

“Every Strength Coach, Hitting Coach, Every Coach Should Know What to do. If a Player Comes to Them and Says, Coach, I just Don't Think about Living Anymore.”

Dr. Bhrett McCabe Interview 2022-02-03

[00:00:00] **Joey Myers:** All right. Hello and welcome to this swing. Smarter Monthly Newsletter, actually the Swing Smarter Hitting Training podcast. And today I have a special guest and this guest I saw on Sammy's podcast, play ball, kid, and Brian Eisenberg. And this is Dr. Bhrett McCabe. And at first, I want to welcome to the show.

[00:00:25] **Dr. Bhrett McCabe:** Thank you for having me.

[00:00:26] **Joey Myers:** Thanks for coming, Dr. Bhrett and Dr. Bhrett is. As I said is a treat is a licensed clinical and sports performance psychologist. And I hear he's over at the, in the athletic department at the university of Alabama. So that's cool. And he's a former athlete now is that former athlete like college.

[00:00:46] **Dr. Bhrett McCabe:** I played baseball at LSU.

[00:00:48] **Joey Myers:** Okay. Love it. So fellow baseball guy. I love it. He's the founder of Mindside and his website, which we'll have him plug at the end too. You can find BhrettMcCabe.com, and Bhrett is spelled B H R E T T. And last name is M-C-C-A-B-E. And we'll let him plug that at the end there as well.

[00:01:09] Anything else you want to add to that now?

[00:01:12] **Dr. Bhrett McCabe:** Let's get it. Let's get after it. I was your pitcher.

[00:01:18] **Joey Myers:** All right, cool. I like it, but hey, what I tell my hitters is that as hitters can learn a lot from pitchers and pitchers can learn a lot from hitters and we're currently, I'm helping part-time at a local

high school. And we're talking about pitch recognition, cues and clues includes a pitcher, give away pitches a lot of times.

[00:01:36] And so what that does for our team is if our hitters are picking that from our pitchers, I tell my hitters, have your way with your pitcher, with your own team's pitcher, and then afterwards tell them what they were doing so that not only are you benefiting you, you get rewarded for the pick in the cue and clue, but you're also helping your pitcher out.

[00:01:55] When he goes, when you're going to war that he's not going to be making that same [00:02:00] mistake against the other team. Let's start with the first topic. I have a couple here and I got some, one big one that we'll leave it as a mystery for the people as we get there, but we'll get there before the end of our conversation.

[00:02:11] So sports injuries. We have dealing with sports injuries in athletes and how they deal with them. We've had probably almost half a dozen ankle rolls in these last couple of weeks with the guys out on the field. Now go into a little bit, like maybe what are the top two mistakes that athletes make when it comes to dealing with those injuries? Psychologically?

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[00:02:30] **Dr. Bhrett McCabe:** Yeah. The psychological side of injury is massive, and I think for a long time we've overlooked it because we assume. As the medical side healed, we'd be ready to return to play. An injury, the psychological side is what got me into psychology. I had some shoulder problems and that's what turned me on to the psychological side is that one thing is athletes try to get back to fast and they do it not by trying to return to the field.

[00:02:53] That's every athlete here, sport is six weeks. They try to do it in three to five or two to four. But the problem is that they try to assume that their previous level of play or functioning is going to return in a much quicker process. And they forget the fact that what got them to that previous level of play.

[00:03:10] There was a lot of up and downs in it. And we tend to overvalue our past and over glorify the things that we did and compare that to what the struggles were in today. And that becomes an

unfortunate or really difficult challenge. I think that's one of the big ones. Second thing to do is, or the second thing is...

[00:03:29] Is that when we return to play, to me, there's a couple of different stages that the mind goes through, but the last one is returned to play. And when we get into the return to play aspects is that we forget that when we go out to play, there takes a period of grace and forgiveness to realize that.

