

# Did You Separate Your Kids Being A Parent, Being A Dad And Being A Coach? How Did You Do That?

## Shawn Wolf Interview 2021-05-25

**Joey Myers** 00:00

I just started to record just so that we get it recorded, I'm respectful of your time. So yeah, go ahead.

**Shawn Wolf** 00:12

Oh, because he plays quarterback and because he catches a lot. It's like he's constantly throwing. My thought is maybe I need to shut him down a little bit more throughout the year in between sports. Give him another month in between baseball and football and then football and baseball.

**Joey Myers** 00:37

And he's been doing good with the signal six still and all that?

**Shawn Wolf** 00:40

He loves it. He does it every day.

**Joey Myers** 00:44

That's good. Well, that's the thing is I always tell the hitters that are having some issues, whether it's arm or whatever. Are you doing your signal six, and about 80% of them say, Oh, no, I haven't been doing it, like, dude?!

**Shawn Wolf** 00:56

Yeah, and that's pretty much what we're telling him now. Now that he's 13, not 12. Right. You need to start monitoring your body, you need to start warming up more often.

**Shawn Wolf** 01:12

When they're six to 12, they just get out there and throw and they're jacking around while they're throwing and now you got for warming up. Now you got to warm up with a purpose, right?

**Shawn Wolf** 01:21

You must get warm over the purpose, get your body ready to go because you're getting to that point where you're putting some major force on your body now.

**Shawn Wolf** 01:31

As you get older, you start getting more and more sedentary. Riding a skateboard doesn't happen before the game, now it's like walking in with your slides on or with flip flops on or whatever, and you're like, oh, just woke up, and then you got it.

**Shawn Wolf** 01:48

Then they just start, they just think, oh, I can just start playing. Which isn't true. You need the bands, you must put more emphasis on the warmup now, I think.

**Joey Myers** 01:59

I think so. Yes, I think you're right. Well, hey, let's give people a little bit extra in the beginning. Should I do an official start here and we'll get going?

**Shawn Wolf** 02:06

Yes, sure.

**Joey Myers** 02:08

All right let's do it. Hello, and welcome to swing smarter monthly newsletter. This is your host, Joey Myers from [hittingperformancelab.com](http://hittingperformancelab.com) and I have the honor and privilege today to have. I think the information we're going to go over will be good for everybody.

**Joey Myers** 02:22

I think it'll be good for our instructors, our parents, and our team coaches especially, I think this interview is more geared towards teen coaches, and especially for team coaches that are coaching like in that little league to like middle school area.

**Joey Myers** 02:38

Also, of course, there'll be things in high school, college and beyond that will apply. But I think this interview will go beyond just hitting and things like that, but good for team coaches.

**Joey Myers** 02:49

So first, I want to welcome you on Shawn, this is Shawn Wolf. So welcome, sir.

**Shawn Wolf** 02:54

Thank you. Thanks for having me.

**Joey Myers** 02:59

Yes, sir. Just a little context. I'll let him get into a little bit more but disclaimer, I've worked with all three of Shawn's boys from Keenan and Liam, Keenan is playing football now in college.

**Joey Myers** 03:11

Liam, I think he's graduating right this year from high school?

**Shawn Wolf** 03:15

He graduated last year.

**Joey Myers** 03:16

And he's going into accounting, and I think you said right, CPA stuff?

**Shawn Wolf** 03:20

Yes, he's getting it at Fresno State.

**Joey Myers** 03:22

For those of you that just joined a conversation a little bit into the conversation, we were talking about Torin who is 13. We just started working with him and been dealing with some injury stuff recently, and all that kind of stuff.

**Joey Myers** 03:34

Shawn, give us a little bit about your background on the coaching side, what you did with your boys, when you started coaching, and then when you let go, and then we'll go into it from there.

**Give us a little bit about your background on the coaching side, what you did with your boys, when you started coaching, and then when you let go...**

**Shawn Wolf** 03:40

I started coaching about 2006, my seven-year-old at the time, had this innate ability to play baseball. When I say that, it was just one of those things where you throw a ball in front of them, and that's what he would gravitate towards was a baseball, not a football and basketball, whatever. Baseball was kind of his thing.

**Joey Myers** 04:08

That was Keenan?

**Shawn Wolf** 04:10

Yes, that's Keenan. Which was fantastic for me because I grew up playing football. I feel like football is one of those sports where you're playing football until you play enough football, you're going to get to that injury where you can no longer play football.

