

Do You Have Data Showing the Difference of AFTER Putting Athletes Through A Movement Screen & Do Corrections?

Joey Wolfe Interview 2021-06-29

Joey Myers 00:05

Hello and welcome to the swing smarter monthly newsletter. This is your host Joey Myers from hittingperformancelab.com and on the phone with me, I have one of my good friends and he just reminded me of that, Joey Wolfe Paradigm Sport of Santa Cruz because I spelled his last name, like the animal wolf without the E on the end.

Joey Myers 00:24

He asked me how long have we been friends? There you go. So welcome to the show, Joe.

Joey Wolfe 00:31

Thank you, Joe. Thanks for having me.

Joey Myers 00:32

Hey, all I know is that you go by Joey, I go by Joey, and I never forget your first name.

Joey Wolfe 00:37

Very easy to remember our names.

Joey Myers 00:40

So, a little bit about Joe. I met him my freshman year at Fresno State. We were on the road, roomies. We got lots of inside jokes and stories about that which we won't have time to go into on this show. Maybe another one.

Joey Myers 00:56

But that's where Joey and I met. Joey was a catcher at Fresno State and a good catcher. We can go into that probably in a future episode. This one I wanted to focus more on the performance side of things, but he runs Paradigm Sport.

Joey Myers 01:10

Which is a strength conditioning plays to do a lot of mobility stability stuff in Santa Cruz, California, which for those that are in California at Central Coast-ish and is one of my personal favorites.

Joey Myers 01:21

We just came back with my family from vacation there and got to hang out with Joe and we got to catch up a little bit. We didn't get to talk about everything we want to do. But you know, we always have a good time. Yeah, Joe?

Joey Wolfe 01:26

Always. I love when you come into town.

Joey Myers 01:36

So hey, give some of the people a little context, we talked about the Fresno state freshman year. Where did you end up on the baseball scene?

Where did you end up on the baseball scene?

Joey Wolfe 01:45

Yeah, so I left Fresno after my freshman, I wasn't playing much. I was like Joyce as a catcher. The guy in front of me was a sophomore. I didn't see myself getting into the starting lineup, every time since I transferred up to Cañada, which is a junior college up in Redwood City, California.

Joey Wolfe 02:00

I have an older brother that played there, was all states there and ended up getting a scholarship to Eastern Kentucky and had a good relationship with a head coach Mike Garcia.

Joey Wolfe 02:11

I went there my sophomore year, and then I got a full scholarship to go play at a small division one school out in northeast Louisiana called Louisiana Monroe. I played there for two years, got drafted and a 33rd round in my senior year in 2003.

Joey Wolfe 02:26

In Toronto Blue Jays, I played about two and a half years in their organization. I ended up retiring from baseball, sadly, on Memorial Day of 2005, just kind of fell into the same position I was in at Fresno, just wasn't really playing very much.

Joey Wolfe 02:43

The two guys who were playing in front of me ended up playing both and played in the major league. I sat behind some rather good players. But you know, the senior sign and I was older, I was 24, I didn't see myself making to the major leagues.

Joey Wolfe 03:00

As much as I love baseball, my goal is to do that, once I felt like that wasn't going to happen. I felt it was time to move on.

Joey Myers 03:05

Right, and I think you're in a much better spot. I remember my cousin who's a dentist, he told me when I was in high school. He used to tell me the best teachers were the ones that failed with whatever they're in, right.

Joey Myers 03:21

I think now with what you're doing, which we'll get into here in a second, I think you can bring that experience and talk up a bunch of the athletes that you work with which I got the honor to meet when we were there.

Joey Myers 03:35

Give me the origin story of Paradigm Sport. Why Paradigm Sport? What is you guys' main mission?

Give me the origin story of Paradigm Sport. Why Paradigm Sport? What is you guys' main mission?

Joey Wolfe 03:44

The reason we got is it's funny, I'm at the Stanford campus to kind of add on to what you just said, I'm driving home, I'm working at the Stanford baseball camp this week, which I went to when I was in high school.

