care if I died the last time. >> You think this baseball injury >> You think this baseball injury subconsciously was working inside? subconsciously was working inside?

>> No. I think what happened was, and this >> No. I think what happened was, and this is why it's so important and and I'm is why it's so important and and I'm alluding to why I'm willing to do this alluding to why I'm willing to do this crazy stuff at the middle of the night crazy stuff at the middle of the night for athletes. And it's because I want for athletes. And it's because I want them to become a collegiate athlete.

them to become a collegiate athlete. Because you don't have to be a college Because you don't have to be a college athlete to be successful in life. athlete to be successful in life.

But college athletes are more successful But college athletes are more successful in life. in life. >> And I I can't prove that. There's no >> And I I can't prove that. There's no study in it. It's life is easier when study in it. It's life is easier when you get up and do a nineto-ive and you you get up and do a nineto-ive and you and you have to answer to a boss and you have to answer to a boss if you've performed at a high level. And if you've performed at a high level. And I say high school athletics are great.

I say high school athletics are great. Collegiate athletics is another level of Collegiate athletics is another level of intensity. Especially if you're talking intensity. Especially if you're talking about football, which a lot of my guys about football, which a lot of my guys are football. It's two are football. It's two >> full-time jobs.

>> full-time jobs. >> You don't have time to do either one of >> You don't have time to do either one of them. Well, and you have to figure it them. Well, and you have to figure it out. So, when you go and clock a 9 to5, out. So, when you go and clock a 9 to5, you feel like you're cheating. You're you feel like you're cheating. You're like, "Wait, they pay me for this?" like, "Wait, they pay me for this?" Like, I I'm used to two a days and all Like, I I'm used to two a days and all this. Like, I'm lifting heavy stuff. And this. Like, I'm lifting heavy stuff. And you become really good. And that's why you become really good. And that's why people who like even in my world, people people who like even in my world, people who sell orthopedic devices, they want who sell orthopedic devices, they want college athletes. It's a hard deal.

college athletes. It's a hard deal. Like, dealing with doctors sucks. It's a Like, dealing with doctors sucks. It's a hard deal. you got to get ready to do hard deal. you got to get ready to do something hard and you got to learn a something hard and you got to learn a lot and they're going to give you all lot and they're going to give you all this information you have to ingest just this information you have to ingest just like a playbook.

like a playbook. And so I I'm 100% bent on like if you if And so I I'm 100% bent on like if you if we can get athletes to have a college we can get athletes to have a college experience, it'll help them in life in experience, it'll help them in life in general.

general. general. >> But that's the whole reason you say the >> But that's the whole reason you say the why why the grind is for me. why why the grind is for me.

>> But the answer is is I don't I think >> But the answer is is I don't I think it's divinely structured. I didn't it's divinely structured. I didn't really choose orthopedics. In fact, if really choose orthopedics. In fact, if you ask me at the you ask me at the conference game of my last out of my conference game of my last out of my college career in baseball, I didn't college career in baseball, I didn't have any aspirations in life except to have any aspirations in life except to play one more game. And because of play one more game. And because of sports, sports, sports, the president of the university was a the president of the university was a baseball fan. He saw me for four years.

baseball fan. He saw me for four years. He saw the work that we put in and how He saw the work that we put in and how we try to hold ourselves as a thing. But we try to hold ourselves as a thing. But it gave me the ability to walk into his it gave me the ability to walk into his office and sit down. his secretary office and sit down. his secretary didn't have to stop me because she knew didn't have to stop me because she knew I knew him and said, "Hey, can I go to I knew him and said, "Hey, can I go to med school here?" He was like, "No one's med school here?" He was like, "No one's ever asked that before." I was like, ever asked that before." I was like, "Well, you're everybody's boss. I don't "Well, you're everybody's boss. I don't know if you know that. Like, if you say know if you know that. Like, if you say yes, nobody else can say no." yes, nobody else can say no." He didn't give me a full commitment that He didn't give me a full commitment that time, but it was literally baseball that time, but it was literally baseball that opened his door for me to sit down to go opened his door for me to sit down to go to med school because I was a psychology to med school because I was a psychology major. I didn't have the prerequisites major. I didn't have the prerequisites to go to med school. I didn't know the to go to med school. I didn't know the prerequisites to go to med school. He prerequisites to go to med school. He graciously informed me, hey, there's graciously informed me, hey, there's some classes you need to take and some classes you need to take and there's a test that you need to take.

