

***“I Think We’d Like To Tell Guys More Than Seeing  
How They’re Pitching Him...See How They’re  
Adjusting To Them...”***

**Geoff Rottmayer Interview 2021-06-11**

**Joey Myers 00:06**

Hello and welcome to the swing smarter monthly newsletter. This is your host Joey Myers from hittingperformancelab.com and I got a friend who's been a friend for a long time since the beginning of hitting performance lab.

**Joey Myers 00:19**

Probably even before swing smarter or baseball rebellion?

**Geoff Rottmayer 00:24**

Yes, right about that time.

**Joey Myers 00:27**

So, this is Geoff. Is it Rottmayer?

**Geoff Rottmayer 00:30**

Yes.

**Joey Myers 00:31**

This is Geoff, I think you all are in for a treat, because we're going to be talking about the kind of mental process all that kind of stuff. So first, I want to welcome you to the show, Geoff.

**Geoff Rottmayer 00:42**

I appreciate it, man.

**Joey Myers 00:43**

We were just talking about the beard that he's got, that he's sporting. Beautiful, beautiful beard there that has taken some time and some work and some tutelage to keep.

**Joey Myers 00:56**

Well, hey, brother. So, you've been working with what I really liked, that we had a conversation before obviously getting on this one that you were talking about your process that you're using,

which we'll get into here in a second. But you spent the last, what, five or six years really honing it and perfecting it.

**Joey Myers** 01:12

Not that any process is ever perfect. But you got it to a point where you got a bunch of case studies and things like that. I know we talked about some of the pillars in your programming that you talked about, what are those pillars? Then we can kind of start doing a deep dive into them.

## **What are your 5 Pillars to Preparation Success?**

**Geoff Rottmayer** 01:27

We came up with the five pillars, we call it the five pillars of the strategic advantage player development process. The first one is mindset. We can go deeper on all that. And then we have the offseason training, then we have preseason practice, then we have in season game planning, then we have game day execution.

**Geoff Rottmayer** 01:50

Everything that we built out, basically a framework. We'll get into it in a minute how we build the pieces into it, but what I found when I started this was, I wanted to kind of build out a process that would help guide in different parts of the season.

**Geoff Rottmayer** 02:12

What I found was, we were having a lot of guys having, we were doing awesome on the training side of it. The game day side was where we would kind of lacking a little bit, especially when they started to level up against guys that are just as good, if not better than that. My whole journey just last five years been figuring out how to get guys to compete again, guys that are good, if not better than them.

**Joey Myers** 02:38

Very cool. Before we get into that, give a little background, your background, where you played so people go, why do I have to listen to Geoff here?

## **Who is Geoff Rottmayer?**

**Geoff Rottmayer** 02:48

Sure. I grew up in Clearwater, Florida. I played High School down there. Then I got drafted by the Florida Marlins. There were areas in my game that I knew I needed to work on.

**Geoff Rottmayer** 02:59

I was originally going to go to Georgia Tech and play football and baseball. But I ran to transcript issues. Now I'm passionate about understanding that piece of it.

**Geoff Rottmayer** 03:11

That led me to Juco in Oklahoma, Seminole State, one of the premier Juco down there. I spent a year down there we went to junior college, I probably played some of the best ball I've ever had.

**Geoff Rottmayer** 03:24

Then I went over to Florida Gulf Coast, in Fort Myers, Florida, and played there for three, four years or three years. The thing that I need to work on in my game, I didn't improve on, I knew I needed to work on them, but I didn't know how to do it.

**Geoff Rottmayer** 03:43

It cost me my ability to play professional baseball. Now that's where I spent the last 15- 16-17 year trying to figure out what was the missing link for me. That's how I kind of got into where I'm at right now.

**Joey Myers** 03:57

Now go into what was the origin of these five pillars. Was it something that maybe in 10 years ago, you came up with pillar one? And then a couple years later, pillar two, or was it more like, as a flood like an aha moment? Oh, shoot, we need to really work this out. What was the origin story?