Joey Wolfe 03:57

To your last point. There are a lot of chances to talk to a lot of these coaches and I think the way you just said there's a lot of truth to that. I've also heard that same thing, but I think a lot of why people become good coaches that quote unquote, failed at whatever it is they're coaching is because they have a perspective.

Joey Wolfe 04:17

That if I just knew some of this stuff, when I was playing, I could have really done something with it. I find myself in that same position and not just with baseball, but obviously, to kind of answer your second question.

Joey Wolfe 04:31

Paradigm sport is an athlete training center. We work with all different types of athletes, not just major leaguers, and Minor Leaguers. We have high school kids; we have middle school youth kids. We also work with their parents.

Joey Wolfe 04:43

We work with general fitness athletes alike. So, people that are looking to just get in shape, maybe played high school sports and they kind of got away from that they miss training like an athlete.

Joey Wolfe 04:54

We work with a broad range of athletes at Paradigm, but we focus heavily on baseball because obviously that's my background. I still love it very much. We do try to do a really good job of bridging

the gap between the training and the actual skill acquisition side of it, trying to blend those two, to merge those two as best as we can,

Joey Myers 05:22

I know that being there and watching you and there's multiple times just this last time, but work with your athletes. By the way, Joey's working with surfers too, like professional surfers, and some cool athletes. All athletes are cool, but I think that's even cooler to work with surfers and athletes like that.

Joey Myers 05:43

When I ran back into Joe, when was that? 2012? Was that the perform better summit Long Beach?

Joey Wolfe 05:52

Yeah, somewhere around there

Joey Myers 05:54

I ran into Joe. We're out, we're at Long Beach, and we just ran into him. He was working for somebody at the time, a gym, I think it was in Santa Cruz or something like that?

Joey Myers 06:07

That's what I really love about Joey is that he's out there always trying to discover new things, explore, ask questions, experiment. What I really noticed in this last one was a lot of the mobility stability stuff that you do with players is that how big of a part of your programming is that?

Joey Wolfe 06:27

I say it's a large part. I mean, it depends on the athlete, right? If someone needs more mobility, then we're going to focus on that. If they need more stability, they're going to do that. But we do a little bit of it for every athlete, but we need to assess them first and see what their specific needs are.

Joey Wolfe 06:42

We could be trying to get a hitter to load into his back hip. But if he doesn't have the hip mobility to properly hinge, then it's just like, beat our head against the wall. So that's one of the things I love about OnBaseU, with Greg Rose and his team are doing over there.

Joey Wolfe 06:42

What they talk about a lot is that there's not just one way to swing or to pitch, there's one right way for each individual, and there's certain principles that are going to apply to everybody, but it's our job as exercise practitioners, or medical practitioners, if they know who you are, to really figure out where are the discrepancies, and then either A, figure out how we can fix that, and that might be a long term play.

Joey Wolfe 07:33

B, find a workaround, somebody's lacking internal rotation on their back leg, let's say hitting and so if you're right handed batter, your right leg, then maybe have them externally rotate their foot a little bit on their setup.

Joey Wolfe 07:49

There's little things we can do, to kind of help, cheat it, if you will, but for all of our athletes, we're trying to figure out where their deficiencies are, and what we can do to help kind of make them become the best athletes they can be.

Joey Myers 08:06

What kind of screen do you guys use in the beginning? Like if an athlete comes to you for the first time. You do like an FMS? Do you do the OnBaseU I'm sure has their own kind of screen? Is there a specific kind of screen that you guys use a movement screen?

Is there a specific kind of screen that you guys use a movement screen?

Joey Wolfe 08:19

With our just general population athletes, we do some elements of the functional movement screen. We do the deep squat, we do the active straight leg raise, we do the shoulder mobility screen for them.

Joey Wolfe 08:30

If it's a baseball player, in addition to that, we'll do some table tests. We did a Thomas test, stretch to test anterior hip mobility. We try to look for SAI to see if there's any kind of impingement in the hip, we check both internal and external rotation on the hip, and then we're looking at shoulder flexion.

Joey Wolfe 08:51

Those are for our general fitness athletes. If your mom or dad came in, that's what we do with them. For our baseball players, it gets a little bit more detailed. We'll do all those things, and then we will typically have them take their shirts off, just to see how their scapulas are sitting and see if they're in a depressed state.