there's a test that you need to take. So, what he did was give me a job at the So, what he did was give me a job at the university recruiting undergraduate university recruiting undergraduate students. So, I worked in admissions and students. So, I worked in admissions and it was right when the football program it was right when the football program was becoming a thing at UP just had was becoming a thing at UP just had started. And so, it was a good year for started. And so, it was a good year for me because recruitment was up. We got we me because recruitment was up. We got we got 100 players coming on campus. Um, got 100 players coming on campus. Um, but it was all because of baseball and but it was all because of baseball and all because of being there. And I can go all because of being there. And I can go back and show you all the other way God back and show you all the other way God had his hand in orchestrating how all had his hand in orchestrating how all that stuff happens, but I had no that stuff happens, but I had no intentions of doing orthopedics. I was a intentions of doing orthopedics. I was a psychology major, anything about psychology major, anything about orthopedics, and I had no desire. So, it orthopedics, and I had no desire. So, it didn't go back to that injury. Um, and I didn't go back to that injury. Um, and I thought I might become a psychiatrist.

thought I might become a psychiatrist. That makes sense, right? You're That makes sense, right? You're psychologist to become a psychiatrist. psychologist to become a psychiatrist.

Then I found out like I would not be an Then I found out like I would not be an effective psychiatrist. effective psychiatrist. >> Yeah. >> Yeah. >> Yeah.

>> Um, and so those things happen. There's >> Um, and so those things happen. There's a bunch of stuff and I've told this a bunch of stuff and I've told this story before on podcast, a lot of things story before on podcast, a lot of things led to that. And if you look back at the led to that. And if you look back at the culmination of all of it and how God's culmination of all of it and how God's working in it, it's like if things are a working in it, it's like if things are a second off, second off, it doesn't work. We're not sitting here it doesn't work. We're not sitting here today. We're not talking like we are.

today. We're not talking like we are. And so that's how you know and you can And so that's how you know and you can rest easy and that like God has a plan.

rest easy and that like God has a plan. That's how I know and I can rest easy That's how I know and I can rest easy that God has a plan on what's happening that God has a plan on what's happening next. And what that does unfortunately next. And what that does unfortunately for your wife or anybody else who's for your wife or anybody else who's involved for you is make you a little involved for you is make you a little dangerous.

dangerous. dangerous. >> Oh yeah. >> Oh yeah. >> Because you're not afraid anymore. And >> Because you're not afraid anymore. And when you're not afraid of failure and when you're not afraid of failure and you're not afraid of taking chances, it you're not afraid of taking chances, it becomes uncomfortable both financially, becomes uncomfortable both financially, relationally, the whole thing. And and relationally, the whole thing. And and I'll shout

out my wife too. She's an I'll shout out my wife too. She's an absolute rock star absolute rock star >> of letting me live in that world of >> of letting me live in that world of being being being >> probably a very tough woman.

>> probably a very tough woman. >> Um, no, very kind and very um, and I >> Um, no, very kind and very um, and I tell her this too. It's like your fault tell her this too. It's like your fault you met me when we were 14. My wife My you met me when we were 14. My wife My wife is the sweetest woman I've ever wife is the sweetest woman I've ever met, but she's very tough and she's way met, but she's very tough and she's way tougher now than she was when we said I tougher now than she was when we said I do. Yeah.

do. Yeah. >> 22 years ago. >> 22 years ago. >> Well, my wife is like the ultimate mom. >> Well, my wife is like the ultimate mom. Like she her whole world revolved. I Like she her whole world revolved. I have two, have two, >> 18 and eight.

>> 18 and eight. >> So 10 years apart. And uh and we thought >> So 10 years apart. And uh and we thought we were good parents with the 18year-old we were good parents with the 18year-old when she was growing up cuz she was when she was growing up cuz she was conscientious rule follower. if I said conscientious rule follower. if I said you'd disappoint me, it would rock her you'd disappoint me, it would rock her whole world.

whole world. Then we had a son. And if I said you Then we had a son. And if I said you disappoint me, he's like, "Well, I'm not disappoint me, he's like, "Well, I'm not trying hard enough then because it trying hard enough then because it should be way worse than that." should be way worse than that." >> Um, [laughter] so we had to do some >> Um, [laughter] so we had to do some apologies to some of our friends who had apologies to some of our friends who had boys growing up cuz we were like, boys growing up cuz we were like, "Parenting's not that hard." Yeah.

