

## Navigating NIL Episode 8: Finding your fit

Hello and welcome to episode eight of navigating Nil I'm Tyler Lankford and I'm excited to be joined today by Reed Meyer Reed Welcome Hey how you doing I'm doing great man I appreciate you coming on Yeah absolutely Thanks so much for having me Yeah totally So for those of you who don't know Reed is a former college baseball player He spent a couple of years at Texas Tech and then found his way over to Texas as just a student and and loved it And he's now an entrepreneur who's working with sports and uh he's got a company called athletes to athletes that we're working with So Reed I'd love it if you could just kind of give us a little bit of a breakdown of what athletes to athletes is what you guys are doing to you know help young men and women out there Absolutely So athletes to athletes is a comprehensive non-biased college prep program for student athletes So we really have have leaned into that college uh preparation college counseling aspect of of what every kid really needs when it comes to to making that decision for the next step And we've applied everything that we know uh to student athletes We feel like they kind of fell off by the wayside for a little bit there Um counselors didn't really know what to do with them because the recruiting coaches didn't really know how to take into consideration all the different aspects that make up a college experience And so we're kind of here to blend those two worlds together and and provide an opportunity for these kids to make a decision that benefits them academically athletically socially and financially totally And and that's all fantastic And one thing that I think everyone you know can agree on is college is formative time Right You're spending four years you know learning not only the academic part but you're learning a lot about yourself And I know for you the process that you went through in your college you know I hate to say it again Your college process was a little bit um you know unconventional and and I think you kind of maybe struggled with some of the things that you were just talking about Would you mind getting into a little bit about what the process was like for you and and and how it ended up going Yeah absolutely So that's kind of the impetus of of how athletes athletes was was even founded Really was I uh I was a kid who you know recruited fairly heavily out of high school I was a tall left-handed pitcher um was in the state of Texas which gets quite a bit of visibility for baseball Um had the the financial freedom in my family to be able to attend a lot of different showcases play on some teams that that played in some larger tournaments And so for me you know the visibility

was there in a lot of aspects and and I got to talk to a lot of schools from from that way So um when I was going through the process I I made my decision for college entirely based on athletics Um I looked beyond really any other thing that that may have come into consideration Um had counselors that were asking me to look at different things and I simply didn't do it and ended up at Texas Tech University which I will say through and through is a fantastic place to be Um But it wasn't a good fit for me Um Knowing where I ended up ultimately it um just for me personally it it didn't have the major I was looking for It wasn't an environment that I felt necessarily comfortable with I came from a big city going out to West Texas that wasn't something I was accustomed to and my relationship to the sport You know I wasn't um you know I may have been able to play division one I could compete in division one but that's not where I was happy That's not where I would have enjoyed engaging with my sport and and I didn't really make that determination to realize that until I got to Texas Tech And so I actually ended up going to four schools in four years In my college career I was at Texas Tech for one year I ended up going to a junior college uh very close to my home Weatherford Junior College for a year had opportunities to play at the next level and actually chose to to forego those opportunities and go to the University of Texas as a full time student I I really just burnt myself out to be honest I I fell out of love with the game I was making all these decisions and and there was a lot of anxiety around what I was gonna do with my sport and and how that was defining me and what I was going to be able to do sort of the next step in my life and I just had to sort of step away So uh I took a little took a few classes at a junior college right near uh UT to kind of make everything sort of connect and and be able to scrouge your degree up by the end of those four years And uh that's how you kind of get to 44 schools in four years There you go And and and that is a a an impeccable journey right Because it's such a you know it's something that a lot of athletes can relate to because a lot of athletes end up in the portal at some point or moving schools or you know dec committing and recommitting to different places And I think a lot of that has to do with you know some some issues with the recruiting process combined with the admissions process which I know is something that you guys really focus on You mentioned it kind of bridging the gap between a college counselor and a coach How do you guys do that How do you bridge that gap Yeah So all of our advisors are former college athletes I think that's kind of a starting point as shallow as it sounds when we're working with teenage kids Um They wanna know that

