

## **S4 E18: More Than Just A Game**

(AJ II & Arize Ifejika)

*Previously recorded on Tuesday, March 5<sup>th</sup>, 2019*

0:00 AJ: The Nation's Capital has produced some of the top hoops stars in the history of the game. From Elgin Baylor to Kevin Durant, but whose events in the DMV have played a part in people like Indiana Pacers guard Victor Oladipo making it to the next level? Stay tuned for another episode of *Max Out Time!*

0:16 Intro Song: 'For The City'

0:53 AJ: Ladies and gentleman, I'm here with Arize, 'Mr More Than Basketball' DMV's finest, straight out of DC, how you doing?

1:02 Arize: I'm doing good, blessed and highly favored.

1:04 AJ: I've known you for a pretty long time. I've known your work in the industry, your work with youth, and basketball and empowerment in the city, Washington DC, our city here and the culture here. What are you doing and what is your brand, 'More Than Basketball'?

1:19 Arize: 'More than Basketball' started off as like an events operation agency but since then it has kind of like morphed into something bigger than that, something more, obviously, all pun intended. It's diversified into film and you know and media, application in gaming, tech, community outreach, special events, public speaking, a lot of different things. So it's started off like a smaller thing and picked up a lot of momentum and steam and now it's one of those things where I can't really say what exactly it is, so I'll just call it a movement.

1:59 AJ: Right, do you see yourself as an entrepreneur? You're talking about media, tech, engagement, events...

2:04 Arize: I mean, I don't I don't want to be cocky and call myself a mogul tycoon type of dude, but I mean at the end of the day, I didn't come this far to come this far. So if the shoe fits...

2:16 AJ: We're going to uplift you on the podcast. It's not you being cocky, it's us getting to the true Arize, 'Mr More Than Basketball,' ten years running. Right?

2:25 Arize: You know, the truth makes people feel uncomfortable sometimes, the truth does two types of things. I remember when like LeBron won his first championship, and they were like, 'a championship can make you that much hungry for a second or satisfied and comfortable with your first'. So, it's like the truth can motivate you to be like, 'that dude Arize, he make me want to get on my grind' or it can be like, 'who does that dude think he is' because you're not really cut from that cloth. You know so it's just like got to trend softly, your accomplishments can rub people the wrong way.

2:55 AJ: It's definitely the former though. I mean I think what you're doing right now is something people haven't seen before and and you're touching parts of the city and and the youth that really needs to be touched. In terms of uplifting young black male athletes, specifically basketball players, and telling them to go strive and be that all that they can be. You're helping them through your events. Can you talk about some of your events going on?

3:22 Arize: Well, I want to say this first, I don't consider this like...if anybody has ever followed me on social media, I'm not the guy to be going back and forth and all that. I made

it clear that I'm not here to be nobody's hometown hero, this is a global hustle. Anybody who played basketball never even thought about being the local guy because you're try AAU tournaments and you almost frown upon teams who didn't try. Every team least try to go to nationals, be out there on the sidelines, selling water on the streets. I'm from DC, that's what we've seen growing up.

3:54 AJ II: All day everyday.

3:55 Arize: Selling waters on the street, trying to fundraise, we're trying to get that out of town trips so even at the early stages it has never been like a local thing, you want to travel and play against other people. The basketball business has never been...I got relationships with guys all over the country with basketball so I have a relationship with Ball Is Life right now, they're based in LA. So I've--it's not a local thing but it's something I can give the world up a a bird's eye view of DC life, you know what I mean, and more than just being local.

4:21 AJ: Now we've noticed that global and national impact because a lot of your players have gone on to play Division 1 basketball and even professional basketball. Can you talk about the impact that you've had specifically had a hand in what 'More Than Basketball' has done for a lot of the top tier, not only college but professional players right now? Name a few?