**Joey Myers** 04:25

Which say a little bit about that for you?

**Shawn Wolf** 04:27

Right, yes, exactly.

**Joey Myers** 04:30

Speaking from experience.

**Shawn Wolf** 04:31

Right. It's fantastic that Keenan decided, you know, I want to play baseball, left-handed anyway. It almost was this perfect transition, you don't even really have to be that fantastic to play if you're left-handed, you'll figure out how to pitch. That's kind of what he did.

**Shawn Wolf** 04:52

It was one of those things. At that point, he had gone to a couple of leagues and Cal Ripken, that kind of stuff. He wanted to play more baseball when the Cal Ripken season was over.

**Shawn Wolf** 05:07

If you're not on the all-star team, then what do you do? I started travel ball teams and found out that there's a fantastic world out there, travel ball. But there's also probably one of those things, that fantastic world of travel baseball as well, because you can overdo it.

**Shawn Wolf** 05:28

I kind of put it all together. We just started running with it. I had a team for Keenan until he was 13. He started when he was 10 playing travel baseball, went until he was 13. At that time, the only reason he went to 13 was because there was a little bit of Cal Ripken or sorry, a little bit of Babe Ruth after seventh grade. But there wasn't anything between eighth grade and freshman year.

**Shawn Wolf** 06:00

Other than travel ball, so we decided to put that together. The next thing you know, I'm coaching him until he's a freshman. I did that with my middle one Liam, I did the same thing. Then they went into their high school years, and there was always something there to do.

**Shawn Wolf** 06:18

That's almost a year-round thing. I planned on doing that with Torin, as well. With Torin and I kind of back off a little bit because I started with him younger. And I'm like, okay, your kind of at that point where you need to hear other voices in your head telling you what to do and that kind of stuff.

**Shawn Wolf** 06:40

He is very coachable. It's just one of those things where you get four or five years of dad doing it, you're going to do it dad's way but when you get to high school, they may not do it dad's way.

**Joey Myers** 06:51

That brings me to the next question. I think a lot of dads out there, me being one right here, that probably need some good advice on coaching, when you have your own kids on the team. How did you separate? Or did you separate your kids being a parent, being a dad and being a coach? How did you do that?

**Did you separate your kids being a parent, being a dad and being a coach?  
How did you do that?**

**Shawn Wolf** 07:12

My kids still call me coach. Even to this day, it's weird to hear my oldest go, Hey, Dad!

**Shawn Wolf** 07:26

You're always harder on your own kids, right? You always expect more for your own kids. I just took being hard expectation, and just made sure I was fair and hard on everybody else, just the same, right?

**Shawn Wolf** 07:37

You treat them all like they're your own kids. When you pull them over to the side, right? You see the coaches sometimes that have a kid on the team, and their wife may be in their ear or whatever and look, you're hard on little Johnny today. It's difficult watching you guys out there.

**Shawn Wolf** 07:58

I just make sure I'm hard on everybody. That way, it's fair to everybody, because I'm going to be harder on my kid. But I was pulling off to the side, my kids included.

**Shawn Wolf** 08:07

With my kids, we were able to drive to the game and so we would talk about baseball. When we drive home, we would talk about baseball or not. It depends if that came up.

**Shawn Wolf** 08:21

It's the same way with people that are bringing their kids to me to help them, I'm helping develop their baseball or I'm hoping to get them reps. The dads or the moms may not be happy with what's going on out on the field and that's okay.

**Shawn Wolf** 08:34

You just don't want to undermine, you're not going to help the situation if you're undermining what the coach is doing, or what the coach is saying. It doesn't work that way, the coach isn't going to change the way he thinks or wants to get the kids to play baseball, if your kids are just not doing what he's asking them to do to begin with.

**Shawn Wolf** 08:52

I always pull them off to the side and say, look, I'm only hard on you because I care. This is what I see a positive attribute, maybe two or three positive attributes, but I just need more effort. The team needs more effort. Don't do it for me, don't do it for yourself, do it for your teammates.

**Shawn Wolf** 09:08

You try to create that teammate field, that bonding thing. If a pitcher is up there and he's throwing gas, and he's got a no hitter going into the fifth or something, you're going to want to dive a little bit.

**Shawn Wolf** 09:21

Hopefully, they're not calling you dad.