Joey Wolfe 09:11

Or if they're able to get upward rotation, they bring their arms up overhead. Then we'll do some similar table tests that we do as general fitness athletes. Now that I'm OnBaseU certified, I got certified right before COVID.

Joey Wolfe 09:25

That was the last flight I took before everything got shut down. I do the hitting screen. I think there's 11 screens. We have two pitching coaches, and they both are OnBaseU certified for pitching. We'll have our guys come in and do those as well.

Joey Myers 09:45

Cool. Do you guys have any data on that? I know you have a cage over there next to the gym. Do you have ball exit speeds before and after basically doing screens, doing the corrections, and then you have any kind of data that's showing the difference after you put them through the screen and do the movement corrections?

Do you have any kind of data that's showing the difference after you put them through the screen and do the movement corrections?

Joey Wolfe 10:03

Yeah, we do, we ran a program for the first time with using the OnBaseU information. Last November through February, I think it was a 10-week program and we were able to get some data.

Joey Wolfe 10:20

Now, honestly, I don't think that that amount of time was we were able to elicit much change...

Joey Wolfe 10:29

But strength because we had all the guys doing strength training three times a week. But what we're doing with them is we're using those axe kinds of drive line trainer bats; they have an overload underload...

Joey Wolfe 10:41

Everybody from our trainers, 33 athletes did it. Every single one of them went up a little bit both in bat speed and exit velocity, some went up as high as 12 miles an hour with exit velocity.

Joey Wolfe 10:58

That's like a huge jump. Honestly, I think it's because they were getting a lot of miss hits the first week, but I mean, we average I think around three and a half to four miles an hour on both exit velocity ... and bat speed over 10 weeks.

Joey Myers 11:15

Cool. That was a little bit of the screening and the correction of that and the overload under load training, correct?

Joey Wolfe 11:27

Yes, exactly. Those guys were coming in, we take them through swings, they're getting anywhere from 50 to 70 swing using those bats. A lot of it, like I said, was the strength conditioning program we were doing with them because these kids are anywhere from like 12 to 18.

Joey Wolfe 11:47

For some of them, they've never picked up a weight or got any kind of strength training in their life. So obviously, they're going to get some significant changes. In fact, I don't want to digress too much, but I just told you about this separate baseball camp, I got to listen to Coach Esquer talk.

Joey Wolfe 12:05

For those who don't know, he's head coach for Stanford baseball. Obviously, they just got back from Omaha, they won the World Series. I've heard he's an exceptionally good talker. It's been a joy to listen to him talk to these kids.

Joey Wolfe 12:16

He was talking about something. He said his wife is like a psychologist or something like that. He was talking about learning, he talked about developing, talk about fill in the blank.

Joey Wolfe 12:28

I think this applies to we're talking about right now because you talked about that first 90% is easy to get and it's fun, because it's so easy. You talk about like a baseball player, and this is where a golfer who's just starting out, like they're going to get significant gains right away.

Joey Wolfe 12:49

I think for some of our younger athletes that were doing this protocol, they were able to get gains because they haven't doing anything. Another part of what helped I think, for these kids is, they went from like zero to 60.

Joey Wolfe 13:01

They went from hitting like never to hitting three days a week. That's going to help a lot, too. Then you mentioned that there's that 9%, where that's like, hey, this is hard. You're working hard. You're getting gains, but they're coming a lot slower.

Joey Wolfe 13:18

That's kind of our 18-year-old were, they were working hard, but their gains weren't nearly as massive as the younger kids. There's that 1% and those the kind of the Mitch Hanigers of the world where they're basically doing everything right already.

Joey Wolfe 13:32

For them to get 1% better, they're going to have to do twice as much as a guy that is 90% better that's just starting out. I think that's true for all walks of life, but in, specifically in, what we're talking about right now.

Joey Myers 13:47

I agree. That learning part of it is a big one. For those listening out there, they're going to have kids that they're probably training their own kids, they might have a team, where they're coaching a team, or maybe their instructors that are teaching or own an academy that are working with hitters and you're going to have all walks, and you must take that factor in.

