

“When It Comes to Guys, The Performance Determines Their Happiness. When It Comes to Girls, The Happiness Determines the Performance”

Amanda Smith Interview 2021-04-16

Joey Myers 00:06

Hello and welcome to swing smarter monthly newsletter. This is your host Joey Myers of hittingperformancelab.com and I have the honor and privilege today, this is our second call or second meeting with Amanda Smith of White Zone Coaching.

Joey Myers 00:19

I have a lot of cool stuff that we're going to talk about today, I'm going to ask her, but first, I want to welcome you to the show, Amanda.

Amanda Smith 00:25

Hey, Joey, thanks for having me. I am so excited to be here and to talk with you and share a little bit about what I'm doing in my softball world.

Joey Myers 00:35

Very cool, and many of my readers out there will understand that we like to apply human movement principles that are validated by science to hitting the ball.

Come to find out you are an Aerospace Engineer

Joey Myers 00:45

We like to use physics and engineering and biomechanics and different things like that when we describe the swing, when we teach the swing, and we want to have a higher standard for our hitters, and they come to find out you are an aeronautical engineer.

Amanda Smith 01:01

Aerospace engineer. Yes.

Joey Myers 01:04

Let's kind of go in with the softball question, how has the engineering background helped you coach your pitchers? I'm sure you do all of them or just mostly hitters?

Amanda Smith 01:19

Pitchers, catchers, hitters, I also do throwing and fielding when people need it, want it. Generally, people aren't going to be like, I need a throwing coach, or I need a fielding coach. They want hitting coaches and pitching coaches and catching coaches. I do all those things.

Amanda Smith 01:35

When it comes to my engineering background with physics, I love physics. I'm such a physics dork. I try to keep it as very simple as possible so that my nine-year-olds can understand what I'm saying to them.

Amanda Smith 01:53

When I bust out with 90 degree angles, they're like, Huh? I have to bring myself back down to Okay, like the corner in your house, that's a 90-degree angle. What they're getting from me in lessons is usually a physics education, a math education, they're getting some biology education, I'm talking about anatomy physics with them and kinesthetics. I'm a nerd like that, they just got a deal.

Joey Myers 02:23

I love that. I was working with one of my one on one hitters, who's a sophomore in high school and we do three days a week one on one. We were talking the other day, and we talked about like what you said, we do the physics thing, engineering, but we also might talk a little politics and I talked a little of religion, we might talk all kinds.

Joey Myers 02:43

I said, hey, you're getting an education in this one hour, then he just talks about this experience with school, this last 2020 has been absolutely horrendous, he hasn't learned anything.

Joey Myers 02:53

He's one of those 4.0-3.6 type students, and he just said it was really rough. Not hard but just rough like it's too easy, almost. I said, hey, maybe I should get you a degree at the end of this thing instead of going into your junior year in high school. We go over a lot.

Amanda Smith 03:13

Yes, ultimately, we're teaching them life lessons, right? We're kind of helping them discover who they want to be and maybe even what career they want to go into. I know a lot of the parents that send their kids to me, they're engineers, so their kids are already exposed to that environment.

Amanda Smith 03:32

It's crazy to notice that most of the people that come to me have that kind of background. I love it, but the same time, I find it really interesting from a business perspective, Oh, I'm targeting engineers.

Joey Myers 03:46

It's almost a blessing and a curse because from the start, I've always had that in my business to target the science side of things. You do attract the engineers, you attract the MDs, you attract the PTs, the physical therapists, you attract these, and it's a great crowd, and they get it, right?

Joey Myers 04:04

It's a small grouping of the overall market. The blessing is, it's a great crowd and they are very educated, they understand the whole how everything works, but it's a curse, because it is such a small area.

Joey Myers 04:20

Like you said, taking the 90-degree angle and saying the corner of your house that's 90 degrees, being able to take it down so that the nine year old can understand but also the parents can understand it.

Amanda Smith 04:30

Yes, and the parents, they're sitting in the background, just nodding their heads, like I love what she's teaching my kid. As parents, they generally can't reach their kid on the level that a private coach can reach their kid and they want to, they desperately want to, I'm a parent, I get it.

Amanda Smith 04:52

To have the kid hear it from more than one avenue now. That's what the parents absolutely love. I have something I like to bring to the table for the parents and be like, you know, I bet your parents have said this to you before.

Joey Myers 05:11

I always say that you could be Babe Ruth, or you could be Sierra Romero, but they're not going to listen to you and when I'm talking to parents, it don't matter who you are in the stratosphere of high level softball or baseball, but there's just your dad or your mom.