whoever they're talking to has been where they wanna go And so I think sort of being able to bridge that gap and connect with them from the standpoint of hey look you can believe what I'm telling you because I've quite literally been there and done that at some level or some fashion I've achieved this goal that you're trying to achieve based on our conversation So I think immediately it kind of puts it puts those kids in a position where they can trust what we're saying and they can trust what we're doing And that to me I found is is really important in this process I think the big differentiator for us is we ground all of our work and all of our all of our processes and curriculum in the college counseling bucket So whereas a lot of groups will focus on recruitment and focus on placing you at these high levels or high places or or that's kind of what they'll market to folks Our principal concern is putting kids in their best fit school wherever that is at whatever division that is at whatever level that is we're we're not terribly concerned about what it looks like on the sheet When we say hey you're all here are all the kids that committed to where they're going We don't need to see power five conferences We don't need to see division one if we do That's great because it was the right fit for those kids But what we're for worried about and focused on is you know what can that school do for you to set yourself up for the next 40 years rather than just the next four whenever you're playing your sport Because the the harsh reality of that situation is that as soon as you're done playing your sport whether that's at the end of college or at the end of a professional career 99 times out of 100 the next person you talk to when it comes to a job or a network or whatever doesn't care that you played that sport at all All they care about is can you do the job that they want you to do Are you a good person Do you fit this culture that we're trying to fit in whatever conversation or job that we have right here And those are the things that we really need to focus on whenever we come to the college level So my background is actually in college counseling I have a certificate from the University of California Irvine and in independent independent educational consulting I've got my professional membership with IEC A I'm a certified educational planner with A I C E P So all these acronyms and whatever else that that work in those spaces to to really build out a program that helps these kids shoot if they decide that their junior year of high school you know they're working with us and we've been together for a year they decide they don't wanna play anymore or they wanna look at club level we're still gonna be able to support those kids the same way that we would if they were looking for supports all the way through the rest of their career And that's

something we're really proud of That's great And I know that you guys focus on the person right And it's about that fit that you guys really really pound on and you know I I admire a lot about how you know you were able to learn from your own journey and kind of turn it into something positive So I was reading through some you know some interviews you've done in your guys' website and you were talking about when the idea of athletes to athletes was really and you mentioned you know during your your time at Texas you were kind of realizing like wow if only I had had all of these resources and this information sooner so what was that process like for you kind of flushing out the idea of this is a company I want to start you know what do you what do you do from there Absolutely So for me you know it to be honest the the impetus for the company started as sort of a a therapeutic process for me I guess is the best way to put it I like you said I was at the University of Texas I was in my last year I was in a one bedroom apartment um had no plans after college I had kind of put on my helmet just crashed through my degree plan to to find something that fit after being at that many schools that that many times and really was just working through kind of an identity crisis for myself You know I was a baseball player for so many years and now I'm kind of in this limbo phase of who am I What am I what am I gonna do And I didn't really have an opportunity to to think about that And to be honest there's a stigma around a lot of kids you know in in college athletics where you're shamed for thinking about it It makes it it makes it seem like you're taking away brain space from from mastering your craft And that's something we're working really hard to break too is that you could be a person and also be an athlete and you need to be in these situations And so for me it was it was really going back and writing down ok to your point you know I said down I said what are the things that I wish I would have told myself What are questions I wish I would have asked what are things I wish I would have done during this recruiting process in high school that could have kept me from going to these four schools Maybe I would have found a school that I was really excited about and stayed there for all four years and built that community and built that network and and had a very you know a much more normal college experience than than I that I really had And I just started writing down all these questions and all these all these comments and and things that I wished I would have known on on post it notes and petting them up on my wall And so my my big running joke with all my friends is that's probably the only time my entire college career amazingly that I lost my security deposit because there were just all these little pin wheels or all

