

I Don't Use A Glove When I Throw BP, So I'll hold Curveball Like This. I'll Hold It. I Want to See If They're Smart Enough To Look At My Hand

Ray Camacho Interview 2021-04-15

Joey Myers 00:06

Hello, and welcome to the Swing Smarter Monthly Newsletter. This is your host, Joey Myers and on the call here with me, I'm honored to have Mr. Ray Camacho. He is of a nonprofit called Fat on Fat or fat off the bat on fat on the ball. And we had a nice, interesting conversation recently and there's some cool little nuggets here.

Joey Myers 00:29

First, I want to welcome you to the show, Ray.

Ray Camacho 00:32

Thanks for having me.

Joey Myers 00:35

We're going to dig into some stuff, I think the 30 minutes goes quick. I'm sure there's going to be plenty, plenty to talk about in future stuff. But first question I want to ask you, tell me a little bit about your nonprofit, where you guys are and what it's about.

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Ray Camacho 00:51

I started off a Fat-on-Fat Baseball Academy. But then recently, I started doing softball, so I changed the name to Fat-on-Fat Academy. The name came about when I was growing up, my dad was trying to think of something nice and easy for me to remember and something that rhymed.

Ray Camacho 01:07

He was like, son, fat of the bat, fat of the ball. That concept is something I grew up chasing my whole life, because I was just trying to square the ball up with fat on fat and is just a catchy phrase that everybody would use.

Ray Camacho 01:21

My dad would just be quiet and simple with it, fat on fat, son, watch the ball fat on fat. I had that concept, and as I grew up, I thought it was kind of cheesy, honestly a little bit. I felt embarrassed a little bit to talk about it to some of the guys, and then I started coaching and they started really liking it, like the young guys started liking it and said, What's fat on fat coach? They wanted more stuff.

Ray Camacho 01:44

I ended up needing an outlet for myself because I was coaching an organization. I was working at another organization; I was doing things for everybody else. I needed my own passion in my own lane.

Ray Camacho 01:57

What ended up happening was, I created my own college team, and I needed a name. My dad was like, you got to go fat on fat. I was like, Dad, these college guys are going to laugh me, everybody's going to talk mess, they're going to clown me.

Ray Camacho 02:12

I still felt like I was a college guy as well as trying to coach and I just didn't believe in it. I shared it with a partner. I shared it with a couple of people my idea. They kind of was like, dude, that's awesome. I love that name. I shared it with the Commissioner of the CCBL League that was playing in the summer. He was like, that is the best name ever.

Ray Camacho 02:35

He coached me when I was in high school, in college. He was like, I love it. You need to go with the name. When I got that feedback, as cheesy as it may feel for me, because it's something my dad gave me, and sometimes he says, Son, you think your dad's cheesy or corny, but everybody loved my dad, everybody thought my dad was funny, but of course, as a son you think he's lame.

Ray Camacho 02:58

I'm going to run with it. I wanted to turn a negative into a positive because fat is a negative word. We think it's a negative word, I feel like I have enough energy to turn it into a positive word. I'm from San Antonio, Texas, my company is based out of San Antonio, Texas.

Ray Camacho 03:17

I've lived in San Antonio, Texas my whole life. I love San Antonio, everything I do is for the city. Everything I do is for the kids in the city. We have an obesity problem here, and so when I started doing fat on fat, I was 50 pounds heavier at the time. I had a lot of backlash, a lot of people talking, Oh, your company's fat on fat, because you're fat, bro.

Ray Camacho 03:40

I was going through a lot of personal things. They said some uglier stuff too. I always tell these guys, my biggest teaching to the kids is, if you're going to be good, you're going to have to be ready to accept what comes with being good. Because there's going to be snakes in the grass, there's going to be your own teammates trying to go against you, there's going to be a whole bunch of negativity that being the dude in titles.

Ray Camacho 04:03

If you're not ready to accept that, then you can't be the dude because you'll fall short, as a lot of mental stuff. I just really wanted to be a forefront in this for fitness, for obesity in San Antonio, I wanted to bring awareness.

