

Episode 95 – Winning In Paradise with FAU’s Men’s Basketball Team
Barb Knows Best™
Episode Transcripts

Michelle Maros: [00:00:00] Hi friends. Welcome back to Barb Knows Best, the podcast. We have such an exciting episode in store for you all today, and I cannot wait for all of our listeners to hear it and listen, and to get to know our special, special guests that we have in store for you all. As you guys know, we don't often have guests on the show, but we are thrilled to bring these three special people into our Bxb community and to share their wonderful insights and their stories with all of you. If you all don't know, my mom and I are super sporty people. We love sports and athletics. My mom especially growing up, we always had basketball on in the background football. We love sports and a lot of the work that we do here in our hometown of Boca Raton, Florida, is work with collegiate athletes in meditation and mindfulness and helping them with their mindset and their confidence that stems from the inside out. All of the good things that we talk about on the show. And if you don't necessarily pay too much attention to sports. This past year, our Florida Atlantic University, the school in our hometown, our college basketball men's college basketball team made a historic run to the Final 4 in 2023. And for those of you who don't know too too much about for you or the basketball team, prior to this year, they had not even won a college tournament game at all.

Michelle Maros: [00:01:34] So for them to go from never winning a tournament game to making it all the way to the Final Four is a huge, huge success. They went to a national spotlight. Everybody has been talking about them and all of the success and. And praise and accolades cannot go to a nicer, kinder, more inspiring group of young people. And so we were thrilled to invite them on the show. They have so many insights about. Finding what they're passionate about, staying focused, knowing who they are and what they want, and so, so much more. So I hope that you are going to enjoy this episode. We're interviewing head coach dusty May, who is an amazing, amazing human being, and two of the basketball players, Elijah Martin and Nick Boyd. So stay tuned for this episode. You're going to love it. Hello, everyone. Hi friends. Welcome back to Barb Knows Best the podcast. I am so, so excited to be sitting here for another week for another conversation about life's most interesting and challenging conversations. Of course, with my mom, Barb. Hi, mom.

Barb Schmidt: [00:02:58] Hi Michelle. How are you?

Michelle Maros: [00:02:58] I'm great. How are you?

Barb Schmidt: [00:03:00] I'm incredibly excited to be here.

Michelle Maros: [00:03:02] Yeah. You're leaping out of your chair.

Barb Schmidt: [00:03:05] Yeah. This is this is going to be the most fun I think I've had in a long time.

Michelle Maros: [00:03:09] So I won't bury the lead on this one with this week's episode, because I want to give all of our listeners all the time that they can get because we have special guests this week, which, as you know, and if you've been listening to the show, we don't have guests too, too often because we we just don't because we always want to bring you the best. But we have three special guests on the show today that we are so excited about. We're so excited to talk to, and we're so excited to share their to share you with them, to share them with you, and to get all of their amazing insights and takes on life and everything in between. And it's going to be a great conversation. I also have to say, are you good?

Barb Schmidt: [00:03:54] Yes, I'm good.

Michelle Maros: [00:03:55] I also have to say these are our first guests coming from the athletic world, which, if you don't know this about my mom already, I swear, in a past life she was a coach of some sort, which I know you probably wouldn't have guessed because she's a little blond lady, but she is a sports freak, so to have athletic to go into the athletic realm on the podcast is probably her dream. So without further ado, this week we are chatting with Dusty May, Alijah Martin, and Nick Boyd from for men's basketball.

Barb Schmidt: [00:04:31] Yay!

Michelle Maros: [00:04:32] And we're so excited to have them on! We, as you guys all know, they are just off their season going into the Final Four, which is an incredible, incredible

achievement. And they are like the talk of the world. And so the fact that they are coming here to chat with us is such a joy and an honor and a treat for us all. So welcome to the show.

Coach Dusty May: [00:04:54] Yeah. Gracious, gracious of you guys having us.

Alijah Martin: [00:04:57] Thank you! Thank you!

Barb Schmidt: [00:04:58] Well, I think Michelle's right. If you know me, we do talk about sports on the podcast from time to time. And Michelle has brought up a lot about how excited I am. But the idea that you would take time out of your busy schedule to have this chat with us so that we can really share you with the world. Actually, I'm so excited because sports is one of my favorite things on the planet. So excited to have all of you here.

Nick Boyd: [00:05:23] Thanks for having me.

Alijah Martin: [00:05:24] Yes. Thanks for having us. It's a pleasure.

Michelle Maros: [00:05:25] You guys are, like, mid-season. So we just saw you all in action last night playing your first home game, which was amazing. And. It's just so much fun.

Barb Schmidt: [00:05:37] Your celebrities.

Michelle Maros: [00:05:38] Yeah.

Coach Dusty May: [00:05:40] It was a gamble having us on the day after a game. You know.

Michelle Maros: [00:05:43] You know. We believed.

Barb Schmidt: [00:05:44] We knew.

Alijah Martin: [00:05:45] That Could have went bad.

Coach Dusty May: [00:05:47] Yeah that could have went bad.

Barb Schmidt: [00:05:47] We knew, we knew. So I love. Yeah. So this is just going to be a nice little conversation. I want to have a whole lot of fun and want to thank you again and know that what I love about I've always been a sports person, but what I love so much about sports is when I started getting into meditation and mindfulness and all of the things almost 40 years ago now, it went so beautifully with sports, the idea of really being present and living your best life and all of the things. So it is even my practice and all the things that I do in my life, has even made me love sports so much more. There is nothing I enjoy more than working with athletes and going to sporting events, especially basketball. It is one of my true loves. So Michelle, let's get started.

Michelle Maros: [00:06:33] Yeah, so I guess if you all wanted to just maybe share with, with our listeners a little bit about you and just what? What makes you excited to be in this moment, in this season of your lives and doing something so exciting, like playing basketball and coming off of such an amazing year that you all had last year.

Nick Boyd: [00:06:59] Who's going first?

Barb Schmidt: [00:07:00] Alijah.

Michelle Maros: [00:07:01] Alijah goes first.

Alijah Martin: [00:07:02] So, um, I'm Alijah Martin from southern Mississippi. Um. Grew up in the church with my mom's family and always had sports, and then was blessed enough to get to FAU and then ever since then, it's just been uphill, downhill. And, you know, just everything's been good, you know? And, I'm just talking at this point.

Barb Schmidt: [00:07:33] That's good,

Alijah Martin: [00:07:33] But everything's been good and I'm just excited for this year and everything's coming.

Barb Schmidt: [00:07:41] I love that. You know, one of the things that I listened to Kobe Bryant do an interview a while ago and he said, if you're going to play this sport, you really have to love basketball. And I feel that from all of you. You're like, really love basketball. You love the game of basketball. And I think that's what comes across from me with you. Michelle when you say, mom, you're just so crazy about this sport. And I think what you just said, yeah, you grew up with basketball and you love it.

