

“Does the ball go up because the swing goes up? Or did the ball go up because the swing was too steep?”

(Matt Pierce Interview 2020-08-24)

Joey Myers 00:00

All right hey hello and welcome to Swing Smarter Monthly Newsletter. This is Joey Myers your host, you know me as HittingPerformanceLab.com and with me today I am honored to have on Mr. Matty Pierce. He is a good friend of a good friend of a good friend. I haven't met Matt in person yet. Almost did at ABCA in Anaheim or not Anaheim. What was it, Dallas? We just got really busy with all the people that were there is over 6000 coaches and whatnot. But I know Matt through Jeremy Johnson and a couple other guys and Matt, just a great guy. An independent thinker when it comes to hitting mechanics and you're out coaching. Where are you at what university you coaching at?

Matt Pierce 00:39

No, I'm not, I'm a high school coach. Yeah, so basically...

Joey Myers 00:44

Yeah, where you're at and where you're coaching.

Matt Pierce 00:47

Yeah, no problem. So I'm in Houston, Texas. I do a lot of different things. I'm a private instructor. I work closely with a group called DFT. It's more of a training facility. I work with their pro guys or college guys that come in and out of there. I'm head high school coach at Houston Christian High School and then I run or help run a select program here in Texas called the South Texas sliders.

Joey Myers 01:12

Awesome and then I know I did want to ask you a question towards the end about barbecuing, and you got some really good barbecuing. And makes some amount of water every time I see you post something new to Twitter, so we'll talk about that towards the end. I want to get best recipes and practices.

Matt Pierce 01:28

Absolutely.

Joey Myers 01:28

Know that we're going to get there okay, Matt?

Matt Pierce 01:30

Absolutely.

Joey Myers 01:32

Oh, hey, first question. What do you feel is the best approach right now for your players? You talking to them dealing with this COVID layoff to return to the top of their game? What kind of advice have you been giving them during this whole time?

What kind of advice have you been giving players during this time of COVID?

Matt Pierce 01:45

Oh, man, that's a tough one. Right? Don't... not to overthink it. I mean, I every player I have is in a different part of their career, right? Whether it's a minor league guy who hasn't had a live at bat and since last spring or summer for those guys to understand they got to keep hitting but it's not the normal offseason where we slow play and then live at bats January and getting ready for spring training, or we went through all that and then shut down so for those guys that **keep them in a mindset that what you're doing is the right path and don't overthink it.**

Matt Pierce 02:26

Because we never really got to the point where they got to test it in a game, right? It's tough for those guys for the high school kids here in Texas. They've missed out on their season, but for the most part after the high school season we got in the summer we got playing. We travelled, we played all around Texas, we played in Atlanta. So those guys are on a normal schedule now, I would say. And then the college player. Same thing as the pro, just be able to get them through their summer. And then now they're heading back to college, and hopefully can work out there.

Matt Pierce 03:02

I guess my biggest advice for them would be for the pro guy that he just **didn't get bogged down on too much mechanical work and thoughts and thinking something's wrong.** And this doesn't work and changing this and changing that.

Joey Myers 03:15

Right. And that's all great advice. And that's what I've been telling mine too, is that you got to keep working. Because when we come out of this thing, you know, like in Texas is a little bit farther along than California. They just seem to want to squash out a lot of the sports here. But to make sure that you keep working because when we when we do come out, because we're going to come out, you're going to know the guys that will put in the work and the girls that were putting in the work and the ones that weren't.

Joey Myers 03:38

Do you have any, is that advice still the same that you just gave for the seniors, senior year high schoolers? Any...

What advice do you give Seniors in High School?

Matt Pierce 03:44

Current like kids who are starting their senior year? Yeah, I mean, that that was really tough for those guys, right? And girls, I mean, when you look at our select baseball team, or my high school team, there's kids that were already committed. On both rosters and then the ones that weren't and college coaches not being able to be out, so video was much more important for those guys this summer and girls and try to find ways to get games live online, and all that and who knows how it's all going to shake up with the recruiting process...

