

Josh Karr High School Senior Interview 2020-04-01

Joey Myers Hello and welcome, this is Joey Myers from the Hitting Performance Lab. And today's guest is Josh Karr, one of my seniors. Disclaimer I have worked with Josh since he was a younger hitter here and there. His dad has worked our system at the Hitting Performance Lab. So, I'm a little biased in this interview with Josh. However, I wanted to conduct an interview that was from the perspective of a college coach recruiting Josh. And I know there's a lot of high school seniors out there, which Josh is that are graduating this year. Hopefully they'll move those through and then he'll be a freshman in college next year. But also, for those seniors in college that I really feel for, that I guess according to NCAA are getting another year.

Joey Myers So this interview will be from a perspective of a coach recruiting Josh. So welcome to the show. Whatever you want to call this, Josh.

Josh Karr Thanks for having me.

Joey Myers So let's start off with some easy, easy questions. So, give me your height, weight, where you're at and where you're living now. Just do some easy ones like that.

Josh Karr I'm 6-foot, 2-inches, 215-pounds. And Wills Point, Texas. I go to Wills Point high school.

Joey Myers And have you heard, are they graduating you guys this year or you haven't heard yet how they're doing, how they're going to do that?

Josh Karr We haven't heard officially, but I'm 99% sure the graduating us.

Joey Myers And then run through some of your... I know you've been posting a lot on Twitter, posting some swings, so post some of your just measurement stats. So not so much the field stats yet...batter's box but like your so which your ball exit speeds. I don't know if you're measuring launch angles, attack angles, anything like that and kind of go over those numbers.

Josh Karr So my top recorded exit velocity as of right now, is 96 miles per hour... Off the tee, not LIVE. Well, so on LIVE, I hit one hundred, but we didn't get to record it. As of right now, I'm just staying at ninety-six until we get it recorded.

Joey Myers And you guys, what app are you guys using? Using the coach's eye one? Or not coaches eye, the pocket radar?

Josh Karr Pocket Radar app.

Joey Myers So that's the one that got the app on the phone and then measures ball exit speed? OK, cool. So just want people to know folks, coaches out there to know what you're using to measure that's not just a just some \$60 Bushnell radar gun. Pocket radar. So, ninety-six off the tee. You said you've gotten one hundred. Just haven't gotten it on radar LIVE. OK. Let's go over your schooling. So you were talking before we started this call that schooling you're pretty good with. So what's your GPA, S.A.T., all that stuff?

Josh Karr 3.62 GPA right now, I'm one of the top five boys in my class. My S.A.T.'s a 1040 I was offered to get into the NHS this year, but you know, there's coronaviruses just kind of messed it up. I was accepted into Texas Tech University for academic priority.

Joey Myers OK. So, what would you say your top two subjects are? That you do really well out. You enjoy doing.

Josh Karr Easily Math. You know, the numbers, just all that stuff. I like focusing on numbers because, you know, baseball players, it's a numbers sport, somewhat. I mean, that stuff interests me...

Joey Myers Math and...

Josh Karr Right. I'm taking this technical writing class this year, is teaching me about like how to make job portfolios and stuff. Help move stuff that's going to help me in my future.

Joey Myers OK. And then any aspirations I mean, you don't how you can be undecided going into college, but any kind of career or degree type of what your goals are for that, for college.

Josh Karr As of right now, I'm thinking I'm going to major in biology. Going to go in the medical field somewhere.

Joey Myers And anything in particular in the medical field? That's pretty broad...

Josh Karr I'm thinking NPA.

Joey Myers Cool. Yeah, and take a lot of chemistry and biology and math.

Josh Karr Oh, I guess so. And I take my butt.

Joey Myers Yeah. Good. OK. So school is with that. Now, one thing that I would want to know if I was recruiting you into college was what is your, what are kind of your top two main things hitting wise that you that you like to go into? You know, as you know, there's a lotta ways to teach hitting out there. A lot of people teach hitting in different ways. What are kind of the two big staples for you? Like I say, he's talking mechanically, mechanically.

Josh Karr Number one, would definitely be making sure that I'm getting my punch in, which is showing my numbers. Punching with my elbow, making sure I get enough stretch to be able to drive the ball anywhere around the field. So that's number one. Number two, I do a lot of timing stuff right now. Because I tend to get off timing somewhat, somewhat sometimes. So, I usually just start off wider stance, just get my feel, just taking some 50 percent swings, get my timing down, making sure that I have that down, because if I'm not on time then all the rest of my mechanics are useless.