## **What is the origin story of the 5 Pillars?**

**Geoff Rottmayer** 04:21

I think when we all first started out, we tried to figure out, we know what we know. Some of us like to reflect on where we were at and how we could have done things differently. That's where I was at, and I was a power hitter type of guy, but I swung and missed a lot. It wasn't a practice thing for us.

**Geoff Rottmayer** 04:44

When I got into the coaching side of it, I got into the, what I call the training piece of it. I now call that offseason training, but there's a place for that obviously, you got to train, you got to get better, and you got to put in your work.

**Geoff Rottmayer** 05:01

What I was finding is that we were transitioning to in-season, and we were still kind of in a training mindset. We never really had the transition in that what I call now preseason and practice. Then in season game planning.

**Geoff Rottmayer 05:15**

We never really had the mindset shift to allow us to play well on game day. The training feed was all about let's get better, become a better hitter on game day. Guys were getting better. But it just wasn't where I felt like they need to be best.

**Geoff Rottmayer 05:32**

When they started leveling up again, again just as good, if not better. I started digging deeper. I asked the guy who worked with me now, his name is Daryl Coulter. We started kind of brainstorming this and he was talking about game day being about the opponent.

**Geoff Rottmayer 05:52**

We kind of all sit there, of course, but really, it was the mindset behind it. That really got us kind of digging deep into Okay, we got to go from offseason training to preseason practice, to in season game planning.

**Geoff Rottmayer 06:09**

The offseason training, it's more about your athletic system by getting bigger, faster, and stronger. It's about getting your numbers, getting your exit speed. It's about practice habits and routines and your attitude.

**Geoff Rottmayer 06:28**

The mindset is about you, it's all about you, do what you got to do to get your stuff and be a better player.

**Geoff Rottmayer 06:36**

When we transition to preseason practice, the mindset has to be about going from training to working on getting your baseball skills game ready. Now take everything that we developed in the offseason and turn them into skills that we can use in a real baseball game that we can game plan with.

**Geoff Rottmayer 07:00**

That's kind of how we went with that. The pre-season practice, what we do in there, what I call our stick process. And for us, that's to me, that's the task of hitting. We have the sting the ball, the next one is timing. The next one is understanding your pitch, discipline, and then your swing.

**Geoff Rottmayer 07:24**

I started kind of working the process backwards. Now instead of starting with the swing, we started with, hey, man, what the ball looked like out of the hand, and how do we get there and get there consistently, because you can't get there all the time, right.

**Geoff Rottmayer 07:38**

If you can work that profit to get there early, then you have a chance to see the ball early and long. You have a chance to see some of the cue that the ball is telling you and even what the hand telling you.

**Geoff Rottmayer 07:51**

We spent a lot of time focusing there first. And then what I found with that was the timing got better. When the timing got better the pitch selection got better. We were seeing the ball, and then ultimately, the swing got better.

**Geoff Rottmayer 08:04**

Now that didn't mean guys didn't need to work on their swing because they did but I felt like if we could get the task right, then we can see where we were really at with the swings, because there's so many other variables.

**Geoff Rottmayer 08:17**

Then we went into what I call the command hitting, command hitting it's being able to tie a situation account that every single rep that we do, and then going through our pre pitch process, what I call the mental game. It's really about the process, it's about, you know how you think, in terms of baseball, it's not the feel-good stuff. It's not the deep breathing and the positive self-talk.

**Geoff Rottmayer 08:45**

There's nothing wrong with that. But when it comes to baseball, it's strategic, and so how we think in terms of what we want to do, and how we prepare for our battle against an opponent matter.

**Geoff Rottmayer 09:00**

We started practicing command hitting like, hey, man, I want you to hit the ball right there. In this situation account, that's when you would need to be able to do that.

**Geoff Rottmayer 09:09**

We would work and not manipulate in our swing but really understanding what pitch I can do with and understanding, you know how to do it. That don't mean that we always get the result but at least we start working on perfecting the skill.

**Joey Myers** 09:30

Give me an example. Like most of coaches out there, their big thing is two strikes, right? What are some of the two-strike mindset approach type things that you guys talk about?