Ray Camacho 04:20

Five years ago, when I started it, I really didn't have a lane. I didn't know what I was going to do until I really started doing my first video of showing my training.

Ray Camacho 04:29

Five years ago, I was nothing compared to who I am now. I look at those old videos and I look at myself like you're a chump. How can you let that kid get away with that movement? How can you let him do that? It makes me angry in the sense at myself that I couldn't figure out my philosophy and my lane faster because I could have helped so many more kids.

Ray Camacho 04:51

That passion drives me today to not let anybody have bad movements when they come into the RPO which stands for real players only. I have fat on fat Academy and it stands for real players only.

Ray Camacho 05:03

Real players know who real players are. Real recognizes real. You can't fake being real. Because once you step on that line, between those lines, you know who you are. I just love everything that baseball and softball brings to the table. I always talk about it. I'm going to do this till the day I die.

Joey Myers 05:21

I love it. That's what really came out and struck me in our initial conversation was the fact that you're training baseball and softball players. But it's not to be baseball and softball players, it's to be better in life, right?

Joey Myers 05:34

You're teaching life through baseball and softball, and that's what I really love. The other thing is, and we can get into that a little bit, but I really wanted to jump into the training side of things. Strength conditioning, and I asked you a question. I said, who are your top two follows for strength conditioning? Who do you say, who was your first one?

Who are your top one or two follows for strength and conditioning?

Ray Camacho 05:53

Paul Chek.

Joey Myers 05:54

Those out there, Paul Chek is no joke, go out and check out the Chek Institute. What brought you to Paul Chek? How do you feel Paul Chek has helped your hitters, the information that has helped your hitters?

Ray Camacho 06:09

I got introduced to Paul Chek. Just going down a worm hole of different trainers and instructors, I'm sure you went down the same path because we're men and we're baseball players.

Ray Camacho 06:21

Everybody's trying to be the biggest, fastest, strongest, and it's all about information. Well, how much information can you input in your head? How much can you process and how much can you actually apply?

Ray Camacho 06:30

I feel Paul Chek has indirectly mentoring me every day, I listen to his podcast, it feels like he's speaking directly towards me. I got introduced to Elliott Hulse, a long time ago, and his stronger version of himself.

Ray Camacho 06:46

I've really followed his transformation. We all have our transformation as men. I was into the bodybuilding scene and all that stuff, try to be the biggest, strongest dude. That was a toxic mentality for a baseball player, because I ended up messing my body up senior year, I may say mess up, but I had the best year of my senior year ever, and I set records and stuff like that, but I'm saying, I always wanted to be the best.

Ray Camacho 07:12

I'm always going to critique myself if I mess up. I will always put myself down if I do mess up because I'm just honest. I messed up a lot of my mobility aspects by just bodybuilding and doing a lot of hypertrophy training, and not focusing on strength and speed.

Ray Camacho 07:28

I got two tenths of a second slower on my 60 time. I was running a six-eight and so I run a seven-one because I wanted to drop bombs. I didn't realize I didn't have a mentor. I didn't have anyone in my ear saying, you got to stay fast. If you lose your speed, you are nothing.

Ray Camacho 07:44

They have big six foot three guys that mash. You're not that guy. You must be a fast infielder like you've always been, and I lost sight of that. I lost my chance to get drafted when it came down to it because of the speed and I never got officially said that. But I know deep down in my heart that's what it was, you know, because nothing else held me back.

Ray Camacho 08:02

I'm still a dude, I'm 36 I still can play, still hit bombs, hit a bomb Sunday, and that was the first time I ever did that. I can tell you the training works because I'm doing everything I teach and preach myself at 36. If my mobility helps me, it's going to help a 10-year-old.

Ray Camacho 08:19

If my strength conditioning helps me it's going to help a 13–14-year-old. I try to empower these guys to really do that. Elliott Hulse came from a strongman competition. He was big and swoll.

Ray Camacho 08:33

I used to love listening to his rants because he always spoke intelligent. I always wanted to be a meathead, but an intelligent meathead. A best of both worlds. I can go in and out of bodybuilding, powerlifting, I can go talk to a physics major, a teacher.