Amanda Smith 05:30

From the kids' perspective, you got to listen to them about everything. When it comes to softball or baseball, do you want to listen to them about that too? Your parents pick your battles.

Joey Myers 05:41

Exactly. Delegate when you need to

Amanda Smith 05:43

Yes, exactly.

Where did you get White Zone Coaching from?

Joey Myers 05:44

I had a question for white zone coaching, where did you get white zone coaching from? When did you come up with that?

Amanda Smith 05:51

The white zone is that ultimate level that athletes want to get to. If you've seen the movie For Love of The Game, with Kevin Costner, where he clears the mechanism, everything around him goes white, except for the umpire, the catcher, and the hitter, and that home plate, that's the white zone.

Amanda Smith 06:13

That's ultimately what I want to take all my athletes to, is that level of understanding of getting into that flow state so that their physical talents can just take over and go on autopilot and they can think about all of the mental things that the game has. That's why I'm a white zone coach.

Joey Myers 06:30

Very cool. Going into that a little bit on the mental side of the game, what do you find the top two issues that players are dealing with in today's game that have to do with the mental side?

Amanda Smith 06:43

Perfectionism, number one. I've got so many kids coming to me that are like, Okay, I must do everything perfect. I got to get 10 out of 10. How overwhelming is that for anybody? Let's take the pressure cap off that kid.

Amanda Smith 06:59

The other one is confidence. They come in, and they're like, well, I don't have it. No, you do have it, you just have to remind yourself that you have it and letting them know, here's where the confidence lies, and here's how to get back to it yourself.

Amanda Smith 07:15

I can pump you up all I want but if you don't know how to pump yourself up, you're just going to have to keep coming back to me and that's a do loop I don't want to be in.

Joey Myers 07:25

Right. On the perfection side, I've had recently a few or a couple hitters who are in that mode and one I'm thinking about is an eight-year-old, dad works for NASA. The son has a black belt already at eight years old in taekwondo.

Joey Myers 07:47

I thought this was going to be slam dunk case. Physically, the kids obviously proven. He's very disciplined in what he's doing, but this is another sport, hitting is a completely different monster. How do you deal with perfection? He's a perfectionist, I haven't dealt with too many of those, but they come along, and I have one right now. So how do you deal with it?

Amanda Smith 08:11

I have a lot of them. It was a thing that I had to work on. Girls are perfectionist. I see it constantly because it was the thing that I had to work on. The way that I help them is I teach them, and I have a video on this, if you sign up for my email list, you get this video.

Amanda Smith 08:34

It's called seven out of 10. In practice, we put everything into buckets of 10 and then seven is the baseline. If they get seven out of 10, in that group of 10, that's when they get to analyze it, they don't get to analyze it every single movement, or every single at bat or every single hit.

Amanda Smith 08:54

They only get to analyze it after the 10 and if they got seven, they did good. If they did better than seven, they did great. If they did less than seven, then they have something to learn. That language right there at the end where we're learning instead of, I'm bad, that's the switch that they need to make and that helps with confidence too.

Amanda Smith 09:15

Those two kinds go hand in hand. But giving them that baseline and helping them understand this is your baseline seven out of 10, they take the pressure off themselves automatically.

Amanda Smith 09:27

Now all I have to do with my kids, seven out of 10 if they start to nitpick every single pitch or every single hit, and they go oh yeah, that's right. Then bam, I get them into that mode of I'm going to analyze the group instead of every single movement. Once I get to that point, I'm not analyzing it was bad. I'm analyzing Okay, what can I do better? What can I learn from this?

Joey Myers 09:52

I love that. Of course, at the end, all those links and all that stuff we'll put that out there because I want to help just like you want to help. Another example, the same hitter I was talking about, the sophomore in high school, we always go over these kinds of scenarios and things like that.

Joey Myers 10:18

This is a different hitter, lefty. He's one of my seniors in high school and he kind of had a little bit of a rough day yesterday. Usually we do well, but he was having a hard time with controlling his top hand.

Joey Myers 10:35

He was just like; I don't know what the heck's going on and he was visibly frustrated. He's usually the surfer kid, I call him shades because he walks in and he has the Aviator shades on.

Amanda Smith 10:49

Aviators

Joey Myers 10:50

I call him shades. He's usually the kickback kid, surfer dude, and whatnot. He was a little out of his element it seemed like and we did something a little tougher. We call it chaos rounds, where what we do is we do a six-swing round, and he'll take two swings at one plate, we have two plates, set about five feet apart, or three to five feet apart.