"Parenting's not that hard." Yeah. >> Like I don't know what the deal is. And >> Like I don't know what the deal is. And then now we're like, then now we're like, >> "You don't understand, but we're sorry >> "You don't understand, but we're sorry that we uh what we thought about you that we uh what we thought about you when you were raising boys." So, when you were raising boys." So, >> do you do you what do you what Dr. What >> do you do you what do you what Dr. What do you do when you're not working?

do you do when you're not working? >> I don't do anything except work. >> I don't do anything except work. >> I don't either. >> I don't either. >> I read.

>> I read. >> I think my dad was a coal miner >> I think my dad was a coal miner >> and he broke his back >> and he broke his back >> broke his back literally and >> broke his back literally and figuratively figuratively figuratively to build a life for me.

to build a life for me. Because of that, he missed every Because of that, he missed every baseball game. He missed every baseball game. He missed every opportunity to be a a dad that's opportunity to be a a dad that's involved. Like something that you involved. Like something that you nowadays we know like, okay, you got to nowadays we know like, okay, you got to push pause. You got to be around. You push pause. You got to be around. You got to do these things for your kids.

got to do these things for your kids. But there's a picture that that reminds But there's a picture that that reminds him all the time like there's a picture him all the time like there's a picture of a dad and you know the dad's empty.

of a dad and you know the dad's empty. It's a shadow of a picture and there's It's a shadow of a picture and there's It's It's >> My dad was a truck driver for 43 years.

>> My dad was a truck driver for 43 years. He's 80 years old this December and he He's 80 years old this December and he still works. still works. >> Yeah. So that I don't have an excuse to >> Yeah. So that I don't have an excuse to give less than full effort.

give less than full effort. >> It would be disgraceful to my dad. >> It would be disgraceful to my dad. >> Now there's

some roadblocks to that. I >> Now there's some roadblocks to that. I have to build roadblocks. I told you have to build roadblocks. I told you before, I got to be home at bedtime before, I got to be home at bedtime except one time. I got to see my son go except one time. I got to see my son go to bed and and do those things and be to bed and and do those things and be present. Even though we're trying to present. Even though we're trying to pull something off for other people's pull something off for other people's kids, that's the thing where you can get kids, that's the thing where you can get really jacked up if you're not careful.

really jacked up if you're not careful. >> Yeah. Coaching, >> Yeah. Coaching, >> I'm grinding my face off for other >> I'm grinding my face off for other people's kids while my kids are home people's kids while my kids are home wondering where the dad is.

wondering where the dad is. >> So, that's a slippery road. You >> So, that's a slippery road. You >> I live three years away from my wife and >> I live three years away from my wife and kids. Yeah. To get back into coaching.

kids. Yeah. To get back into coaching. >> Yeah. So I don't I don't have a hobby. >> Yeah. So I don't I don't have a hobby. Like my hobby is fighting against Like my hobby is fighting against injuries and like I said I call all the injuries and like I said I call all the people that I meet like I become people that I meet like I become insanely interested in their success insanely interested in their success more so like I'm I'm not a surgeon said more so like I'm I'm not a surgeon said I did I did a great job for you. Good I did I did a great job for you. Good luck. Now go enjoy your stuff. Like I luck. Now go enjoy your stuff. Like I get bought into the process more than get bought into the process more than anyone else will. And if I have a new anyone else will. And if I have a new lacrosse player and I don't know lacrosse player and I don't know anything about lacrosse, it'll only take anything about lacrosse, it'll only take me about three nights to know everything me about three nights to know everything I need to know about lacrosse to make I need to know about lacrosse to make sure that I get this kiddo better.

sure that I get this kiddo better. >> So your advocacy, I'm huge on that word >> So your advocacy, I'm huge on that word if you can't tell. I love the word if you can't tell. I love the word speaking for those who can't speak for speaking for those who can't speak for themselves.

themselves. themselves. Is it more on injury prevention or Is it more on injury prevention or injury recovery? injury recovery? >> You can't prevent every injury.