Joey Myers Right. So, going to now the stats, so this year, obviously this year you guys got cut short a little bit. So, what how did you do in two thousand nineteen? What would you say your stats, how did your stack up?

Josh Karr 2019 was my best year high school so far. 2019, I hit .329, .451 slugging, .537 OBP. I had twenty-seven hits, four homers, five doubles. This was the same year that I sprained my PCL. I was playing with an injury throughout all this. Twenty-six RBI's on the

season, I was just feeling good with myself and with that season it made me a player to watch out of my region for my senior year.

Josh Karr So the player to watch, it was out of roughly five hundred and forty, five hundred and fifty players of the whole region that I'm in. I was one of the top 40 that they picked for it. So, my junior season really helped me with that.

Joey Myers Now, how many games did you play this year? 2020.

Josh Karr We played roughly, let me think, we played for roughly 13, 14 somewhere around there.

Joey Myers OK. And how did those games go? Even if you don't have the stats in front of you, how did it go?

Josh Karr I mean, it started off really good. I was really driving the ball everywhere around the field. My pitching was something that I really was happy with this year. We graduated our two main pitchers last year. I had to fill in a spot for the team. So even though I'm not primarily a pitcher, I still take pride in it. That was something big for me.

Josh Karr I was pitching really well towards the end of the year. My timing got a little bit off, but we're definitely worked on that. I was definitely feeling a lot better getting ready. Come back from spring break. And then it all got canceled.

Joey Myers You're talking about the timing with your hitting, you mean?

Josh Karr Yeah.

Joey Myers So you mentioned that injury that was at PCL?

Josh Karr Yeah. PCL sprain.

Joey Myers So talk a little bit about that. How did that happen? What did you do to...? In recovery? All that kind of stuff.

Josh Karr So that happened during one of our district games. We were playing away. I was on second. But read the ball in the dirt, I take off for third. Do some kind of acrobatic headfirst slide, jam my knee up against the ground. And, you know, if I didn't feel a pop or anything, but it felt weird, I finished the game out. I get home, I wake up the next day and I go to get out of bed and I just fall to the ground in pain. So, after that, we you know, we went to get an X-ray, not an X-ray, the MRI and stuff. They tell me I sprained my PCL, that I would be able to play on it, but not to my full potential. But, you know, that was fine with me because I wasn't going to quit on a good season. We were having.

Josh Karr Did four months of physical therapy, I believe. I was doing it three days a week, I believe so I do that during the season, after the season was over, I did it all the way until the beginning of July, I believe. So, I was still doing it into summer ball as well. It's like 100 percent now, but it sucks because during the summer when there.

Joey Myers Where were you during the summer? Percentage wise? Would you say?

Josh Karr Probably 65, 70 percent?

Joey Myers Ok, so when did it, so beginning of the year did it get about a hundred?

Josh Karr Yeah, definitely. Beginning this year.

Joey Myers So that time off helped?

Josh Karr Without a doubt.

Joey Myers OK, so any other injuries? Anything shoulder, elbow related, besides the knee?

Josh Karr What was it, six years ago, elbow surgery on my growth plate. That's a long-gone injury now.

Joey Myers And that's a growth plate thing too. So that's cause you're growing.

Josh Karr Yeah. Yeah. No, no arm related injuries. Nothing like that.

Joey Myers Yeah. Good. And you haven't had any kind of pain, any kind of strain that you've noticed over the last couple of years with that.

Josh Karr No. No. None.

Joey Myers OK. Did you do any physical therapy for that when that happened six years ago?

Josh Karr Yes, I did.

Joey Myers You did. OK. It's about same like four months and then just on your own after that.

Josh Karr And then probably like four months of trying to get into throwing again and starting off short and what not. That definitely took a lot.

Joey Myers Yeah. So, what would you say your primary positions are right now? I know you mentioned pitching that you kind of came in to fill a spot, but would other than other than that. Where are you playing at?

Josh Karr Mainly third. But I consider myself a corner guy, I can play third and first. Like it's natural.

Joey Myers And what is your 60 time?

Josh Karr 60 time, right there when baseball season started this year, it was a 7.2.

Joey Myers OK, so corner guy. Would you... have you ever played in the outfield? Have you ever, has coach ever put you out there at all?

Josh Karr Not in high school. Two summers ago. Played outfield all summer.

Joey Myers Every position center, right and left?