Matt Pierce 04:17

I got a bunch of friends in junior college, and they're kind of shut it down right now recruiting also because they just don't know where this thing is headed as far as numbers and what's going to be available and what they're going to need. So yeah, they just got to keep working because the log games going to make it harder on those kids.

Joey Myers 04:36

Right. Yeah, competition is really going to flesh that out unfortunately. What do you think the biggest hitting, I know you don't get into it as much on hitting Twitter, and I tried to take a long vacation sabbatical from that as well. But do you see any big hitting gems, like could be one could be two on hitting Twitter?

Do you see any Big Hitting Gems, like could be one or two on hitting Twitter?

Joey Myers 04:56

Or if you don't see any, and it doesn't have to be just hitting, it could be better movement, right? Moving better type stuff but any gems on hitting Twitter right now?

Matt Pierce 05:07

Man, I've stayed away from I can't remember the last time I even hash tagged hitting Twitter. For me, when it started off it was so excellent, right? There are real ideas being shared and videos being shared and then and even though we may not have saw eye to eye on something, like we tried to figure out what the other person was saying or seen or why or what and it just really started to take a turn of who could do the weirdest stuff. Who could come up with the weirdest thing, so the most things that I that I try and find on, if you even want to call it hitting twitter or just Twitter period, is it how people learn, right?

Matt Pierce 05:50

And **how people learn new things and how learning actually happens and skill acquisition and things like that.** Whenever anyone's posting on those kinds of threads. I'm all in on that kind of stuff right now.

Joey Myers 06:03

Yeah, I agree with you. I like that. I like that a lot. What would you say? What drove you away from hitting Twitter? Was it just the like you said the weird was there, was it just that everybody's fighting

each other. I mean, say a new coach, give some advice to a new coach coming into Twitter, what to watch out for.

Please give some Advice to a New Coach coming into Twitter, what to Watch out for...

Matt Pierce 06:24

Where I got thrown off, on the whole thing was, it was before we could even measure, right? Before we could act, before rhapsodo was even available for us to buy. And it was hit everything off the top net. I mean, when that started is like no, like, I want guys to elevate as much as anybody but, but it's not just sit there and hit off the top net that's not worth that.

Matt Pierce 06:50

And that's when I started to take a backseat and say, yeah, I'm different than that and then measuring the exit velo hacks off the tee with radar guns and seeing who could get the highest number and that's when, to me, when it all started we were trying to figure out how to move better swing better. Don't worry about chasing a carrot, and that carrot being batting average and extra base hits and homers, and figuring out how to get your best swing off and then we started chasing carrots again on who could hit the ball the hardest and the highest.

Matt Pierce 07:26

I've just really took a backseat, then I think when that got turned off, so it to me **it's about centering the ball**. If we can find and timing the ball, more people talk about how to do that. That's where I'd focus on in the moment. It's top net batting cage bombs, I've just never been there.

Joey Myers 07:48

Right. Yeah, I agree with you. A couple years ago. if I would have been talking to you about what we're probably going to talk about on this call. I would have thought I was nuts. But Perry Husband, you familiar with him, HittingIsAGuess.com.

Matt Pierce 08:02

Yes

Joey Myers 08:02

Yeah. With Perry and I know you guys had some conversations about some things and stuff like that. But one of the things that Perry and I talked at length about was this idea of in the big leagues, best hitters in the world are hitting line drives at a 20% rate. So best in the world league average 20% line drive rate, then you got 37% flyball rate, I'm not a math major, so we just round it to 40. And then a 43% groundball rate is the average so we just round it down to 40. 40-40 and then 20 in the middle.