>> You can't prevent every injury. >> Correct. >> Correct. >> Correct. >> So you can't separate the two. And I >> So you can't separate the two. And I think they have great parallels that think they have great parallels that they run under. If you do the work to they run under. If you do the work to prevent injury or you're lucky enough prevent injury or you're lucky enough not to be injured, it's a different not to be injured, it's a different pathway than if you rec you're pathway than if you rec you're recovering from an injury.

recovering from an injury. Sometimes I get to read images and put Sometimes I get to read images and put it up with good news. Your ACL miniscus it up with good news. Your ACL miniscus are fine. And the relief that you feel are fine. And the relief that you feel is as equally as powerful as the grief is as equally as powerful as the grief that you feel when you get the opposite that you feel when you get the opposite news. Both of them for me are dopamine news. Both of them for me are dopamine risers. I get to see sometimes I get risers. I get to see sometimes I get good days. We get to see kiddos and like good days. We get to see kiddos and like you're good. You don't need a surgery.

you're good. You don't need a surgery. Go play. Do whatever. And that's the Go play. Do whatever. And that's the ones no one ever talks about. No one's ones no one ever talks about. No one's ever post those on social media and be ever post those on social media and be like here's what I was just going to get like here's what I was just going to get back to the doctor today. Good news. And back to the doctor today. Good news. And then it's gone. You go back and play then it's gone. You go back and play again. But for me that's a win as well.

again. But for me that's a win as well. >> So how do you keep from taking uh the >> So how do you keep from taking uh the bad days home with you? bad days home with you?

>> I think that two things. One is um I >> I think that two things. One is um I probably do take it home with me probably do take it home with me >> uh is the the correct answer.

>> uh is the the correct answer. >> But I think the way of preventing it as >> But I think the way of preventing it as much as is being conscious to know that much as is being conscious to know that I'm not in control.

I'm not in control. that if you go back and look at all the that if you go back and look at all the steps that I was telling you about steps that I was telling you about before, this has been divinely before, this has been divinely orchestrated. So, I can't be arrogant orchestrated. So, I can't be arrogant enough to believe that I'm in control, enough to believe that I'm in control, that I can control all these things. I that I can control all these things. I didn't want the kid's ACL to be torn.

didn't want the kid's ACL to be torn. >> I didn't want the adversity that you're >> I didn't want the adversity that you're talking about in surgery to happen talking about in surgery to happen because the meniscus is this or that or because the meniscus is this or that or whatever it is.

whatever it is. >> But it's just like everything else. And >> But it's just like everything else. And and I don't Some people say, "Oh, I can and I don't Some people say, "Oh, I can sleep good at night and rest my head sleep good at night and rest my head knowing I did my best." Well, I don't knowing I did my best." Well, I don't sleep. So, I don't put my head down. So, sleep. So, I don't put my head down. So, the way I try to be conscious about the way I try to be conscious about getting it home is almost like finding getting it home is almost like finding the flag pole that your son finds. I the flag pole that your son finds. I find a way before I go home to say, am I find a way before I go home to say, am I doing am I living in my calling? And if doing am I living in my calling? And if the answer is yes, it's safe to go home the answer is yes, it's safe to go home and you don't have to worry about all and you don't have to worry about all the other stuff. And so, that's what I the other stuff. And so, that's what I do. I'll take a minute and then before do. I'll take a minute and then before every surgery every surgery I go sit in the locker room and I pray I go sit in the locker room and I pray and I don't pray for the knowledge to and I don't pray for the knowledge to how to do the surgery because it's way how to do the surgery because it's way too late for that if we're at that too late for that if we're at that point. So I used to do that when I was point. So I used to do that when I was training. Teach me to do this in a way training. Teach me to do this in a way that's that's that's utterly better than everyone else. Now I utterly better than everyone else. Now I pray something simple. Control my pray something simple. Control my thoughts, thoughts, thoughts, my mind, and my actions.

my mind, and my actions. That's it. Same prayer every time before That's it. Same prayer every time before surgery. Control my thoughts. How am I surgery. Control my thoughts. How am I going to get out of this mess if there going to get out of this mess if there is a mess? How do I stay calm? How do I is a mess? How do I stay calm? How do I make sure my blood pressure doesn't go make sure my blood pressure doesn't go up when someone else's blood pressure is up when someone else's blood pressure is going up? Control my mind, which means going up? Control my mind, which means don't get into don't get in tail spin.