these little pin holes in the in the wall And I I'm I'm telling you I filled up my entire living room area with this stuff Just it looked like a scene out of 23 Like I just filled it up entirely And then when I got to the end of my sort of brain space and I kind of really dumped everything out of what I could possibly think of I started calling my friends and I called folks who quit their sport I called folks who transferred I called folks who had had great prolific careers at the same place for four years and said listen I'm trying to figure out if this is a me problem or if this is a student athlete problem II I really need to for my own well-being I need to know sort of where this falls on the spectrum And it was amazing to me when I started talking to folks how it it really is a student athlete problem And those you know the severity of those questions and those concerns varied by person to person and the number of questions varied by person to person But everyone that I talked to could resonate with a good number of things that I had on my list And every single person that I talked to had at least a few things to add onto the list itself And So I just built out this sort of collection of of questions from these different folks that were living in that moment and experiencing these things And from there went to try and answer all those questions and and figure out what's the best objective answer here or what are resources that I can find that would have helped provide more more context around this thing And by the end of it I had this 150 page booklet that I had created that really just sort of broke down all these different pieces And so from there it was hey how can we break this up in the digestible pieces How can we cut the fat and make it more digestible for kids to be able to understand how can we implement this with different families and kids And what started as sort of this personal pro project and personal passion just grew into this business as the more people I talked to the more folks said yeah shoot I wish we would have had this or maybe we really need this and and that sort of validation of what we had created just kind of built and built over the years Definitely And I wanna kind of go back to you know your days at Texas Tech right You know you've committed to what the best program is even though I know you were excited about you know Weatherford where you were originally committed If I'm not mistaken Um What was the process like for you when you kind of realized you know maybe this a you know I'm dealing with some mental health stuff right And b maybe this is not the decision that I should have made And then what was it like for you to kind of acknowledge that and then move forward from there Yeah So my whole my really my whole freshman year at Texas Tech is is probably an interesting case study for some

folks to to look at to your point I was I was committed to Weatherford College originally which is a junior college nearby My home my pitching coach who I had grown up with was there um felt very comfortable with that decision Um And then Texas Tech comes along um had a really good showcase in the fall of my senior year Um had actually come off of having a verbal commitment uh retracted from Dartmouth uh Dartmouth University or Dartmouth College Um So I thought I was gonna go Ivy for a little bit there completely had to restart my my recruiting process in the fall of my senior year And when I got there you know at that point like I said I'm just focused on athletics I wanna go to the biggest baddest place I can go to So when Texas Tech comes knocking at the door and says hey we'll give you a scholarship and you can come hang out I'll be honest with you I didn't really even do any research about the school I knew that it was big 12 I knew they were offering me money That's really all I needed in that decision making process to decide where I was gonna go I didn't think about the fact that it was in West Texas I didn't think about the fact that uh they didn't have a major that I was interested in taking Uh I I thought about none of that And so you know I go there and there's a pretty quick gut punch for me when I show up that you know shoot man I this isn't this isn't a good fit for me Um I think I kind of knew it from the beginning but my sort of 17 year old brain because I was an early early graduate was hey I'm sure everybody feels this way when they get to college it's new You're not really sure what's going on You're playing big 12 baseball you'll get used to it It'll be all right And I just kind of wore that mentality of hey you'll you'll get used to this It's gonna get better I'm sure this is how everybody feels Don't worry about it for the better part of the fall Um and was was struggling more and more but kind of using that as my as my anchor And when I went to uh back home for winter break my sister is actually the one who pulled me to the side and said man something's not right with you Like you you look skinny you look gone you look tired all the time Like I don't know what's going on And I you know kind of told her I was mentally exhausted physically exhausted and kind of being at school and and it just wasn't really clicking and different things and went to go talk to a therapist and found out I had you know had um I got diagnosed with body dysmorphia and and acute depression um from kind of those experiences that I was having in the fall I was I was struggling keeping up with folks in the locker room wasn't sure why 17 year old me wasn't developing the same way that my 21 year old teammates were developing And so there were multiple things that I just struggled with in general And so