### **What are some of the two-strike mindset approach type things that you guys talk about?**

**Geoff Rottmayer** 09:40

Yeah, with two strikes, well, we want guys to understand it depends on the pitcher too. A lot of the things that our approach and our game plan is all based on the opponent.

**Geoff Rottmayer** 09:52

We must think about that, what pitches he has, and depending on the pitch that he has, and how he uses that. We call it PBML. There's a pit, the velocity of the movement to a location.

**Geoff Rottmayer** 10:07

The more we understand that the more we can make a gameplan with that. With two strikes, it's just a generic approach. What we tell guys is you got to be able to hit every pitch on every plane, right.

**Geoff Rottmayer** 10:22

You have a wide variety of velocity ranges to cover. What we tell guy is, we can do a couple things, one, try to take the fastball down the right field line, go back and do that now let every other pitch travel a little bit deeper, and I can keep the off-speed stuff fair.

**Geoff Rottmayer** 10:42

The other thing that allowed me to do is to make sure to strike, because I think most hitters, we swing too much. We got to get better at taking pitches, the best hitters in the world are good because of the pitches that they take not the pitches that they swing.

**Geoff Rottmayer** 11:02

When we try to get guys to understand that, hey, maybe there's a situation or count where you want to sit on a curveball, sit on a slider, and that's fine. You can get that ball a little more upfront, or whatever you're trying to do.

**Geoff Rottmayer** 11:15

With two strikes, we want to say hey, let the fastball get deep. Try to take it down the first baseline or third baseline if you're a lefty, and then that will let the curveball and changeup travel a little bit deeper.

**Geoff Rottmayer** 11:26

You can see if it's a strike, and because the ball better a mistake, you're going to turn it on, it just looks so good and you're going to hit it. That's kind of how we do the two-strike approach.

**Joey Myers** 11:39

Very cool. You guys are basically hunting, again, depending on the pitcher, and that's what I was telling my hitters you're not jumping into the ballpark like that, that movie back to school with Rodney Dangerfield, where he's up on the high rise, he's licking his thumb, checking the wind.

**Joey Myers** 11:57

You're not just walking into the stadium deciding what you're going to hunt or what your plan is, you're going to base on the observations of the pitcher like you said.

## **Basing plan at the plate on pitcher observations & PBR?**

**Geoff Rottmayer** 12:07

Yes, and that takes to the preseason, and that's what the preseason for us is all about. We like to think of it like football. How did the football season work? It goes in the offseason, it's all about getting bigger, faster, and stronger.

**Geoff Rottmayer** 12:23

The preseason is about homing in your play to understand your skills and know what played you want to run. And then the infield is all about studying the opponent and practicing all week from that one opponent.

**Joey Myers** 12:34

Good point.

**Geoff Rottmayer** 12:35

With the baseball, now, especially the good pitcher, the guys that are not incredibly good. They suck you should hit them, but the guys that are good that we're trying to level up against. They're in the PBR. They're in perfect game.

**Geoff Rottmayer** 12:52

Their video on YouTube, their scouting reported, it's on PBR, so you can study them before you see them. Basically, for us, it's like, we just want to understand their PBML.

**Geoff Rottmayer** 13:08

Their pitches, their velocity, and then how the pitches move so that we can understand what we want to attack and what we want to take. With all the information out there, now we can practice even if we play every day, you still have practice for the game. Your whole practice, your whole mindset is about that pitcher you're going to face that day.

**Joey Myers** 13:34

I love that. That's a great piece of advice, especially with that if these players are facing these good ones, they've got recruiting things right on PBR. I mean, they're right out there on the internet, you just search them, you know who you're going to play, the person, you just search them up on and look up their scouting report and there it is right there.

**Joey Myers** 13:53

You got other people doing the work for you. So why not use the internet? I love that. During the game, the in season, you're talking about that game planning, and you're talking about studying your opponent and competing to get your opponent, is that the third pillar?

**Geoff Rottmayer** 14:12

That would have to be the fourth one. The first one we didn't talk about just yet. I want to talk about that, but we'll go back to that one. But the in season, we have the pregame, pregame data research, where you combine on and try to figure them out.