don't get into don't get in tail spin. Okay, something's Okay, something's it's so repetitive now that people like it's so repetitive now that people like how do you do this? How are your inside how do you do this? How are your inside knees? It's like for us it's work. Like knees? It's like for us it's work. Like it's not. It's like you dribbling a it's not. It's like you dribbling a basketball. It's like you getting a basketball. It's like you getting a whiteboard out and drawing a play up.

whiteboard out and drawing a play up. That's how we do it, too. We game plan That's how we do it, too. We game plan for that. But then more than anything, for that. But then more than anything, control my actions, which means if control my actions, which means if things go wrong, surgeons are notorious things go wrong, surgeons are notorious for being jerks to their staff. Like for being jerks to their staff. Like it's just a thing. Like if things go it's just a thing. Like if things go wrong, it's you're getting yelled at and wrong, it's you're getting yelled at and there's people that dread. And so that's there's people that dread. And so that's what I never wanted to do is allow what I never wanted to do is allow whatever situation I'm in to filter over whatever situation I'm in to filter over to the nurse who's helping, the scrub to the nurse who's helping, the scrub tech who's helping, the anesthesia tech who's helping, the anesthesia provider who's in the room more than provider who's in the room more than anything so I don't lose my

witness.

anything so I don't lose my witness. Because if I go into it and I say, Because if I go into it and I say, "Listen, Jesus is important in your life "Listen, Jesus is important in your life whether you know it or not." And then whether you know it or not." And then some adversity hits and I act like an some adversity hits and I act like an idiot, idiot, idiot, that doesn't have much weight anymore.

that doesn't have much weight anymore. No, you left the witness. All right. No, you left the witness. All right. Just not the one you wanted to. Just not the one you wanted to.

>> That's right. >> That's right. >> Yeah. >> Yeah. >> Yeah. >> So, >> So, >> So, my my one of the premises of of of my my one of the premises of of of cognite texture is similar to what you cognite texture is similar to what you just said.

just said. If this is the reason I never was I've If this is the reason I never was I've never been nervous in a game as a head never been nervous in a game as a head coach. I'm not proud of that. I'm not coach. I'm not proud of that. I'm not bragging about that. I'm stating a fact bragging about that. I'm stating a fact unemotionally. Never been nervous.

unemotionally. Never been nervous. I have butterflies every day when I was I have butterflies every day when I was going to practice. So if my practice was going to practice. So if my practice was two hours, I spent two hours in practice two hours, I spent two hours in practice prep, planning the practice schedule, prep, planning the practice schedule, right? And so my mental reps was every right? And so my mental reps was every single day, every practice, every single day, every practice, every workout. Offseason if our workout was workout. Offseason if our workout was going to be an hour, I spent an hour going to be an hour, I spent an hour either talking to our strength coach or either talking to our strength coach or coming up in strength plan for that. You coming up in strength plan for that. You know, I mean, my practices were were know, I mean, my practices were were were were to the minute actually to were were to the minute actually to that's not true. To 30 second. It was to that's not true. To 30 second. It was to 30 second. Every drill was was was 30 second. Every drill was was was timed. And timed. And I think that's why I'm not nervous in I think that's why I'm not nervous in games because the hay so games because the hay so so to speak is already in the barn. If so to speak is already in the barn. If people can learn to live their lives people can learn to live their lives having some form of mental exercise, having some form of mental exercise, mental workout where they are spending mental workout where they are spending time preferably in the first part of time preferably in the first part of their day, their day, giving honor and thought and power to giving honor and thought and power to activating their brain activating their brain like going for a walk. Okay? taking your like going for a walk. Okay? taking your brain for a walk. So the way I do that brain for a walk. So the way I do that after the spiritual side is I have my after the spiritual side is I have my AI. It's scheduled every day to give me AI. It's scheduled every day to give me >> what's your name of >> what's your name of >> Bubby.

>> Bubby. >> Bubby. >> Bobby Chad PDI. I named him Bubby. Um >> Bobby Chad PDI. I named him Bubby. Um [laughter] [laughter] [laughter] >> Bubby. Um but every morning he gives me >> Bubby. Um but every morning he gives me five briefs that researched overnight um five briefs that researched overnight um about mental performance coaching about mental performance coaching and then five and then five um prospecting ideas for booking more um prospecting ideas for booking more speaking gigs. Okay. So I'm activating speaking gigs. Okay. So I'm activating my brain. I'm exercising. I'm reading.

my brain. I'm exercising. I'm reading. Um my my eyes my senses are then I do my Um my my eyes my senses are then I do my I am statements, my I will statements I am statements, my I will statements and my feel statement. Okay.