Ray Camacho 08:50

I can talk to anybody, I can walk in any circle, because I love that I have the social awareness to be to be flowing in those circles and talk to anybody because if anybody can teach me anything, like you're worth something to me, because I love knowledge and wisdom.

Ray Camacho 09:05

It's one of the biggest things that Paul Chek put me on in his book. It was maybe like six months ago, I wrote down my goal was to have knowledge and wisdom and to be able to apply it to my sport, and just keep learning every day and growing.

Ray Camacho 09:20

Honestly, that's what's really happening every day because I tell parents my training may switch up from next week to the next week, because my training like we talked about, it's ever evolving.

“It's ever evolving with me because one kid teaches me how to do something for another kid...”

Ray Camacho 09:30

It's ever evolving with me because one kid teaches me how to do something for another kid. It's all the same mechanics, if he has bad ankles, this guy has bad ankles. If I see it, we're going to do ankle mobility stuff.

Ray Camacho 09:42

If he can't go up on his tippy toes because his feet are weak, we're going to work on feet for 20-30 minutes because that matters. Not getting in the cage, not warming up and just swinging, we must change the culture.

Ray Camacho 09:54

These kids just want to get in there and move and their bodies not primed up and not ready to rock and roll. They don't understand the mechanics of a movement. I get kids as young as four and as old as 22. I'm teaching them all the same things.

Ray Camacho 10:07

I talk to them all the same way. I know those little kids, they're going to be dudes when they grow up, and the girls are going to be studs, because the girls, they listen the best obviously.

Joey Myers 10:16

They do.

Ray Camacho 10:18

That's been awesome with me. I never thought in a million years, I'd be doing softball, they've really accepted me, and local coaches have liked what I've done with hitters and I've had kids that shouldn't hit home runs that are hitting home runs.

Ray Camacho 10:34

I don't take any credit for it because it's hard work and they are doing all the work. I'm just showing them the way. The biggest thing is I want to give direction because if kids and parents don't know direction, they don't know where to go.

Ray Camacho 10:46

They think anything they do is good. No, the right stuff is good. The right way is good, the most functional, the strongest way to be a healthy individual is the right way.

Ray Camacho 10:57

Elliott Hulse is the one responsible for putting me on Paul Chek. Listen to Elliott Hulse in his podcast, I started finding my direction because Elliott Hulse is big into masculinity and building men up and keeping men strong.

Ray Camacho 11:12

I've been blessed with a facility like this, because a man took a chance on me and he believed in me, and he said, I wanted to give you the opportunity to pay it forward. I've been very blessed to have a gym and two cages and my own little place to call home in the RPO.

Ray Camacho 11:31

Now that I'm kind of getting a little momentum and things are going well, now I'm giving back because everything I do is going back to the kids. I have a lane now. I keep creating new logos and new things. I have fat on fat and fit on fit.

Ray Camacho 11:45

Actually, two days ago, I'm working on another logo flat on flat, because I have flat feet. I have probably like 20-30 kids that have flat feet. The first time I heard I had flat feet, the doctor was like, he's going to have hard time with the ankle, he started saying all these negative things.

Ray Camacho 12:01

I had two or three ways to think about it. I was like, you know what, I don't feel anything he's saying. My ankles hurt a little bit, but I warm them up, I'm good to go. All those exercises he prescribed, I did them every day. I did them every day because I've always wanted to be the best at everything.

Ray Camacho 12:17

I was a football player at the time, I was the quarterback, I knew my feet needed to eat. I just worked out hard to grow my legs and my whole life I've had huge legs.

Ray Camacho 12:27

People have always talked about my legs, and I've always had my pants tighten up, always been a leadoff batter, I've always showed that physical strength that people can just see looking at my legs, and could tell that he might be good, he might be able to run a little bit.

Ray Camacho 12:42

I've taken pride with that, but that was instilled by my dad instilling those morals and those ethics. He really put a lot of good groundwork in myself, it's kind of hard to go against some of those things sometimes.