Alijah Martin: [00:08:07] Yes, ma'am.

Barb Schmidt: [00:08:10] Nick.

Nick Boyd: [00:08:12] I guess I'll go next. Nick Boyd from Garnerville, New York, like lot Alijah said, just grew up playing basketball all my life. And I chose FAU because I loved the weather. I had a good conversation with coach and he had a good plan, good vision. And I mean, we just really got in the gym as a unit together, as a team together and just grinded, grinded and grinded. And we didn't really know what type of results we would have. And I mean, fortunately, we were able to go on the big stage and make it to March Madness and make a spectacular run. And here we are now 2 and 0 right now had a good game at home and the crowd was rocking. So I mean, the trajectory of the program is going well right now and we're going to keep working, keeping our head down, and hopefully we do something special this year again.

Barb Schmidt: [00:08:55] Fantastic.

Michelle Maros: [00:08:55] I love it.

Coach Dusty May: [00:08:57] I'm Dusty May. Oh Go ahead. Alijah.

Alijah Martin: [00:09:00] I was saying Nick was a pro right there.

Coach Dusty May: [00:09:05] I'm Dusty May, and this is probably my 25th year in college basketball. And you know, as you get older, just to be a part of a team is an honor and a privilege every year. And rarely do you get a group of people that that come together and have

similar personality traits. They all share the love of the game, the love of the work, but also have a mutual respect for what each other brings to the table. And I think we all, and from everyone in our program, we all compliment each other well. We appreciate each other's gifts, and we have a great deal of respect where we all came from and what we all had to do to get to this point and to this level. So it's almost like it was a spontaneous combustion where it's just a bunch of people that really fit a bunch of parts that had been at different places at different times, and just all kind of came together and grew, continuing to grow together. And, and but I think the mutual appreciation and the like minded approach is what makes this group so special and unique.

Michelle Maros: [00:10:07] I was going to say you can feel it watching you all. I mean, we see you all in person at the games, but even watching you guys on TV and on the national stage, I think one of the big things that we all can feel from you and the difference maybe from other amazing teams, is just how much, how connected you all are and how much you feel like a family unit. And you do all seem to really respect each other and an aligned and authentic way. How did you guys create that connection between each other, where you don't feel like it's a competition between teammates, but you're all working together as one, especially as you guys have gotten so much attention now.

Nick Boyd: [00:10:47] I mean, I think, like coach said, just our personalities coming together. I mean, we all kind of have the same personalities, whether it's the coaches, the players, the managers, anybody who comes to watch practice. I mean, if you come into a game or watching a practice, you come because you love our personalities and how we play, like you said. And I mean, at the same time, I feel like in a sense you just kind of forced you're kind of forced to be that way in our program and our culture. I mean, we created a culture where it's just about being unselfish, you know, there's really no other option because you're going to stand out. And I mean, when you're buying a coaching staff that's so unselfish, you kind of pick up traits. You know, you just got to kind of follow suit. I mean, coach is unselfish. And if you don't follow suit in this program and be unselfish yourself, you're going to stand out and you'll be the guy who, you know, is looked at kind of crazy, like, man, what's going on? Like, why are you not happy for your teammates success? Or why are you not happy for this guy doing this? And I mean, personally and I feel like all of us, we don't want to stand out and be that type of guy. So we just buy in and we're just really happy. And then after you buy in, it just comes naturally.

Michelle Maros: [00:11:51] I love that.

Barb Schmidt: [00:11:52] You know, Michelle's right. We can feel that. Of course, the end goal is to win. I mean, of course we want to win games and you want to win, but not, but, in addition to that, if you all know me, I. I didn't go to college, so I don't I don't necessarily have a particular college that I root for or and it is for you. But there are a lot of people that win that I might say that I don't root for. But there's something. So what you just said, Nick, and what Dusty said and what Alijah said. There's something. Because I love the people. I love the players. I love the energy of the humans that are out there playing the game probably as much as the game. But I just love the people and the energy and that's what you all are. I can't even, I don't know, it's indescribable. And I think we felt it in Houston, you know, when you were in the Final Four. And it's just indescribable. And I guess my question would be how you stay so connected. And I think what I feel the most is you are the epitome of the word team like you are. I love all of you. Like sometimes you pick out a certain player that really, but you're all just so helpful and so supportive of each other.

Barb Schmidt: [00:12:59] And Dusty, when you're on the side and you're standing up and you're walking up and down, there's just a reverence about an honor of being in your presence is how I feel. And I think a lot of people feel that way. There's a real team feeling of all of you. So how do you handle the doubters? I think one of the things that we're seeing so much, especially since the pandemic, is all the horrible things that are said on social media and online and all of this stuff. And so you must see some of those things not necessarily directed at you, but just in general, some of the negativity and some of the doubters that I had someone say to me, oh yeah, they're in the top 25 now, but do you think they can sustain it? So there's always going to be people like that that are out there. And when you're in the spotlight like you are, you are really up there. People are talking about you all the time. How do you handle the negativity that might be coming your way, especially now that you're on a national spotlight?

Alijah Martin: [00:13:56] I say it comes from like our leader, you know, Coach May. like he's been through the fire already, so he knows what was coming. And he basically, like, coached us for the off court noise, the on court noise. And then just realizing that we're a veteran group,

you know, we know how to handle our emotions on online, and on the court. And then we just stay together no matter what. You know we never trying to subtract from the group.

Barb Schmidt: [00:14:25] I think you guys also stay in the moment when I answer this person. I said they are right now. You know, so their where their feet are playing the game they are right now, not the past and it's not the future they are right now. And the person looked at me and said, oh, I said, yeah, that's what I'm celebrating. This is who they are right now. Dusty, what do you think.

Coach Dusty May: [00:14:46] The self-awareness part number one I love sports as well. This game has consumed me since I was a young kid, but I watched football as well. And if the Indianapolis Colts my favorite team, if they make a bad play, then in my living room I criticize the coach or I'll criticize the player. And that's what sports are. I think we're all guilty of it. Obviously I don't go on Twitter and do it in a public forum. So you have to, number one, consider who's criticizing you in a public forum. And then number two, that's just that's the cost of playing sports. It's the part of it that it's never going to go away. And then you just have to is this really going to be important in five minutes, in five days and five weeks and five months? And usually none of it's important and it's simply an attack on your ego. And it's typically from gamblers or people that had something personally at stake. So it doesn't matter. It comes with the territory. And if you're going to be involved in sports or you're going to be involved in anything that requires high achievement, then you better get used to it and have thick skin because it's not going to change.