4:44 Arize: Well first I'll talk about what it has done. The biggest thing it has done, is provide a platform. We know with the fed investigation, there's a lot of good, bad and ugly going on in the business. But a lot of things start from people like myself providing that platform, because how do these people even meet? It's not like you can identify a kid on the street and be like, 'oh, you're good, let me speak to your parents and give you money.' It's like seeing them in the gym, watch them play, see rankings, see them at camps, see them at tournaments, it starts with that platform so you provide that platform and if the kid performs, it's kind of how it starts. So the first thing I like to say is that I provide a platform. The second thing I like to say is I can obviously provide exposure because with that platform, it's exposing kids to people like evaluators, college coaches, media uh you know at some levels, agents at some levels, shoe company executives at some level, other good players, so it's exposure. The other thing I would say is that it's confidence, right? Because at a very young age, we're breaking this mould like, generations before me, it's like they didn't see the better players until they got to college or a big high school game. Now there are guys in the NBA that have played against each other since they were six years old –

5:55 AJ: You've seen that with LeBron and Melo and you've seen that ever since then –

6:00 Arize: Right, so it gives that confidence of I've always known this guy as regular guys, this isn't because he shot up the rank, he doesn't have that type of effect so that's that. In terms of players, I mean, there's a very long list. But I mean I can start with Justin Anderson, Lonzo Trier–

6:17 AJ: Is he still on the Sixers?

6:18 Arize: He's at--he's on the Hawks at this point but uh Terrence Ross was in Orlando, um of course Quinn Cook, we all know (AJ: Of course, of course.) a gazillion, Victor Oladipo, the Grant brothers, Thomas Robinson–

6:32 AJ: Name one of the--name of those guys who you saw at one of your events, knew he had something special but he really had to grind it out to get it. Because I feel like, you know you didn't name KD but KD has always been good,

6:48 Arize: Well KD is my age so he wouldn't have been in there.

6:52 AJ II: Right, right, he's always been the second coming. Oladipo kind of 11th, 12<sup>th</sup> grade you kind of knew that he was going to Indiana, you kind of knew --

7:03 Arize: The number two pick? I don't even know if he knew that at that time. Number two pick?

7:07 AJ: Not that high but you kind of knew he was going to Indiana and he was player of the year, you kind of knew --

7:13 Arize: Yeah but for every Victor Oladipo you can name a guy that went to a school like that that didn't make it, so you still got to respect it. You know like Thomas Robinson was probably like... it would be between Thomas Robinson and Quinn Cook. But the reason why I would say Thomas Robinson is because -- and I'm not taking anything off the table from Quinn Cook because at the end of the day people say oh Steph Curry's father played in the NBA, but there's a lot of people who has played in the NBA and kids aren't in the NBA. Quinn had every -- he had the like path from St Jerome's, to DeMatha to Oak Hill to Duke. If you were to say, I want my kid to have a basketball path from the DMV, you would take the Quinn Cook path, I mean he was All-Met player of the year. as a junior (AJ: DC Assault). Like was the little man to Nolan Smith, Mike Beasley, Kevin Durant, all that, so he had everything. T Rob like literally came from nowhere, he was at Eastern High school, you know what I'm saying? (AJ: Wow. Shoutout DC.) He went from there to Riverdale Baptist, from there to Brewster Academy. But his ascension, he played on a little small team, squash all beefs only one of one team he wasn't playing in like a big organization. All the teams wanted him. He never really played with like his childhood friends, some of which have passed away, some of which are in jail, he really comes from that type of thing. His odds were very different for him to be the number five pick that was that was more, I salute whoever because it's still one in a million shot, but I tip my hat a little bit more to T Rob.

8:42 AJ: So like T Rob, and you said he went to Eastern High School --

8:45 Arize: Which is Thomas Robinson, for those who don't know.

8:46 AJ: Exactly and he plays for what team now?

8:49 Arize: He's overseas now but he was in the NBA for what I believe was 6 years. He played for the BI--he was drafted by the Kings. He was there with Demarcus Cousins. Then he got traded to the Rockets. Then he got traded to Portland. Then he played in I believe Brooklyn then played for the Lakers, the he is now overseas.