[00:03:48] Every time. I, I run the basis. I'm not checking my ankle every time I'm snapping off a breaking ball and not thinking about my elbow, because that takes some trust to be rebuilt there so that the mind can shift away from, I was able to [00:04:00] execute without damage. I was able to execute without pain.

[00:04:03] I was able to execute with a purpose and as we move through those cycles, we want to get to the execution with purpose, not the prevention or the re-experiencing that often comes with.

[00:04:13] **Joey Myers:** I love that. And some of the other things, I think too, the pressure where it could be a coach pressure to get back.

[00:04:20] I remember in college I had had an arm injury, I was an outfielder, but I had I think I probably tore my Labrum. But they didn't, we didn't do any surgeries painful, like your arms on fire. And we didn't know that. And I think there's just a pressure to get back into play. And like I said, it's either from the coach or...

[00:04:39] I was talking to one of our players the other day that one of the ankle turns and it was dad. Dad's saying you need to tough it out. You need to get out there. What's your advice for some of those?

Dad's saying you need to tough it out. You need to get out there. What's your advice for some of those?

[00:04:48] **Dr. Bhrett McCabe:** We know we have a much better understanding of the rehabilitative process now, right? And it's not about mental toughness about being able to play through pain.

[00:04:57] I think, we look, we used to withhold water from people when they trained and that didn't make them tougher. It just put them at more risk. I think we have to understand that the external pressures that many

of our athletes are facing and as an athlete, we want to get recruited. We want to move to the next level.

[00:05:11] We want more playing time. And we also know that everybody says you shouldn't lose your job if you, if you're hurt, but it happens. It does happen. It's a natural reality. And I think some of the pressure that's there, we must look at it and realize that those pressures are true. They are authentic, but the rehabilitative process is empirically research-based, and we have to trust the professionals that knowing what we're going to do.

[00:05:37] One thing that we do know, and this comes from the world of Titleist performance Institute, which does a lot of work in golf and injuries that they're the ones that we're behind On-BaseU. Is that the experience or the presence of a current injury increases the risk of a more traumatic injury?

[00:05:54] Because what happens is we over compensate? We overcompensate we're focused on it versus going out there [00:06:00] and playing. As a pitcher, every pitcher wants to go out there without having any soreness in their arm or, but there's certain things that you're okay with. There are other ones that tend to be more of an issue.

[00:06:09] If you've got somebody like an ankle, it takes time and it takes strengthening of the ligaments and the tendons in that area to be able to play. And it's not about toughing it out because you're going to see mechanical changes too. And we also don't want to have a compromise of the overall joint over the next four to six months.

[00:06:26] So sometimes a little bit of investment on the front end in managing those external pressures is critical. There's one other pressure that it often is overlooked. And it happens when the team moves on without the player. And the players left behind the players, not traveling the players, not whatever. And I always encourage my teams to give a role to the injured players, whether it's, charting pitches or anything like that, I think it's critical and it keeps the player involved and it helps them at least feel like they're contributing to the overall team process.

[00:06:57] **Joey Myers:** I think that's a great point, Dr. McCabe, that, like you said, you give them a chart, you give them something to do. Like a lot of times we see at football games, whether it's in college or

professionally, we see the second quarterback second in line quarterback is typically helping with a lot of the play calling and things like that.

[00:07:14] And I think one of the guys that came from Fresno state, David Carr, you got Derek Carr with the, I think the Raiders now, but I played, I was coming in as a freshman when David was a senior going out and he was going through the whole draft thing and all that kind of stuff. And it was cool to see him play.

[00:07:29] I think it was for the Titans when he got drafted, but it was like that first year or second year. And then you just didn't. It was just crazy seeing him on the sidelines. And he got paid lots of money to sit on the sidelines, but I always saw him active on the sidelines. We saw him helping his, the first-string quarterback, wherever that was, or helping wide receivers or things like that.

[00:07:50] I think that's great advice and some coaches out there hear that.