***“Pregame data research, where you combine on and try to figure them out...”***

**Geoff Rottmayer** 14:28

Then it's about, like watching the game, like the game within the game, and we tell guys when you're hitting every at-bat mentally needs to be an at-bat that you're taking, and then reading and studying the pitcher what is he doing in certain situations to count? What did he do? What are his tendencies? What is his habit? What did he like to do? How did he respond when they were going into the fourth condition? What did he like to go to?

**Geoff Rottmayer** 14:58

To really studying and watching, what do you do, and every advantage you can have is a strategic advantage, and you can use it against him to be better. It's about getting the guy to understand how to watch the game.

**Geoff Rottmayer** 15:12

The thing is, we can't tell them to watch a game, they don't really know what they're looking at, this is something that must be taught, what do I look at? What's the basic, what do I start with?

**Geoff Rottmayer 15:25**

Once they get the basics down, then they start understanding Oh, holy crap, I didn't know that you did this, you know. Once you start teaching them how to think and how to watch a game, then they start noticing all these little things that they can use to their advantage.

**Joey Myers 15:40**

Do you have them watch one of those things? Or body language? Do you have them watch the pitcher to see if they're in these kind of slump positions versus chest out? You know that kind of stuff?

**Geoff Rottmayer 15:49**

Absolutely. Then we'd like to see how they respond to everything. The more we can have, the better, you know, the data. Now, the tricky part is not over analyzing that information that you gather that you can go. But when you get in that box, after you go through your pre pitch routine, you get in that box, it's all about giving my brain the direction.

**Geoff Rottmayer 16:14**

Now by going out there seeing the ball and reacting. Again, I've given myself a starting point. That doesn't mean it's always going to happen, but we have a starting point I have a plan.

**Joey Myers 16:25**

Well, it's predictability, right? You were attempting to predict the probability or use probability as when pitchers just as a general, looking at it from a general point of view, like 30,000-foot view in at bat.

**Joey Myers 16:39**

When a pitcher is ahead in account, what does he or she tend to do? If she's a behind in the count? What does he or she tend to do? Now, it's not going to be 100% of the time, nothing's ever really 100%. But what you're saying is we're taking the highest probability and it could be 60%, 60% versus 40%, that this pitcher's throw a fastball in this count?

**Joey Myers 17:03**

Well, you can't sit in the middle. Well, it could be their fastball or curveball, right? You say we're thinking just a pitch with two pitches. 60% chance you're getting a fastball 40% you're getting a curveball, well, it doesn't make sense to look for the curveball.

**Joey Myers 17:17**

Still, even though it's a low percentage of fastball and that count, it's a 60% but it's a majority doesn't mean that you're going to get the fastball and if you don't, what I tell my hitters is that

you now learn something. In that count, 60% of time fastball, 40%, curveball, but then you see a curveball, the reality, right?

***“Every pitcher is different, his fastball, not his fastball, his curveball, not his curveball. It's really individualized and everything. That's the key to it individualizing as much as you can...”***

**Geoff Rottmayer 17:37**

Right, that's the thing, everybody's different. Every pitcher is different, his fastball, not his fastball, his curveball, not his curveball. It's really individualized and everything. That's the key to it individualizing as much as you can.

**Geoff Rottmayer 17:57**

You're a different type of hitter than this guy. What does he know about you? Because he's studying you, too. What are your weaknesses?

**Geoff Rottmayer 18:04**

The more you know about what you do, and your tendency, the more you can gameplan and know what maybe I tend to play and again, like you said, doesn't mean you're always right. But it's all like, okay, he knows this, I know this. That's when that chess match happens, that's when baseball's fun.

**Joey Myers 18:21**

A good friend of mine, Daniel Robertson, he played a lot of minor league ball, got a couple decent cup of coffees in the big leagues, played with Mike Trout the angels, a great guy, super intellectual guy, when it comes to all this kind of stuff.

**Joey Myers 18:34**

We were talking one day, and we were talking about the same thing, and you take one scouting report, because like we said, we could go and look up the pitcher scouting report on PBR, or whatever. But then the pitcher can look up your scouting report on PBR. You got to think up.