9:08 AJ: You talk about how you had a special connection with him, because he came from nothing and overcame --

9:13 Arize: He's a DC dude, I actually have seen him walking the streets. At the time, he's from 41st, he was living in Trinidad and I was living on 8<sup>th</sup> street, I was 21/22, he was 16/17. It was a little different from where -- you know a lot of guys and this is from -- someone's going to take offense, someone is going to be sensitive -- (AJ: No, no, no.) you know a lot of guys are from the DMV, they have a different type of upbringing, they don't come from

like...there's some guys who played basketball and had never been on the train, never taken a bus. They live these lives whereas PG county, per capital, is like the richest... so they come from different it's like black excellence at its finest, two parent households, upper middle class, upper class, two hundred and fifty thousand dollars and above, combined incomes, very involved parents, specialized trainers. DC is one of the few places you know that the best players actually come from the suburbs.

10:23 AJ: So you talked about this true DC struggle, Thomas Robinson, Eastern, DC public schools. The rise against a lot of these Catholic schools and private schools. I'm not even going to--I'm not even going to say nothing because I went to a private school, but you're so invested in public schools that you even made your own docuseries on Wilson basketball. They have been - last three times DCIAA, two times state champion. They lost this weekend, we're going to get to that, but Wilson, look look where I'm coming from though - Wilson is known as a baseball school and in the last five years, they've started to become a basketball school by in large part by one of my best friends Cedric McFadden, we go all the way back to 2004/2005. So can you tell me about why you chose Wilson and what connection you had to that and how the docuseries is going, tell everyone about *Run This Town*.

11:29 Arize: So, *Run This Town* is like a you know a play on words obviously. It's basically talking about like beating the odds and everything it takes, everything that is encompassed in doing the stuff. A lot of people like because they don't have information, they don't get to see stuff like *Run This Town* and they don't get a chance to see behind the scenes. They think oh like with the Warriors and they think it's just Steph Curry and Kevin Durant. They don't know how important the trainers are or the scouting people or the the the physical therapists, or all the stuff that goes into it, people don't know. People don't care to know, right? Unless it put in front of their face. It's like when you drink a soda, you don't know everything that goes into that soda, you just know that soda tastes good like who cares. So it's just a chance to let you know all the ingredients to what makes it because not one thing on its own did it, it's a bunch of moving things, it has to work in unison at the right time.

12:29 AJ: You're going into a public inter-high school and taking people behind the scenes to one of the top basketball programs, not in the city, not in the area, 37<sup>th</sup> in the country.

12:43 Arize: Yeah they started the season at 33<sup>rd</sup> I think, but 33<sup>rd</sup> out of 50 yeah for sure.

12:49 AJ: And and so, six episodes in, how's that going so far for you?

12:54 Arize: I mean to me it's going great, it's up to the people, to me I'm pleased with everything, how the people receive it, it's all about for me.

13:02 AJ: So Will, they've got several college basketball commits, they've got top top D1 talent on that team. What are you preaching to some of these kids right now?

13:16 Arize: I mean, honestly, like, if you didn't know any better, you would think we actually like don't get along because -

13:25 AJ: You're hard on them, you got to be though -

13:30 Arize: Yeah. It's like it's not even like you got to be, for no reason. It's like this is DC so it's like everyone is looking for a meal ticket. It's DC, people are people don't come from like I said, the Bowies, the Upper Marlboros, the Clintons and all, they don't come from that, they come from disenfranchised communities, they come from lower class communities, you know what I'm saying, lower middle class communities. When they see a kid who all over the

newspaper and all over the internet, they do what they can to position themselves close to those people. They can kind of lose touch with reality because you might identify this kid at like twelve years old, and like he's always been the best out of the bunch, he's always been on some different stuff because in the summer we don't really see him, because he's in the gym or he's traveling at some tournament, now he's going to some school. They've grown up in this world where it's kind of like, being told what they want to hear. Not to mention, the DM's, the internet all that so you got to them like bro, it's real in the field. What you can't have now leave in your will because this is not a joke. So, you would actually don't get along, if you see me and my relationship with them. But, they actually thrive under the circumstances of 'I can't wait to win this game, to show Arize' that's how it's kind of become. It's going to become like "yeah y'all are not that good" or "here come some bump for y'all," or "thought you said it was going to be some bump," or "thought you said we were going to lose," like I I prefer it to be those types of circumstances.