Coach Dusty May: [00:15:45] And it can't affect what's really important, because once again, we talk about it recently that when there's a championship in any sport, the first thing they do is the security staff. They rope off the court or the field, and the only people are inside the field are the ones that participated that really that got in that foxhole together. And so outside of that rope, we're all going to hear outside noise, we're all going to have critics, we're all going to. And to be honest, the love is probably as dangerous as the criticism because a lot of it's fake love anyway. But the really the only people that are truly important in our day to day are our families and the people that would care about us if we didn't have these positions or we didn't play the sports, and those of us that are inside that rope together. So I think we're all aware of

what comes with this and how reality works. But it also doesn't matter, especially if it's not going to impact us in five days from now.

Michelle Maros: [00:16:41] I love that.

Barb Schmidt: [00:16:42] And that's exactly why sports is the epitome of living life from the inside out and all the things that Michelle and I do. It's exactly why you can't listen to what other people think or what other people say. You have to be more motivated by what's important to you and what matters to you, and not take it personally. Because you're right, you have to have thick skin to live life. So I use sports a lot as a metaphor in all the work that I do, because I think it is the you really can. It's tangible, you can feel that and exactly what you said, dusty. You have to be able to rise above it and know that that's what's going to happen. And I love that. That is why sports is so important.

Michelle Maros: [00:17:17] And I just have to say, as a fun fact being, I feel like Dusty, you and my mom have a special tie in connection because when you were talking about how you watch sports at home, yelling at the TV again, fun fact that I don't think a lot of people would expect, but if you watch any sport with my mom at home, she turns into a wild woman yelling at the TV. Doesn't go on Twitter or anything, but.

Barb Schmidt: [00:17:46] Just like you Dusty.

Michelle Maros: [00:17:46] She gets into it and you know,

Nick Boyd: [00:17:49] At least not Twitter.

Michelle Maros: [00:17:49] Yeah. I think the fans know, but there is nothing like watching sports of any sort with my mom. I highly recommend it.

Barb Schmidt: [00:17:58] Well I think it shows the passion and I think I love what you said, Dusty. You know, you can have that emotion and that passion, but you're not then going to take the next step and put it all out there. This is what's igniting you inside. And this is what

makes it so fabulous. And I love it. I embrace that I am a crazy person with basketball and football. So yeah,

Michelle Maros: [00:18:18] Yeah.

Nick Boyd: [00:18:19] You got to be sometimes. You got to be.

Barb Schmidt: [00:18:20] Yeah, you have to be.

Michelle Maros: [00:18:21] It means you care.

Barb Schmidt: [00:18:22] Yeah.

Nick Boyd: [00:18:22] It's having fun. We get we crazy sometimes too. Ask coach about practice.

Barb Schmidt: [00:18:27] Yeah. I'm sure.

Michelle Maros: [00:18:28] If you didn't have emotion, you wouldn't care.

Barb Schmidt: [00:18:30] Well Nick, tell us what's it like being in the locker room?

Michelle Maros: [00:18:34] Yeah. Whats the vibe?

Barb Schmidt: [00:18:35] Give us some inside juice.

Nick Boyd: [00:18:39] It's kind of free. Um, I think it's like to piggyback off everything we're saying. This is one of the first places where I've been in the locker room where, you know, some locker rooms you kind of have, like, seniority, you know, where, like, this guy only speaks or this guy only speaks where as in this locker room. I mean, everybody speaks. Welcomes guys who might not get any minutes. You know, they all say what they feel and what they see out there on the court. And the first thing coach says when he comes in the locker room is, what'd you guys talk about? What did you guys talk about? I mean, usually when coaches come in from

speaking with the staff, they usually just blurt at you and just yell at you or tell you what you're doing wrong. But, I mean, coach wants to hear what we have to say and what we see out there. So, I mean, the locker room is pretty chill. And just like I said, I keep saying to piggyback off of it. I mean, I think our response all the time is like. It's always positive. I mean, we do something wrong. That's why I think we're just so good at being in the moment. Because we do something wrong. We do something right. It's like, you know what? Let's go work, let's go work. Let's go work. Let's go work. Go get it back. Let's get work. Let's go work. I mean, it allows us to be free and understand that no matter if something goes right or wrong, we're going to go work and we're going to keep working.

Barb Schmidt: [00:19:39] Yeah. You can't be attached to the right or the wrong and you can't be attached, as you said, Dusty, to the praise and the negativity.

Nick Boyd: [00:19:47] Keep working. That's it.

Barb Schmidt: [00:19:49] Keep working.

Michelle Maros: [00:19:50] I love that. One of the questions that we get a lot on the show is tying it into, I think you guys have so many interesting lessons and feedback that can help all of our listeners, even if they're not into sports or if they don't play sports. But we get questions a lot about making big life changes and making big life choices, and how to know when to commit to something, and how to know how to make a big decision, and following your gut and following your instincts. And as I was thinking about what would be some of the the really amazing insights that you all can share with our listeners, I was reading up on you, Dusty, and when you decided to come to you. You said that you kind of toiled over your decision, but it was your gut instinct that told you to go there, even though at first you were not sure or didn't know what to do, but you went with it and you committed to it and look where it brought you. How did you.... What went through inside you? And what did you tell yourself to make such a decision and make a leap to head coaching down in Boca, where FAU was not in the national spotlight that it is now? What went on inside of you to to do that? And how did you keep yourself on that path without wavering from it?

Coach Dusty May: [00:21:16] Well, number one, we try to normalize that we all have something, right? We all have whether it's anxiety, whether it's depression, we all have something. And I think probably my something might have been the imposter syndrome of always because I didn't play at a high level. So not knowing if you're good enough. And but what it allows me to do is have some awareness that I need help. And that's why we have a collaboration, because we're not all great at everything. We have unique talents and gifts and but we all need each other. And I think that that vulnerability allows everyone and even I think as a as a first year head coach, it's any suggestion sometimes from the staff can be taken as even criticism. And that was one thing I was very grateful for my first staff. I always felt like everything they said it was trying to help us, me, be better and it was never. I never felt attacked. I never felt criticized. I felt like everything came from a good place of trying to help and make us all better. So I think once. But as far as settling in and doing the job, it was more than anything else, just and and my wife, she gives me a lot of tough love. And she just said, well, you made the decision and we're going to be fine either way. You go do the job, you know, let's take a deep breath and get to work. And that's essentially what it was. You take a deep breath and then you dive in head first and figure it out. And, you know, our thing is you're learning along the way. Even when we fail, we don't really fail. We just we found another avenue to prevent in the future, another roadblock in the future. And we're just going to learn from it and grow from it. So we haven't had one one ounce of failure other than the the times. We just haven't reached our full potential or haven't given great effort and attention to detail and things like that.

Barb Schmidt: [00:23:01] I just wanted to say I'm so happy you brought up imposter syndrome. That comes up a lot in our work, people. I think a lot of people have that. And what you said is just so beautiful that you just learn it. Really. Life is a learn as you go and you're not really failing. You are learning from what didn't work. And now you know what does work. So I really appreciate you bringing that up, because I think more people than not have that. And there's a little bit of fear to bring that up because maybe it's not going to be received properly. So it's very vulnerable and a very good place because I think it acknowledges what's probably true in most of us, that we aren't maybe quite ready sometimes, but we jump in anyway, which is, I think, something that I read that that you had said, Nick, I think that you just keep working hard and staying with it.