Josh Karr Mainly just corner outfield.

Joey Myers OK. More left? More right or pretty equal?

Josh Karr More. More right.

Joey Myers Did you have a, you're not era catch, you don't have a pop time... you have a pop time? What's your pop time...

Josh Karr 1.99, last time I recorded it.

Joey Myers OK, so that's pretty good. So, from right, I could see why they'd put you in right. More, especially with the 7.2 Sixty-seven twos. It's not bad. It's not good. It's kind of right in that zone. You know 7.0/7.2. I was a 7.0 pretty consistently. I think a 6.89 was my fastest and that was like on turf with really good shoes. Possibly even track shoes you know. So, 7.0 was my time and I played center, but I had a, I had probably an average slightly above average arm. So. Right. I could see it could be a possibility if I was coaching and I was recruiting you.

Joey Myers If I had a guy at the corner of both corners say I had no... now you have a senior this year in college that will get an extra year because of this whole thing. So, if we got seniors that now are our fifth year seniors that are taking up a spot at the corner, I'm going to have to find a spot for you. And if we don't have a corner spot in the infield, then I could I could probably put you in right if I got an opening out there. So that's good to know. Good to know your pop time. Good to know your sixty time because then that can tell me how you do in the outfield, how you would do in the outfield.

Joey Myers And then if push comes to shove you do, you start doing well and our corner guys aren't as do what they're doing as well. Then we can move you to the corner infield you know thirty first or whatever. So that's good to know. OK. So, you see you'd rate yourself on the infield at the corner. How would you rate yourself on a scale of one to 10? Honestly, what would you rate your defensive skills.

Josh Karr I'd give them an eight, roughly. I don't have as much range as most guys, I got enough range and I feel like I'm pretty good when it comes to reading the ball. I think my junior season, my fielding percentage was around .960 - .970-ish.

Joey Myers And that was mostly a third. Most of your games at third?

Josh Karr Leading mainly 90 percent of my games are at third.

Joey Myers So you're getting those throws and stuff are going to be factored into that number. Gotcha. OK. Tell me a little bit about your strength conditioning regimen... How do you work on the weight room? Do you work with a trainer on your own? Do you follow a program? How does that work?

So, I started in July, but I did it all the way until prep for baseball season. So, I was doing CrossFit five days a week. Then doing that, it helped me lose, I was like 230-ish there in the summer. I wanted to lose like ten to fifteen pounds. Build more muscle. And that really helped me a lot. It cut my body fat percentage down like 10 percent. I lost 10 pounds, I gained a lot of muscle out of it, and I've never felt more agile in my life. After doing that, I

feel leaner, like more stretched every time I do anything. So that's really helped me out a lot.

Joey Myers Were you doing a lot of overhead stuff like a clean and jerk? Were you doing any of the jerks or the push presses overhead...?

Josh Karr Overhead squats, clean and jerks, push presses all that stuff.

Joey Myers And no pain with that shoulder pain?

Josh Karr No. I was doing many light weight because I knew that. That would be a lot of my shoulder.

Joey Myers Now, did your program where you were working out the gym. Did they have any kind of mobility or stability work, too, along with CrossFit, because CrossFit can be pretty aggressive. Do they? Do they work on shoulder mobility, hip mobility any of that kind of stuff?

Josh Karr They do all kinds of stuff. Did they do mobility for just about anything that you can think of. Really.

Joey Myers So they do they have like a test, a mobility test, like a functional muscle screen, or do they just kind of ask you, hey, you got any tight spots? And then you tell them and then they say, hey, try this, that. And the other thing is how they do it?

Josh Karr It's mainly just a conversation type thing. You tell them what you're feeling, they tell you what to do. Help me all the way through it.

Joey Myers There you go. And so, what's obviously gyms are closed now. So, what are you doing now? What kind of program are you following?

Josh Karr I'm counting just like trying to stay right where I'm at, you know, doing a little bit of running here and there. You do a light weight lifting, trying to stay lean. I'm not trying to go too crazy with it because, you know, if some miracle could happen, we could get thrown back in the season. And I just want I just want to keep my body healthy and ready to play right now.

Joey Myers How would you how would you rate your nutrition? So, you know, what do you do? Nutrition wise?

Josh Karr I don't really follow a strict diet, but I definitely choose like I pick and choose what I put my body.

Joey Myers More protein, more fat?