Joey Myers 08:32

The best in the world are missing the ball or not hitting the line drive 80% of the time. And we talked about the, Perry will set up a little it's like a little stand that has a doughnut hole looking object like a

target that he'll set it up to it that about five to 15 degree launch angles, and the game is, you get ten swings off the tee or you can go live and the hitter has to hit it through that hole. And if they hit it through the hole, they get four points if they hit it outside of the hole, but maybe hit the end of the doughnut... It's three points. If it's maybe a foot from the object, it's two. If it's way out it's one, zero if it goes farther out, right? It's like a bull's eye. Like shooting an arrow.

Joey Myers 09:16

And we talked about this idea that barrel control, so whether you're controlling, my hitters we call them verticals, not launch angles, because coaches hate that, a lot of coaches. We just call them verticals. Being able to control your verticals or your horizontal, so your line to line approach on the field, I think is a lost art. Is that something you do with your hitters?

“Being able to control your verticals or your horizontal, so your line to line approach on the field, I think is a lost art. Is that something you do with your hitters?”

Matt Pierce 09:38

It's funny man, before when I was an assistant coach at my previous High School, and before I even got on Twitter before launch angle was even a measurement...I was on a swing belief of what we're on but you know, before it was, coaches want to see you change your horizontal, right? Like balls left, balls to right, that's what everybody wanted to see. That's how we graded BP for the longest. And whenever I started to get into this mode of coaching, we did something similar on the field...

Matt Pierce 10:14

And what we did was, we said, alright **our first round had to be below the fence line but beyond the infield grass**, and so before they could even move on to the second round, we always do rounds of four. Before they could even move on, they had to give me four balls that traveled below the fence line but the first hop was beyond the infield grass. And in the second round was, alright you got to be below the scoreboard, but first bounce in the outfield grass. And in the third round was, see how far you can hit it, right?

Matt Pierce 10:54

And then, every round after that it was you need to either "A", work on what you need to work on. Or "B", continue to have your rounds where you play best. We allowed our freshmen, who was five foot eight and 135 pounds, do the last round of see how far you can hit it, to let him see he can't do that. But then he also learned how to be really good. And that second round, right? And then we would use that in our games also.

Matt Pierce 11:29

When we wanted a certain kind of hit. You kind of told that guy hey, let's play below the scoreboard right here. Let's play below the fence line right here. And those guys understood what that meant. And we didn't try to control horizontal we just wanted to control the, as you said the vertical. And that was

before we even got into launch angles. So now we kind of do the same thing just with rhapsodo. And there's a number to it.

Joey Myers 11:55

Right. Yeah, I love that. I love that and I've heard it also to where you can you do it by ground ball because not all ground balls... And again, three years ago, they said I was nuts for saying something like this... not all ground balls are created equal, right? You can hit the screaming one hoppers and possibly get a two hopper through.

Joey Myers 12:12

I think even Perry says that whenever the ball exit speed gets above a certain amount on a grounder, the average is like .450 or .550, or something like that. And so the other thing I've heard is if you got a guy or gal that keeps getting it in the air, in the air in a bad way, flyball, things like that is you can almost do the exact opposite and have them hit a three hopper through where it bounces three times in the infield, before it gets to the outfield.

Joey Myers 12:37

You can have them try doing a four hopper or a two hopper or one hopper where you have them do the exact opposite of what they were doing before which is hitting the fly ball. And then you get them to feel the differences, in the almost swinging more down I guess, if you want to call it. And then like you said, the other way you can do it is, if somebody's hitting a bunch of ground balls that are nonproductive, then you can have them, like what you said, where they're starting to lengthen it out, trying to get it underneath it a little bit and get it out there. Then they end up somewhere in the middle...doing the exact opposite, right?

“Does the ball go up because the swing goes up? Or did the ball go up because the swing was too steep?”