Joey Myers 11:12

He'll switch plates every swing and at each plate he's doing something different. It's a different strategy. It could be we're going to control, we call verticals or launch angles, we don't call them launch angles, because a lot of coaches don't like that term.

Joey Myers 11:25

One plate, maybe he's controlling his verticals and another plate, we're doing middle in, middle away type stuff. So, he's working middle in, middle way. Another one, we might be just doing straight up curveballs. He switches in what he's doing.

Joey Myers 11:38

We mix and rearrange. It's not all the same the whole time. It's very mentally draining. It put some pressure on him. I think he blew a gasket but what I said was get back to the mental side. At least for him a gasket.

Amanda Smith 11:57

Was it pressure relief, or was it like pressure explosion? Like if I think of a pressure cooker?

Joey Myers 12:04

I think it was a pressure explosion. He knew what he needed to do to fix it. He just wasn't doing it. When we were talking about it, at the end, I was telling him about frustration, I said, frustration is good. It's a good thing. As long as it doesn't make you depressed, right? Know what you need to do to fix it and then you do what you need to do to do that.

Joey Myers 12:27

He goes, this is how I operate. He goes, I get super frustrated. And then the next day I go out and I think it's fixed. It sounds like he goes like mentally he goes through it and then can work it out. Is that something?

Amanda Smith 12:42

Girls don't do that

Joey Myers 12:45

What's the girls do in that scenario?

When it comes to guys, the performance determines their happiness. When it comes to girls, the happiness determines the performance...

Amanda Smith 12:49

This is where boys and girls differ a lot, I feel like. When it comes to guys, the performance determines their happiness. When it comes to girls, the happiness determines the performance.

Joey Myers 13:03

Okay, I got it.

Amanda Smith 13:07

If girls are off when they walk through the door, and I can see it right away, like, okay, we got another session, we got to switch up that attitude quick are the whole session it goes to pot.

Amanda Smith 13:24

This is where girls are different. The more pressure you put on a girl the worse their attitude gets, and the worse their performance becomes. Whereas guys, they like the pressure to kick them out of it. I find that so fascinating, right?

Amanda Smith 13:40

This is why I coach girls. For the girls, it really goes back to that perfectionism pressure bottle. If we go into a chaos scenario, like you're explaining, and I've never used that technique on a girl, I want to try it and see what happens honestly.

Joey Myers 14:01

They must be in the right mindset before they come into it.

Amanda Smith 14:04

They have to, they absolutely have to and that's number one for me has put them in the right mental frame so that they can have success and then carry that success into the next success and then it snowballs.

Amanda Smith 14:16

Parents love that because they'll come back to me and they'll be like, what did you do because she went into the next game and she did phenomenal and like I just gave her a little confidence boost and gave her some tools to boost herself to

Amanda Smith 14:34

I feel like if I were to lay the pressure on a girl she'd crumble, she'd start to cry.

Amanda Smith 14:45

I welcome that at my sessions because you're not allowed to get emotional in a game, right? You can get emotional after a big win or you can get emotional after a great strikeout that ended a really tough inning.

Amanda Smith 14:59

There are certain times when you can get emotional, but like getting emotional at private lessons happens a lot. I welcome it because we must have the ability to express those emotions no matter what. Again, this is where girls and boys kind of differ.

Joey Myers 15:15

That's cool. Mine is about 95% guys, I have a few softball girls, I have a few that are in college that I've worked with. I've noticed the girls, when I give them something to work on mechanically, they're good, I can probably lay on three or four of them, three or four different mechanics, and they'll get the first one, they'll get the second one, I might give you another one.

Joey Myers 15:43

I keep going up until that point, you start to see that flip of Okay, now this is a little bit too much. But the girls, for whatever reason, I feel like most of the girls I've worked with, they're able to handle more of those things versus the guys, we tend to stay in the two to three things range, and they don't get frustrated, you don't see their eyes. I've had a few guys that you see the tears start to well up. I have a couple of them who are emotional.

Amanda Smith 16:14

Let it rip, Coach. Let it rip.

Joey Myers 16:15

Yeah, then they start getting sloppy. I must pull back because they're getting sloppy. I mean, they don't care emotionally that they're getting sloppy, like the girls would care emotionally that they are sloppy, and they take offense to it, like you said, the perfection side.

