

ANSWERED: Most Hitters Want To Pivot On Back Foot Instead Of With The Hip, A Key To Prevent That?

(Taylor Gardner Part-2 Interview 2020-09-24)

Joey Myers 00:06

Hello and welcome to Swing Smarter Monthly Newsletter, this your host Joey Myers from the Hitting Performance Lab.com. And on today, we have a part two with Mr. Taylor Gardner, aka Uncle Flash, of the BackspinTee.com. And I wanted to have Taylor on today, we're going to discuss some hitting stuff. We tend to do this normally, when we talk pretty regularly. And there's usually something Taylor brings up question wise, and we debate it. We talked for hours. We're going to do that today.

Joey Myers 00:32

But I do have some questions for Taylor to see what his opinion is on it. And I want to start with the first question, but I first wanted to welcome you welcome Uncle Flash.

Taylor Gardner 00:41

Thanks bud, appreciate you having me. I love being on and this is just another normal day in the office for me and you. Another day we get to talk hitting, I love it!

Joey Myers 00:50

And every coach out there, I'm sure would love to be a fly on the wall. Hey, here's the first question. One of my readers asked, "What is the role of the hands in the swing? Removing the arm-yness of youth swings, I struggle getting them to not want to pull the bat forward, linearly." What is the role, or what is the role of the hands in the swing?

What is the role of the hands in a swing? Removing the "arm-yness" of youth swings. I struggle getting them to not want to pull the bat forward linearly.

Taylor Gardner 01:17

So the hands actually have a pretty simple role of what we've seen in research. The number one role is they hold the bat. That's where your grip starts on the bat. And of course, you want a proper grip, whether you want to talk in simple terms, like palm up, palm down at contact, or you can talk about the finger pressure that Joey Myers is expertly fulfilled with. And you can learn a lot about that.

Taylor Gardner 01:42

But I want to make it simpler, just the role of the hands, once you get that proper grip set up on it. The role of the hands is to not take the bat out of position in correlation to where your body is trying to pull it to or rotate it through. Or you don't want to start your swing, and then all of a sudden, the hands are moving in a different direction than your shoulder plane. That might be an easier way for people to visualize.

Taylor Gardner 02:10

Everyone has their own style, I know Pujols used to have his hands quite a bit above his shoulders at the start of the stance. Other people move their hands quite a bit at the load phase, if you will, in their swing. But regardless, whatever your style is, as soon as you start to engage your swing, the pitch is coming to you, you're trying to calculate where it's going.

Taylor Gardner 02:33

What you don't want the hands to do is move in a position that makes it harder for the body to self-organize. And then you're fighting your swing while trying to locate the ball. And that's what I see a lot of young hitters doing, which leaves to the army pushy swing, if you will, is that their hand position either didn't start in a good position to start with.

Taylor Gardner 02:58

It doesn't have a role; the hands are trying to connect back to the body or the hands and arms. You've got to figure out what is connection in your swing. And for us, we like to talk about connection being the hands being around the shoulder slot. And for those that may not interpret that very well. It's just below the shoulders, because if you were to take your hand and hold it, if you're a waitress holding a tray of water, you were about to serve your customers... in that same position is very connected position, the elbow is slotted next to your rib cage, the hand is positioned right about shoulder level. And that's just anatomically is going to be the same for everybody.

“Because your spinal engine is what dominates our swing, we know that the swing kind of starts inside out not so much ground up...”

Taylor Gardner 03:40

And we see this as well, in pictures and videos of hitters. You can pause it wherever you want on the video, and you're going to see that hand near, those hands, near that shoulder slot. And when you get handsy and pushy is when those hands get away from that shoulder slot position.

Taylor Gardner 03:57

Now, I'm not going to tell you that everyone has to be a robot, and has to look perfect. Everyone has different flexibilities or different strengths. But anatomically speaking, you want your hands to be along for the ride. **Because your spinal engine is what dominates our swing, we know that the swing kind of starts inside out not so much ground up.** And if you use your hands too early, moving them, especially away from your body or if you're pushing them down or too high away from your slotted position, you're pushing them away from your spinal engine.

Taylor Gardner 04:30

You want to limit that as much as you can. And granted young kids may not have the strength of older kids, but anatomically, if they can get into positions, their natural movements will help take over and help them stay connected so their hands can stay in a better shoulder slotted position and not want to be pushed ahead of their swing so much or away from the body so much.