Matt Pierce 13:11

That's right. It's all a game, right? You've seen it, it's figuring out does the ball go up because the swing goes up? Or did the ball go up because the swing was too steep, right? It's always every kid different right? Every kid's different on where they need to train and what they need to do. And I think that's where a lot of people are losing this on the launch angle conversation, **they just assume that because we say launch angle, that we just automatically assume the higher the better.**

Joey Myers 13:42

Right. If a kid came to you, whether boy or girl and they were lacking in power, consistent power, what's the one thing that you would work with them on mechanically?

Matt Pierce 13:55

So obviously watching them swing and I want to see is the power lacking because the inability to square up the ball because of bat path or is the power lacking because they don't know how to properly load their body to create stretch and that they hit with stretch versus hitting with effort. So first would be to identify why they're not getting their max exit velocity.

Joey Myers 14:26

And what couple areas would you look for because you know, I don't know how familiar you are with my system like catapult loading system is the power system. So, anything, not necessarily in that but that you automatically go for when you're looking at evaluating that player. What exactly are you looking for? What's that one thing that you're like, oh, then look like they're doing that. That could be the reason, it might not be the reason but it might be the right you're thinking right so what is that one?

When you're looking at Evaluating a player for power, what exactly are you looking for?

Matt Pierce 15:00

To me, it's still two answers to that, it's the first thing I'm going to look for is barrel path, like, how does the barrel move when they say go, right? What's the first movement the barrel makes? Let's just say, if that's wrong, then we're going to attack that before we do anything else. That's the low hanging fruit to me is its fixing barrel path. **And once we fix barrel path, or let's just say barrel path is good, they manipulate the barrel correctly, then it's just going to be how they load their system, right?**

Matt Pierce 15:35

Are they a shift back loading the quad and are they going to be a push off the ground type power or are they able to load their backsides hamstrings glutes and create stretches along the back of their body so that they can maintain that stretch as they turn through into the meet the ball?

Joey Myers 15:57

Got it. And then say all that checks off. You're all good. Player comes in, they got power, consistent power, but their swing looks good barrel path, all that stuff they're loading up. But their timings off, what are the top one or two drills that you do to help with timing?

What are the top one or two drills that you do to help with timing?

Matt Pierce 16:13

For me if the timing is off, they're not loading it right. The conversation Perry and I had for a long time at ABCA. Like, for me, when we see hitters who can't time, their loading is not correct. They're all back all forward hitters, they load back, they go forward. And they need this perfect window, they need to be right for their timing to be right.

Matt Pierce 16:44

If they're thinking fastball or they're in a fastball count, and they load incorrectly they get to the front foot too early, and then everyone else will stay back. Well then, he stays back the next swing and in the front foot doesn't get down in time for the fastball and then they don't get their foot down. So that to me is all mechanical. **Timing to me is a mechanical flaw.**

Joey Myers 17:06

Right. Now how do you... so it's just training, basically getting them into the right position at the right time?

Matt Pierce 17:12

Getting them to understand that it's constant loading until we're swinging, right? And then once we can perform that on a tee, we can perform it on a five-toss variant drill that we do and then that's where I have my belief, that it becomes more about testing the system versus a drill. What I mean by that is if there's a bullseye and we talk about where we should be spinning our train economy.

Matt Pierce 17:41

Where the center of the bullseye is doing it perfect, and somewhere on the board is doing it right but not perfect and off the boards doing it wrong. Once we start to get it right, I ask the kids where we should train and they all think we should train in the bull's eye in the middle, where we're doing it perfect and I don't believe that. I want to make them do it wrong.

Matt Pierce 18:01

And then once they can do it right and whatever constraint drill that we're doing, whether it's dropping the ball from standing on top of a chair or a front toss or some of the machine drills that I do, once they can do it right, we make it harder, we make it harder, we make it harder. To try and get that timing there, and then in the goal to get it on the machine. When they get it on the machine, and they can finally get there. They really struggle. And it's really hard to explain on the phone. But when we get to the machine, it really starts to open their eyes of what I'm talking about on why they have to get it loaded.