Ray Camacho 12:55

It's one of the reasons why I have a big heart. I just love hearing people's stories; I've always been a good listener. When I hear an intelligent man speak, you shut up. That was like the number one rule my dad always said, you're going to hang out with adults, you're going to hang around grown men, shut up until they ask and talk to you if you're a little boy.

Ray Camacho 13:15

Or if you don't know what you're talking about, you just listen. Listening taught me a lot of things. It's right there in front of you if you listen in and aware of stuff.

Joey Myers 13:23

I love that man. I learn more about you the more we talk and that listening part as an advice, you have to know when you're a teacher, you got to know when your student, and sometimes you got two teachers talking to each other. But sometimes even in that conversation, one teacher might know more than the other teacher.

Joey Myers 13:43

The teacher that doesn't have quite the knowledge needs to, like you said shut up and listen, and not try and fight the other guy when they don't have all the information. It's this kind of liquid relationship that happens between student and pupil, or pupil and teacher.

Joey Myers 14:01

I got on your Facebook page, there's a cool quote, I'm thinking retweet. We're not on Twitter. Here's the quote, "It's extremely tough as a parent to watch our kids struggle fail and be rejected. But if we don't let

them experience it, while they're young, they'll have no idea how to handle it when life shows up later down the road. Our job is to love them and teach them how to work through it." Talk about that a little bit.

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Ray Camacho 14:35

I told you this a little bit about last time what I do in the sessions, it's because a lot of times, parents are hovering over and watching you move and work and talk. They're watching everything and I'm very analytical myself, I may not see it.

Ray Camacho 14:49

I wear sunglasses all the time because I don't want people to know where my eyes are going. It's a coaching thing as well, but I understand the physical appearance, as you're a coach and you're sitting there like this, you look like you're doing something.

Ray Camacho 15:03

If you're staring at a kid, and he knows he's messing up, he's going to feel that energy. I've always done that. When I first started out, I was nervous about what people thought about what I was saying, I'm like, they think I'm messing their kid up.

Ray Camacho 15:16

Or maybe they're not emotionally woke like me, or maybe they don't understand some of the things. I got nervous speaking, but then I started realizing the kid is only going to be as good as the parents.

Ray Camacho 15:31

What I started doing was I just start sharing stories. As I continue to talk to other kids, and opening and motivate them, I always share my life stories, because my life stories teach me a lot about things. I know the way I am because of my dad.

Ray Camacho 15:45

One of the best things my dad ever did, he coached me till I was 12, but he always let me play. He never over coached me; I don't think I ever heard my dad yell at me on the field. He never told me to go warm up, he never told me to do anything, as soon as we got on the car, he already knew.

Ray Camacho 16:01

We were talking about that stuff of what we're going to do and how we're going to do and how you're going to show up, how you're going to look, who you are. He laid the platform for me when I was a little kid. This is what I do now, I just took it 100 million times more, because I went farther than him.

Ray Camacho 16:19

At age 12, he was always telling me that you're better than ever I was, and he was my hero, my idol. As I started realizing interaction with parents, that parents are sabotages, as well. My big thing is, I need to make them understand whether you need to peel back or whether you need to be involved more.

Ray Camacho 16:39

My thing that I tell every parent is, especially the dads, because sometimes the dads have egos. Sometimes the softball dads are the worse. That's their little girl, and I'm teaching their little girl. They get all huffy puffy, sometimes, but I just show them love and break them down and show them what I'm trying to teach.

Ray Camacho 16:59

My thing is, I teach the parents. I always tell the parents; your kid is only going to be as good as you. If you reiterate what I'm saying, and you back me up, because I'm always going to back you up, I am never going to say, I'm never going to disrespect you, your kid, I'm going to only help your relationship out.

Ray Camacho 17:17

We are a team, and it's all about your kid. Obviously, parents love their kids. They're going to understand that yes, you're right. We're not working against each other. Because if we do, now, the kid doesn't know what the heck to do.