Josh Karr I do eat a lot of protein, a lot of chicken. I eat chicken, probably, two out of my three meals a day, most the time. Chickens, a big one. I mainly focus on protein a lot.

Joey Myers Yeah. Parents get to take out a second on the house just to feed you. They actually have protein, meat, a lot, a lot of money. How's the veggies, do you take in much veggies?

Josh Karr I wouldn't say it's taken a lot, but I do take in enough, I would say.

Joey Myers OK. Because that's always a good way to keep the weight down, activity is a big one, especially for you athletes. You guys need to be moving. You constantly move and just keep everything. Keep all the adhesions, scar tissue, all that kind of out and at bay. And like you said, if for some miracle, they decide, hey, let's start up the season again. I don't know if it's going to be a time soon, but possibly June, if not June, maybe July when it starts getting hotter. So, you know, you got to be ready, obviously, physically.

Joey Myers But nutrition is a good way. I call it playing defense. So, you can typically for most humans, obviously, everybody's body's different male females different. But for most humans, the paleo style P-A-L-E-O, paleo style eating, which is kind of they call it cavemen eating where it's meat, you can pick any kind of protein, like chicken like you like the chicken, meat, or fish or any kind of fish and then pick any kind of vegetable or bean. So beans, black beans, pinto beans. Those are always good. And those have protein. They have fiber, slow, slow carbs in those. And then obviously veggies you definitely need.

Joey Myers And if you have a hard time eating the veggies, you can always drink them, right. You can only grab green type with low sugar in it. The only sugar should be in it. They should all be cold pressed, cold pressed juices, which means there's no heat that's been introduced when they masticate it down to the juice form and it should have minimal sugar in it. So maybe a green apple, one good apple or so to sweeten it up because drinking it without that, it's pretty disgusting.

Josh Karr Pretty terrible.

Joey Myers But that's always a way I always recommend to my players is making sure you're getting veggies. Because when I was your age, I wasn't really eating veggies. My mom put a salad out there and I'd take a little, you know, two pinches of lettuce. And I would eat that with some kind of dressing so I wouldn't really eat much and veggies. But if I knew or if there was more of an abundance of the of the juices, I probably would have taken it and taken that more in than you actually eating it. You know, those omega 3s are always good. And the other thing that I've added to my recommended to my players is grass-fed Bone broth.

Joey Myers So beef bone broth, grass fed. There's a, what is it called Kettle & Fire. If you go on Amazon Kettle & Fire, make sure it's grass fed beef bone broth and what that is a grass fed. You get omega 3s in it, but it has a lot of collagen in that you get a lot of collagen and out of that. So, collagen is your connective tissues. So, you want to make sure you get a lot of that.

Joey Myers I have one of my one of my players here locally. He's a cousin of my wife's side. But he's going to be like one. He's like you. He's one of those special guys, special hitters. It's going to move beyond high school. And he was having some tendon issues. So, we had him on Omega 3 and drinking more of that grass-fed beef bone broth. And the last six to eight, has been do about six, eight weeks and he feel so much better. So those are some things that you can do nutritionally to counterbalance the maybe lack of movement because everything going on.

Joey Myers Yeah...So I think any other things that, actually one more question. So, you know, baseball in general hitting in general is probably one of the hardest things to do to be consistent and to be to do it well than any other sport. And so, with hitting, you deal with

a lot of challenges, obstacles, problems, issues, whatever you want to call it. So what would you say if you were a pitcher, if you had to pitch to yourself, what would be the weaknesses that you would pitch to?

Josh Karr Oh, man. That's a tough one, you know. The weaknesses that I would pitch to myself? I mean.

Joey Myers It could be just one. Maybe not two. Maybe your top one.

Josh Karr Definitely. Probably lower half the zone. Probably started with almost.

Joey Myers And what happens in the lower half of the zone for you?

Josh Karr As I tend to tend to drop my back end a lot, put a little too much lift on the ball and just skyrocket them.

Joey Myers So then on the other side. So, knowing that, what are you doing to fix that?

Josh Karr Low tee work. A lot of just trying to drive my hand straight up, trying to drive it, keep it on plane off the tee. Try not to lift it, at all off the tee. Trying to counteract what I'm doing on the field. I'm trying to build that muscle memory of what it's supposed to feel like whenever you got that low pitch. Trying to build that and try to recreate it every single time.