**Shawn Wolf** 09:21

If you don't give the extra effort, that kid on the hill is going to go "you didn't have my back". We do things in practice to kind of make sure that I'm kind of taken out of the equation of the dad coach, it's more of I'm just a coach. My kids will say hey, coach, and their friends who never played for me call me coach.

**Shawn Wolf** 09:47

That would be weird.

**Joey Myers** 09:50

That's interesting, I love that too. That's something, this is actually officially the third year but four year because we lost last year with my son and his team, and I completely buy into what you're talking about.

**Joey Myers** 10:03

I've had those thoughts. It's like, you know, you got your son and how do you either correct or not correct. Like you said, keep it even. I grew up with a guy, or one of my teammates, he ended up being kind of a dunderhead.

**Joey Myers** 10:19

Later, I didn't highlight baseball was for him. I think dad was pushing a little bit too much. But I played on dad's team, his dad's team, and he was our catcher and stuff. A lot of people out there can say, yeah, I know the dad that coddles their kid and gives their kid everything and lets them start, even though when they probably shouldn't be starting and whatever.

**Joey Myers** 10:40

I know, many have many stories like that out there, but I experienced the other way. I experienced the dad who would smash his kid at every second way more than the rest of us.

**Joey Myers** 10:52

It was blatant, many of you out there will see the dad who's coddling, imagine that same dad smashing their kid going above and beyond to smash their kid at practice and run them into the ground almost to tell the others Hey, I know he's my kid, but I'm not going to give them a favor. Well, you can't do that either.

## **How to find the balance of not coddling your kid on the team, and not ripping them apart...**

**Shawn Wolf** 11:12

We all think our kids are going to be the professional Hall of Famer. He's still going to fail seven out of 10 times. Even if your kid is that kid, he's still going to fail seven out of 10 times.

**Shawn Wolf** 11:24

I'm not saying I never allowed my kids to accept the failure, but deal with it. Figure it out. Figure out what. Not that I don't want to lock them up with analysis versus paralysis, all that kind of stuff. I'm not that guy.

**Shawn Wolf 11:45**

Literally what happens is, Keenan was the best at this. I called him my Labrador, he would say, because he'd go out there and he would beat a team on the mound and with his bat, it would be one nothing and he pitched and hit, and this is for as a sophomore in high school, that mechanic, and he would do that.

**Shawn Wolf 12:04**

The next thing, he would get in the car. He's like, what could I have done better? I'm like, Dude, that was fantastic. There's nothing you could do better. I just like watching you compete at that level.

**Shawn Wolf 12:18**

I remember this when I had that kid 0-2, I remembered what you told me about Frank Robinson finding the Giants pitchers don't throw a strike to 0-2 to make them chase. But it's those conversations in the car teaching them the game.

**Shawn Wolf 12:34**

The coaching side of it is coaching but teaching them the game outside, I think is beneficial in the car. That kind of thing, it's been a fantastic thing to kind of keep. I've learned a ton. All three boys with their different personalities.

**Shawn Wolf 12:53**

Liam my middle one was not the Labrador. He was more of what we call the cat. I got this. I got this. I'm going to do it my way. He gets in the car, I mean, literally rolled out of bed, get in the car, go to the game. No batting practice, no warmup, no, nothing and go 3 for 4.

**Shawn Wolf 13:14**

I've got the opposite where Dad, can you throw to me and I'm like, we got two hours before we need to leave, do you really want to get all sweaty?

**Shawn Wolf 13:23**

I got two of those now, Keenan was like that and Torin is like that now. "Dad, can you throw a little batting practice before we get in the car?"

**Shawn Wolf 13:31**

I think as a coach, you must always remember that they're still your kids, and they're your kids that aren't getting the attention at practice that the other kids may be getting, because you're coaching all of the kids.

**Shawn Wolf 13:49**

I'm not going to tell people to do it, but I never favored mine, but they want that one-on-one attention. Other kids are getting that one-on-one intention. Some of them are getting that one-on-one attention with their dads before they show up to the game.

**Shawn Wolf** 14:06

Hence the reason I've kind of learned back off let other people coach him sometimes. If you don't like what's going on and I never hid behind the kids on the team. The parents always had an open microphone to me, just don't do it during the game.

**Shawn Wolf** 14:25

Either pull me off to the side and say, hey, I don't know if you know this or not.

**Shawn Wolf** 14:30

I had one parent handled it beautifully. He's like, hey, I know you get busy during the game but little Johnny only got two at bats in the game and he's guaranteed three by Cal Ripken.