Joey Myers 14:08

I talked about these like their accelerators, right. When you start addressing mobility, stability issues with players, it's not real sexy, and you might not see the results right away.

Joey Myers 14:23

I think you said long play sometimes. But as they get better, you're going to notice that plateau that they would have reached without intervention is going to happen or it's not going to happen.

Joey Myers 14:33

They're going to keep climbing that ladder and that's what I love about it, because remember when you and I were in college, it was all about strength conditioning, right?

Joey Myers 14:42

There really wasn't much in the mobility-stability side of things. I remember getting stuck in lifts whether it was strength or being able to push enough weight or bust through, get a 400-pound squat and or with the cleans.

Joey Myers 14:59

Being able to get above 125 kilos or 135 kilos, whatever it was, and we weren't being addressed. I mean, I couldn't imagine our shoulders, no mobility work really when we were playing. I could imagine that a lot of our shoulders were just dynamite waiting to explode.

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Joey Wolfe 15:18

Yes, and you kind of mentioned when we met. When we first met, my biggest fear when I got into this was like, hurting someone. The problem with personal training is the barrier entry is so low.

Joey Wolfe 15:31

You get certified suddenly you become an expert. It's like, I'm awesome. I'm far from an expert. I was just learning as much as I could early on, and I still try to, it's a little harder now.

Joey Wolfe 15:44

I feel like, most of my continuing education is in business, but I'm still trying to keep my sword sharp with training conditioning ...

Joey Wolfe 15:55

You see some of these things that either we did, or that still take place today. Or they're trying to move weight, where it's like, look, if you don't have the shoulder flexion overhead, like you should not be doing an overhead press or a stature.

Joey Wolfe 16:08

Early on, I learned, there's time within a program to do that. We'll either do it normally at the beginning during our warmup, or another time we like to do it as kind of as a filler exercise during our strength training session.

Joey Wolfe 16:23

If let's say my A1 is a trap or deadlift, you know, my A2, I'm resting from that heavy lift, maybe something were like maybe a 90-90 hip stretch or something where I'm opening my hips up.

Joey Wolfe 16:37

Once I kind of figured out where to plug these in, it made sense, I think kind of go back to your last point. It really is an accelerator because if I have a guy who can't hip hinge, but he sees like one of our pro guys doing like a 315-pound Romanian deadlift, the barbell, he's like, oh, man, that's impressive.

Joey Wolfe 16:55

If you can't hinge with a dowl on your back, we're never going to safely be able to get that. Once you kind of give them context, I think it starts to open their eyes a little bit, but you're right. I mean, it's far from sexy, and they don't want to do it. But if you can kind of educate them on why it's important, I think that goes a long way.

Joey Wolfe 17:16

When you're working specifically with a baseball player, you can put into context, hey, look, if you want to throw harder, you want to hit the ball further. This is going to allow you to load in your hip, which is going to allow you to do that.

Joey Wolfe 17:28

It's like, oh, okay, I'll do that. But if you just say, these are important, you need to do that. They're not going to do it; you need to give them the why?

Joey Myers 17:35

I love it. Do you have some of these baseballs? Do you have softball players that come through there? I'm sure you do.

Joey Wolfe 17:42

We don't. That's something I wanted to tap into. I got to meet Don Slaught at OnBaseU...

Joey Wolfe 17:50

He pretty much does most of their hitting stuff. For those that don't know, Don played the Major Leagues for 16 years. He's a good hitting guy and he's the hitting coach for the UCLA Bruins softball team. Obviously, they're a particularly good team.

Joey Wolfe 18:06

I asked about that, because like how I was conditioning, I don't know anything about softball, I'm not going to tell someone I can work on their softball, he told me, Joey it's the same as a baseball swing. I would like to start doing that. We're so busy right now as it is, but that's certainly a market I'd like to tap into for sure.

Joey Myers 18:29

I would agree with Coach Don that it is similar. There might be a couple small things, just from the fact that they see a ball coming off the hip versus over the head and things like that.