14:58 AJ: So, you think that you're helping them with that attitude and that mind set by pushing them? Because I remember I watched the first episode, in the first episode whoever is doing the interviewing in the documentary –

15:11 Arize: It's me.

15:13 AJ: It is you, saying, what are your expectations for this season? Every single kid said, we're going to win every game.

15:19 Arize: Of course, and and I feel like they should feel that way. But, as you continue to watch the docuseries and the 'L's' pile up, that's what so beautiful about it because they're living in the real times, so it's not like we're doing an interview after a loss and pretend the loss didn't happened, like no we're interviewing you beforehand and we're interviewing you afterward and it lags six weeks. So, they just played the championship on Sunday, you won't see that episode until five weeks from now, which is episode six so it's five weeks from now. You get to live it in a five week lag, so five weeks later, they actually get to live it in real time and then relive it. Right so like it's beautiful, with the team, they go to Florida, we go to Florida, they go to New York, like whatever. So, we actually get to see what's going on and then talk about it on camera with cameras around. There were a lot of kids crying and stuff and the cameras were there, we're not turning the cameras off, so you're going to get a chance to see all that stuff.

16:18 AJ: Take--take us inside that championship game, the ending, the thrill of it, the tensions. A public school team from up Wisconsin avenue against the private school team from up Wisconsin avenue, and they're both been pretty good at basketball the past couple of years. Now for the listeners out there, Sidwell Friends defeated Wilson 63 to 62 in the DC state championship on Sunday night on a 3 point buzzer beater. Sidwell Friends won Lakers guard Josh Hart was an All-Met player back then, so they got a great basketball history –

16:59 Arize: Don't forget about Saddiq Bey, freshman at Villanova, Saddiq Bey, he definitely went to Sidwell Friends, he's starting power forward at at Villanova –

17:07 AJ: And they've got Ivy talent, they've got talent everywhere. So Wilson Sedwill (?) has actually been sort of a little Wisconsin avenue rivalry. No, no, no, definitely, because when Ced was there, they use to battle back and forth too –

17:23 Arize: I think it's because a lot of the kids knew each other, yeah, a lot of the kids knew each other and stuff –

17:26 AJ: They're like seven blocks from each other –

17:30 Arize: I don't think the student body at either school would consider them a rival –

17:38 AJ: But they're both top 10 basketball programs in the city and they have been playing these games. So take us through that, because that's what you're doing right now.

17:45 Arize: I don't give away too much because I want people to watch the show but I will say that, I've seen Wilson play in some amazing games. But I've never seen--like, last year's championship game, they played St Johns and won double over time. Like, I don't know which one was better but I know like, I've never been part of a game of that magnitude and watch a shot like that go in for a championship, so I can only imagine what it feels like. I know how I felt being that invested, so I can only imagine what it feels like. People lose games at the buzzer, people win games at the buzzer, but to lose the state championship game, your final game, that was kind of like...especially because I know how things are--what's about to happen and I can't give anything away. But, obviously, when you have success, things change. Like all of a sudden, your assistant coach has become more attractive to bigger schools. Your head coach becomes more attractive to private schools and stuff. And the people that are around, a lot of opportunities will come and that happens to anybody that wins. When the University of Maryland won the national championship, all their assistant coaches took head coaching jobs at smaller schools. (AJ: Happens at Alabama too.) Right. It's just part of it, so I know because it's a historic run, the reason everyone stayed this year was because of all the talent they had. Things are about to change, like, they have a junior, Dominguez Stevens who's a top whatever in the country, you think every Tom, Dick or Harry, who, you know what I'm saying an upper echelon program is not going to come at him and want him. How do you turn that down at that point (AJ: The IMGs and the Oak Hills.) when you've seen the lineage of the kid? He's proven everything he needs to prove, he's won the state title. There's nothing left to do except continue the basketball development. I'm not saying he will leave, I'm saying you know things are going to be different because the people are going to be out there –