Taylor Gardner 04:53

Granted, the swing is an arc, the swing is not strictly linear, and most of the linear aspect comes with the weight shift of the lower half. Now your upper body does shift with it to keep us balanced and keep the strong positions. But the linear part is important, but not with the hands, that again, the hands are along for the ride around the spine, around the spine, that's the axis of the swing.

“I like to take the weight of the bat completely out of the equation. And let them self-organize by swinging a wiffle ball bat...”

Taylor Gardner 05:19

I think a lot of kids get that confused. I see it a lot with young kids seeing coach pitch for the first time. They're trying to more or less take their hands to the ball. And you know what, I don't blame them, it feels quicker to just fire your hands across your body. And try and get that bat out front and make contact. But the problem with that is they've lost their self-control of staying connected to their spinal engine, near that shoulder slot position and let the body and the spinal engine pull those levers, those arms around, which are connected to the hand, which is connected to the weapon that we're swinging.

Taylor Gardner 05:52

So, how to fix it? There's a lot of theories on that, of course, one of the ways that we like to train with that is actually have them swing a wiffle ball bat. I see a lot of coaches now go to learn to swing this heavy bat, and I know nothing against heavy bats. But for this particular issue, I like to take the weight of the bat completely out of the equation. And let them self-organize by swinging a wiffle ball bat because you have no excuse, the bats not too heavy.

Taylor Gardner 06:21

And if you use the term stay back, if you will here, whatever term you want to use, but you've got to learn, the kid has to learn how to stay connected to their spinal engine, that it's pulling around their spine, and finding ways to do that you can be creative if you want.

Taylor Gardner 06:36

But engaging the hands properly, whether it be finger pressure, I found a lot of success on that, I learned that from Joey Myers. When kids have super loose hands, they tend to kind of whip them through pushing them a little more. When they feel engaged on the bat. It gives them a little bit of purpose. And I feel like that's a really helped all hitters be in the proper position and not be so linear and pushy with it.

Joey Myers 07:00

Yeah, exactly. And you unveiled a lot. Good for coaches to hear a lot of that and get a big picture view. One of the things that you mentioned, when we first started talking building our friendship was the fact,

and you just mentioned it, if you want to line up the bat at contact so if you just get a hitter to contact and what their hand positioning is, you're talking about the grip.

Joey Myers 07:25

And that was one thing that I learned from you that you think duh, and you look how the hitter's hands are palm up, palm down at contact because that's what you see. That's a I guess you if you want to call that an absolute or whatnot. If you talk about grip, and a lot of these coaches out there will tell a 12, 13, 14-year-old hitter, whose hand is a little bit bigger than they are at seven years old, eight years old, where it actually works, to lineup the door knocking knuckles. And if you tell a 12, 13, 14, 15 high school, college hitter to line up their door knocking knuckles, if you get them with their door knocking knuckles lined up to contact point, they're going to have this odd wrist flexed or extended position.

Joey Myers 08:06

So that's a great tip, easy, simple tip that you can use to know what the role of the hands are at least a contact. And when it comes to grip. You just mentioned the finger pressure. And we always talk about boxers and boxers or loose boxers or MMA fighters right, MMA is a little easier because you can see their hands a little bit better than with those big old giant gloves on.

Joey Myers 08:29

But you can see that they're loose with their hands up until they throw their punch. And if we could put a thing in their hand to measure pounds per square inch of grip pressure, I guarantee you the minute they go to throw the punch, the minute it leaves their shoulder, whether it's their back hand or their jab hand, I guarantee you the pounds per square inch of force is going to go through the roof, the minute that they throw the punch. Because like you mentioned, it has to be connection, right?

Joey Myers 09:00

You mentioned finger pressure, which is top hand bottom three fingers, so that's the pinky, the ring and the middle finger. You squeeze those really tight; I say eight out of 10 at least. And you start that squeeze from the minute the hitter picks up the front foot, to all the way through almost into the finish itself. Connection is great.

Joey Myers 09:20

You talked about the wiffle ball bats great, so you're talking about underload training. Swinging that bat as hard as they can, is another good one to do so you can combine the finger pressure, the underload wiffle ball bat, and swing swinging as hard as you can. And that's going to do a lot of different things. But I agree on all those that you mentioned. And there's again a lot of tools that people can look at.