**Joey Myers 18:48**

What Daniel was saying was taking a scouting report or a heat map of a pitcher and what his strengths and weaknesses are in different counts and stuff, and you take the heat map of a hitter strengths and weaknesses, and then you see where those intersect.

**Joey Myers 19:03**

You can take from that data, a game plan, you can create a game plan against 100%.

**Geoff Rottmayer 19:11**

I mean, something better than nothing. And again, the more you play the guy, the more data you have, and the more you can kind of fine tune that plan.

**Joey Myers 19:20**

The other thing too, that is interesting is some of the hitters when I start working with them in there, they got a little bit of some time to go right before they're up there, but they're considered as a pitcher.

**Joey Myers 19:32**

When I used to pitch, I pitched probably up to my sophomore year in high school, and then after that, I kind of got bored of it. As a pitcher, you're looking at a lineup in colors that kind of in shades, right you have a certain hotter shade, and that can be usually three, four or five guys, maybe one two, and then there's going to be some streaky guys and you'll see some red here and there but it's not consistent.

**Joey Myers 19:53**

Usually red three, four, or five, maybe six and things like that. Then there's those kinds of shades of gray in there that you tend to just default pitching, right I pitch I'm going to pitch this to guys the same way because they're in that shade, that gray shade.

**Joey Myers 20:08**

I tell my hitters when you start smashing the ball and smashing the ball is when pitchers must make an adjustment. They don't care. They don't make an adjustment. If you hit a blooper to right field as righty or opposite, as a lefty or hit a seeing-eye single, pitchers don't care. That doesn't scare them.

**Joey Myers 20:23**

They're just going to think you're lucky. They're going to do it the same way the next time. What do you guys do you as your hitters when... You got a guy that's hot. Now he can't look at his teammates and how they're being pitched as they're going to be pitched in same way, as how do you guys treat that? Like as they start leveling up.

***“I think we'd like to tell guys more than seeing how they're pitching him...see how they're adjusting to them...”***

**Geoff Rottmayer 20:45**

Probably really our guy did look like your individual. You can take information from other guys. But if you're not the same hitter, the other thing is, you don't see what he sees.

**Geoff Rottmayer 20:56**

We all see things a little bit differently. That's why like, you see guys like Dude, his curveball nasty the next guy is like, what are you talking about? Everybody sees something different.

**Geoff Rottmayer 21:07**

That doesn't mean that we don't take information and understanding how they're picking them what adjustment they're making, I think we'd like to tell guys more than seeing how they're pitching him...see how they're adjusting to them.

**Geoff Rottmayer 21:21**

When we can start seeing how what his strategy and what his approach to make an adjustment, then we can kind of start looking at up. How would he adjust a bit with me if I did XYZ? Every hitter is different.

***“There are three mindsets that we've been able to identify over the last five, six years, and then it's really been an eye opener...”***

**Geoff Rottmayer 21:39**

When you get to a certain level, everybody is unique and there's a spot form them. This is where we get into that mindset people talk about? There are three mindsets that we've been able to identify over the last five, six years, and then it's really been an eye opener.

**Geoff Rottmayer 21:58**

When you start figuring out where guys are at. The first one is called to compare and convince mindset. This is the guy that constantly comparing himself to everybody else, he is doing that, or I got to do this, or his numbers are this, I got to do that, or he got three hits, I got to get three.

**Geoff Rottmayer 22:16**

These guys never really focused on what they need to do. They're comparing themselves to everybody else. They don't play as well. Now they're convincing themselves to try play at that level. A lot of guys are at that level.

**Geoff Rottmayer 22:30**

Every time you level up, you get to that level, you just kind of look around everybody bigger, faster, and stronger. They know how to play the game of baseball. For us, we had the conversation all the time about figuring out where they're at mindset wise.

**Geoff Rottmayer 22:45**

When guys struggle, that's where they're at most time and then that compare, convince mindset but we got to bring awareness ...and it's done through a conversation.

**Geoff Rottmayer 22:55**

Like we talked to them, and really try to have them and we have a relationship with them, that they can trust and be vulnerable a little bit. Now, still, by way of their action, a lot of times they want to tell you with all the good stuff they don't want to tell you about.