Joey Myers 16:29

But the guys they get sloppy, and so I can't allow him to get sloppy. So, I must scale it back to girls. The girls they handle it. Like they can handle 2-3-4 different things in one session.

Joey Myers 16:41

It's almost like I played this game of see how far I can go with the girl. Then once I start seeing the emotion, I start dialing it back with the guys, I pretty much know how much they can handle and it's not an emotional thing, it's a sloppy thing.

... You can give them more and more and more as long as you know where their edges at

Amanda Smith 16:54

It's a practice, honestly, I feel like I must be able to turn that dial up to. You can do it with guys, you can give them more and more and more as long as you know where their edges at.

Amanda Smith 17:09

With girls, they're more latent to let you know where their edges at. Keep that in mind, we know how to bottle things up. It's crazy how much we do that.

Amanda Smith 17:25

With girls, it goes back to the whole multitasking brain. I feel like moms are masters at multitasking and dads are like I can only do one thing. Some dads are amazing at multitasking, don't get me wrong, you hand that down to your kids, they innately become great at having multiple things thrown at them and then being able to handle it.

Amanda Smith 17:55

I love pushing that edge. Because with my kids with my girls, what I notice is I can give them three things. Then the next session, I'm going to like to take those three things and add one more thing on

top of it and maybe a third. Well, a fifth thing, technically, but a second thing on top of that and see how far I can carry it.

Amanda Smith 18:18

Some of these girls, I can give them 10 different. What do we call these tasks on 10 different things to work on in a session and they can handle it. And it's like, Okay, I got to scale you back now.

Joey Myers 18:35

It's crazy because you could cover the whole gamut. There's always something to work on. But I mean at some point, we kind of must start circling back to some of the other things.

Joey Myers 18:47

I always tell my hitters it's like, at the circus in the old days, they had to put the sword down and they get the plate and they start spinning on it, then they set up another sword and start spinning the plate, and then they have to copy the first plate and keep it spinning, it's like keeping these plates spinning and I feel like the girls do a better job of that than the guys do.

Amanda Smith 19:06

Multitaskers. Look at their parents. That's really the indicator.

Joey Myers 19:11

Yes. I saw a video of you doing a mental Monday talk which is really cool. I saw one on your Facebook, Mindset Mondays yes, and we can discuss the book. What was that book?

“The Surfer’s Code” and what softball and baseball players can learn from it

Amanda Smith 19:26

The Surfer's Code. I love that book.

Joey Myers 19:29

Yeah. You'll pick a chapter and then you'll use that as the content of the video. That one that I watched it was the one where you get smashed by a wave and it's a question of Okay, I can hang it up and be done and not go through that again, or I can go back out.

Joey Myers 19:47

Talk a little bit about that and how that applies to like your softball girls, how you can apply that in school.

Amanda Smith 19:54

I live in Denver. Let's preface there. I'm in a landlocked state. Everywhere I go I like to surf if there's surfable water. I also surf but I'm a snow surfer. That means snowboarders for those of you who don't know.

Amanda Smith 20:09

What I love in the surfing world, there's rules that they live by as surfers. This surfer has been in the game for a long time. He wrote the book and shared it with the rest of the world.

Amanda Smith 20:27

Not every surfer was thrilled about that. That's kind of their inner code. That's why this book is called the Surfer's Code.

Amanda Smith 20:39

I love their principles, and this principle that you're talking about, I will go back out, if I have a bad game, if I have a bad surf, if I have a bad wave, I'm still going to go out again.

Amanda Smith 20:56

For softball, for baseball, the way that applies is, hey, you had a bad at bat, you get another opportunity, you get another try. That's that whole taking the pressure off thing to, you had a bad game, you still get another try, you're going to have another game, right?

Amanda Smith 21:13

When your career ends, that mentality starts to shift, right? Like your seniors in high school, or your seniors in college, their mentality is slightly different when it comes to their next wave, or their next opportunity to go out because it might not happen.

Amanda Smith 21:29

I can remember my last college game, every second of that last college game. The number of tears that flowed out of my face after that game, because I knew I didn't have another wave, there wasn't another opportunity, and then there was, and that was the thing.

Amanda Smith 21:48

After college ended, I had the opportunity to play NPF, I had the opportunity to play international ball. I got an offer to work at NASA on the Orion program, so I didn't take it, but there could have been another wave to take.

Amanda Smith 22:08

Just remember, you've always got another opportunity, another try coming up no matter what. Yeah, even if you think it's your last game for you seniors, you still have another opportunity, there's going to be another wave to get out there and ride.