Joey Myers 18:40

With your male versus female athletes that come through the gym. What are some major differences in movement that you've seen, maybe movement dysfunction? Is there a difference between your males and females? Or is there a pattern that emerges there? The difference between them?

Is there a difference between your males and females? Or is there a pattern that emerges there?

Joey Wolfe 18:57

Yes, that's a good question. For our female athletes, I'd say most of them not all of them are more mobile, some hyper mobile. We work with some soccer players work with a lot of female soccer players and a lot of ACL tears for them, so we're always trying to strengthen around their knee as best we can.

Joey Wolfe 19:19

I'd say girls ...

Joey Wolfe 19:27

Tend to be a lot more mobile than the male athletes that we are working with their age. That would be probably the main thing. As far as the cognitive side of it, I feel like girls listen way better than boys.

Joey Wolfe 19:39

Much easier to coach girls than it is to coach boys, but from a physical standpoint, that would be the big one, then obviously, strength at the high school level, that's where things start to kind of really separate where the males can get a lot stronger than the girls.

Joey Wolfe 19:57

To be honest with you, we work with far more boys than we do girls and there's really no reason for that other than just for whatever reason, I think that we just became more known for baseball training facilities, so we get mostly baseball players.

Joey Myers 20:12

Right. You guys do a lot. I didn't realize that until I saw you this last time that you guys aren't just training. I think it started off that way, but you guys are doing teams. You have what, I think 4 you said, travel teams that you guys are working?

You have what, I think 4 you said, travel teams that you guys are working?

Joey Wolfe 20:28

We had four in the spring, and we have six this summer, which was good for us for COVID because the restrictions weren't as black and white as they were for the fitness. That really helped us.

Joey Wolfe 20:44

For me, I like to have kind of everything in house, which, to be honest with Joe, it's making, like a really long play for us, in terms of like being able to grow the business, it's been really hard, because we're doing so many things, but in my mind, when I started, that's kind of where the name Paradigm came from, it's kind of a shift in the model of training and kind of trying to get training.

Joey Wolfe 21:14

The skills, the size of the sport baseball, in this case, all kind of under the same roof. Greg Rose talks very eloquently about this when you go to OnBaseU.

Joey Wolfe 21:26

He talks about, it's like Formula One, and there's the pit crew, there's the car, there's the racer, the actual driver, and how all those people need to interact together and communicate for the team to really excel.

Joey Wolfe 21:42

I feel like when we were playing Joe, I felt like the strength and conditioning guys never talked to the hitting guys or the head coach. For me, I really like having everything in the house.

Joey Wolfe 21:54

We develop relationships with these kids, the coaches can have a conversation where they can both pitch and catch and understand what it is when they know each other and what they're talking about.

Joey Wolfe 22:04

Like I said, it's been hard. It's taken a long time. We've been in business now for seven years. I feel like now is kind of a time where we're starting to see the fruits of our labor. It's like things are finally starting to kind of "..."

Joey Wolfe 22:18

Which is exciting.

Joey Myers 22:21

Yeah, it's like an incubator. You guys are creating an incubator for the result, obviously being the athlete and beyond performing the game, but there's a lot. It's like 10% of the iceberg right above the water and you got the other 90% below that you're working on.

Yeah, it's like an incubator. You guys are creating an incubator for the result, obviously being the athlete and beyond performing the game, but there's a lot...

Joey Wolfe 22:36

Exactly. We started to travel teams, mainly, I don't know if I told you this. But for me, it was so hard to get kids to come in and train and I never understood it. Again, I'm working on strength and conditioning station at Stanford camp.

Joey Wolfe 22:51

I'm talking to these kids about this. You must connect the dots for them because they can't connect it by themselves, which blows my mind, but that's how it is.

Joey Wolfe 23:04

All these parents are coming from less "... travel team not doing training during the offseason "...

Joey Wolfe 23:15

They're like, well, he likes to play. I'm like, okay, well, that's easy. Let's just get a travel team together, so we started doing that. That's worked out for a perfect model, but it's definitely "... exceptions "...

Joey Wolfe 23:25

And then we're also going to coach you sit on the field ... Are you still there, Joe?

Joey Myers 23:29

Yeah, I'm still here. You're breaking up a little bit.