Nick Boyd: [00:23:48] Although. Yeah, I mean, that's all you can do. I mean, I think I have that sense of a little bit myself. I mean, I'm always trying to improve. Sometimes before the games, I didn't shoot enough. I didn't do this enough, I didn't get in the gym enough. And I mean, sometimes you just got to believe and just, you know, know that you're prepared and dive in head first and just, you know, give your best effort. I mean, I think that's what we do as a team. Best just going out there and give our best effort. Whether the shots are going or don't, we try to just leave our best effort out there. And if that's enough to get the job done, we're happy. If not, we'll go back to work and give our best effort again.

Barb Schmidt: [00:24:23] Alijah. How do you feel about this whole conversation here about working hard or the idea of, I think the idea of failure comes up a lot in our work as well. People get pretty distraught about it, and then they really buy into the imposter syndrome and they aren't good enough. They aren't worthy. So. What are your thoughts?

Alijah Martin: [00:24:44] I'm kind of like going through it with right now. I've been out for, like, a month and a half, and I've just been working like crazy, trying to get, like, comfortable back on the court. And I think just the, the most important thing I can do is just have patience because, you know, at some point it's going to click for me on the court and, and I'm going to have my rhythm and, you know, and then everything will be, you know, fine personally. But as long as we're winning, you know, that can wait, you know.

Barb Schmidt: [00:25:16] I love it.

Michelle Maros: [00:25:16] I love that that topic of and concept of patience, because we talk a lot on the show about trusting your timing and just knowing that if you put in the work and you show up for yourself that that things will, you'll be successful and things unfold. And I think as athletes. Patience is a huge part of that.

Barb Schmidt: [00:25:36] Yeah. And there's a there's a historical text from, I guess, maybe generations ago that says Patience attains all things. And I use that a lot in my life, in my work and my meditation. And it's true. Having patience with ourselves, patience with others. You can attain the desires that you wish.

Nick Boyd: [00:25:56] No doubt I agree. I feel like that it's important for like for us today, like for our team. I mean, we've been going at it for four years now, the coach, Johnell. And I feel like if we would have did this any years earlier, had this so much success and all this praise, we probably wouldn't be ready. So I mean, just having patience and working, I think we went, you know, had our had our trials and tribulations and patience and waiting and they made it who we are today and we're allowed to, you know, have some success and still stay down and be humble enough to know that we got to get better and keep working. So patience is definitely important.

Barb Schmidt: [00:26:35] Wow,

Michelle Maros: [00:26:35] That's so well said. Let's take a quick break. And we're back. I love that. Patience attains all things.

Barb Schmidt: [00:26:46] Yes.

Michelle Maros: [00:26:48] So. Now that you all are in this spotlight, and you have so many people wanting to talk to you and hear from you. And I'm sure you have a lot of younger players and athletes looking up to you as as role models and mentors. What is something that you would tell maybe your younger self, or someone younger than you, who wants to walk a path similar to yours? Like, what's one piece of advice that you would give to them if they're embarking on this journey towards being an athlete or just attaining any kind of goal that they have in their lives? Elijah if you want to start.

Alijah Martin: [00:27:30] As a start off by not comparing yourself to others. You know, like with social media nowadays, you see what everybody else have and you want it for yourself. But at the end of the day, you got to run your own race, you know. And just like a tunnel vision. You know, have a have a goal that you can achieve and work toward every day and just be locked in on that.

Barb Schmidt: [00:27:58] I love that.

Michelle Maros: [00:27:59] That's so important. I think especially with social media now, it would be so easy to compare yourself and get so in your head about what other people have or what other people are doing. But like what we talk about on the show so much, each person has their own life path and life purpose and like your time and your path is your own and it doesn't have to look like anybody else's. So that's such a great piece of insight to know, especially as you're starting out.

Barb Schmidt: [00:28:27] Staying in your own lane. I love that you always talk about Michelle staying on your own side of the street.

Michelle Maros: [00:28:34] I love it.

Barb Schmidt: [00:28:36] And Nick.

Nick Boyd: [00:28:38] I'll go next. I say sacrifice, just making sacrifices, I say. I think, like today, a lot of kids, I mean, even people my age, you know, we say we want to do something, we want to achieve something. But our head and our play and our mind is in so many different places. I mean, sometimes we got to take sacrifices. And especially if you want to achieve a goal like playing college basketball or something athletically, it's going to take a lot of sacrifices in high school, middle school, waking up early, skipping out on parties, going to the movies, all types of things like that that I missed out on when I was younger. And I mean now looking back on it, it was all worth it. But I say just, you know, sacrificing and really understanding what's important to you. If you really want to be a basketball player or anything in life, you're going to have to put some things to the side. And like Alijah said, have a tunnel vision.

Barb Schmidt: [00:29:22] Beautiful. Love it.

Coach Dusty May: [00:29:25] Well, you ladies see why we're so successful. Both of those answers, I mean, are. These guys are...

Michelle Maros: [00:29:30] Amazing.

Coach Dusty May: [00:29:31] 40 years ahead of their time. The maturity of their age. You know, I think when you. I'm obviously at a different stage where I have a lot of mistakes that I would love to go back and and erase. But they're part of what makes us us. I think now what I've learned in the last couple of years, it's just simply how you make people feel when you're with them. And even when you're distracted and you're in a certain type of mood, you literally just have to refocus and be aware of how the people that you're around feel. Not what you say, not what you do, but how you make them feel. And that's something that that I try to be aware of, because by nature it's it's not my personality. I'm a little bit like Nick where it's tunnel vision and respect, where it's tunnel vision. It's work, mind, you know, head down and not be really aware of how the people around you are feeling. And that's something that I've had to, I guess, adjust in this role. So that's probably the one thing that I wish I could go back in time. And I felt like my presence, because I have a sense of humor, because I have good energy. I feel like people have enjoyed being around me. But I do think at times I could have made people feel even better by being in our presence.

Barb Schmidt: [00:30:49] I would like to say here, everyone listening to this, you all are that you know, there's there is so much in, in the work that I study and it always goes back to you are that. Dusty you are that. I remember when we showed up at Houston and I'm in the rental car and we pulled up at the hotel and I saw you around the bus. I didn't see you yet, dusty, but I saw the players and I was I was so excited. Michelle said, mom, don't hit all the people.

Michelle Maros: [00:31:16] She was driving like... Can you please, please pay attention to the road?