and my feel statement. Okay. So So So by then after I go get my second cup of by then after I go get my second cup of coffee and I do my visualization coffee and I do my visualization um and so by 7:30 every morning um and so by 7:30 every morning um I have had a mental workout that um I have had a mental workout that builds confidence, gives clarity to my builds confidence, gives clarity to my day and my purpose. I have five alarms day and my purpose. I have five alarms on my phone that go off uh 6:30, on my phone that go off uh 6:30, 8:30, 10:30,

12:45, 3:30 every day. And 8:30, 10:30, 12:45, 3:30 every day. And each alarm is like, you can label your each alarm is like, you can label your alarms. And each alarm is labeled to alarms. And each alarm is labeled to something that connects me to my fuel.

something that connects me to my fuel. My fuel right now at this stage of my My fuel right now at this stage of my life is to provide the retirement life is to provide the retirement lifestyle that my wife deserves because lifestyle that my wife deserves because I have done [laughter] I have done [laughter] my whole life.

my whole life. >> Coaching, coaching here, coaching there. >> Coaching, coaching here, coaching there. Hey, let's start this business. That Hey, let's start this business. That fails. Let's start this. You know, she's fails. Let's start this. You know, she's been a public educator 24 years. Rock been a public educator 24 years. Rock solid. She's awesome. She's one of the solid. She's awesome. She's one of the best educators. Not my words, many best educators. Not my words, many others in the state of Kentucky. Okay?

others in the state of Kentucky. Okay? She deserves it. I'm not there yet She deserves it. I'm not there yet financially. I got to get there. I got financially. I got to get there. I got to work. I got to hustle. I don't have to work. I got to hustle. I don't have time to play golf. I do want to play time to play golf. I do want to play golf with my son cuz he's fell in love golf with my son cuz he's fell in love with it, but I I've played one time. I with it, but I I've played one time. I don't have clubs.

don't have clubs. >> All right. I don't play pickle ball. I I >> All right. I don't play pickle ball. I I you know I do enjoy hopping on my you know I do enjoy hopping on my lawnmower you know for an hour. Uh I lawnmower you know for an hour. Uh I don't have hobbies man.

don't have hobbies man. >> Yeah I don't either. >> Yeah I don't either. >> I don't. And so but but but like you >> I don't. And so but but but like you you're so good at what you do is because you're so good at what you do is because you've put the mental reps in. If people you've put the mental reps in. If people everyday Joe's we're an everyday Joe but everyday Joe's we're an everyday Joe but we have a purpose that we connect to we have a purpose that we connect to every day. All right. If Everyday Joe's every day. All right. If Everyday Joe's would find the ability to do what I just would find the ability to do what I just articulated to you [clears throat] articulated to you [clears throat] in a way that's meaningful for them, in a way that's meaningful for them, there would be there would be we people would be shouting from the we people would be shouting from the mountain tops mountain tops of their own PRs, personal records, of their own PRs, personal records, success points, achieving wealth, success points, achieving wealth, achieving health, achieving achieving health, achieving [clears throat] marriage bliss, [clears throat] marriage bliss, parenting bliss that they could have parenting bliss that they could have previously only dreamed of. And that is previously only dreamed of. And that is cognite. It's design thinking. It's it's cognite. It's design thinking. It's it's you are the mental architect. You get to you are the mental architect. You get to design the house. All right. And you get design the house. All right. And you get to build it. And that's what that's what to build it. And that's what that's what we're doing. It sounds like that's what we're doing. It sounds like that's what you're doing. And I've had a blast here you're doing. And I've had a blast here tonight with you. Um and I appreciate tonight with you. Um and I appreciate the opportunity.

the opportunity. >> Yeah, it's going to be good. Um I would >> Yeah, it's going to be good. Um I would uh tell people this and we'll end with uh tell people this and we'll end with when you open up a a deck of uh cards when you open up a a deck of uh cards and I used to collect baseball cards and and I used to collect baseball cards and I unfortunately collected in a period of I unfortunately collected in a period of time where it's not even worth the time where it's not even worth the cardboard that was printed on. So 1980 cardboard that was printed on. So 1980 something doesn't matter anymore.