when the spring rolled around you know there's sort of this newfound thought of All right I've addressed these things you know I've talked about them I've identified them We've had the baseball season coming up things are gonna get better Uh and they really just didn't Um and that's not anybody's fault That's just I was in a scenario and I was in an environment that wasn't a fit for for what I needed to be able to succeed in college And I didn't really realize that until I was going through it I didn't have any sort of uh warning signs or things to consider before before getting there And so it was sort of just this continuous kind of dip I guess for lack of better tournament in my mental health and my enjoyment of the sport my enjoyment of my environment And it was a pretty obvious decision for me when I was driving home II I was asked to to not join the team for the the big 12 tournament They could only travel with 27 out of a 35 man roster I had pitched I think like 0.2 of the inning during the year So it made sense for me not to go Um So I was driving back from Lubbock and and I remember calling my folks and just saying hey I'm I'm not going back to I can't do it I'm not going back to Lubbock I gotta do something different and the transfer portal didn't exist at that point So for me the best decision was to go back to that junior college that I had originally uh uh committed to and and kind of just trying to get back to to center really and kind of find my love for the game and get myself kind of reoriented and and it was a it was a weird time I think I just I just expected baseball to outweigh every other aspect of my college decision and I failed to process the fact that it doesn't matter how much you love your sport and it doesn't matter how much you wanna want to be involved in your sport it really only constitutes for about you know 30% at max of your total college experience So that other 70 has got to be locked in and has to be working for you Um and no amount of sports ever gonna make that change Yeah definitely And I think you know mental health especially in the athlete community is an interesting topic just because you're there with so many competitors right And the entire you mentioned it like you're 17 you want to go to the biggest baddest school possible I mean even as someone who wasn't coming out trying to play division one sports for me the brand kind of mattered and it was something I had to get past was you know I'm really proud of where I go to school now But I why was it gonna go to some massive state school Right So I think the college process is tough for everybody So when you're starting to sit down with an athlete and they're going through this process which is so difficult How do you condense your years and years of growth and experience and learning in this industry to

here's what you guys need to do Yeah I think you know I'm I'm really proud of the curriculum that we've built I think it builds a really good foundation for understanding how these things work and and sort of retraining these kids on on how to think about college and to your point you know I think all of us at one point or another you know we make our college decisions based on who we see on TV where our parents went to school potentially where our commu who are our community cheers for whatever it may be And that nine times out of 10 is either the you know hardest to get in school academically in your environment or the best football basketball program in your environment That's kind of what it gets condensed down to And so when you're talking about you know athletes especially and you think about these athletic hierarchies that exist in these places I I think just re retraining these kids on what it means to you know how do you define division one division two division three How do you define success in your sport What does that look like for you What do you what do you ideally want that to look like And then what really do you need to succeed There's a lot of kids that are come to me and say you know my my top schools and I I'm from Texas So you know my top schools are Texas Texas A and MTCU uh SMU Baylor And you're like that's great Those are all you know power five our G five division one programs That's awesome I'm happy for you We can certainly send emails and see what happens Maybe that is the case But for all of our kids you know what we do And and again I think some other folks that that work in athletics would would think it's a little odd but we tell all of our kids you know take the athletic component of what you're gonna do in sports put it into a box and stick it up on the shelf We're not even gonna talk about it for the 1st 3 to 6 months that we're working together Because our philosophy on that is if you really want to play college athletics if you really care enough to play college athletics nothing that we say or we do should be what you need to hear to have the motivation to work hard when it comes to practice and when it comes to games and when it comes to preparing yourself we're not here to convince you that playing college athletics is the right thing to do for you That's your job in your own brain to decide that you want to do that because you're the only person that can motivate yourself to do that No one's gonna no one is going to force you or make you be excited about a 5 a.m. to 10 p.m. schedule in school That's just you have to want to do that to be able to do it So we tell them put that part away and let's focus on all the other things that go into go that that go into being a college person Let's talk about academics Let's talk about personal fit Let's talk about location Let's talk