19:43 AJ: Especially when he goes to a public school and they can just pick him out. He can't go to another public school but he can get picked like Oak Hill, like all the other greats like Cook did it, Nate Britt did it –

19:56 Arize: And Quinn Cook left Dematha (AJ: Right.), so to leave Wilson, it's not a stretch like people have left Dematha for Oak Hill, people have left Gonzaga for Oak Hill, Paul VI for you know.... so I know it's going to happen, so it's like I know how this thing can turn. So it was like watching that shot go in, instead of sending everybody else on a farewell, everyone happy, it's like, wow, this is how it ends? You know? (AJ: Wow.) Yeah. It's crazy.

20:26 AJ: Before we get to this next segment, you talked about how this was the championship game. But the only atmosphere I can even compare it to, was 2013 when Aquille Carr came up and played against –

20:38 Arize: Wilson –

20:39 AJ: No, no, no, no, no because I was there too, that's not what I am talking about.

20:40 Arize: That was 2013 though.

20:41 AJ: I'm talking about when they played Gonzaga at Coolidge and (Arize: Oh yeah, yeah.) Kris came down, Kris Jenkins who also--

20:45 Arize: That was 2012.

20:47AJ: Hit the shot at the national championship. 2012, because Nate was still there and he came down and hit that shot from the buzzer –

20:55 Arize: But Nate didn't play, he was hurt –

20:57 AJ: Right, I remember, yeah, yeah, yeah, I remember but he was still there, you right that was 2012. That was the only high school basketball atmosphere where I was like 'whoa' and you know both of them players were top in the country at the time (Arize: Yup. Yeah.). But just moving forward with basketball, since we talked to a lot of these guys who had college aspirations, what's your take on Zion Williamson and and the Duke situation right now, what do you think that he should do?

21:22 Arize: I mean, I honestly, like it's like a double edged sword, it's like the kid, whether he gets hurt or not, I mean it's--he's a lock for the number one pick, let's say top five, he's a lock, no matter what happens. But at the same time when you're a kid, it's a lifetime opportunity to play for Duke and having those magical NCAA tournament run even as a freshman and you have a chance to win the whole thing. It's like, you don't get that stuff back, the NBA, you're watching so many meaningless games right now, you're watching dudes tanking and you know all that stuff. So, you're going into the business of basketball, you're getting paid handsomely more than you could possibly imagine. Sometimes especially for him who is going to go to a losing team, it's going to be a lot of losing and a lot of meaningless games, right? To be able to play in those types of game, the types of game you dreamed of as a kid for that school or chance to win a national championship and all that stuff, how do you not play? At the other end, you have so much at stake. It's like, you know?

22:30 AJ: My thing about it is, he's-he's not being paid or compensated for all this.

22:34 Arize: He is indirectly being compensated. A free education I don't know if you went to school for free but free education is not slight – when Sally Mae comes calling--

22:44 AJ: I did but he should be getting endorsements and he should be six to seven figures of his own –

22:53 Arize: But to--but to say that is to say, well his high school should have done that too because he made them a lot of money too, so why didn't his high school pay him. What's the difference?

23:02 AJ: What's the difference?

23:02 Arize: Yeah, why didn't his high school pay him? I make money off high school kids, if you look at it like that, a lot of people make money off high school kids –

23:12 AJ: It's at a much smaller scale.

23:13 Arize: Drake wore his jersey, what's, how much smaller does it get?

23:20 AJ: But that's my thing about it is--that's my thing about it is though, they're hindering him also from going straight from high school to getting the bag.