Barb Schmidt: [00:31:20] I said, I'm being careful. And she said, and don't run up to them. Just let them be there. They're at the Final Four right now. Just let them be. And it was really hard. So I got out. I'm trying to keep my head down and just go in, and all of you came up to us and I think, Dusty, you, I have goosebumps. I think I will end up crying during some point of this interview or this conversation. You so much are that and you just really spelled out what I feel when I'm watching you play, whether I'm there in person or watching you on television, you are that you make us feel part of your family. I feel so much and I know many, many other people around me feel the same way. So you accomplished that desire to, how do you make people feel? And you make us feel like we're part of your family and that we are all in this together and

you are humble. I mean, you ran up, you're in the Final four, but you gave your moment and that minute to say hello and to give us a hug. And how are you doing? And I'm like, I'm good. How are you doing so.

Coach Dusty May: [00:32:23] Well, Barb, in the last five minutes, I mean, five minutes before this interview, I bumped into to another coach on campus and they said he said, everyone keeps asking me about the basketball guys. How are those guys? What are they like? And he just said, you know, I don't know him well because we're not in the same building. But if you hold the door for them, they say, thank you. They're just normal good guys. And really that's all I can say. I don't know them on a personal level, but I can say that they're really, really good guys. And I mean, that's what it's about.

Barb Schmidt: [00:32:50] It is what it's about. And I think it is exactly what you're saying. How do you live your life from the inside out, making people feel like they matter and they're really, really great human beings, really great human beings? All of you are. I can't say it enough.

Michelle Maros: [00:33:07] Yeah.

Nick Boyd: [00:33:08] Thank you.

Michelle Maros: [00:33:08] Yeah. I think, yeah. When you think about what you all said, is patients being focused and having self-awareness, I think those three attributes are such invaluable lessons that everyone can take into their lives and use to to benefit them and to move them further. On their dreams. And to know that from such a young age as is amazing.

Barb Schmidt: [00:33:35] And it's not like you don't have hardships. That's what I love about our podcast, or I love about the work we do. Life is hard. Life is difficult. We all have hardships. We all have tough times. And how you handle those tough times, and what do you do with them and use them as learning tools is remarkable that you really embody all of that. So I would like to ask, what do you do for fun? Like what? What are some tiny joys or what are some things that you do for fun? Because fun has always eluded me. I'm so committed to my work, kind of like with Dusty and Nick. I'm so committed to the work that often Michelle will say,

mom, look, it doesn't matter. Let's just have fun. It doesn't have to be perfect. Let's just have fun. Let's just go out and have fun. So travel.

Nick Boyd: [00:34:24] I see you all have traveled. That looked like fun.

Michelle Maros: [00:34:26] Travel. Yeah.

Barb Schmidt: [00:34:27] Yeah. That started. Yes. Thank you. Michelle. Yes it was. That was probably the trip of my life. Thank you for mentioning that, Nick.

Nick Boyd: [00:34:37] Yeah I've seen it on Instagram. It looked fun.

Barb Schmidt: [00:34:39] Yeah, we had no expectations. We had no expectations. We had no agenda. We got up when we felt like it. We did whatever we felt like it. We walked in the rain because it rained a lot. It was. Yeah, it was a lot of fun. So what do you do for fun or any little tiny joys? Michelle talks about tiny joys a lot.

Michelle Maros: [00:34:57] I think sometimes in life, life is hard sometimes, and looking for the small things in every day that can make you happy or that you can look forward to, even if it's not a big thing, can really help keep your spirits up.

Coach Dusty May: [00:35:11] Alijah you want to go first.

Alijah Martin: [00:35:13] Yeah, I'll start. I say. Hanging around people that I enjoy being around like friends, family. Whether we just sitting down, having a normal conversation or we playing ping pong. I also enjoy like, golf. It's kind of like been a escape for me because it's also humbling. But it's fun at the same time. And I say just chilling, you know, sometimes chilling alone, you know, it's like peaceful. It's fun to me.

Michelle Maros: [00:35:52] Spending time with yourself. That's I mean,

Barb Schmidt: [00:35:54] Me too. I love it.

Michelle Maros: [00:35:57] That's the whole thing.

Barb Schmidt: [00:35:58] Yeah.

Barb Schmidt: [00:36:00] Dusty.

Coach Dusty May: [00:36:02] Go ahead. Nick.

Nick Boyd: [00:36:03] Nick I was gonna say pretty much what Alijah said. I mean, just hanging with my friends. And I like fashion, too. So every now and then I'll get on and just buy some clothes or. I don't know. Shopping. But yeah, that's really it for me.

Michelle Maros: [00:36:20] I love it.

Barb Schmidt: [00:36:21] We did interact with a lot of fashion on our trip. That was for sure. We did some shopping.

Michelle Maros: [00:36:26] Yeah, that was dangerous.

Nick Boyd: [00:36:29] I know that overseas it's a little different. It's different over there. I like it though.

Barb Schmidt: [00:36:31] Yeah.

Coach Dusty May: [00:36:36] Fun for me. I really enjoy work. I like watching film, I like reading, I like what Alijah said. I enjoy being by myself. I love it when I was young I would go to a movie by myself, even though people might make fun of me. I just enjoyed that alone time to think and just and just kind of just breathe. When I'm with my family, we we play board games, we play card games, we play cornhole, we play bocce ball. We compete, we laugh, listen to music and really just play some type of game at all times. So it's I'm starting to try to enjoy golf and it's so frustrating. But I do enjoy being outside in nature with with other people, especially if you like their company. So I'm learning to enjoy that. I do like to travel. Um, just recently we've

started taking a big family trip every year, so I've loved making one, doing one family vacation with with Anna and the boys. And so that's it. Pretty simple though.

Barb Schmidt: [00:37:37] Yeah, I think it is the simple things that mean a lot. And we try to I feel like sometimes we try to do the main big thing. I've got to do that great big thing that's going to make a difference, or I've got to do that great big thing in order for it to count or matter. But really it is the small, tiny joys. I know during the pandemic, I would every morning obviously walk my dog and my neighbor had cactus. I have to have you guys all over time, but it's all cactus in front, and I'd never seen so many cactus in Florida in my life. And almost every morning in the pandemic, one would bloom. I don't know if you've ever seen a cactus bloom a flower. It is the most gorgeous flower I've ever seen. And I would tell Michelle and say, what do you mean? It's the most gorgeous flower you've ever seen. So I think it's that the tiny joy of seeing that cactus flower bloom in the morning because it only blooms in the morning, and then it's gone.

Barb Schmidt: [00:38:26] After about the first hour or so, it really touched my heart. And I think that's what you all are saying. It's these little small things that you do with yourself, that you do with your family, that you do with your teammates, that you do with your friends. And I think the message that I hear and that I would love to give everyone, is really look for the small things. We really can't do the big things sometimes, and all those little small things lead up to the making that huge difference. Or they really, really, really matter. So I love what you guys are saying because I think that's what we all need to hear, especially in these times of feeling so many people write to us, they're feeling hopeless, they're feeling helpless. They feel like they're not doing enough. They don't know what to do. And I think if you bring it back down to what's the first small, manageable thing that I can do that's going to bring me some joy or happiness and that's going to make a difference. So thank you for sharing that.