[00:07:54] **Dr. Bhrett McCabe:** And I think we also, the other things that we can do is, look, if we're going to keep our mind engaged. That's [00:08:00] critical. If we, if the physical side of the body is compromised, it doesn't mean the mind can't work on visualization.

[00:08:06] Can't work on planning and preparation. It is keeping us engaged in the game. I think the other thing to that is coaches, families, parents, everybody. We must give the right to the player to improve over time. And we oftentimes take snapshots and try to predict their next four to six months, or those snapshots are just snapshots in time.

[00:08:25] And we must give players the right to improve and do that on their schedule. Everybody's running a different race. Everybody's on a different timeframe. And while we want everybody to peak at the right time, it just doesn't work.

[00:08:37] **Joey Myers:** Yeah, I agree. Totally. You got some guys that just are like Mr. Glass, they're getting they're breaking stuff or they're rolling ankles a lot.

[00:08:45] And I was lucky I pulled muscles and strain stuff, but I never really broke anything until one of my last games in college and you're

right. Everybody has their own journey and that, and it takes different forks and things. And unfortunately for some players, it takes many forks in the realm of injury.

[00:09:03] Yeah. Cool great advice. Now I want to move on to. More of that, that self-talk, that players have in one of my hitters who I've had him, I've been working with him since he was probably 10 years old. Now he's a junior in high school and he's very hard on himself. Big guy, already committed to a D one college baseball program verbally committed and.

[00:09:24] Very hard on himself and I'm just trying to talk him out of it. What I want to get your advice on and I'm sorry for the language here, but this is one of the terms that he's used before is I ask him how you are doing, how you are feeling. When my swing is an abortion, and that's a horrible term to give to a swing, but that's the negative side of.

What's your advice on a player that is VERY hard on themselves?

[00:09:44] **Dr. Bhrett McCabe:** Yeah. Look, we must understand that perfectionism, right? And a lot of us want to crap all over perfectionism, but it works until it doesn't. And it works until we get to a point where we can't control many of the factors. And one of the things that happens is we look at technique, whether it's [00:10:00] throwing motion or hitting mechanics.

[00:10:02] We look at base, golf mechanics or whatever the different factors are. And we assume that a complete and an absolute perfection of mechanics equals complete and utter or complete and total domination. And it's not true, that's just not true because if that was the case, then some of these athletes that we see that have perfect swings will dominate every time.

[00:10:24] It's about the application of the skills that they have to the ever-changing demands of the game. And a player who is so caught up in technique is going to be a quarter second slower in the way that they process information. And if you understand the absolute miracle of the neuro the brains, cognitive processing, how it works to identify targets, identify patterns, pick up speed, pick up stuff like that.

[00:10:49] All those critical things. That quarter second, slowing of trying to make sure the technique is right. You're too late. The high-speed Amtrak that's working in our brain is going past it. When we walk, we don't naturally put our foot down the right way. Every single time we accommodated because of the way that the brain functions.

[00:11:10] And one of the things I try to get everybody to understand is that the brain is not built for consistency of movement. If that was the case, then we'd be at risk of being somebody's dinner. If you think about the evolutionary nature of our movement patterns, our brain accommodates much better, it adjusts. And I have intention, but the fact that you must uncouple the belief that my swing will be great, and then I can be great.

[00:11:37] I want them to train skills, not technique.

[00:11:41] **Joey Myers:** I love that. Yeah, that, that is. I don't know. Girls I hear are worse than guys, when it comes to that and that perfection side of things, and you probably can correct me if I'm wrong on that. But I talked to one of 'em. I think it was one of my softball friends who does what I do, but on the [00:12:00] softball side.

[00:12:00] And she was saying that. With her girl, she works on these seven out of 10 things. A lot of the girls want to be 10 out of 10, 10 out of 10, 10 out of 10. She says no. Perfection is seven out of 10. And I thought that was an interesting tool that she uses with her athletes.

[00:12:14] **Dr. Bhrett McCabe:** There's a time to push for excellence and perfection.