Joey Myers 22:26

I love that and especially with the 2020 COVID stuff and how hard it's been for athletes. I've had some athletes that I work with, we work through things, we have to be very critical thinking about how you're not able to play, how can we get you out there? How can we work on getting you in front of your seniors in high school or college coaches?

Joey Myers 22:52

Like you said, got to get back out there. It might be in a different way, it may not be in the same direction, but it's going to be somewhat unconventional from what you've thought.

Joey Myers 23:03

One of the things, as an example, that I talked to a few of my seniors that graduated, they graduated I think in 2020 spring and then you have the seniors coming through now, 2021.

Amanda Smith 23:16

They're experiencing it, too.

Joey Myers 23:17

Yes. One of the things we talked about was how do you contact a coach, college coach and if you're going to send a video, how do you send a video, and one of the coolest things I read, it was in negotiating book, negotiate as if your life depended on it.

Joey Myers 23:36

I think it was it was Chris Voss. I don't know if you've read that one before, good, reads well. He has great stories. Negotiating as If Your Life Depended On It, I think is what it's called.

Joey Myers 23:51

He talked about with his own son who was playing football and back in the day, trying to contact coaches, and one of the things was instead of shooting video, and just trying to hit all the points, all the checklist, and send it out to all these coaches, why not go to the coaches first and ask them what do you use?

Joey Myers 24:12

What kind of evaluation do you use when you recruit players? Because it's going to be different, some coaches in baseball, like college coaches love the launch angle game, they love that terminology, another one will not like the launch angle game.

Joey Myers 24:28

If you send a video of you hitting the all these doubles and dangers all over the yard, those coaches that don't like that launch angle game and they're more of the batter sacrifice, they're more of the what the low level and drive, hit hard on the ground, and you want to go to that college, either it's not going to be a fit for you or you need to make a different video.

How do you coach your softball girls to deal with the 2020 challenges?

Joey Myers 24:47

I thought that was great advice, you're going to have to go back out, but it might look in a different direction. Any kind of experience you've had with that with your players?

Amanda Smith 25:00

Yes, with the 2020 and the 2021 kids, it's not just the seniors. That's the other thing that I keep reminding myself, to watch the level of depression that happened with these players, because their life is school and sport.

Amanda Smith 25:22

When one of those was taken away, and the other one, they're like, I like it, but I kind of have to do it. Whereas the other one I get to do it. It was tough to watch them mentally crumble. If you've played a sport, and that sport ended for you, you've experienced that so you can totally relate.

Amanda Smith 25:51

Helping my 2022s, my 2021s figure out how to do this, the new way, how to get in front of coaches. I just had one who, for spring break, she went out and checked out a bunch of schools, and I told her, you've got to email the coaches and let them know that you're coming, send them your skills, video, do all the things.

Amanda Smith 26:19

She got out there to watch them play and one of the coaches, the head coach of the school that she was really interested in, came over to her and her parents and said, what are you doing here?

Joey Myers 26:31

What?

Amanda Smith 26:32

I came to watch the game. They're like, we don't have an audience for our games. We don't have fans watching our games, you need to leave. Automatically this kid's like, well, this isn't the school for me, obviously.

Amanda Smith 26:48

It's an isolated incident. The coaches are getting used to this scenario, too. They just started playing games. This is something that's out of their comfort zone as well. A head coach coming out to fans and telling them that they got to go, that's unheard of.

Amanda Smith 27:04

The head coach doesn't do that, but in this scenario, that's what happened. I was like, this is one of those opportunities to think from a different angle. Think of how uncomfortable that had to have been for that coach. Think of how uncomfortable it must be to tell all the kids' parents, you can't come and watch your kid play. You can watch her on YouTube.

Amanda Smith 27:27

To play without a crowd. That's a first for a bunch of college kids. There are so many weird scenarios that we're dealing with right now, and you just roll with it. But keep your mind open and don't get single minded on Oh, that coach was mean, I don't like that coach at all.

Amanda Smith 27:44

Don't cross them off your list, have another conversation with that coach and be like, hey, you were the one who said to me, we had to go, and you weren't very nice about it. Is there any reason why you had to be so mean?

Amanda Smith 28:01

It's another opportunity to talk to the coach at least. You might find in that second conversation, that that's not the coach for you, but you brought up culture, when it came to those coaches who don't like the language that you use, or they want hitters that hit a certain way versus another way.