Joey Wolfe 23:33

Okay. What if I lose you? What do you want to do if I lose you here?

Joey Myers 23:40

No, you're good. We're starting to get to the end here. We can audible it or whatever.

Joey Myers 23:46

Speaking of pitching and catching you just mentioned that I want to be respectful of your time, got about four minutes or five minutes or so.

Joey Myers 23:53

I know we talked about the catching so you're going to start to go online, well you've been trying to go online, and we've talked about that over the last year or so, but you were putting together, you're almost done with the catching course.

Joey Myers 24:06

Talk a little bit about that and maybe kind of the future of Paradigm Sport being online. Maybe some people out there that don't live around Santa Cruz area can reach out and possibly get some training.

Talk a little bit about the future of Paradigm Sport being online...

Joey Wolfe 24:19

I figured once COVID hit, I've been I've been thinking about this for a while about doing some online, but I signed out, now's a good time, so I started a separate business. It's obviously in line with what we're doing with our brick and mortar, but it's called the Players Paradigm.

Joey Wolfe 24:34

It's just a way to kind of reach more kids and like you mentioned I was a catcher. I think there's a lot of intricacies of the catching position. I created a course like I fill ... film course "..."

Joey Wolfe 24:49

Now I'm getting everything kind of in order and I'm trying to put it all together on a website and get it so people can purchase it "..."

Joey Wolfe 25:00

I feel like there's so much to fix the nose of it "...". But we're also know we're talking about shamanistic side "...". There's those but really, to me, it's like, what is truly all about, and it's really about your kids' skills "...". Like soft skills are going to survive "...".

Joey Wolfe 25:23

Can you hear me? "..."

Joey Myers 25:30

We'll keep going.

Joey Wolfe 25:33

So just I'm just trying to get kids ...

Joey Myers 25:37

Okay. All right, Joey back with me, had a little bit of an audio problem that tends to happen when driving, Joey is coming from Stanford baseball camp and coming home to Santa Cruz.

Joey Myers 25:49

Welcome back, Joey to the show.

Joey Wolfe 25:52

Hey, thanks for having me back.

Joey Myers 25:55

Okay, let's, let's see if we can finish strong here. I know, we were talking about the catching, the online program. What I want you to do is I want you to share with the group, for those listening, where people can find you to get some more information, and let us know when that catching program is going to be done and ready to go.

Joey Wolfe 26:17

Okay, so that's the million-dollar question. My goal is to have it done by August 1st. Like I said, everything's already filmed ... trying to get up ...

Joey Wolfe 26:42

But it's August 1st, and you'll be one of the first to know when it's done, so you can let listeners know when I've done somewhat aggressive launch date.

Joey Wolfe 26:48

My email is joey@paradigmsport.com, @joey_wolfe ... @paradigm_sport ... @paradigmsportbaseball on Instagram.

Joey Wolfe 27:01

... happening with the gym, kind of general fitness training programs were based specific to what we're doing baseball.

Joey Myers 27:11

Cool. I can hear you. What I'll do is I'll include all that stuff in the show notes. In case people missed it or your kind of cutting off a little bit, we'll have that in there. People can check that out there which you'll have access to both.

Joey Myers 27:26

Joe, dude, no worries about all this. Next time, we'll just have to do it when you're at the gym and all that good stuff. We can see your beautiful face. Like my wife says I'm not just a pretty face.

Joey Wolfe 27:38

Well, I appreciate it. I'm sorry for the technical difficulties, that was my fault. And yes, next time we'll do it where I'm at a desk.

Joey Myers 27:46

Well, hey, thank you for your time, man. I know the drive home usually is time to defrag and you get to listen to your Taylor Swift songs and get to sing and stuff like that. It's nice to hear you sing sometimes.

Joey Wolfe 27:58

You got it, man. I always love catching up with you, Joe.

Joey Myers 28:01

Alright, brother. Take care over there and good luck at the Stanford camp this week.

Joey Wolfe 28:05

All right. Thank you. I'll talk to you soon.

Joey Myers 28:07

Bye bye.

Joey Wolfe 28:08

Okay, bye.