Joey Myers 18:42

I love that and it just talking to you and I and that's why I like your stuff so much and just, you know, respect everything that you've done and have been more of an objective thinker. In today's politics, I guess maybe you'd be considered an independent, I guess, where you're not partial to somebody's plan.

Joey Myers 19:01

You might have taken bits and pieces of people's, whether it's teacher man or whether it's Perry or whether it's Jeremy or whatever. But what you do is you test it, right? It's all a big test. Whenever you're working with your hitters, and that's what I wish coaches would see when they look at your stuff or they look at Jeremy stuff is, it depends, right?

Joey Myers 19:21

I can ask you a question about where would you go for power if a hitter needed power? Where would you go if a hitter needs to hit more line drives more consistent or timing? You'd say well, it depends. I would have to go with an evaluation process and I would have to see what happens when we try this and then see what happens when I try that's what I really love. Again, you Jeremy, Perry, even Perry you know, I know you guys probably disagree on some or most or whatever.

Joey Myers 19:48

But I really gravitate towards guys that are in that experiment mode with their hitters, right? They're not afraid to try this try that because it's different, but every hitter is different. Let me ask you this. What do you see...? I know you're not on the hitting Twitter's, and I'm not really either but I just kind of scroll and use it as a news feed and I see this that and the other thing but I just stay out of the conversation, what do you see the biggest mistake that some of these coaches are making?

What do you see the biggest mistake that some of these coaches are making?

Matt Pierce 20:05

Hitting coaches?

Joey Myers 20:19

Hitting coaches or even coaches in general because I know you bring a coaching element to this too because you're coaching teams. There's going to be coaches out there that coach teams. You can either talk to that being that coming from an instructor's perspective, or you can talk about it coming from a team coaches perspective, biggest mistake, a mistake that coaches or instructors are making.

Matt Pierce 20:42

The biggest mistake I mean, just in general, I think in all aspects of life, **I think that we're making this mistake is that something has to be one way or the other, man.** And it has to be this way or has to be this this language and I just, I don't believe that it, you have to be in this camp or that camp. We kind of hit on that earlier. But as far as if we just wanted to go into hitting I think, you know, if I had it my way, I would believe in all the data, I believe in every single part of it, but I don't think the hitter needs to be ingrained in it. I don't think the hitter needs to understand it.

Matt Pierce 21:23

So just making the data to, when I say data, I'm talking ball exit data, right? It's just too much for the player that he gets into or she gets into a mindset of trying to control something, to make the data point read. Whether that's on rhapsodo, or whether that's on a bat sensor. We're worried too much about creating a data point then we are creating a hitter.

Matt Pierce 21:52

And I think those tools are awesome to use. I think we can learn a lot from them as the instructor but i don't think we need the hitter to know everything about the blast motion data sensor about his swing. And then I also think **the other biggest mistake that we're making is we're making mechanical adjustments based on a certain one data point of somebody's swing.**

Joey Myers 22:17

Right. Yeah, I agree. Totally. Yeah, you in the experimentation process, if you look at the scientific method, right, you start with a question, you have to question what does this work if I do this, and then you form a hypothesis, and then you research, right? And then you gather data, and then you make a conclusion. The data is only a part of the process. It's not something that you should hang up on and I agree with you on that players shouldn't know a lot in you shouldn't drown them out in data, right? You

should just use data as a bullet point. A punctuation mark. This is why, the why behind why they're doing what they're doing. You know, but you don't drown them in it.

Joey Myers 22:57

Hey, I want to transition we got five minutes... want to be respectful of your time and I promised that I was going to get to this so what is your number one meat to smoke...if it's not smoking if that's not your number one thing a choice although I see a lot of smoking going on over there on the meat so what's your favorite meat of choice? What's your favorite method of cooking it? What kind of rubs are you using? Time on the grill? Give me your best shot.

For BBQ'ing, what's your favorite meat of choice? What's your favorite method of cooking it? What kind of rubs are you using? Time on the grill? Give me your best shot.