[00:12:19] And then there's a time to realize that we don't control the game that we're in. And you can do everything. And poke a hole in anything that you do. We can poke a hole in every major or swing there is, the goal of the pitchers to exploit it. All right. But nobody's infallible too to that.

[00:12:37] Everybody has an Achilles heel. And I think what happens is, because we can measure it, we over coach it. And because we over coach it, we overemphasize it. If we couldn't measure things, if we, if it was an abstract concept, like what the mind is, that's why the mind has a little bit more grace associated with it.

[00:12:56] We try to get, I think we try to lump a lot of things into this concept of mental toughness, which I'm not sure what that is, but I think what we do is we, we're always trying to measure and to improve it with this idea that we're going to squeeze the last 1% out of something. And good enough is good enough in the competition as we can get.

[00:13:15] It's good enough. It's functional. It works. But the reason that we hang on to technique so hard, is that any variation in our technique right now, is predicting a bad future for us. That's the problem. If I struggled now, what's it going to be like in two weeks, three weeks, four months, the next time I face a pitcher, that's getting it up on me quicker than I'm used to.

[00:13:36] If I don't fix that, I'm going to struggle in the future. We fail to understand and appreciate the fact that we adapt naturally. And I learned to play baseball in my backyard and you're facing kids that throw harder than you. You quickly figure out how to get your hands through the zone faster because you get tired of getting beat, but I didn't grow up with, my dad played college baseball.

[00:13:56] He was a catcher, so I understood pitching. But I didn't have [00:14:00] somebody to sit in behind me. After every throw got out, you did that one wrong. Oh, you did that one on. We need to give them grace. You can't learn to ride a bike if somebody is telling you how to pedal the bike, as you're running down the driveway, give them time to work through it.

[00:14:13] We don't need to hyper coach them. I think a lot of the hyper coaching leads to that perfectionism and it feeds each other in a bad.

[00:14:19] **Joey Myers:** I completely agree. And we had an incident the other day where the guys came back off a weekend on Monday. Was it this week? It was this week, this Monday.

[00:14:27] And they'd had a school dance, not saying that was the correlation causation, but they had a great week before the prior with practice, very clean with their catch and things like that. And they were doing rundowns on Monday. And they were just all, all around the field rundown. First to second to third and third home pitch, pitcher pickoff type stuff, and they just couldn't play catch.

[00:14:47] Like they, it was like a whole other team when they're out there and then, coach starts yelling and then the guys start yelling at each other. Not in a bad way, but hey, let's go. Let's go. Let's go. And I just saw this tightening go on like this and all their brains do this. And it almost bred more overthrows.

[00:15:02] And throws down into the dirt, any experiences on this.

“To me, the first thing we can do as the coach is never assumed that they're going to be better. I think we must assume that they're going to struggle.”

[00:15:05] **Dr. Bhrett McCabe:** Oh yeah. To me, the first thing we can do as the coach is never assumed that they're going to be better. I think we must assume that they're going to struggle. And if you look at different factors, I hear coaches all the time say, they came back from break, they looked great.

[00:15:16] I came back from a break, and I couldn't believe they weren't ready. It was like, why would you assume that they were going to be in a better spot? Why would you assume any of that? That's why you're there is to assume that they're not going to be and to have a plan for it instead of being disappointed and angry, and then reinforcing the fact that they struggle, use the struggle to show them and teach them how to work through it.

[00:15:36] Yes. I can be frustrated that their attention and focus is off, but I can also stop it and say, hey, listen, here's the truth. This is what's going to cost us a game. Now I'm going to leave it up to you guys to figure this out and see who shows back up. Now you teach that ability to rebound. You taught a lot more than crapping all over somebody.

[00:15:55] No, I don't. I'm not saying I don't believe in coaching hard. And cause I [00:16:00] do, I believe in high demands and high reinforcement and sometimes reinforcement means we got to come back out with some energy if it's appropriate and they're ready for it. But I think at the same time, As coaches...