**Geoff Rottmayer 23:08**

We wanted it to be the other way around.

**Joey Myers 23:10**

Teenagers, right?

**Geoff Rottmayer 23:11**

Yes, exactly. The next one is called what we call compare, or I'm sorry, compete and contribute. Now, we've gotten them from compare-convinced to know, I look like everybody else, and I can play at this level.

**Geoff Rottmayer 23:28**

That's good, you can level up with that.

**Geoff Rottmayer 23:30**

Now, the next one is what we call the strategic advantage mindset. That's what we work on, that's what we specialize on this past year. This is the guy that only himself, he's individualized, it's what he does, and what he does, or what he done to do to give himself a game day advantage.

**Geoff Rottmayer 23:50**

We're talking about mindset, skillset and how you prepare. These guys are like good with where they're at, even though they may not be where they want to be. But they're good with where they're at. They understand that they're unique individual, they understand that they have a role that they are qualified for.

**Geoff Rottmayer 24:11**

They're okay with that role and they're going to succeed in that role and eventually get into a bigger role that they want. Getting guys to that mindset demanded changes how they practice, it changes how they talk, it changes how they know confidence, it's just a different level because they feel free to be themselves and understand that what they do and where they're at is good enough.

**Joey Myers 24:36**

I know we can go deep in each of these pillars, and we'll do that on future calls for sure. Before we get to where people can find more information on you, I wanted to ask you, because I love questions. It's how we ask our questions. The quality of our questions makes the answers much more quality, right.

**Joey Myers 24:56**

When you have player in that comparison, in that mindset, and the bottom rung, when they're in there, what are some of the questions that you ask them to help get them to the next part of it, where they compete, when they get into the compete the second rung?

### **What are some of the questions that you ask to take a player from compare-convince phase to compete-contribute?**

**Geoff Rottmayer 25:10**

I always start with the conversation because they're never going to come out tell you this. You always start with like, hey, man, let's say we're in season and he comes to me today. He had a game last weekend, like, hey, man, so how did it go? Where were you at? What did you do?

**Geoff Rottmayer 25:25**

They'll kind of run through me, I struggle a little bit, I struck out a couple of times, we had two innings where we batted around, and I got two of the outs and stuff like that. I was okay, why do you think you struggle? What do you think it is?

**Geoff Rottmayer 25:42**

I don't give answers man, like, I want them to tell me what their thinking, but I don't know what they're thinking and what they're seeing. I'm trying to understand what they're thinking and what they're seeing.

**Geoff Rottmayer 25:54**

It always starts with what did you know about the pitcher? If anything? What did you know about the team? Because certain teams have certain philosophy on how they approach guys, so what do we know about them?

**Geoff Rottmayer 26:09**

What would your plan against them and again, like at the youth level, even we can, we can go and watch games in between, and see where they're at, and kind of figure out what we know about them.

**Geoff Rottmayer 26:19**

A lot of these kids play each other all the time anyways. But I would start there with like, what did you know there? What would your mindset about that? A lot of these kids, they'll go on like new trip or they're going PBR and they're going to stuff, and they'll psyche themselves out before they even get out there because you've got to do it.

**Geoff Rottmayer 26:38**

It's like you're giving this guy too much credit. How do we get out of that? It's like, Hey, man, that's good, man. He's good. That's who you want to play. That's who you're trying to measure yourself against.

**Geoff Rottmayer 26:53**

We're trying to figure out like, so what did you know about them? What should have your mindset have been? What should your plan have been? When you were in the box, what was your pre pitch routine? Because the way we structure our pre pitch routine, and we can talk about that later, is we organize our thoughts in a way to keep the present on the tasks?

**Geoff Rottmayer 27:19**

If we don't organize their thoughts, and we just have thoughts, and we can start thinking about anything. So we have them organize their thoughts in a way that we like, Hey, man, when were you there. That's really those areas right there. It's really where it starts.