Matt Pierce 23:28

If I ever I tell everybody if I ever leave baseball it is to do barbecue. Barbecue competitions man, I'd move out to the Hill Country here in Texas and open up a small restaurant and just serve barbecue all day but ...it easy. You're going to laugh at me here. It depends, right? I mean, if when it's not 110 degrees outside, I like smoked briskets. But when it's that hot, it's just a nuisance to be around the pit that hot.

Matt Pierce 23:59

My favorite thing to cook right now I would say I guess it's big in California and that's tri-tip. I have really fallen in love with making tri-tip. And I guess the way... I didn't even know this until I started doing it but the way I make it y'all call Santa Maria style, I think. I smoke in a smoker until I get it to the temp that I want it and I **rest it for about an hour and then I sear it**. And I cut it like prime rib and I don't know what the cost of meat is out there but I can get about a two and a half pound tri-tip for about 12 bucks.

Matt Pierce 24:37

...in Texas. We have left steak I used to be a big New York Strip guy and ever since buying one of those I just said man this is way cheaper and just as good.

Joey Myers 24:52

What kind of rub do you use? Is it like at Santa Maria style rub? Or do you make up your own?

Matt Pierce 24:57

So for me, I just use salt and pepper. I didn't know that so Santa Maria style, what's the rub for that?

Joey Myers 25:03

You know I'm not actually sure, I'm new to this market. We just got a Traeger for Christmas, my wife got me one, and I loved it so much that pulling it out of the car was fully assembled already. We just got a floor model, pulled it out of the car, it was door down, and I had to open the door a little bit to be able to get a handle on it and I dropped the ... I don't even know what the weight is 15, 10-15-pound grill

grate right on my left big toe. I love so much that I smashed my big toe on my left side. The toe is finally growing back but the toenail looks gruesome.

Joey Myers 25:38

We'll see what happens but we just started doing that because I got a meat thermometer that was number that was key purchase number one or two, Traeger because then yeah, then you can monitor the internal temp and before I was just guessing I'd cut it open and like everybody else and see what color it was and I didn't know what I was doing. But yeah, so what I do is, that make it easy for the Traeger makes it easy, because you just set this like a right oven right just an oven you just set the temperature and just let it go and then check the temperature the internal temp a couple hours later you know and so I buy him already seasoned so they're in like a okay wet like a wet type of like a bag you know, it's all wet ready inside me throw it on there, so I don't really make my own. I'm just kind of curious to see what you do.

Matt Pierce 26:24

Yeah, here. Yeah, salt and pepper. And then there's a there's another rub locally. You know, us Texas people, you know, we like to support everything. Yes. Right? There's a Texas barbecue that I follow. And she has her own rub and it's kind of black but it has it has flavor to it, but it helps you get that bark that everybody wants on their meat. Salt and pepper and that is usually all I ever use. I'm a big fan of the taste of the meat and not a lot of taste of a bunch of different spices going on in my mouth, but yeah man, the meat that you have a wireless thermometer, that's what you're using?

Joey Myers 27:04

I was using it and then the probes went out on me. So I had to buy just a temporary one where you fold out the probe and you stick it in and tell you the temperature because it was telling me that it was 100, what was it saying, a hundred 50 degrees outside and it was only 90. With that, I can't cook with that. So yeah, probes, but those probes are like 40 bucks.

Matt Pierce 27:26

Yeah, **so I have I use the meater. It's called the meater.**

Joey Myers 27:30

So M-E-A-T-E-R?

Matt Pierce 27:35

Meater Probe. Okay, it's like, I mean, it looks like a ballpoint pen so there's no wires. And it hooks up through your phone and I love it because you just poke it in your meat and you get two readings on your phone. One is the reading of your pit and the other one the reading of your meat.

Joey Myers 27:51

Dude, I'm there. I think I'm going to get it. What does that run down on Amazon?