Joey Myers 09:43

Let's move to the next question, which is most still want to pivot on the foot on the backfoot instead of with the hip, a key to prevent that? We're talking about staying sideways and this is the talk I had with Matt Nokes too. Staying sideways. So most still like to pivot the foot. What do you do with your hitters Taylor, when they're over rotating that lower half or over rotating that back foot?

Most still want to pivot on foot instead of with the Hip, a key to prevent that?

Taylor Gardner 09:44

Well see I'm in Oklahoma. And that's what's being taught here. Yes, hand over fist right now, by a majority of coaches, and so I get a lot of this. I have my lessons later on today. And every day, and this is by far the number one mechanical issue. Now you have to understand, I'm sure Matt Noakes talked about this as well...

Taylor Gardner 10:33

When we talk about mechanics, you want to make sure you're talking about if you're going to adjust mechanics, you got to be talking about a hitter that's on time, because if a hitter is not on time, then it's a timing issue, not a mechanical issue. And you want to fix timing issues with timing adjustments, and you want to fix mechanical issues with mechanical adjustments.

Taylor Gardner 10:51

So as far as the back foot staying sideways longer, we have to understand why that would be important. And that is for the shift to the ball. The shifting to the ball, a lot of people think it's just stepping to the ball. Stepping to the ball is one style of shifting your head and your spine, your posture to the ball. But the whole goal is to get your spine lined up to the pitch plane. Once we understand that's what we're trying to do on time, you're trying to shift your body to the ball on time. By doing that this is where the linear part of the swing really has value.

Taylor Gardner 11:32

A lot of kids try to pivot on their back foot, at least in my opinion, because they think that's where the rotation starts. And they think that's where their swing is engaged and where the power comes from. And it's not true. It's not true in any other sport, golfers do not pivot on their back foot until at or even after contact.

Taylor Gardner 11:48

Think of Tiger Woods or even Bryson Dechambeau right now, he's about to beat my long drive record. I got to go put up some work on the driving range. But they when they hit the ball, they shift, it doesn't have to be a big shift, but they shift their body front of center. And for a split second and time, their weight is shifting to the front side, not over the front side. But into the front side.

Taylor Gardner 12:11

This is where you're going to see a sideways back foot. Quarterbacks do this, you'll even see if you look at their back foot as they shift into their landing, they take their stride and they land, that back foot is sideways, it might be a little leaned, it might be a little turn or you know, little minor microscopic differences, but it's non weight bearing. The biggest, easiest fix to get someone to not pivot on their back foot too soon, is to have them shift their weight into their front leg.

Taylor Gardner 12:41

And I'm not saying you got to go 100% into your front leg. I'm not saying that to take your back foot off the ground. But the act of shifting, again, by getting to the ball, I almost have to have a good purpose. That also helps with leverage as well. Because your hands and bat are behind you, you pull things that are behind you, you push things that are in front of you. And to swing the bat is the act of pulling the bat around your body, you need leverage. You'd never win a game of tug of war, if you leaned back on your back foot and then try to pull, it doesn't work that way.

Taylor Gardner 13:10

You have to shift into your front side, we'll call it the front side, that gives you leverage. That will also help, by the way, with slotting the elbow back to the hand stuff. It's all of this was intertwined, which makes it all so much fun to talk about. They're not just this may be one particular question, but the answer is all within the way the body is collectively organizing itself.

Taylor Gardner 13:33

To not pivot too soon... Man, you got to shift sooner. And I'm not saying you got to take a bigger step. There are even guys who have a no stride. They still shift. And so that shifting of weight transfer is what keeps the back foot sideways Now are we actively trying to keep the back foot sideways? I don't think so. I don't think you have to think about keeping the back foot sideways just like you don't have to think about pivoting on it, it's going to turn when your spinal engine turns your core far enough, your shoulders are going to go your hips are going to clear through and go.

Taylor Gardner 14:06

And that's what pulls the back foot up and around and the back foot merely becomes a kickstand like a bicycle. It's just a, it happens so much later, the pivoting of the back foot happens so much later than people once realized. I challenge anybody to go watch multiple swings of the same hitter, you're going to see the back foot do multiple things. But one of the things you're going to see is it's not going to pivot first, they're going to shift their weight, block into the front leg, then the rotation is going to finish and they're going to catch themselves for balance in the form of pivoting on the back foot. But that pivot is to be the last part of a chain of events, not the first.