**Shawn Wolf** 14:41

I wasn't keeping track. I probably should have. We ended after four innings and I didn't get little Johnny and I said you know what, I'll make it up to the next game. I promise.

**Shawn Wolf** 14:50

That's one of those things, it's a learning thing for me was to start keeping track. Now travel balls a little different. Everybody paid the same amount; everybody gets their playing time.

**Shawn Wolf** 15:04

It's about reps anyways, we could talk about the trophies and all that stuff, but it's totally about the reps.

**Joey Myers** 15:12

Exactly, getting more work. I know we talk a lot that's why I wanted to have you on because we talk a lot about this stuff. I was like man to be a fly on the wall with coaches out there.

**Joey Myers** 15:21

One of the stories that we were talking about is, and I do this with my son, because my son sounds like more of Torin and Keenan style where he wants to play catch.

**Joey Myers** 15:35

He wants to do all this stuff and sometimes, especially after Sunday, when I do all my lessons I've been throwing and he wants to throw I said, yup, looks like we need the lefty. His mom is a lefty, so we need her.

**Joey Myers** 15:48

Anyway, we were talking about that when you give them advice, you give them a hitting advice to correct, or you give a pitching of whatever it is that I give to my son and then I make sure he understands it and then I'm out.



**Joey Myers** 16:04

I don't hover over him and really try and hey, no, you did that wrong. No. Do it another one. Nope. Do it again. No, do it again.

**Joey Myers** 16:11

I tell him and then I step away. Now that's not for every kid, but that was interesting. We were talking about that.

## **How to not be the micromanaging or hover coach/dad...**

**Shawn Wolf** 16:19

Yes, and it comes down to personality. If you're micromanaging, I call that micromanaging or being the hover coach or hover dad or whatever.

**Shawn Wolf** 16:30

If you're micromanaging, they lock up, eventually they must become an athlete, they have to rely on their instincts, and you're teaching them instincts in practice. That's exactly right.

**Shawn Wolf** 16:45

Some kids already have those instincts. I'm going to work hard. I know, my kids, it's I'm going to do it 250 times, so I don't have to think about it in the box. I think you've seen it with Torin, in some of your lessons, he comes back the next week and you're not working on what you worked on last week with him as much.

**Shawn Wolf** 17:09

It's one of those things, he's like, I want to make sure I got it, because I want to continue along that journey of this is what I do on the inside high pitch. This is what I do on the low light pitch.

**Shawn Wolf** 17:21

He wants it to be instinctual, so he's not thinking about it, like you haven't really chopping down on that inside high pitch because that's his cold spot. It's that high inside or the up and in or the over the middle and up.

**Shawn Wolf** 17:38

He's so good at getting his barrel down into the zone, that at in the catcher's glove, I would say 70% of his home runs out of his 60 home runs that he hasn't really had any this year because he's been injured.

**Shawn Wolf** 17:55

Out of the 60 home runs, I would say 70% of them are to right center to left field and he's right-handed, right fields. He goes oppo better than well, any kid I've seen. When I say that, not high school, or anything like that but any kid that I've seen over the last 10 years that I start young, you start keeping track of that kind of stuff.

**Shawn Wolf 18:20**

Anybody go that hard, opposite way. It's because he does exactly that. I'll say, hey, you, you need to work on this. Remember what Joey said? And he's like, yep. He's already setting the tee up.

**Shawn Wolf 18:34**

He doesn't have to think about it anymore. He wants to get it; they want to do the right thing. Just got to remind them. I think that's exactly what you're doing with your son is, hey, this is what we should be doing and then they'll figure it out. They're those kids.

**Shawn Wolf 18:51**

Liam, he just wants to play baseball, that kind of thing. That might be a different deal. The great thing about those kids is I feel like they're just instinctively reacting to everything anyway.

**Shawn Wolf 19:10**

When Liam got older, and was in high school, very much into wanting people to tell him how to hit and that kind of thing and embraced, I wouldn't say micromanaging, but the nuances of the swing, he embraced that more because the failure did start coming.

**Shawn Wolf 19:32**

Just because you hit the ball hard on the ground doesn't make it a base hit in high school. You do that when you're 12- 13- 14. It starts turning a little bit. Now it's a different story. Then he's like, okay, how do I get that low pitch elevated? Remind me how do I do that? He wouldn't let me work with him. But how do I do that?