about environment Let's talk about culture of the school Let's talk about what you wanna do when you graduate What how do you want to set yourself up Do you is grad school appealing to you Do you have aspirations to do something that involves more schooling What career fields are intriguing what jobs are intriguing and just sort of start to poke and prod and expand these different parts of their brain Um Really just to to prove to them that these things matter when it comes to making this decision despite them being student athletes And once we've done that and we've sort of created this baseline on this foundation for all these other things that are just as important on a college decision Then we pull that out athletic piece back down and say ok let's figure out where we are right now today Let's figure out where our coaches are slotting Let's to figure out you know what our group thinks that would think that might fit And let's create a list of schools that that fit sort of that overall profile of a kid that we're that we've now known and met and and come to to familiarize ourselves with and that's from all the different aspects and all the different attributes both on and off the field Um and our school every single college list that we give to a to a family is gonna have division one division two and division three I don't care who you are I don't care how good or bad you are they're all gonna have different slots because there are you know if you're a kid that maybe you can only compete at the division three level but you wanna have a division one experience maybe you go play club and you go to a division one school and you do that or maybe you were a kid who really you know your motivation to being in college is playing a sport but it's just not gonna work at the division one level Well let's explore some divisions three opportunities or should do they should do opportunities and see what makes sense there and see if we can find a fit that's gonna match you you know academically and otherwise And so I think keeping that funnel really wide and really open and just teaching kids how to own that process and reaching out to coaches and getting feedback is really the important part We really take a proactive approach to to researching schools that are reactive one which is what a lot of families find themselves doing in the recruiting process Yeah definitely And I you know on top of all of that the the primary thing that stood out to me when I was looking into you guys was this idea of you know it's athletes to athletes and it's athletes coaching athletes But it seemed to me like the college counseling aspect of it was in my like more valuable even than you know the recruiting advice you're gonna get because you know I mean the high school that I went to had really good college counseling and I walked in with my you know high and mighty

I'm gonna go to one of these schools and that he was like why why like what about those schools fit you and why you want to go there and you know when I'm sitting there quiet and I don't have any any way to answer And it's like all right well maybe I should be more open minded and and I remember you know one of my good friends from grade school was always he's ad one D one D one And and and it's funny because the past two years he he now plays football at the nai A level and he's always talking about how proud he is He's like you know what if you can play any sport on the high school level that you love and you can just keep playing go do it and he's doing it So it it's been really impressive to see that But I'm sure that you know there's a lot that goes on that makes it hard to really get that message across to kids where it's like let's hold off on recruiting and let's talk about the important things So I'm curious how Nil has impacted that has has there been kind of an uptick in you know kids thinking about Nil have you had to integrate that into you know how you approach these conversations how has it you know impacted your guys's business Yeah Nil is really interesting I think it's you know it it has raised a ton of question marks with families I think with anything you know if they don't understand something if if anybody doesn't understand something yet you know you there could be a little paranoia around it there can be a little bit of fear around it and I think you know media at all levels loves to celebrate and loves to point out you know the living duns of the world and these million dollar contracts and you know these these outlier deals that exist in the nil space and everybody it's their own right gets to have an opinion on how this stuff works right And and and what they think about it and and everything in between I think where we have sort of taken our niche and where we have have really leaned in on the nil space with all of our families is you know for us we always take the narrative of use Nil as a way to improve what your overall career goals are That's kind of what we talk about nil at its core really just allows kids to be their own spokesperson and be their own representative And you know really you're a small business owner At that point you're representing yourself you're representing what you can do And that can that can manifest itself in many different ways that can be hosting camps that can that can be the traditional social media deals that you see and hear about in a lot of different ways for us You know we talk about hey what you know if you're in a hyperlocal area and you're playing a sport and you've got a community that's behind you and there's an opportunity to work in a field or in a career that you're excited about it as a summer job or whatever it might be And if you can leverage your nil in that