“What you have to keep in mind is that there is mobility, ankle mobility issues at work here as well...”

Joey Myers 14:45

Right, and one important point too, for people to understand when they're watching these hitters and Taylor just said that you can watch 50 of the top Major League hitters and you're going to see it, there are going to be a lot of similarities. The principle is still going to be there and some will end up with their foot straight vertical, perpendicular to the ground, and I would even argue that 50%, at least 50% of them will be sideways will have the back heel, the foot won't be vertical, it will actually be behind them, the heel will be behind them.

Joey Myers 15:15

What you have to keep in mind is that there is mobility, ankle mobility issues at work here as well. These are top athletes, but even top athletes have mobility and stability issues. In this issue, this

Smarter Smarter Monthly Newsletter, we are going into ankle mobility. And that's the reason why because you can take a hitter or a young hitter, maybe who has had injuries in the ankle, maybe not, but maybe they sit a lot. So sedentary lifestyle is a big one for cutting down on mobility and stability.

Joey Myers 15:45

But what will happen is, if this hitter is you say you're working the what we were going to go over in this newsletter is the shifting foot pressure drill, which is what Taylor's talking about, and what Matt talked about in his interview. And you can work that drill but if the hitter has an ankle mobility issue on the backside, back heel, back ankle, then they're going to have a hard time actually doing the move.

Joey Myers 16:08

Then you have to create some slack in that ankle or both ankles, like create some slack so that you can get them into that move better. There is an aspect of mobility that you coach out there have to be have attention to, would you agree Taylor?

Taylor Gardner 16:27

Every new lesson that I have, and we get to this, this topic pretty early in our lessons, I'll have a kid put their bat down, don't think about hitting for a second, I'll put their feet just wider than shoulder width apart, an athletic position. Again, we're not thinking hitting, and I just asked them to shift their foot pressure back and forth. And immediately you can tell if a hitter is going to be able to... well, basically you can tell how long they can stay linear.

Taylor Gardner 16:50

And I'm not saying longer is better here, I'm just getting a gauge of if the hitter, straightens their legs up and, and goes off balance and they can barely shift their foot pressure. It's like, okay, that's the mobility I'm working with today.

Joey Myers 17:05

Frankenstein ankle, concrete ankle.

Taylor Gardner 17:07

That's right. That's right. And if they have really good mobility, man, it looks like that kid can just shift within his legs and ankles, way left, way back, and way forward. And again, not that he's going to do that in the swing. But like, this kid has more potential ability of staying on the ball longer and not pivoting off too soon. Because his mobility is allowing him to stay within his swing longer.

“We like to use the coaching cue of ‘hit it first, rotate second’. And it's just a cue...”

Taylor Gardner 17:34

It's incredible Joey, we like to use the coaching cue of hit it first, rotate second. And it's just a cue. It doesn't mean don't rotate anything. But more or less, what we're talking about the feet, is what we're

talking about. And I challenge anyone if they ever chop down a tree, or if you've ever taken a sledgehammer, and hit anything with it in front of you, you know the foot pressure we're talking about?

Taylor Gardner 18:04

You don't pivot on that back foot early, and then throw the hands. You can't. You have that split grip. To be honest with you, the body really self organizes pretty well when you're cutting down a tree or swinging a sledgehammer. And so that movement is what we're talking about. And everyone, at least back in the old days, there used to be a pretty good analogy now kids don't chop down anything.

Taylor Gardner 18:28

But that hit first, rotate second, has really helped a lot of my kids because immediately they can feel if they spin off of it and they're aware of it. And that's a big key is getting kids to be aware of, of the timing of the location and making sure it's not in the wrong time.

Joey Myers 18:46

Right. I agree. Yeah, totally man, and there's a new thing that we're working on is and I've you and I've talked about this a little bit in past calls on wrist snap, it's really pronation for hitters, you pronate, teach pitchers and throwers to pronate. Well, it's more like a pronation for hitters. And one of the drills it's a progressive drill. We have different phases to it. And in the about the middle of it, we call it a 2.5 swing where the hitter's allowed to use their lower half, they can stride they can use their legs basically, but their upper half, we are keeping from turning.