[00:16:11] I think a lot of times we get frustrated because if they're struggling, it's a reflection upon us versus this is what I expected. These are high school kids that are coming off a weekend. Do I really expect

them to be dialed in? And if we can't expect our pros to do it, why in the heck should I expect my high school kids to do it right?

[00:16:31] High school kids going to make the wrong throw in the field at some point. Like it's going to happen. High school kids going to fail to get a bunt down. We'll shoot our Major Leaguers can't even get bunts down now. It's like watching a basketball game. People get upset that it can't make free throws.

[00:16:44] It's like she's a 42% shooter from the field expecting to be a 93% shooter from the free throw. And we must be aware of, that's why we coach is to lead them through that, to coach them through that and to help them understand how they can manage it, if they can't manage. And they can't work through it, then we're not teaching them to be better.

[00:17:05] We're teaching them that that, it's all about the aversion of critique. It's all about the prevention of struggle. And that just creates a bad model.

[00:17:15] **Joey Myers:** I agree completely. I want to move on to the subject. I really wanted to talk to you about, and it's on depression and COVID related depression with our athletes.

[00:17:22] Now we're going on? What? Almost year three of everything that they're going through with the schools. Third. Yeah. Third. Yeah. Good point. Good point. What. What do you, and it leads into some tough talks where, we're talking about suicide rates and things like that. What's your initial analysis?

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we're talking about suicide rates and things like that.
What's your initial analysis?**

[00:17:44] **Dr. Bhrett McCabe:** Yeah. Yeah. So as a clinician in my expertise was in kind of the interplay between the medical and psychological. This is a bad, this is a convergence of some issues. What COVID did is it was a hidden enemy. It is a hidden enemy that we can't [00:18:00] see. And the next thing we know, it's attacking the most vulnerable population.

[00:18:04] We're all having to make sacrifices for it, but it's attacking one of the most vital parts of human experience, which is social connection. The simple use of masking, and I'm not arguing about masking, but it creates a barrier between people and staying away from people. My heart breaks for people who died in the hospital without their family members who didn't have COVID or may have had a positive but died of something else.

[00:18:25] My stepdad was just in the hospital. My mom could, I couldn't go up there at first and finally able to go down. It just breaks my heart to think that our elderly population could not be around their family. And my stepdad finally got to a spot. He said, you know what I'm done with this? I'm done. I'm not leaving.

[00:18:40] I live in the last part of my life in a position where I'm not getting to be with my family and I'm not restricting myself. The impact on that, and I'm not arguing the COVID policies, don't even, I'm not doing that, but I will say this, the science that we've all argued about right, as being science or anti-science, the science says that the mental health side is going to be the biggest burden that COVID is going to produce.

[00:19:02] Yes. We've lost lives. Yes. There are people who have had long-term mortality rates and all that other stuff. But the pandemic is coming. The real pandemic is coming because what's happening is we're living in a world right now, pre COVID where the rates of depression and anxiety were increasing in our youth population, because the number of pressures and demands that they have placed upon them.

[00:19:23] Now you take their ability to cope. You take school-aged kids that have not been able to be an in-person class. And be free to communicate. They can't have birthday parties without ridicule. They can't, there's so many things they can't do. And rightfully whatever. I'm not arguing that, but we must be aware of the burden on the mental health side.

[00:19:43] Just this morning in the wall street journal, there was an article about what to do as a parent. If your teenager expresses thoughts of suicide. Many kids express suicidal thoughts. Okay. It doesn't mean they're going to have intention and it doesn't mean you have to ignore it. What it means is that many times people have these thoughts of
[00:20:00] suicide or dealing with the pain and an ultimate outcome.

[00:20:03] But what we must do is raise the conversation. Now, many times parents, we look at it and we say, oh, I didn't have to deal with this when I was a kid. Yeah, we did it. It just wasn't as well known and talked about. We all know when that when I was in sixth grade, we moved to Plano, Texas. When my dad got out of the air force and Plano, Texas was the suicide capital of the world for teenagers.