Ray Camacho 17:29

Now he's always going to follow the parents' lead. If I can have the parent buy in, I know it's only a matter of time that kid buys them because now the kids are accepting. I always tell the story when I was 12, my dad sat me down and said, look, I've taught you everything I know, you're better than me, I don't know how to get you to that next level anymore, you must be looking for something else now, and learn from other people.

“I like to pride myself in not being just like a scratch a surface guy. I get deep.”

Ray Camacho 17:54

I can honestly tell you, I didn't learn from any other adults. No, all my coaches, maybe like one little rinky dink thing, but it was very generic. I like to pride myself in not being just like a scratch a surface guy. I get deep.

Ray Camacho 18:11

I always say breaking it down to the single digit. Like you got a million, I'm going to break it down all the way to the simplest form to get you to understand that if you don't understand we're going to keep doing it. I keep talking, I'm going to do some physical with you, because I need you to understand. I have simple goals when I get in the cage.

Ray Camacho 18:30

My dad released in me, and him being a big man and saying he can't take me anymore, helped me take ownership on myself, because my dad had a bad back and he was in a bed for like a year. He was never supposed to ever walk again. He blew some disk and stuff like that.

Ray Camacho 18:48

I remember him being in a bed in the living room, just lying there all the time. And he showed me how to fold towels. He showed me how to do stuff. I was so literal, he would show me how to fold towels laying down in his bed, and I would lay down on the ground and fold towels.

Ray Camacho 19:05

I understood that kids mimic movements. I always prided myself in being healthy and in shape and showing kids and not just sitting on a bucket and getting up and working out and challenging the kids. I work out with the kids sometimes, I run with the kids sometimes.

Ray Camacho 19:21

I have a senior that's coming to work out with me on Sundays, and I'm not charging them. It's we're working out together because I want to show them how it's supposed to be done and how I work. I put my head down, I don't see nothing, I just go to work. This is what I'm doing. I'm serious about it still because I want to be the best.

Ray Camacho 19:40

I'm playing in a World Series in Arizona for men's and senior baseball league. I got stuff to prove. I haven't played in a long time. I just want to give one last hurrah. I love learning so as I'm in this journey as well, I'm continuing to learn and I feel like if I'm learning, I'm growing and I'm going to pass it on to the kids. As I enhance my threshold in my knowledge, I'm bringing everybody with me.

Joey Myers 20:06

I love that. The idea that these kids nowadays, and I've heard this from multiple coaches, this isn't just me, and I've not just heard it from you, but that players are soft. I think when you have these athletes in multiple sports, whether it's soccer and football and whatnot, is people don't realize when they get into baseball and softball, you and I could get into probably arguments with other sports people about this, but I think baseball and softball hitting a baseball softball consistently hard is the hardest thing to do in any sport.

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Joey Myers 20:42

I went into basketball for three years, and Michael Jordan was playing in the mid-90s, because I love Michael Jordan. I never played organized basketball, I did soccer, organize it in baseball, and I did martial arts for three years. But I did basketball just with some buddies on my street and did that. It was hard, but it took me I don't know, six months, eight months, so I could finally figure out where I needed to shoot and things like that. They come into this sport and expect to hit .800 and .900.

Ray Camacho 21:13

It's very disrespectful, honestly.

Joey Myers 21:17

It is and to have that kind of mentality coming into our sport and thinking things are just going to be easy. I even have parents that it's pitching versus hitting, what's harder, and I always say that hitting is harder.

Joey Myers 21:30

I have a buddy that teaches pitching, he's the guy I send my hitters to go learn pitching. Hitting is harder than pitching, I pitched all the way through my sophomore year in high school until I went full time outfield and hitting.

Joey Myers 21:46

The thing was, is I knew where I was going to throw the ball, what kind of pitch I was going to throw and in what location and speed. I knew all that beforehand, right? Whether it went there or not. Who knows? But hitting I don't know any of that stuff and when they say well, there's a mind game that the pitcher must play against a hitter. Well, doesn't the hitter have to play mind game against a pitcher?

Ray Camacho 22:06

That's what I teach, bro. That's what I teach. I don't film it because I don't want to share it with people, but my feel work, my live at bats, that's what the high school guys come for, because I did it better than anybody.