Michelle Maros: [00:39:17] Yeah, I love that.

Alijah Martin: [00:39:19] You guys do for fun.

Barb Schmidt: [00:39:21] What do you do for fun? Michelle?

Michelle Maros: [00:39:23] Well, we watch sports. That's definitely a fun. And I don't, I think since the pandemic, actually, I feel like you always have some sort of game on in your house.

Barb Schmidt: [00:39:36] I know it's so true and I'm not a TV person. I mean, I'm a sports TV person, but even you're right, I want a TV in every room.

Michelle Maros: [00:39:44] You do. And oftentimes each TV has a different game on. And I would say probably the only thing that you won't watch is probably like bowling. I think maybe, well, like you watch anything.

Barb Schmidt: [00:39:54] And during the pandemic, you had too.

Michelle Maros: [00:39:55] When the pandemic happened and there were no sports, I mean, obviously it was a very difficult time because there was so much sadness happening. But when sports left you, that was a dark time for her. So when we finally got sports back, I will have it on everywhere on all TVs. So we love...

Coach Dusty May: [00:40:13] I hate to interrupt, but please don't bring up bowling around these guys.

Michelle Maros: [00:40:16] Uh oh, uh oh.

Barb Schmidt: [00:40:17] Do they love to bowl?

Nick Boyd: [00:40:19] Coach May might be the best bowler.

Barb Schmidt: [00:40:21] Oh, you know why? Because he's from the Midwest. He's from Indiana. that was my sport in high school. Bowling and and middle school bowling.

Nick Boyd: [00:40:31] Okay. Yeah. He might be the best bowler in the state.

Barb Schmidt: [00:40:33] And it's not even a sport, really, right. Is it? I don't even know.

Michelle Maros: [00:40:35] I think the bowlers would disagree with you.

Barb Schmidt: [00:40:37] Yeah, it probably is but I love...

Coach Dusty May: [00:40:40] Yeah. The next team bowling function we'll invite you guys to the next team.

Barb Schmidt: [00:40:42] Oh I would love it. Are you bowling there in Mizner Park or..

Coach Dusty May: [00:40:47] We went to both. The most recently we went to the one just across the interstate. But we've done the Mizner one as well.

Barb Schmidt: [00:40:51] Yeah. I haven't been.

Michelle Maros: [00:40:52] We used to always have family bowling when we would go back to Indiana for Thanksgiving. And it's brutal because I'm bad.

Barb Schmidt: [00:41:01] It's very competitive. Yeah.

Nick Boyd: [00:41:03] Where in Indiana?

Barb Schmidt: [00:41:05] Actually. Bloomington, Indianapolis, that whole little area right there. Michelle went to Indiana University. Her dad did, my sister did, my niece did. And then, of course, my dad, which you probably have all heard. And a couple other family members went to Purdue, which is Anna's school. I was so happy to meet the two of you.

Michelle Maros: [00:41:24] And you all played Purdue.

Nick Boyd: [00:41:27] No we almost did.

Michelle Maros: [00:41:29] Oh, wait. No you didn't. Oh my God, of course.

Barb Schmidt: [00:41:30] Yeah, I was going to say, how did I miss that?

Michelle Maros: [00:41:33] I don't know what I was thinking. I just had Purdue on the brain. Yeah, but I would have loved that.

Coach Dusty May: [00:41:36] Nick went to prep school in northwest Indiana as well. Nick lived in Crown Point for a year.

Barb Schmidt: [00:41:40] Oh my gosh. Yes, because..

Nick Boyd: [00:41:43] It was a change.

Barb Schmidt: [00:41:43] I spent most of my time in the Chicago area. Yeah, I love it, I love it.

Michelle Maros: [00:41:48] It's a great place.

Barb Schmidt: [00:41:49] It is fun. So what else do we do for fun? Just kind of what you all said. We love just hanging out together.

Michelle Maros: [00:41:56] I like my alone time as well. Yeah, I also like to online shop that's a problem.

Barb Schmidt: [00:42:04] Yes, ma'am. No we just love to do be in the moment and do things. And I think, Nick, when you brought up our trip, it's probably the.... We do make a point of being with each other and being present, but that trip in particular had a special meaning. We were really present and really just enjoyed. I even loved spending the whole day 23,000 steps walking in the pouring rain. And it was just wonderful. So I think those kind of things, being present and doing the things that the little things that matter most. And I'm like you, Dusty, I do love to watch sports, obviously, but I also love to look at what do I think they did right? What do I think they did wrong? What do I think the coach I mean, I think that's what Michelle's referring to mostly, is that I like to critique or look at what's happening in the moment.

Michelle Maros: [00:42:56] It's wild. One day, maybe off season, you guys can watch some different sport and watch her because it is next level. But I will say too, for you, one of your fun

things that you have the most fun doing is being with athletes and talking to young people and connecting with you all because you love to teach and tell people about the practices of mindfulness and how you can have such a strong foundation from within to be your best self. And it's always so easy for us to talk to athletes about mindfulness, because you guys inherently already get it. You know, the power of being present in the moment and how you have to be where your feet are to be successful. And I think whenever you get home from meeting with athletes at FAU or from anywhere, you're always grinning from ear to ear like it's the happiest thing you could do. So I think connecting with athletes and being not just watching but being around it makes you so happy too.

Barb Schmidt: [00:44:05] It does. It really brightens up my life. It really does. I was talking with a therapist once a few years ago, maybe five years ago, and she said, I think you need to narrow in your focus of the work that you're doing because you're trying to help everyone. So let's look at who are the people you want to help the most. And she said, I think there's some small pieces that you should cut out. And I looked at her and I said, well, I don't know what I would cut out. And she said, well, what about athletics? That you're it doesn't feel like that would be a place where you would put your focus because there's, you know, as you said, I'm a blond girl that going in to speak. And I said, you can touch everything but athletics, you can touch everything but athletes. Don't even start talking about that because it does.

Nick Boyd: [00:44:49] That's funny.

Barb Schmidt: [00:44:50] Yeah. And she said, you know, I had a feeling you were going to say that. I know how much you love them and I do, I love, I really love it, I absolutely love it. And I think that's what we're talking about on the show. And we talk about this a lot. What brings you joy? And one of the things I've been thinking about a lot is it's hard for people to know what they want. Do you all find that it's hard for people to. We've been working a lot, so I've kind of shifted, and this might be something I'll do in 2024 more. What don't you want? It's easy to know what we don't want. So what would you say is something for people to start to think about? Like what would you not want? Because I think we are here to learn and grow and become the greatest version of who we already are. So I've really been thinking about I know exactly what I don't want, and it's really leading me to what I do want, which is doing what we're doing now.

Alijah Martin: [00:45:44] Yeah.