Joey Myers 19:24

They can load it up like spinal engine stuff, they can show their numbers, neck pressure, hiding hands, scap pinch, rear scap pinch all that stuff, they can load it up. But as they're turning, they cannot turn their shoulders to where they're off of level or perpendicular or parallel to the plate. They have to keep that chest square to the plate as they turn and we use the wrist snap.

Joey Myers 19:49

But what's interesting in that and we and that could be a whole other call that we can talk about that, but more so I wanted to focus on the lower half and when we do a 2.5 swing, they almost automatically work their lower half the right way. And I think it goes to the same idea of your cue where you say, hit the ball first rotate second, right, I think one of the probably the biggest, I think it's starting to come around now, a lot of coaches I'm starting to hear, as we put more stuff out like this, they're starting to say that the biggest youth problem that exists right now is over rotation, because it's taught so much.

“I fear for the coaches that there's a lot of them out there that don't understand timing or buying time...”

Taylor Gardner 20:29

It is very much taught too much. And again, I fear for the coaches that there's a lot of them out there that don't understand timing or buying time. And for those that don't know what I'm talking about, I won't go into too much here. But the pitch is on a timeline, let's say he throws 80 miles an hour. And out of

the hand to the front of the plate, we'll just call it contact zone, it's taking point four, seven seconds to get there.

Taylor Gardner 20:55

Well, you have to know what to do within the pitch timeline. And the idea of getting on time is kind of a funny one. Because yes, we clearly want to end up on time for the best hit. While that swing's on perfect time, not early not late. And the problem with that is everyone guesses when to start their swing, when to shift, when to land, it's actually easier than that. Every time you play catch with someone, you shift your body to the ball and you land and catch it on time. And you don't even know exactly where the ball's going.

Taylor Gardner 21:29

But put a bat in someone's hand and we almost turn kids into being robotic, spinsters what I like to call it, spinning off their back foot. And it's the buying time, the ball starts in front of you, you've got to know what to do while the ball's still getting there. There is not one, I mean, I'm talking in technical terms here. But there is not any pitch in the world, especially kids that haven't seen anything above 85, 90 yet, that your brain can't be early on. There's no reason to be late.

Taylor Gardner 21:58

If you understand that you have time, you have time, not saying it's going to guarantee a hit, like you're not on time, and you're not buying time to end up on time. You're never going to make contact. You have to be on time to make contact. That's what timing is. If you're late, the balls behind your feel, balls ahead of you on your timeline. And if you're too early within your swing, then you're ahead of the ball's timeline. That could be a whole other four-hour conversation, especially if you get Nokes on here.

Joey Myers 22:28

Yeah, I think we covered that in our first call. I think that's the first issue that we did. I think we talked a lot about that. They should have a good understanding. And just to tell those parents out there, there's coaches that are coaching kids that are 7u, younger ones, especially when it comes to buying time staying sideways, that most youth hitters, that age, will do this naturally.

Joey Myers 22:53

It's the ones that you get into the 9, 10, 11 where they've had enough seasoning with another coach that is misrepresenting what like Taylor's calling timing or staying sideways and being the spinsters, where they're spinning on that back foot, they will be the ones you're going to have to unravel what they're doing. But for the most part, six, seven, I mean six on down seven, eight, for the most part eight on down. That starts to get into the transition period where maybe you've had a kid with a dad or coach for a year that's been telling them turn the back foot, turn the back foot, turn the hips, turn the hips, turn the hips.

Joey Myers 23:30

You might see them spinning. But most kids younger, a good example. And then I'll ask you where people can find you if you got any other, what kind of deals you got right now Taylor, but I have one kid

who brand new to hitting, brand new to baseball this year, 10 years old, like he was in my son's League, but he's older than my son and he I started hitting with him, he started hitting with me.

Joey Myers 23:53

And he does it naturally. We haven't had to touch his back foot, his back leg at all. And I have high school guys, seniors that we're still working on it. We're still trying to and he's doing it better than seniors you know, but that just goes to show that if it isn't broke, don't fix it. If they're doing what they're supposed to be doing what we're talking about in this call, then just leave them alone. So interesting.

Joey Myers 24:17

So anyway, Taylor, I know you got a tee off time here coming up, but I want to be respectful of your time. Where else can people find you? And any kind of deals that you got over it BackspinTee.com?

BOGO Sale: Buy one Pro Model Tee, and get a Pro Standard Lite FREE!