Matt Pierce 27:55

Yeah, it's like 100 bucks. It's awesome. You could hook it up to your Wi-Fi so I can leave the house and still see what it, and I don't have a Traeger so I do have to adjust the temp, so that made it so much better especially if I'm cooking a pork butt or something that takes a long time I don't have to sit out there and stare at the at the pit I can walk around and you can set alarms and I can go to sleep and my phone will start buzzing at me if my pits too cold or too hot.

Joey Myers 28:24

And so it also brisket too because that thing's what 12 hours? I want to... but I got to get up at 4am in order to have it ready by 4pm.

Matt Pierce 28:34

When you get the app, if you have a little sticker here about big pieces of meat like that. When I do brisket, if you said you're looking to eat around four, **I'll put it on the pit at like 10 o'clock at night. And then let it cook through the night and then it'll be done around two or 10 or I'm sorry, noon and if you take a brisket**, any big piece of meat like that and it works well with the tri-tip too, and you wrap it and like I wrap mine in butcher paper, and I turn around and I wrap that in like a beach towel and then I put that in a cooler it'll hold that temp for hours.

Joey Myers 29:15

After it's done and cooked? No way, the butcher paper... a beach towel

Matt Pierce 29:20

Butcher paper, a beach towel and in a cooler.

Joey Myers 29:22

In a cooler like you know with...what's that really big cooler right now.

Matt Pierce 29:27

Yeah, Yeti cooler any cooler. Just anything that's going to... it won't keep cooking but the meat will keep itself warm.

Joey Myers 29:36

Oh man. There you go.

Matt Pierce 29:37

And like we tell everybody here with red meat. You should be doing that anyway, because even on a steak, I rest my steak. If I just do a steak, I'm still doing that and resting for like 30 minutes because when you're cooking meat like that, you're really stressing out the muscles of the meat. Right? And a lot of times when you cook a steak at home, you cook it you put on a play you cut it and the juice goes all over your plate. Well, **if you let it rest those juices will go back into the middle of the meat to where when you cut it it's not on your plate. It's in your meat.**

Joey Myers 30:09

Oh man. You make my mouth water dude.

Matt Pierce 30:13

I love it man!

Joey Myers 30:14

Hey, I appreciate your time and I appreciate that and I'm sure everybody out there we'll appreciate it too. Whether it's the hitting or cooking barbecuing and it's just you know, Texas is nothing's better than how you guys do it in Texas there. So hey, where can we find you? Twitter, I know you're on Twitter, what's your handle on twitter?

Matt Pierce 30:34

@tx_pierce on Twitter and I still post on there about hitting but now I think I find myself posting more about just the game in general than I do about hitting I'll still throw some videos up there that I think are cool hitting. And I still get a lot of DM's asking me questions about hitting I still answer those. Just not going to see me in the conversations like I was maybe two years ago. About everything so but that I'm not on Instagram but I don't do it on Facebook I'm still Twitter guy.

Joey Myers 31:08

Yeah and there's a lot of cool pictures with you and your kids you guys out fishing and like I said a lot of barbecuing and all that kind of stuff so it's good to see that side of guys like you and Jeremy and things like that it's not 100% hitting, but for those out there that will have a question for Matty, just DM him, I would probably recommend and not put it up on the on the Twittersphere. And I'm sure Matt will be more than happy to help you out.

Matt Pierce 31:33

Absolutely.

Joey Myers 31:34

So Matt, hey, I appreciate your time brother and we'll keep in touch might do a part two part three, shoot we get into you start doing some barbecue competition stuff, I might have to have you on more often.

Matt Pierce 31:46

Sounds good, man.

Joey Myers 31:47

Alright brother, keep up the good work out there.

Matt Pierce 31:49

Hey, appreciate you thinking of me and thanks for having me on.

Joey Myers 31:51

You got to bud.

Matt Pierce 31:53

Alright, have a good one.

Joey Myers 31:53

You too. Take care.

Matt Pierce 31:55

Bye.