Ray Camacho 22:20

When I hit that homerun on Sunday, this guy was a nobody, and I'm not disrespecting him. But I know he was a nobody, he wasn't throwing hard, just throwing like 70-75. I know who I am. Full count, he goes like this, to show me that curveball.

Ray Camacho 22:33

Right away, just to who I am. I never really paid attention to those things because I just saw the ball hit the ball at time. But I saw that, and I remember thinking curveball, and then as soon as it released, I saw that bad ass backspin and then I just crapped on it.

Ray Camacho 22:49

I was like you think you're going to trick me with like JV tricks. Because for one you don't throw hard, I'm not scared of you. Two, I know that if I sit back, you're not going to blow anything by me.

Ray Camacho 23:01

I try to teach kids out because I do the same thing on the pitching. I wouldn't call myself a pitcher, but I could pitch. I pitched a little bit in college, I pitched in high school, but they couldn't take me out of shortstop because we didn't have a shortstop.

Ray Camacho 23:12

When I pitch, they had the ball at shortstop. It's frustrating because I used to be that guy making errors. Now somebody else is making errors for me. I call myself a competitor. I know how to play the game. I was never good paper guys.

Ray Camacho 23:27

One of the reasons why I feel like I didn't get drafted. But you put me in a game I do all the right things I get on base; I steal the base. I read the ball. I see the pitcher.

Ray Camacho 23:36

I always liked hitting off big, big, tall pitchers because they always thought that they're better than me because it's physical. My dad was talking about it yesterday, and I can hear the anger in his voice how I got shortchanged from my size.

Ray Camacho 23:48

He goes I must tell everybody, I put you against anybody. I put you against anybody. I remember sophomore year in high school, we were placed in Austin Buoy, and they had three dudes and we played them three games, we had three dudes, they're all six foot plus, doing upper 80s lower 90s.

Ray Camacho 24:05

The first game I went for five off that guy's a leadoff guy. Because they didn't respect me, you're trying to drive till mid upper 80s fastball is by me, I'm a fastball hitting son of a gun. I'm jumping on that. I just beat you, beat you, beat you guess what, next at bat curveball I sit on it. You can't throw it because you're trying to throw it, you're already spinning on the ground.

Ray Camacho 24:23

I had an elimination process at age 10. I tell people I manifested and prayed to God for all these things that I had each night not knowing that I was doing this stuff. I taught myself how to keep two hands on the bat, there's no tricks or gimmicks. Simply every night, told myself you hit the ball very good every time but you're breaking apart.

Ray Camacho 24:44

Let's just swing with two hands, see what happens. I would tell myself every night until it started happening. Of course, I practice it and I try to apply it and put it in my head. My feel work was immaculate. Anytime I took a pitch, I always took it correctly. I was always on time. If I wasn't, that's a negative one in energy. So, I get out, I do two feel work.

Ray Camacho 25:05

I go one, two, or whatever I felt like I needed to do to get back in the box and get that back. I never understood it, but I was always going in the box plus one, or plus two, especially if I won that pitch. That means you didn't buckle me; your curveball isn't crap. I stare at it and I look back at you. I go yes, you got to throw me a fastball, let's go.

Ray Camacho 25:24

I'm ready to rock and roll. I was always ready to hit. I got my batting stance from Chipper Jones; he was my favorite player. His dad was out of Stetson University and he created the toe tap.

The toe tap to me is the most adjustable swing that I've ever had

Ray Camacho 25:36

The toe tap to me is the most timing the most adjustable swing that I've ever had. I've dabbled in other things, I listened to other guys, and they've all ruined to me, and they took my time in a way my weight shift.

Ray Camacho 25:48

The biggest thing when it comes to pitching and hitting, they're both rotational movements, you both must read energy. I literally move just like the pitcher when I hit. That's why I'm superior in timing. I always tell pitchers this when you're throwing, if you throw hard, or if you got gas, you're trying to throw it down their throats every time most time unless you have a different mentality of maybe just don't strike, you can't throw strike.