Nick Boyd: [00:45:46] That's a good question. I've got to think about that one.

Michelle Maros: [00:45:48] I was going to say That's a good question, I don't know.

Barb Schmidt: [00:45:51] I think it's for me, it's like easy to know what you don't want.

Michelle Maros: [00:45:57] I think you know how you don't want to feel.

Barb Schmidt: [00:45:58] Yes, yes, yes. It's the feeling I think is what you were saying, Dusty.

Michelle Maros: [00:46:02] Like what you guys have been saying, how you make people feel when you're in their presence and how people make you feel. You can kind of follow that as a guide map in your life of when you leave someone, how did you feel? And when you leave a situation, how did you feel and and kind of knowing from those instances?

Barb Schmidt: [00:46:19] Yeah, I think that it's a good place to start.

Coach Dusty May: [00:46:24] I disagree a little bit. It's easy for me to know what I want. When you said, what do you not want, I was stumped. I had no idea what to answer because I don't know what I don't want.

Michelle Maros: [00:46:34] I thought she said the question wrong because I was like, no, it's the opposite.

Alijah Martin: [00:46:38] Yeah True.

Barb Schmidt: [00:46:39] I guess you know where I'm going with that. Sorry. No, go ahead. You guys go ahead. I love this.

Coach Dusty May: [00:46:46] It's just interesting. Is the question, What do you want or what do you not want?

Barb Schmidt: [00:46:50] What do you not want? Like I know for sure now.

Michelle Maros: [00:46:56] Like, what do you not want?

Barb Schmidt: [00:46:57] I know for sure now that I don't want to be in situations or feel like I can't be exactly who I am. And if I'm in a situation, or if I'm with people, or if I'm in any kind of work that I'm doing, if I'm starting to feel like I can't be comfortable in my own skin, own own my power, or own the things that I know that I want to be and teach and do, or if I have to kind of shapeshift myself to be something maybe that I'm not, because I'm sensing that the crowd is not, I don't. I'll say no. Some will ask me to speak and I'll say, you know, that's not really. I don't think it will work out this time or whatever it is. I just know that I never want to be in a position anymore of not owning exactly who I am. I guess that's the biggest thing I've learned over the past, probably 5 or 6 years. What is it that matters most to me? Where do I want to spend most of my time, and what is it that will make me feel whole and myself, and not feel like I have to, or even not even have to, even have the inkling of not feeling comfortable with who I am. So I think when you ask the question about, yeah, when you ask the question about what do you want, it's not necessarily it can be material things. It can be, you know, going to the NBA or being president or being a coach. Yeah, I always wanted to be a coach. So it can be. I know it's so crazy.

Michelle Maros: [00:48:19] It's never too late.

Barb Schmidt: [00:48:20] But I don't know if I, you know, I would want that. But do I really want that? I don't I don't think I'm capable of that.

Michelle Maros: [00:48:25] You can be coached from the couch.

Barb Schmidt: [00:48:26] Exactly coach from the couch. So I think it's more of as we grow, we really start to become more and more ourselves, because I think it's that authenticity that people love the most, and that's who you all are. To me, you're the epitome of being authentic

because you really are leading with your hearts. I just feel that sense of family and heartfelt. Presence, and you do make people feel like we are part of it with you. We're on this with you, and not just because you're winning.

Michelle Maros: [00:48:54] Yeah, I think maybe what you're trying to say and how they can maybe digest it for their lives is. How do you know, like you all have so many options and choices now that you've reached such a level of success and so many people are watching you, and I'm sure you all are constantly being asked to do things and getting offers to do things and invitations to do things. And even if you're not in the sports world, we get questions all the time of how do we know when to say no to something? How do we have that discernment to know what's right for us and what's not right for us? Because if you start saying yes to everything, you get burned out, you get overwhelmed, you start to get resentful because people can be taking advantage of your time. And when you reach this level that you all have reached and having so many, so much coming your way, how do you know when to say no or what is and isn't right for you, so that you can stay focused and have that awareness of who you are and what you want? That we meant. Yeah.

Barb Schmidt: [00:49:58] That's great. And I think one of the things that you guys like was the trust your timing, we talk about that a lot. So it feels like. You do embody that trust in your timing, and what does that mean for you? And how do you use that to say, no, this isn't right for me. I'm going to stay in this lane here or I'm going to do this.

Coach Dusty May: [00:50:17] For me personally, I don't want to be in a position where I'm doing things that I don't necessarily enjoy doing every day. I think in our profession, we can be in a lot of different spots throughout and now where we are, I think a lot of us enjoy what we get to do every day and who we get to do it with, and I think that's kind of the secret sauce of happiness in life. If you're happy, you know, with my background, if you're happy with your occupation and going to work and you take pride in what you do and you give your all and you really love who you're doing it with every single day, it carries over into every other aspect. And so I know me personally, I just I don't want to be in a position where I'm not doing the things that I enjoy doing, because typically if you enjoy doing something, then you're probably pretty good at it because you spend your time doing it and you practice it and you pour your heart into it. So that one's relatively simple for me. But I'm getting old.

Barb Schmidt: [00:51:12] You're getting what?

Michelle Maros: [00:51:13] He said.

Nick Boyd: [00:51:14] I'm getting old.

Barb Schmidt: [00:51:15] Oh my gosh, that's what I thought. That's what I thought you said. You're getting old.

Michelle Maros: [00:51:18] We're like, no.

Barb Schmidt: [00:51:20] When I say that, she goes ballistic on me.

Michelle Maros: [00:51:23] Well, it's her birthday coming up, so.

Barb Schmidt: [00:51:25] So I'm getting old, but I love that.

Nick Boyd: [00:51:27] Happy early Birthday

Barb Schmidt: [00:51:28] Thank you, thank you. So we do really kind of know what we don't want. I think it's articulating it like that or really standing firm in that groundedness of who we are and what we want and what we don't like or what we don't feel aligned with that matters most. And the more I think you're right, Dusty, the older we get, the more we really realize, you know? I know for me, less time is on this next end than what was on the back end. When I think about it that way. And it's like, wow, what do I want to use my time for? And I want to make sure that I'm with the people because, as I say, the five people that you spend the most time with, you take on the behaviors and the moods and the characteristics and the feelings of of those people. And I think it matters a lot. And that's why I feel I keep going back to you. You spend so much time together. So you are you are a family because you're taking on all the you all have the same mindset. It feels like you all are in the same groove of all of that. And it matters so much, I think, as to how it's translating on the court and how it's translating in your play.

Alijah Martin: [00:52:31] Yes.

Nick Boyd: [00:52:32] I agree no doubt. I think mine is like yours. Like just not being in places where I can't be myself, you know, be energetic, goofy, but still serious at the same time. So, I mean, I think that's mine too. Just being being myself everywhere. I don't want to be in a place where I just can't be myself.