**Joey Myers 19:53**

I love it. I got some advice on what to ask of you. I got a couple hitters who maybe other parents out would be interested to in your answer.

**Joey Myers 20:02**

A couple hitters who, during this time have been rather good, they're in high school. I've had both parents text me, one hadn't gotten a lot of playing time this year, he is more of a freshman sophomore in high school and got called up the varsity, you know how that goes.

**Joey Myers 20:19**

This one got an inning, I think every game as a relief, and then maybe would get in a bat, he didn't get too many pinch-hit at bats. Then one game, the coach starts him for three at bats. He strikes out three times, so the mom texts me.

**Joey Myers 20:34**

Usually, these parents are particularly good. I rarely hear from them, but as a parent, your heart goes out to that kid who hasn't really gotten much of a shot, he gets a shot strikes out three times. That's one example.

**Joey Myers** 20:45

The second example is remarkably similar, except this kid is more of a junior, next year going to be a senior in high school, and he's actually been doing pretty good and been coming off of a couple injuries. Couple surgeries and came back.

**Joey Myers** 21:00

He started off a little slow and then really caught fire had a game where he was a triple away from the cycle, was three for four. He hit his first home run since he was 10. Then has a game where he's 0 for 6 with five K's.

**Joey Myers** 21:15

The parents texted me, in a panic mode, its different parents, texted me. Same reaction, though. What's your advice on that kind of a game, your kid has that kind of a game? What to do?

### **Advice on how to treat your kid after an awful game (e.g., 0-6 with 5 K's in the box)**

**Shawn Wolf** 21:25

Well, for me, when I'm looking at that, I'm looking at the homerun, for the second kid, I'm looking at the homerun, I would expand the look and go Okay, what did he do over the last week.

**Shawn Wolf** 21:44

Let's look he had 8 at-bats, and he went three for eight. That's fantastic, but also the results. First off, the results don't dictate the work that the kids put again or dictate how the kid performed at the plate.

**Shawn Wolf** 22:03

In my opinion, did he hit the ball hard? You can't control what happens to the ball after it hits the bat. All our goal is to hit the ball hard when we're in the box. You hit it hard somewhere. Hope that good things happen, right?

**Shawn Wolf** 22:20

Hope is not a strategy, but I don't have a strategy and say, oh, I'm going to put the perfect top spin on the ball. You can if it's a tennis racket, I don't have that kind of control. I don't think any kid, I don't know if any hitter really that does except for maybe Manny Machado or Seger or somebody like that.

**Shawn Wolf** 22:42

My thought is, is always don't react to the result, react to the approach. It's not about the three strikeouts, it's about the approach to the three strikeouts. What changed? Was he trying to hit homeruns? Was he trying to cut the ball in half? That's always my thing.

**Shawn Wolf** 23:08

It's always the approach. I always work on the approach, because at one point, he hit homeruns. He was hitting triples, he almost hit the cycle, right? He knows how to swing. Maybe the opportunities weren't there.

**Shawn Wolf** 23:21

As a parent, I look at things and as a parent, coach, dad-coach, I look at things in like for instance, Torin, I noticed they started pitching him up a little bit. You pitch him up, he can't get that barrel up there.

**Shawn Wolf** 23:34

I have to be honest with myself and don't put the pressure on my kid and say, okay, hey, we need to start working on this. Let's start working on this and that'll fill that hole.

**Shawn Wolf** 23:46

If other coaches that are sharp, they'll see that and they'll keep feeding that, oh, we got him out on a high pitch last time. Let's do it again. Now the 0 for 3, not getting the playing time, not seeing the reps, if he had a good approach in the box.

**Shawn Wolf** 24:08

I don't know who is playing, if he's playing a division one kid that are division one pitcher from that's going to UCLA next year and he's a sophomore? He might just be overmatched. Was he out on fastballs, was he out on curveballs?

**Shawn Wolf** 24:24

Did the umpire make two bad calls on strike threes, was he fouling pitches off? There's just not enough information there as a parent to start panicking. I was looking to go, hey, you fell two balls off. You pulled the kid, you went deep with two foul balls, and then he got you on a curveball away.

**Shawn Wolf** 24:46

Two inside pitches. You fell them off super hard, and then he beat you. But was that one pitcher two pitchers, three pitchers on those three at bats. There's a lot of information to digest and kind of get through before I start panicking on my kid's swing or his approach at the play.