Ray Camacho 26:14

When I got up there, I'm throwing my heart and soul every pitch because we're competing. And I can do that, I always prided myself in being a 90% and 95, on everything I can do.

Ray Camacho 26:25

Now, I would never say 100, who can be 100 all the time. But I would say A plus student on the field. As far as I could, I could run as hard as I could because I had control. When I move to load back, that guy's doing the same weight shift as I'm doing.

Ray Camacho 26:40

Of course, I have my strong legs and everything else they go with the timing, but I try to tell guys this because I show them right away from soft toss to the front toss to live, if you do not have a weight shift, you have no timing, and they don't understand it. Someone along the way, told them not to move. My biggest thing is, this is how you tell if you have a good instructor a good coach or not.

Ray Camacho 27:02

If your coach limits your movement, if you're Aaron Judge, you can limit movements. He's Aaron judge, and he's hella strong and badass. If you're a JV guy that hasn't gone on varsity yet, and if you're weak, you limit movements, you're not good, you're not going do anything to the ball, because it's strength and rhythm.

Ray Camacho 27:23

When a coach is telling you to get your foot down early, when coaches tell you to go to a two-strike approach, they're taking your rhythm out, they're taking your weight shift out, they're not even teaching it properly. Or if they tell you to go oppo, and the guy throws you an inside pitch, you're screwed.

Ray Camacho 27:38

Those are sabotage advice, and I talk about it openly. I don't even care if the high school coaches hate me, because I care about the kid. If you tell him this, now he shut down and now he's dumbed down. Now he cannot focus on practice and go as hard as he can.

Ray Camacho 27:57

I try to enhance everybody with balance and rhythm. That is it. It's your balance and rhythm. It's only a matter of time, and how do we know that? We watched your takes, because whether you like it or not, there's a pitching coach who didn't hit. I'm confident about this. A pitching coach who didn't hit watching your feel work like a dumb pitcher, notice that like a pitcher.

Ray Camacho 28:20

I'm a hitter, a pitcher, a first baseman, a catcher, a right fielder, a third baseman, I'm everything. I've done everything. I think from those perspectives, but I think more like a pitcher and a catcher and a shortstop when I see hitters, and I'm like, am I scared of this guy? Or what am I seeing?

Ray Camacho 28:34

I can go to any high school game right now and call pitches and tell you exactly what's going to happen? Because the coach is on level one, they're on level one, until you start beating them or start sitting on pitches understanding that, then they'll switch up, they'll switch it up just like the game, right?

**I don't use a glove when I throw BP so I'll hold curveball like this. I'll hold it.
I want to see if they're smart enough to look at my hand**

Ray Camacho 28:48

That's what I do with the high school guys, because I don't use a glove when I throw BP so I'll hold curveball like this. I'll hold it. I want to see if they're smart enough to look at my hand. If not, then I just keep breaking them off. Keep breaking them off. Then when I start seeing sit on it. I'm like, hey, what are you doing? They're like, Oh, I see it in your hand coach. Awesome.

Ray Camacho 29:08

Now I can manipulate you because now I hold it like that. Then I'll throw a fastball because my fastball curveball. I know how to compete. If you're guessing you're not ever going to beat me. I can do 30 minutes of fastball and curveball round with guys, I'm talking about varsity guys, and just beat them because they're trying to guess.

Ray Camacho 29:30

I say you don't guess if you guess I will blow a fastball by you because I'm reading your energy. I'm reading your movements, just like any coach would right now. The younger kids, I tell the dads and the moms, whoever's helping them, whether you like it or not the kid is competing against an adult.

Ray Camacho 29:47

There's a coach watching what he does, if he steps out, he's going like this to the pitcher. Now the pitcher throws strikes. Now your kid doesn't have a chance because he's not understanding how he's

moving. He's not understanding what he's presenting to the whole baseball community when he's doing that.

Ray Camacho 30:02

I'm trying to really get the guys to do field work. That means I really must control my sessions. If a kid takes a bad swing, if he takes two in a row, I have to stop and tell him to get out of the box and do feel work. Then I watch his feel work.