Taylor Gardner 24:30

Yeah, that's the best place to find us. Facebook we're posting daily, but we do have a great deal and finally happy that we're able to offer something like this. We're doing a BOGO. You want to buy one of our pro heavy tees with a lifetime warranty on it which is worth every penny right there. You're never going to have to worry about your tee breaking or the rubber wearing out. I literally will ship you a new cone.

Taylor Gardner 24:57

And they're built so well that I usually don't have to, which makes it pretty cool. But you can get a free second pro lite tee, it's a little bit more travel friendly Tee. It's selling very well, we launched it brand new this year. And we have bundle packages. If you guys haven't seen our new backspin nets, they are incredible. I was so sick and tired of the normal seven by seven pop up nets, at the ballpark kids hitting the ball over them. And I'm not even talking about pop ups, I'm talking about just a good high line guys that boom, all of a sudden, this ball's going on the other team's practice area. Oh, sorry about that.

Taylor Gardner 25:33

And then you scoot the kid closer to the net, and all of a sudden, they're hitting ground balls, but oh but at the least the net's catching it, well, okay, you know, now we're not quite practicing, the line drives that we would hope for, or at least, at least didn't back on the line that it came in at is that, so I haven't net that has a double sock net, it's got one that's traditionally at this height that everyone's used to. And then it goes up three feet taller, it's a 10-foot-tall net with two sock nets in it. And they're pretty damn cool. I'm not going to lie to you, I got to pat myself on the back on that one.

Joey Myers 26:07

I'm got to actually put that in The Starting Lineup Store. I'm going to work on that this week. I'll have to talk to you about that. And in the tees, are just, they're non destructible. And I've yelled it at Taylor for doing this, but he's made such a great tee to outlive a nuclear holocaust. And the problem with an indestructible Tee is that they don't get bought, from a business standpoint, they don't get bought as frequently.

Joey Myers 26:30

The very thing that Taylor did, Taylor and Jarrett did was they built this Tee that's going to last and it's probably at their detriment too, but they do a great job. Made in the USA. I know at least the pro one. I don't know what you guys are doing on the standard one...

Taylor Gardner 26:46

Oh yeah, everything, everything USA.

Joey Myers 26:49

You can feel good that that's the case. And it's all built well. And like you said, you get the cone you'll ship if it ever breaks, they'll ship it to you for free on the pro I think or I don't know if you're doing that on the standard too. But the pro, at least right?

Taylor Gardner 27:03

Yeah, yeah. The Pro heavy lifetime warranty on it. The Pro lite, there's not a lifetime warranty on it. But I'll be honest with you, we probably could we just haven't done it yet. Because we wanted to give it you know, it's proper six, enough time to see how they're lasting. And they're lasting fantastic. So that might change in the future. But you don't have to worry about it. I'll take care of it. If you spend money with me, I'm going to take care of you. We're not trying to do it for that.

Joey Myers 27:27

Yeah, these guys are awesome. And I have a lot of hitters that work out in groups on one day on Sundays, and we can have 30 to 40 hitters working throughout that time from 745 to 2pm. And we beat them up, and we don't have to, we probably I have to contact you once every three months, maybe or four months to replace.

Taylor Gardner 27:51

I think replace your cones more than anyone else on the planet.

Joey Myers 27:54

But I have so many hitters that are hitting off the tees, right, all the time. If you're a parent, you have a couple kids that are using it or whatever I mean, it's going to last you for a long time before you get to replace anything. Go to backspintee.com or thestartinglineupstore.com. You can find backspin tee, the backspin tee, any of the pro or the standard models. And I'm going to be adding the net there at the startinglinestore.com. But these guys are awesome. Thank you, Taylor. Hope you hope you do well today. Mr. Long driver, I think to give those golfers out there an idea of what your longest drive is a 405 for 400?

Taylor Gardner 28:31

I hit 422 a couple months ago.

Joey Myers 28:33

422! Bang! So put that in your quiver.

Taylor Gardner 28:36

That's right. That's right. We're going for 440 next.

Joey Myers 28:40

Oh geez, dude you got it. You got those rebuilt knees, or that rebuilt knee.

Taylor Gardner 28:44

That's right.

Joey Myers 28:46

Alright brother will have fun today. Thanks for taking the time to get on the call and we'll talk to you on the next one.

Taylor Gardner 28:51

Alright bud, thank you very much.

Taylor Gardner 28:53

You got it bud. Bye.