Amanda Smith 28:20

Players need to really dig into the schools and understand the culture of the team, the culture of the coaches. I didn't do it right and I learned the hard way. I literally just had a Facebook post in my Facebook group about this, where there was a player who got her nursing degree from Minnesota, and she got it in four years.

Amanda Smith 28:48

She was one of those kids who graduated last year and got the option to come back and play a fifth year because of COVID and she did, she opted to not dive into her nursing career and instead play her senior year or her second senior year, because she knew that that season was fleeting, that season of her life was fleeting, the sport is fleeting.

Amanda Smith 29:12

She's not planning on going on NPF or the Olympics or any higher level, what is it athletics unlimited? When I was in school, I was trying to pull off that mechanical and aerospace engineering degree which is a tough degree by itself, but now add sports on top of it.

Amanda Smith 29:32

I learned right away like D1 top 25 school; you're spending 52 hours a week doing softball. I ended up going D2 after two and a half years at D1 for many reasons, but one of the reasons was because I was struggling badly to pull off both and the coaches were giving me a hard time about it.

Amanda Smith 29:56

They were picking on me because I had to go and do work with my classmates that interfered with some of my practices, and they hated that. That goes back to the culture.

Amanda Smith 30:10

Parents who are in the thick of it, it's hard to see the teams, it's hard to talk to the coaches right now. Do your best to figure out what the culture is, talk to the players, you can as athletes talk to the players, you can't necessarily talk to the coaches. That'll give you a really good idea of what that program is about and how the coaches support the athlete as well as the student.

Joey Myers 30:39

I'd love to just end on this and ask you where people can find you, but before we get there, it's advice I think that the young ones don't quite grasp. You and I have been through it, or telling them to do your homework basically, to talk to the players in the teams that you want to go play for in college.

Joey Myers 31:02

They will just answer whatever, I know there's enough pros, it'll be fine if whatever. What we're trying to tell you out there to do your homework, spend the time. I know that for the guys, it's the testosterone brain that tends to make us lazy. It's a strong hormone, but it's also a lazy hormone.

Joey Myers 31:23

I know the girls are a little bit more on top of it but go out and definitely do your homework because you don't want to land in a place and have to keep switching. It's just like moving. The best part of moving is when it's over. Moving your house and all that kind of stuff, it's the same thing.

Joey Myers 31:39

You don't want to be jumping schools all over the place because oh, I screwed up. I pick the wrong line, let me go to this one, and you didn't do the same process, repeat the same process, and you make another mistake. Anyway, great advice.

Joey Myers 31:51

Amanda, where can people find you? I know you mentioned an opt in page to get that video, so go ahead and mention that.

Amanda, where can people find you?

Amanda Smith 32:03

Whitezonecoaching.com is my website, you can get the freebie at the bottom of the homepage. That's the seven out of 10-perfectionism busting video. It explains how to implement it as an athlete or how to implement it as a coach.

Amanda Smith 32:19

You can also find me at fastpitch softball skills and drills by white zone coaching Facebook group, that group is growing like crazy. That's where I'm sharing a lot of softball skills and drills.

Amanda Smith 32:32

I've got a lot of baseball people showing up in the group now, too. That's where you can find me on the interwebs. I also have a YouTube channel, that's white zone coaching.

Joey Myers 32:50

Yes, Instagram, TikTok

Amanda Smith 32:53

No TikTok. I am not a TikTok-er. I have Pinterest.

Joey Myers 33:02

Are you on Pinterest?

Amanda Smith 33:02

Of course, I am on Pinterest, I'm a pinning queen. I have an Amazon list for softball parent and players. I mean, I'm on the internet.

Joey Myers 33:16

Very cool. Well, thank you, Miss Amanda Smith, I appreciate the call. What we'll do is we'll probably have multiple part two and stuff, I'd love to come back and go a little bit deeper into some other things.

Joey Myers 33:30

Your story is very interesting, and I love the origin stories because it explains where you're at now. It gives a little bit more flavor to the type of coaching that you teach and the purpose behind why you teach what you teach. So keep up the good work out there.

Amanda Smith 33:47

The whole white zone thing. That's why I teach what I teach.

Joey Myers 33:51

Exactly. Thank you so much and I'll get you all the goods. Oh, we'll do like a little Dropbox thing and I'll send all that stuff to you, and you can do with it however you want. We'll keep connected.

Amanda Smith 34:05

Awesome. I am excited to keep connected. We've got a lot in common, sir.

Joey Myers 34:10

Very much so. Well, have a good weekend.

Amanda Smith 34:14

You, too

34:15