space and have an opportunity to get some job experience and something you're excited about and use that to your advantage Why wouldn't you I mean that's really when it comes down to it that's what a lot of folks do in in business in general I mean I think a statistic that I saw it was I think it was quick books or linkedin or something It was like 72% of of job openings that were filled in 2022 Uh the employer admitted to having some outside relationship with that person or some in you know internal recommendation to that person This is your opportunity to have that that recommendation If you can leverage this position that you're in And this this thing that you've achieved to to build towards a career or towards a goal that you could that you can benefit from for the next 40 years man Do that and and give yourself that opportunity that this is the the time to to to focus on that and to to use that leverage because we tell kids I mean shoot they and we talked I talked about it a little earlier like it's sad to say but the second you stop playing sports for that college or that school it's amazing how many people do not care that you ever even played that sport So while you have that leverage and you have that sort of extra tiebreaker in a lot of these in scenarios use it I mean use it Absolutely And i it's funny I I keep catching myself nodding along right I mean that's everything that we talk about as an as an entity that's so focused on education and doing things the right way You said it perfectly You are your own brand you're your own small company right So you have to represent yourself in a certain manner And I always like to ask people on this podcast you know what do you think people get wrong about an a and you hit on it it's the rights the sensationalized headlines But if if you look at it on a smaller level every athlete has the chance to be their own brand market themselves Right Post on social media and and learn how to represent themselves on social So it's definitely an interesting and unique challenge And one thing I noticed is that you guys have something coming soon called sponsor an athlete I don't know if that's something you wanna talk about or maybe that's something we're keeping in the bag for the future But I was just curious Yeah No uh a little in the bag here and there but no I can certainly talk about the context is you know what we're trying to do and you know is is make an impact wherever we possibly can You know we want to do everything we can to support the next generation of student athletes both on and off the field And you know as we I think we're all aware of if you work in this space and you work in this in in this environment you know there are families in different socio-economic situations when it comes to student athletes There are there are folks that um come from the private

schools that that have a lot of resources and there are folks that come from inner city schools that maybe don't and we want to do everything we can to try and create equitable resources at athletes to athletes for all the kids that we work with and make it as accessible as possible for anybody who can benefit from this And so you know we're building out the the framework right now for an opportunity for schools organizations individuals um you name it to be able to sponsor athletes um with with partner schools and partners uh facilities that that we're working with now uh and give those kids an opportunity to sort of go through this this this counseling process that we have on on a more 1 to 1 basis Um And so again it's just it's our way of trying to to sort of democratize that that knowledge base and and create as as equitable of a resource as we possibly can Um We're doing so with our app right now Um the athletes athletes app free to download Um We've partnered with a ton of great folks extra sports included um to to you know to provide either very low cost or free resources for student athletes and and things that apply to them both on and off the field that's testing nil um financial literacy And so you know that that just sort of plays into the philosophy that we're trying to grow on that side as well So really it's just it's our it's our way of trying to you know spread as much as we can and and and widen our impact at every level that we possibly can Yeah no doubt And I mean you mentioned it a download the app and b the amount of resources and information that is even free on your guys' website is ridiculous I was going through that pamphlet that you can download for free and I recommend anyone to check this out Just Google athletes to athletes it'll pop right up Um And there were some incredible information statistics great advice in there for athletes the video series that you guys do interviewing athletes talking to them about their experiences A it's a lot similar to what we do when it comes to talking about athletes and hearing from them which is super valuable And b there's some really um really thought provoking stories that I think are are are great that you guys are sharing So I was I was super impressed throughout and obviously you know you using your own very unique experience to kind of you know springboard into this is fantastic So the final question that I have um regarding nil is I'm just curious how you know how it's impacted the recruiting world you know from from the perspective of someone who teaches kids about recruiting and getting college how has it changed the way that the recruiting world works or has it Yeah No I think it certainly has Um It's interesting I think the the the nil space you know is is obviously a lot more predominant at the college level right now than it is the high school