[00:20:24] There were more kids that were committing suicide per capita there than anywhere because the pressures and demands of the social society. And first day of sixth grade, I'm going through the orientation and a kid didn't show up because he couldn't, he had died by suicide. And so what I want us to do is to bring the stuff out of the shadows and to talk to our kids, talk to each other and say, look, if you're having these feelings, if you're having these thoughts, it's okay.

[00:20:50] Come talk to me. I'm not going to judge you. I'm not going to think you're mentally weak. I'm not going to think any of that. I'm going to, I'm going to help you. Like you told me if you were having a difficulty breathing at the same time, every coach should know what to do. If somebody falls and has a cardiac arrest, right?

“Every coach strength, coach hitting coach, every coach should know what to do. If a player comes to them and says, coach, I just don't think about living anymore.”

[00:21:06] The same way. Every coach strength, coach hitting coach, every coach should know what to do. If a player comes to them and says, coach, I just don't think about living anymore. And. My home life is a wreck, and I don't know where to go. And, or a player comes to you and says little Johnny's, talking about killing himself.

[00:21:23] We shouldn't go. I don't know what to do. It should be okay. This is what we do. And if you're in a school in an organization and you don't have an action plan, you better design one now because it's coming, and we need to get ahead of this. I have strong feelings about what we need to do as a society.

[00:21:38] I don't think anybody's listening. But I think we need to treat our mental health appointments. Like we do go into the dentist. I think everybody should have the right to two appointments a year just for healthy checkups. That's why we go to the dentist. You talk to any

dentist out there. They'll tell you, you don't need to come twice a year, but they got that in there for prevention and it works.

[00:21:54] It keeps a regular cycle. We need to do the same thing with mental health. We need to not be afraid to have those [00:22:00] conversations and we also not to be afraid to self-disclose. I've dealt with anxiety my entire life there's times when I felt depressed. And there's times where I've had to seek professional help and I'm a psychologist.

[00:22:09] I know these things, I was very fortunate to be raised in a home where my mom was very proactive when it came to mental health issues for her own healing from her childhood, she had a tough childhood. And if it wasn't for that, I probably would have buried a lot of thoughts. And I'm very appreciative that it was a front, it was a kitchen table conversation.

[00:22:28] We need to understand that the rates of anxiety, depression are higher now than we ever had. And it's not because these kids are weaker, furthest thing from it. They're stronger than we ever were. It's not because they're harder to coach, furthest thing from it is that they've got more pressure on them, more demands on them, more people in their ears and on a much faster system.

[00:22:50] If you look, I'm 49. When I was in school, the smartest kid in my all boys, Catholic high school, college prep thing. I made a 33 on the act. Okay. He was brilliant, got turned down from Stanford, we were shocked. Never seen anybody that smart. Today you go to my kid's high school. They have six kids a year that have a perfect score on their act.

[00:23:10] And that's. And you ask kids in baseball. It's like, when should you be recruited off freshman year? Okay. I was five foot three, my freshman year. I played one year of varsity baseball, and I grew to be six foot five. And thankfully coach Bertman at LSU gave me an opportunity to come there, red shirt and mature within the program.

[00:23:32] And he told me, look, you're not going to play until your third or fourth year. And he was right. And we must understand that there's a long path, just because your buddy down the streets being recruited doesn't mean that you need to be. And it doesn't mean that if you take care of your business, a coach, isn't going to open a spot for you and you don't know.

[00:23:49] So all those pressures are so true. The other thing too, that we must look at from a mental health standpoint is where's our comparison groups. Social media, mainly Instagram has a very [00:24:00] negative effect on the female brain. And the only reason I say females, cause that's where it's been studied.

[00:24:05] We know it's going to have an impact on the male brain too. It's just maybe going to be different. I can go on there right now and look at somebody playing in California and your region and internalize everything they're doing as compares to me. And I'm in the state of Alabama. We will never cross paths playing ball until we go to some showcase.