Barb Schmidt: [00:52:47] And Nick, how old are you, if you don't mind me asking?

Nick Boyd: [00:52:49] I am 22.

Barb Schmidt: [00:52:50] Like, oh, I love that so much.

Michelle Maros: [00:52:52] I wish I knew that.

Barb Schmidt: [00:52:53] I know, I just, I think that's Dusty why have so much many.... there's a long list of why I have so much admiration and love for all of you is that it's 22. This is so wonderful, so wonderful. I want to know you when you're 42. I mean, I'm so like you guys really just impressed me and touched my heart so deeply. I love it so much. Alijah.

Alijah Martin: [00:53:21] Thank you. I think mine ties into it what coach says. Like I'm just enjoying, like, not watching what? It ties in with like being happy with what you what you're doing, you know? Um, like, over here, just thinking, like, what do I not want? I went thinking all the materialistic things. Then I went to thinking like what ties in today, I say, is just being happy, you know? Happy like happiness is like, I don't know, it's a joy and like. And happiness. I'm trying to say what I'm trying to say, but I don't know how to say it.

Nick Boyd: [00:54:01] Go ahead. Go ahead. Do your thing>

Barb Schmidt: [00:54:03] It makes perfect sense. You don't want something that's not going to bring you happiness. That's what I'm hearing.

Alijah Martin: [00:54:08] Exactly. I don't want to be doing something, and I'm just miserable, you know? Um, I can have everything in the world, but if I'm doing it and I'm miserable. I want to be, like, happy doing whatever I want to do. You know, that's what I want out of life.

Barb Schmidt: [00:54:21] Yeah, I love it. And sometimes we do have to do things that are hard and not so much fun. But when we can see that, that might lead to the happiness in the next step or when the next iteration of what we're doing it, it makes it all okay. But we have to see that it's going to bring some sense of happiness or some sense of of contentment, contentment and success for ourselves, I think.

Michelle Maros: [00:54:42] Yeah, I mean, I feel like we could talk to you guys forever because it's so much fun. Yeah. But as we start to wind down, you all have mentioned the word mindset a lot, and we talk about mindset on the show a lot. And I would be curious what each of you, how you would describe maybe in a word or two words of maybe your mindset about life and maybe the team's mindset in general, or just for yourself of. How you would describe that for yourself, because it would be so interesting to hear.

Alijah Martin: [00:55:14] I say, I say be better. Be better as a person, be better as a player, be better in life as you just go through adversity. Just be better. Honestly.

Michelle Maros: [00:55:30] I love it.

Barb Schmidt: [00:55:30] I'm going to cry.

Nick Boyd: [00:55:33] I say just working hard. I mean, I believe in hard work. I feel like if you really want to do something and you believe and you put the work in, you can do anything in life, anything in this world. And I just believe in just having hard work, working hard all day long, you know, achieving my goal, whether it happens tomorrow or next five years or next month, just every single day work hard. And I think whether it's in ten years, like I said, or five years, I'll be in a position where I'll be happy and satisfied and know that, you know, I did the most I could to try to make it happen.

Coach Dusty May: [00:56:04] I think just driven and obsessed with being better, learning, growing, finding a better way. Just every single, every minute of every day, just being driven and obsessed with that. And there's never a finish line. There's never there's never there's nothing final for us. This group, this these individuals, it's always the process is is the way, the joy and the journey, the joy in the work and not the outcome. Because I know I love going to work with these guys equally as much as as cutting down the nets in Madison Square Garden. Now that's a cool moment for to share with everyone. But but my joy personally is is, you know, the growth and the learning and doing it with with like minded people, like minded people like the group we have.

Nick Boyd: [00:56:54] No doubt.

Barb Schmidt: [00:56:54] Oh, I love it. I've loved every minute. This has been a special, special time and a special conversation with all of you.

Michelle Maros: [00:57:01] Yeah. It's so exciting to watch you all and see each new day and what happens next. And we love being a part of your family. Yeah. So exciting.

Nick Boyd: [00:57:12] Stay tuned. Stay tuned.

Alijah Martin: [00:57:14] Yeah.

Coach Dusty May: [00:57:14] We'll seeing you guys too. It's reminded me to breathe about five times. I've taken a deep breath just seeing you guys, because I always think of mindfulness and getting reset.

Nick Boyd: [00:57:22] No doubt. No doubt.

Michelle Maros: [00:57:23] I mean....

Coach Dusty May: [00:57:24] You guys make us feel. You guys make us feel better and good as well. So we appreciate you guys.

Barb Schmidt: [00:57:28] We appreciate you so much.

Michelle Maros: [00:57:29] And we can't wait to see this season.

Nick Boyd: [00:57:32] Peaceful

Coach Dusty May: [00:57:33] Love it. Nick. You said peaceful.

Barb Schmidt: [00:57:34] Peaceful.

Nick Boyd: [00:57:36] Yes Peace. They bring peaceful to the social media. So when we see you all we just think of peace.

Alijah Martin: [00:57:40] Oh yeah No Doubt.

Coach Dusty May: [00:57:42] Three psycho competitors that you make us feel at ease. So. Thank you.

Barb Schmidt: [00:57:47] Oh, we love you so much.

Michelle Maros: [00:57:49] So great.

Barb Schmidt: [00:57:49] I hope you get the same feeling that we receive from you. That how much we care about you, how much we love you, and how excited we are about all the things that are going to happen, you know, collectively as a team and as a group and as a school for you, but also individually. I truly want to know you many years from now, because I really, absolutely love all of you so much. And thank you for your time and and your presence in our lives. Thank you so much.

Michelle Maros: [00:58:15] We're so excited for all of you. And we'll put all the social media and information in the show notes. So you, all of our listeners can stay in touch with all of you guys. And I mean, truly, it is so fun. It is like a family watching the team. And, you know, if

you're a listener and you don't have a team, make FAU your team because you you will not regret it. It is it is a great time.

Alijah Martin: [00:58:40] Let them know. Let them know!

Michelle Maros: [00:58:41] So yeah. So thank you so much guys for coming on the show. It's been great. We'll have to have you all come on and we can be together and chat more down the road. And thank you to our listeners for always joining in and being such an amazing part of our community. We're so grateful for all of you. If you are enjoying the show, which we hope you are, please make sure you're like and subscribe to the podcast wherever you listen to podcasts, Apple, Google, Spotify and give us a five star rating on iTunes and Apple or Spotify if you can. We would greatly appreciate it. If you want to stay in touch with us on social media and give us podcast topic requests, make sure you're following us at Peaceful_Barb, at Michelle Maros, and Barb knows best pod. Lastly, we do have a bunch of fun offerings for the holidays through the link in our show notes. Make sure you check that out. Thank you so much again for listening. Thank you so much to our wonderful guests from FAU Men's Basketball. Thank you mom, and we will chat with you next week because as we know, Barb knows best. Bye.