Joey Myers Yeah. Good question, I mean good answer to that. And that that's what we do with the locals here, is that that low pitch is back in the 2000s, early 2000s and on it was good to take and lift that low pitch. But now I think the problem is, is that we've gone so far extreme and taking a low pitch and hitting it up in the air. But the approach that you're taking in wherever you have the tee at, you want the ball coming off your bat the same height.

Joey Myers So that should be and that is that's what we teach. That's what we do. And that should be a part of your routine all the time and which you which you should be doing. I love the videos that you're putting up where you're showing that you're showcasing your ball exit speed and stuff. And that's great. And coaches love that. But the one thing that coaches at the college and the professional level that I'm hearing is they don't want to see just the video of you just mashing a ball.

Joey Myers They want to see and I know you can't, you don't have any game swings to show them. But it could be this fact that now you've got you've been so candid in your weakness that what are you doing now to counteract that? So, I would show video of you hitting balls that are down in the zone. So middle down, hunting, middle down. And I would also show, is that Dad throwing to you? Or is that a teammate?

Josh Karr They mix in-between. You know, Dad can't throw more than a hundred pitches.

Joey Myers Is it your siblings throwing to you, your teammates?

Josh Karr I go to a teammates house, he's got an indoor cage.

Joey Myers Oh, there you go. So, if you guys can mix in Curveballs. Mix in doing random rounds and I would on Twitter, I would post. OK. Here's a random round where we mixed in curveballs and fastballs. And it wasn't you didn't know what was coming. It was just

mixed in. We were hunting. I would make that front and center. And then to show video or show your ball exit speeds on that and show video of you. Your approach to pitches down, how your how you're fixing that.

Joey Myers So coaches want to see the good. But just like with anything, if there's one hundred percent good and no bad, people don't believe it. You're like, oh, you know. And it's same thing. If there's a hundred percent bad. Then they're like, oh come on, there's got to be some good in there. Right. So, I would mix maybe like more 60/40, 70/30 good too bad in there. And just showing how you do two random rounds. Random pitch rounds and two balls in the zone and shows that what you're working on.

Joey Myers That's a great thing for coaches to know that you know your weaknesses because everybody's got a weakness. I know that's a hard question to answer to here. You know, we're going to put this up on social media, but coaches want to know what your weaknesses are and what you're doing to fix them or make them minimize them. You might not be able to make a weakness, a strength, but how can you at least minimize the damage as if it's a pitcher was going to go after you.

Joey Myers Because you big guys, you tall guys with pitches down in the zone are tough. If you're not putting your body in the right position, you don't have the right approach. So I think you're good there. OK. So, before we end this call, I want coaches out there to be able to find you. So where can they find you? If they want to reach out.

Josh Karr My email jmkarr at SBCGlobal dot net. My phone number is 661-889-5543. Then I have a baseball page on Twitter. OK, I will post the Twitter handle for that, right now.

Joey Myers Yeah. Text me that. I'll include that in with... I'll do some... I'll transcribe this. Can you, off the top your head, if they were to search you on Twitter, how could they find you. Could you just. Even if you don't know the handle. If they put in Josh Karr, would they be... Would you come up?

Josh Karr Yeah, for sure.

Joey Myers OK. So what? What's kind of the. You don't remember the Twitter handles perfectly? What's kind of the. It's your name.

Josh Karr And is there some numbers on the Twitter handle is @BaseballKarr

Joey Myers OK, so that you're that's the one that you post your videos in the cage and stuff?

Josh Karr My personal Twitter is @JoshKarr16.

Joey Myers Sixteen. Got it. OK. We got email phone number. We got Twitter handles. And you're mostly on Twitter?

Josh Karr Yeah, mainly.

Joey Myers OK. So, coaches out there can go to the page, can see what you're posting, and then they can always be. Yes. Most likely. What's going to happen? Yeah, sure. Cool. All right, brother. Well, I will. I'll get this call. I'll get the recorded version over to you. I'll

transcribe it so that there's a PDF version to it. And you can send out the raw version so you can do with it whatever you want. I will post it to my page when I get that all done. I'll try and see if I can. Worst case scenario, I get it done, get it up by the end or the beginning of next week and then just let me know if you got any questions or you need me to add or delete anything.

Josh Karr For sure.

Joey Myers So good brother?

Josh Karr Yes, sir.

Joey Myers All right, we'll stay. Stay ready. Keep up your good work and I'll be following you, bud.

Josh Karr Awesome.

Joey Myers Sounds good. Josh... Say hi to the family.

Josh Karr All right, sir.

Joey Myers Bye