**Shawn Wolf** 25:01

There's just so many variables to baseball, that the average parent that's sitting back as coaches, we sit there and go, yeah, your kids is doing fantastic job. He's 0 for 9. But he's doing a fantastic job.

**Shawn Wolf** 25:14

He's got six RBI's with three sacrifice flies, and you just sit back and go, what are we doing? Why are we panicked? He's hitting the ball to the wall; it's just getting caught.

**Joey Myers** 25:25

That's one of my favorite things about you is you're one of those critical thinking coaches. I think that's what we need more out there, if we had more critical thinking coaches, I think we would have less of a daddy ball issue or whatever you want to call it with the travel.

**Joey Myers** 25:39

I purposely didn't give you a lot of intel into that, because it was really what I was getting, I was getting the same information and attacks about what the stat was in the whole thing.

**Joey Myers** 25:49

Like you said, you go through this online thing, and I think the easy 30,000-foot view of the number one you're talking about 0 for 3 has it, sophomore hasn't really hit given the first start.

**Joey Myers** 25:59

The 30,000-foot view is, the guy hasn't really got to start, he has gotten three or four pinch hit at bats over the season. It is what it is.

**Joey Myers** 26:09

I don't know who the pitcher was, who he faced that day, but I could just tell you, no matter how good that pitcher was, if he was good, obviously, what you're saying is that, but even if it was some guy through 60-poo, it's going to be hard to do that when you haven't gotten the reps.

**Joey Myers** 26:28

The big thing that I want people to get out of this interview is a critical thinker, critical thinking coaches, parents, instructors, those are the ones that will help to get our kids, boys girls, could be your own kids, could be your team, your kids that are on your team, it could help get them to bust through a lot of those barriers and things like that.

**Joey Myers** 26:50

One of one of the stories that you told me; it was cool is one of your buddies. I think he's coaching Torin's team or something like that, but you were talking about, and we don't have to say his name or anything, but he's coaching a team very organized, 3-hour practices, which I think is a little long, but three hour practices.

**Joey Myers** 27:08

Everything's planned to the second minute, right throughout that practice, and he came to you. You want to tell that story? Where he comes to you, he's like, Shawn, you know what? We're doing everything right. We're checking all these boxes, but we're just not winning. Pick up the story from there.

**Advice to overly organized coaches, checking all the “boxes”, but team still isn't winning**

**Shawn Wolf** 27:25

Yes, and I think that he just came in, he says, what would you do? What would you do? I said, I throw a mush ball out there. Give them one ball in a mush ball for one bat in the mush ball, and then dad's go to the closest pub or whatever, have a couple of drinks and let the kids play.

**Shawn Wolf 27:45**

Let them relax a little bit, you'll find out who. A lot of it is looking for leaders. A lot of it is looking for influencers. A lot of it is looking for the positive, the kids to be positive with each other a little bit.

**Shawn Wolf 27:58**

Look, we've watched enough baseball, we've been around it enough. The 07 Red Sox, maybe not the best talented, definitely the three Giant's championships, they were not the most talented.

**Shawn Wolf 28:12**

The Phillies in the 90's

**Shawn Wolf 28:12**

Yes, you must have grinders, you must have role players, you have to have all of that. The most thing you must have is chemistry.

**Shawn Wolf 28:25**

Look at what the Dodgers did last year, and I am not a Dodgers fan, but at the same time, look what they did last year, they didn't rally, they have a huge payroll, but they rallied around COVID, and they said no matter what we're going to get through this.

**Shawn Wolf 28:45**

They took care of each other, even though a couple of their players got COVID throughout the season. I'm told I didn't watch any of the Dodgers. But I'm told that a lot of them got COVID throughout, they just picked each other up. Next man up.

**Shawn Wolf 29:00**

That's one of the things that we try to do sometimes, I try to get the chemistry going. That means a lot of pizza parties afterwards, even though I'm exhausted. I've been out in the sun all day.

**Shawn Wolf 29:17**

It's gosh, can I stare at the bottom of a beer pitcher, right? Let's make that happen, but it's not about us. It's about the kids enjoying it, making memories, and taking care of one each other.

**Shawn Wolf 29:33**

If they start doing it off the field, on the field. It's easy on the field of chemistry because it's really easy. They start grabbing each other's gloves and hats in between innings and it's not a forced thing.

**Shawn Wolf 29:45**

I've had coaches go; this is how you got to do it. You got to grab their glove. You got to grab their hat, you run out to their position, you set it down. They don't have to do it that way.