Ray Camacho 30:17

If his feel work is bad, then I got to stand up and go back over there and talk to him about it. Because the feel work matters what you're going to do in the box. Sometimes they're too immature to understand it. I got to keep talking about it and keep talking about it. My biggest thing is making them aware. My big varsity guys like to dive in.

Ray Camacho 30:35

I have this big thing of reading that energy and going back and forth, stop angles of feet, hips and shoulders, we're not manipulating those right now, especially if you don't need to understand how to hit. The balanced approach is just staying square.

Ray Camacho 30:49

Now that's outside, you close up, go to right center field, and it's down the middle or if you want to pull it you go left centerfield. Shoulders and hips. That's it. That's how the elite hit with our back hip.

Ray Camacho 31:03

I literally show the guys and then I go in there. If they don't believe me, I show them how to hit where you want me to hit it, boom, I hit their left center, we want to hit right side, and boom, this is how we do it.

Ray Camacho 31:11

I've always had back control, my dad just showed me off with a five-year-old. I would just mechanically sound. That's it. I was connected, the term connected, right. I try to show those guys how to be properly connected with their core, their breathing their chin.

Ray Camacho 31:26

Your head doesn't matter if your feet suck, because the little kids, if their back foot never rotates properly, you don't exist. Because you cut off all the power, you cut off that right eye or your left eye whatever way you're swinging, and you don't rotate properly. That's the biggest thing.

Ray Camacho 31:42

Now if the back foot sucks the front foot is usually the culprit because the front side leaves the backside more ground up. That's something that I figured out, but I don't know if it's out there already, but I don't try to worry about everybody else. I know what I'm doing here, and how I speak. I try to make them understand that your head doesn't matter. Your hands don't matter if your feet are bad.

Joey Myers 32:03

I love it. Well, hey, I want to be respectful of your time a lot. A lot of great advice there. I love that, Ray. Glad that we did this. I'm sure we can do some part twos. Before we go, where can people find you, talk about the social media platforms. I know you got a website, but it looks like it's a little under construction right now.

Where can people find you, talk about the social media platforms...

Ray Camacho 32:25

I'm big on social media. I got Snapchat, it's RayCam4, just the number four. My Instagram is raycam4oe, RAYCAM4OE. I have fat on fat baseball on Instagram, fit on fit fitness on Instagram. I also have fit on fit fitness on Facebook as well.

Ray Camacho 32:45

I'm on Twitter, Facebook, and Instagram all the big social media sites I have, fit on fit fitness, fat on fat baseball and my own personal page account. I just try to give information out to as many people as possible. I do a lot of free work because I feel like this stuff is so hard. That if you can do it, awesome. It's no secret. There's no secret. I'm an open book. I'll tell anybody anything. People reach out to me all the time in DMs and messages and I love my job.

Joey Myers 33:16

I love it. What are the one or two that you're on most?

Ray Camacho 33:21

I would say Facebook and Instagram. I'm actually on tik tok as well, Ray Camp4oe

Joey Myers 33:27

I was going to say that was in there.

Ray Camacho 33:31

I did a video. Like two days ago and I've gotten like 100 followers on tik tok recently. I'm really surprised because I see a lot of baseball coaches getting roasted on TikTok. These kids are relentless.

Ray Camacho 33:47

I was telling a friend; I've been ready for a little kid to come talk smack to me. I can just get them, but it hasn't happened. The only thing I can think of is I'm doing it right. They understand what I'm saying. I had a kid reached out to me say Hey, where's part two? Hey, it's one fan, right? I posted two. I was like, Alright, here we go two and three, because I'm willing to teach anybody who wants to learn because we're all learning.

Joey Myers 34:13

Cool, dude. Thank you so much for your time again. Like I said, we'll be in touch. I'll get you all your stuff. We'll kind of go from there and maybe do a part two, part three in the future.

Ray Camacho 34:24

Awesome, man. Thanks.

Joey Myers 34:25

Thanks for your time, brother. Keep up the good work there.

Ray Camacho 34:28

You too, man.

Joey Myers 34:29

Alright, see you.