**Geoff Rottmayer 27:35**

They get in the game, and they're like, okay, this guy's fastball fast. Like, I already knew that coming in. Now he's trying to convince him stuff that he can play against him. Now we have that conversation. Okay, dude, that's where it started. It started long before you got in that batter's box. It started with what you were thinking the moment you knew you were playing there.

**Geoff Rottmayer 27:56**

How do we work on that thought process? We got to change the thought process about. This is who I exactly who I need to play to measure up where I'm at. How do I get an advantage? What are my skill sets? How can I game plan against him? What advantage do I have against them?

**Geoff Rottmayer 28:17**

That's where we start with that whole process. Then that conversation gets saved, man. I was talking about the What were you seeing? Did you see the ball were cued and see, were you on time and all that stuff?

**Geoff Rottmayer 28:30**

A lot of it goes back to that mindset. What they were thinking about that pitcher before we got into all the other stuff.

**Joey Myers 28:38**

I love that. We can go deep in that and maybe another episode or whatever. To be respectful of your time, where can people find you, I know, you're just starting to get online.

**Joey Myers 28:51**

What I love about you is that you're in the trenches, you're doing all this stuff, you're not spending all your time on social media, and all in it all. You're in the trenches doing this stuff, so I understand you're getting online now. So where can people find you as of today?

### **So where can people find you as of today?**

**Geoff Rottmayer 29:05**

I'm on [strategichittingguy.com](http://strategichittingguy.com). I'm building now, the pillar that we talked about, it's more of a framework, I'm trying to build that out. It's been 5-6-7 years in the making. Really testing it out, really seeing great results.

**Geoff Rottmayer 29:23**

We got guys from youth ball with a pro ball. It's been great man. I want to help as much as I can, cuz I feel like man, get a few little things, do extra things, especially game day stuff.

**Geoff Rottmayer 29:38**

We can help hitters get to that next level. There's a lot of great coaches out there, man. There's a lot doing awesome stuff. But I feel like we can do a little better on game day. This is just my small contribution to the community.

**Geoff Rottmayer 29:56**

Hopefully, that'll come out here in the next couple of weeks. I'm finalizing the editing part. It takes some time.

**Joey Myers 30:06**

I see that you're doing it and you're versed in all the other stuff too, mechanical stuff and all that. From our conversations, it seems like you're more like the glue, you're the glue that's in the middle of all this stuff that brings it all together, brings all the puzzle pieces together and combines it.

**Geoff Rottmayer 30:22**

Absolutely like the framework, we can plug anybody's stuff into it. Let's say, when we do our initial assessment, we start looking at what the holes are. Then we start saying, okay, you need the hitting performance lab here. This is where you plug your stuff in.

**Geoff Rottmayer** 30:39

Then you need to know this Joe down the road, hit the plug in here. We start plugging in the hold of where we need to be. That's what's cool about it, we've been able to kind of bring focus, because there's a lot of guys who don't really know where they're at and they don't know what they need to be working on.

**Geoff Rottmayer** 30:58

Now we have an assessment process and a framework that allows them to plug in hold and plug in whatever philosophy you believe I don't really care. If they help, as long as you understand the pros and cons if there is any, and how you game plan.

**Geoff Rottmayer** 31:13

Whatever you choose to do is great man, I get that a lot of great stuff and a lot of different philosophy. I don't really care what you use, if you can game plan and play on game day.

**Joey Myers** 31:25

Do you have any other sort like Facebook, Twitter, YouTube, any of that up yet?

**Geoff Rottmayer** 31:31

I got Facebook going. That's just my personal one, Geoff Rottmayer. I got an Instagram going, and it's Geoff Rottmayer. Same thing with a lot of stuff that I put on like my podcast. My podcast, strategic hitting guy, and that also, I made a video form on YouTube.

**Joey Myers** 31:52

Okay, cool. So you got some YouTube stuff for those of you out there. Very cool.

**Joey Myers** 31:57

Well, hey, Geoff, I appreciate your time, man today. And hopefully, like I said, do some more episodes, part two, part three, and we can dive a little bit deeper and all this other stuff. Thank you for hanging with me today.

**Geoff Rottmayer** 32:08

All right. Thank you.