**Shawn Wolf** 29:54

They can do it any way they want. Some of the times, it's like Hey, I got your stuff. Then as they're running out their position, they throw it to them, and it's all over the place, but they're laughing about it.

**Shawn Wolf** 30:06

The more fun they can have, because like I said, they're going to fail seven out of 10 times, they must succeed at something.

**Joey Myers** 30:14

Part of that, too, I think one of the offshoots is that same story you told me you were talking about, I think the same team, and you told him to just have a team party.

**Joey Myers** 30:22

I think he was on a Saturday, and they played double on Sundays or something. I guess the coach said something like they lose every Sunday. They don't sweep on Sundays. They'll lose one, win one or they'll lose. What happened after you told him to have a team party?

**Shawn Wolf** 30:36

Yes, we had a team party at our house. We did a little pizza thing. They ended up winning the entire tournament against teams they hadn't beat before, which was fantastic for them.

**Shawn Wolf** 30:53

This past weekend, we kind of did a little pizza party on Saturday after our games and they won again.

**Shawn Wolf** 31:01

There's something about it, there's some sort of team chemistry, some sort of a stick-to-itiveness. It works. I don't know why it works but it works.

**Joey Myers** 31:14

That's so cool. I was telling that story, a couple of my hitters, some of my older guys that are the juniors, going to be juniors, are going to be seniors this next year, and that, hey, you guys are going to be the ones that are going to be the leaders of your team.

**Joey Myers** 31:26

You must create that or maybe not create the team chemistry but at least put the environment where the atmosphere together to hone that team chemistry. I was telling them about my last year in high school, and we had a team, we ended up winning in our Valley, we call it the valley champions, or whatever it was.

**Joey Myers** 31:45

I think we lost five games, we probably only should have lost three, we lost two, again, some teams that we should not have lost.

**Joey Myers 31:51**

But we had the team chemistry, and I knew that coming up we had a couple years above us, love the guys, but there were some dunderheads. When I was in my sophomore year, our seniors were good, but my junior year, seniors were there. I love them. I love the guys, but they're dunderheads.

**Joey Myers 32:11**

I vowed that next year to change that. We had guys that I would never really hang out with at a party, I would never go look up and maybe say hi to him, whatever.

**Joey Myers 32:20**

More quiet guys, not that they're just dunderheads, they are just not my type to hang out with and whatnot, but we pulled those guys in and we did our own team parties and that kind of thing.

**Joey Myers 32:30**

We had a great year. We didn't have a team like Buchanan this year where my guys are telling me that Buchanan from the first in the lineup to the ninth in the lineup. They're all going to be D1.

**Joey Myers 32:41**

All nine and then I think they said there's 12 or 13. They're going D1. Now we weren't that way in my senior high school, but the chemistry made up for that.

**Shawn Wolf 32:53**

Well, I think one of the things that you did as a senior as well, we talked about that, was it you were inclusive? You included everyone whether you were hanging out with them or not.

**Shawn Wolf 33:05**

I think that's one of the things that you need to be as a leader, is include everyone because you don't know who you're going to rely on. You don't know who's going to be that guy that you're going to need in that moment? Every season has a moment or a few moments.

**Shawn Wolf 33:24**

I think being inclusive helps as well. That's one of the things that I've always instilled in, at least my kids are like, hey, this kid struggling, give him something. Give him, whatever it is, and sometimes it's just warming up with him.

**Shawn Wolf 33:40**

Just talking about things, especially as they get older, just talking about things because it gets interesting what you hear the older the players get, and the more responsibilities that they're going to have.

**Shawn Wolf 33:55**

I think knowing the background of some of the kids as a coach, it helps me out when my kids would tell me? I think I told you I was getting onto a kid one time because he's a little lethargic.



**Shawn Wolf 34:07**

It was a two o'clock afternoon game and I'm like, what's going on? Why are you so tired? Sorry, coach. Just got off work. He had to go out and work to help support his family.

**Shawn Wolf 34:21**

He was 16-year-old in the team. He had to go out and work in the fields to help support his family, and his parents didn't care about baseball. It was his passion, not as parents' passion.

**Shawn Wolf 34:32**

His dad wouldn't let him out for the first game at 10. But he was able to make it at two. The other kids rallied around him. They saw how tired and how much he had worked to be there. When he got on the hill, there was a lot of great defensive plays behind him. They didn't want to let him down because they knew that he showed up for them. So was interesting.