[00:24:20] And then you look at those things and so we're not taking breaks, we're not giving kids a rest. We tell every kid that they should play multiple sports and then the football coach in the school says if you want to play baseball, that's fine. But the summer. That's when the baseball season is.

[00:24:34] And it's that those pressures and then the basketball coach is saying, no, you got to play on my travel squad. It's all these things, right? And the kids, in homework is at a higher rate and kids need to go to the special schools and the state university's not good enough anymore.

[00:24:49] It's all this pressure. And we got to get ahead of it because when you start looking at the way kids cope, and cope with isolation, they cope with hopelessness. They feel, sometimes they turn to substances, we've got a fentanyl problem in this world. That's just continuing to flood into our country.

[00:25:04] We've got, marijuana increases, which is not good for developing brain is not good, and you do what you want to do if it's legal in your state after the age of 22, but when your brain is still developing, not a good idea. And we need to create a healthier environment for our kids to make it front and center.

[00:25:22] We know from sports and the players that the talk is getting bigger. It needs to become shouted at the highest mountain tops. And that's my soap box.

[00:25:32] **Joey Myers:** I agree. And I appreciate you sharing that message and it's a very important message. Like you said, I think it's a tsunami coming, and we just don't, we don't know it yet.

[00:25:39] So I appreciate that.

[00:25:40] **Dr. Bhrett McCabe:** It doesn't need to be seen. It doesn't need to be seen as a secondary thing anymore. It's primary. The incidences... The financial, the public health impact of depression is significant. It's a number two or three cause of disability in the world. Okay. It's massive. And it, if you're a male and you have a [00:26:00] heart attack and you get depressed after the heart attack, which is very common, you're at a, I think, a three to four times higher chance of mortality in the first year.

[00:26:07] Okay. That's a risk factor. And we can't, it took a long time for us to get cardiologists, to start doing depression screens and say, this is as much as risk factor as some of the other factors that you look at, it's that important.

[00:26:23] **Joey Myers:** Wow. Yeah. I agree with you. I think it's coming.

[00:26:26] So hopefully we, you keep doing your great work out there and Alabama and hopefully we spread that word out so that people get, get the word. Before I let you go be respectful your time, where can people find you? Do you have any, so that could be social. That could be the website.

[00:26:40] I know we mentioned the beginning any kind of workshops or anything coming up?

Where can people find you? Do you have any, so that could be social. That could be the website. I know we mentioned the beginning any kind of workshops or anything coming up?

[00:26:44] **Dr. Bhrett McCabe:** Yeah. I've got a video workshop coming up. It'll be just essentially a mental game one-on-one style thing to look at some of the foundations of the mental game. I just wrote a book in a before Christmas called "*Break Free from Suckville*", which is how to

break away from your expectations and start working on improving your reality.

[00:27:00] You can find all of that at BhrettMcCabe.com and you can also follow me on social. I answer every DM and I do all that. I love that. I, to me, the more we get the word out, the more we empower our players or coaches or parents to build a better foundation for youth sports, the better we're going to be.

[00:27:14] I was fortunate. I had tremendous sports parents. I couldn't have asked for anything better, but I know that not everybody does. And I want to make sure I pay it forward.

[00:27:22] **Joey Myers:** I love that. And you are a giver. And if you've, if you're a friend of Brian Eisenberg and Sammy, you're a friend of mine and I would, like you said, people act.

[00:27:31] If they see the signs and help us all get in this fight and battle. I appreciate your time, Dr. Bhrett McCabe. I know you got a brand-new athlete that you got to talk to, so...

[00:27:42] **Dr. Bhrett McCabe:** Let's go roll tide, right? That's what I do. I'll talk to you later. Thank you so much.

[00:27:47] **Joey Myers:** We'll see ya.

[00:27:48] **Dr. Bhrett McCabe:** Bye. Bye.