something doesn't matter anymore. >> I got every unopened top set from 1983. >> I got every unopened top set from 1983. >> Me too. They're worth $4 each and uh >> Me too. They're worth $4 each and uh even with the Cal Rick and the rookie in even with the Cal Rick and the rookie in ' 83, you know, you have to get a gym ' 83, you know, you have to get a gym meant to make it more worth $75.

meant to make it more worth $75. Anyway, Anyway, Anyway, >> basketball cards are the opposite right >>

basketball cards are the opposite right now. now.

now. >> Yeah. So, and baseball cards the >> Yeah. So, and baseball cards the opposite now, too, compared to how it opposite now, too, compared to how it was.

was. was. >> Well, they overmade them, but they make >> Well, they overmade them, but they make too many of them. But then also like the too many of them. But then also like the there are rares, there are rares, there's ultra rares, there's uncommons, there's ultra rares, there's uncommons, and then there's commons. Now, if you and then there's commons. Now, if you become a baseball player and you get in become a baseball player and you get in a baseball pack, you don't really care a baseball pack, you don't really care if you're uncommon or you're common.

if you're uncommon or you're common. That's your dude to play in the major That's your dude to play in the major league baseball. You want to be in that league baseball. You want to be in that pack.

pack. pack. But there's very few ultra rares. You But there's very few ultra rares. You got to go through a ton of boxes and you got to go through a ton of boxes and you or be really rich to hit the ultra rares or be really rich to hit the ultra rares because you got to buy all those hobby because you got to buy all those hobby boxes over and over and over. And so in boxes over and over and over. And so in a in a world of of what we live in and a in a world of of what we live in and how this generation is, you talked about how this generation is, you talked about young doctors and their mindset and all young doctors and their mindset and all the other stuff like the other stuff like if we want to be ultra rare, if we want to be ultra rare, I think you can be really really good I think you can be really really good uncommon. You maybe you can make an uncommon. You maybe you can make an all-star team. I think you can be a rare all-star team. I think you can be a rare make two allar teams and win the home make two allar teams and win the home run derby.

run derby. But if you want to be Otani and you want But if you want to be Otani and you want to be an ultra rare, to be an ultra rare, I think this is this is personal. I I think this is this is personal. I think there's a Jesus shaped hole think there's a Jesus shaped hole that you won't break through until it's that you won't break through until it's filled. And your relationship with filled. And your relationship with Christ and your relationship with God Christ and your relationship with God will take you from the rarest of rare to will take you from the rarest of rare to ultra rare. And I have no proof of that.

ultra rare. And I have no proof of that. So we're not talking science. We're not So we're not talking science. We're not talking neuroscience. talking neuroscience.

But that void, that ability to But that void, that ability to understand and rest easy in what someone understand and rest easy in what someone else has already done for you, I believe else has already done for you, I believe is what take you to ultra rare. And you is what take you to ultra rare. And you can get to rare by yourself. I think I can get to rare by yourself. I think I don't think you can get to ultra rare don't think you can get to ultra rare until you build that relationship. So until you build that relationship. So every time I have an opportunity to tell every time I have an opportunity to tell somebody that, I tell them. And at somebody that, I tell them. And at first, and this is me being sinful, I first, and this is me being sinful, I thought if you don't separate that thought if you don't separate that business from your Christianity, you're business from your Christianity, you're probably going to turn some people off probably going to turn some people off or offend some people.

or offend some people. >> Don't care. >> Don't care. >> Well, it's not I did care if I'm being >> Well, it's not I did care if I'm being honest. honest.

honest. >> I don't now. >> I don't now. >> I don't now. Yeah, >> I don't now. Yeah, >> for sure. But I did when I first started >> for sure. But I did when I first started out and I thought, well, out and I thought, well, maybe I'll just have to wear a bracelet maybe I'll just have to wear a bracelet as a cross on so somebody else ask as a cross on so somebody else ask what's going on. or maybe I have to get what's going on. or maybe I have to get the big, you know, I get the big piece the big, you know, I get the big piece and put out so people can see it.

and put out so people can see it. >> Yeah. >> Yeah. >> Yeah. >> And I I had a period of time like that, >> And I I had a period of time like that, too.

too. too. >> But I'm going to encourage people who >> But I'm going to encourage people who are listening to lean into that. Like if are listening to lean into that. Like if you're at rare and you want to be ultra you're at rare and you want to be ultra rare, there's something there that's rare, there's something there that's missing. I think that's where you need missing. I think that's where you need to