**Joey Myers 34:53**

I love that. We had a couple examples at my senior, I think I've told you about these ones. But one was a bullpen catcher, and he came on the team. He tried out. He's like, hey, I know I'm not going to make it. He goes, I know I'm not that good. And he wasn't.

**Joey Myers 35:08**

He said, I just want to be a part of this. He liked the guys. He loved the atmosphere. I just want to be a part of it. He goes, I'll be a bullpen catcher all year. I don't have to get into bat. I don't care. I just want to be the catcher.

**Joey Myers 35:20**

I remember my buddies have pitched they were bull penning in with, this guy was tough. Like you said those stories that you rally around, he ended up getting, I think he got three at bats during the season.

**Joey Myers 35:32**

We rallied around him, included him in all our stuff, even these parties would never invite this kind of guy who have one of our parties, but it's a baseball party and we bring him.

**Joey Myers 35:41**

He didn't play the best teams you didn't get at bats against good ones. I think he got a double and a single, two for three. That was the end of his junior year, and then we had another one who was a senior, he played second base.

**Joey Myers 35:55**

He ended up going to three two and I think it would suck he's a smaller guy, he came this close to hitting a homer at Bullard hits one pulls him right down the line, hits the top of the fence, bounces back in. Oh, we were all like that. We're all Oh my god, we were pulling for him.

**Joey Myers 36:13**

We were all like, I can't believe it, you should have seen the big smile on his face when he's standing on second base because of it, but yes relationship is huge.

**Joey Myers** 36:24

Well, I want to be respectful of your time. Anything, any other parting words? I know you don't have a website. This isn't your gig or anything like it is mine. But any advice that you think that we missed on the call for maybe new coaches out there starting or maybe some of those veteran ones?

**Any advice that you think that we missed on the call for maybe new coaches out there starting or maybe some of those veteran ones?**

**Shawn Wolf** 36:40

I don't have any coaching or anything. Just enjoy it. It goes fast. I know when you're going through it, you're like oh, we're giving up this summer. Oh, we've given up that summer for this or that.

**Shawn Wolf** 36:55

For baseball, we would vacation around our tournaments. When I say that I really mean that, Oh, we have to go to the coast for a Friday night game Saturday, Sunday games, we leave Thursday, and then come back Monday and just spread out our vacation that way.

**Shawn Wolf** 37:12

Now, we only have one playing baseball. The other two are playing football, whatever, but they decided to go play football which is crazy. Because I steered them away from it for so long.

**Joey Myers** 37:24

Noted. I won't steer them away from it, they don't go to it.

**Shawn Wolf** 37:29

Right. The thing is we miss those weekends, now we've only got one doing it. If it's an off week, and we're like what do we do? We bought a damn boat, which is expensive.

**Shawn Wolf** 37:46

The thing is that enjoy it. It's going to go, it's unreal how fast it goes. I look back on it now and I'm like, man that was fast. Enjoy it and just make sure the kids are having fun.

**Joey Myers** 38:01

I agree, man. That is great advice. It's not baseball advice. It's not hitting advice. It's just life advice. It applies to any aspect of the game.

**Shawn Wolf** 38:14

That's exactly right.

**Joey Myers** 38:15

Love it, dude. Hey, well, thank you so much for making your time, we get to see your pizza oven back there in the back.

**Joey Myers** 38:21

Before we started the call, I said is that the wifey, is that an unused pizza oven? Or is that a former pizza oven? He said no, no, we just put it on there. We just got to.

**Shawn Wolf** 38:31

She likes to decorate it when it's not in use.

**Joey Myers** 38:35

Because it looks beautiful back there. Look at all those beautiful colors.

**Shawn Wolf** 38:39

Appreciate it. Yeah, thanks. I'll let her know you like it.

**Joey Myers** 38:43

I would love to taste what comes out of that thing.

**Shawn Wolf** 38:46

Yes, it's good pizza.

**Joey Myers** 38:49

Alright, brother. Well, hey, have a good rest of your weekend. And hopefully when Torin is feeling better, I think he's got a tournament this weekend, right?

**Shawn Wolf** 38:57

Yes, I think we'll be back next week. He's starting to be able to move it around a little bit.

**Joey Myers** 39:04

Okay. Cool.

**Shawn Wolf** 39:07

All right. Thanks, Joey.