level So you hear about it more when it comes to there But I think it it you know it plays into sort of this and I don't wanna say this is all folks by any stretch of the imagination but I do think there's a level of kind of immediate satisfaction or or or expectation with some of these things Um I think a lot of folks you know want to see nil as this thing that that happens to you Um And so they they wanna know what schools can do for them they want to know what individuals can do for them We get that question a lot you know hey how are you gonna help my kid with N I or or are you gonna get us deals or whatever it might be And and I think a lot of that students are just not understanding it fully Um And so I think you know trying to change the narrative with that and having it having it flip on though this is something that you have the ability to opt into and leverage and take advantage of but but it should not be looked at as something that someone is going to give you that's gonna happen again at those at those blue chip levels And you're gonna hear about it on ESPN because it's way more fun to talk about the million dollar deal than it is to talk about the local camp that a kid has has set up because they want you know they're an entrepreneur and they want to set something up But I think shifting the narrative there is certainly something that that that we're trying to focus on that we've noticed and that it's not something that's gonna happen to you It's something that you now have an opportunity to take advantage of and and that's kind of how we like to approach it with our families right Yeah And it's something you go pursue and like you said if you can manage your brand in a in an advantageous way then you can have a lot of success So that's the last question I had for you But we like to finish off every interview with five quick questions Um So I'm gonna run you through a gauntlet real quick So first one up what's the funniest embarrassing sports story that comes to mind from your career Oh man Um So I had a guy that I played with at Texas Tech him and I were I mean you you could have sworn we were brothers he was 67 I was 64 That's probably the only thing you could have told about us differently Um And I finally at his wedding this last year uh finally admitted that for a year for that entire year he was a guy who pitched quite a bit So he was on the team quite a bit I was a guy who didn't like I said I think I I think I registered like less than an inning in the whole season or something like that Um but I used to you know you get bored in the in the dugout or you'd I'd go out to the bullpen because I was bored and I'd go warm up and whatever else and I wasn't supposed to Um and any time I ever kind of got in trouble in the dugout I would just pretend to be him Um and it happened iii I got away

with it way more times than I than I should have And so for years he just thought that like the coaches had it out for him for that year for some reason Uh and it was me just getting caught up with him and just owning up to it and being like yeah sorry I don't know And so that's probably the the best story that I have from from my college student I love that you are a right coach That is absolutely my fault That's hilarious Next up during your during your uh your athlete days Or even now what was the go to cheat meal Oh man Go to cheat meal I would get ok So there was a for whatever reason at every college campus I was on there was an Einstein bros bagels and I would get two cinnamon sugar Einstein bros bagels uh with plain cream cheese And then I'd get a big old iced coffee and for whatever reason that was just I'd go back to my dorm and I would crush two bagels and watch whatever was on Netflix that week And and that was always my like quiet time when I got to when I got to just do what I wanted to do in between practice and everything else I like that It's important to be able to kind of just go back and chill for a bit next up If you could choose one superpower what would you choose I think my anxiety would really appreciate me being able to read people's minds I don't think I truly like that at the end of the day but I do think in the moment not I would like to be able to have some insight on on the right things to say in the right moments I think that's always my fear right Or even like saying something and then afterwards you're like I didn't screw that up like I might have thought I did I I know that's a good answer That's a good answer I've that would probably be mine as well Um All right So you're on a desert island and you need to survive What three things are you bringing with you Oh my gosh Um Gotta think rational here right And we've had some irrational answers previously So I thought the cheat answer is like a satellite phone or something like that But they probably have a water like a water filter probably comes in handy Probably a water filter Uh a knife some sort of knife Hope it doesn't get dull I guess Um man and it's maybe storage containers something where I can like filter out water and keep it for a while I'll go with that That is a super boring answer But it's very rare That is the that's the best answer we've gotten in terms of functionality We've had some funny ones though Um multiple guests just bring their entire family Um and then which is like you know it's a cheap but we'll let it slide And finally who's the greatest athlete that you ever pitched against or played any sport against if there's other guys Yeah I've got so Oh probably Ok So uh Noah Syndergaard the uh the starting pitcher or for he was met all different people I um I played against him and the game before we pitched against him I I

was this is in high school and this we could tell just like he was just like a different human being Uh he threw it was the first round of playoffs right before we we played them or after somewhere in there that season uh we watched him throw a no hitter and win the game two nothing and he hit two home runs two solo shot home runs and that was the entirety of the game He just completely took it on his back See it's stuff like that that reminds you that I mean athletes at that level are freaks I mean you like I I was the amount of articles I'm reading this off season about like oh you know bounce back candidate Noah Cinder guard like you throw it back to high school and every single one of those guys who are on a AAA roster or in the G league like they were those dudes So that's that's that's a great story Yeah Alrighty Well Reed I don't want to take up any more of your time but I really really appreciate you coming on You got a great story and uh I'm I'm glad you were able to tell it here for a bit Yeah Thank you so much for having me This was a blast Absolutely All right Thanks everybody for joining and we'll see you in two weeks Bye