23:28 Arize: What I am saying, my thing is, rules are placed to try to control as much as you can because where does it end? If you're good enough to go from not having to go to high school, why do you have to go to your senior year? You can say oh that he is playing his senior year and blah, blah, blah, so why can't you go to 9<sup>th</sup> grade? Why can't you go to the G league in 9<sup>th</sup> grade -

23:50 AJ: When you look at soccer and hockey and baseball, and they have no problems - none of those sports have any problems.

23:55 Arize: Exactly, so where does it end? You can't really say just college, so where does it end? There are dudes right now that are in 11<sup>th</sup> grade -

24:06 AJ: I believe there's a twelve year old soccer player on the UNC women's bask--uh uh soccer team.

24:13 Arize: I would believe it, so that's why I say with the grassroots business, it's a billion dollar business from the AAU, there's a lot of kids that can get some of that money too. That do as you see with the feds stuff, so (AJ: I'm not going to say that they shouldn't get anything.) that's what I'm saying, where do you stop it?

24:28 AJ: Yeah, I mean that's up to Mark Emmert and uh the NCAA -

24:34 Arize: And that's hurting his pockets, so he's not going to want to stop it no time soon -

24:36 AJ: His pockets fat enough that he can -

24:39 Arize: Oh no, one thing about America is that there's no such thing as fat enough - no such thing as fat enough

24:45 AJ: So we--we we've already touched on a lot of high school and youth sports, where do you see the future of all of this going? How does 'More Than Basketball' play into that?

24:52 Arize: I like to always consider myself ahead of the curb type of hustler, right? Obviously, I see the parallels between the youth basketball business and youth culture in music and in hip hop. Right--like people forget that hip hop culture is intertwined with sport because like I said before, Drake is wearing Zion Williamson's high school jersey, people know who these people are. you go to Ball Is Life right now, you'll see Chris Brown is following them. You'll see Tyrese is following them, Mike Tyson, Shaq, all these types of people, Trey Songs -

25:32 AJ: That's a byproduct of this social media era--

25:34 Arize: But I'm saying before that, they were watching Ball Is Life videos because they want to know who the best top hoopers are in the country. Like, Marquelle Fultz, number one pick in the draft, everyone's going on YouTube, Marquelle Fultz, who's this guy? It's all together, so where the game is headed to, it's the same way like the way you see with complex, Ball Is Life can be the next *Complex* or overtime, slam could be the next *Complex*. I give kudos to *Complex* and everyone else that does dope stuff but having conventions and having the basketball business having a self by self west, having a *Complex* con. Why wouldn't there be a *Complex* con or something like that with all the AAU tournaments? When



everyone goes to Vegas for all the AAU tournaments, why are we not setting up at a warehouse? It's something nice for all the kids, a night before the AAU tournament start, why not? Something to bring the kids to, bring your favorite basketball players out, Deandre Jordan, De'Aaron Fox or whoever, you know let them come through, have panels where they can meet and speak to their favorite players or agents or managers or people in the media because all those people are famous too –

26:46 AJ: So you're proposing all this? You're going to implement?

26:49 Arize: Stay tuned (AJ: Stay tuned, ok.) but just know that I'm speaking on it because a guy like Skip Bayless. The thing people aren't realizing about the basketball business is that never before in my generation, and I'm not an old guy. In my generation, guys in their 30s, they looked upon being a Skip Bayless or Shannon Sharpe or whatever as a "if I don't make it" or "after I made it," and then the ball stops bouncing –

27:16 AJ: I mean I'm a perfect example of that, I was that guy. If I don't---if I don't play ten years in the league or this really don't work out, sports broadcasting, I'm going right into it.

27:26 Arize: But there's kids growing up now saying, forget basketball, I'm not trying to hoop, I'm trying to be Skip Bayless, let me start now to become Skip Bayless, let me start now to become Bomani Jones, Amin Elhassan because they are also celebrities making millions.

27:40 AJ: What I say to--say to that is be all and be whatever you can be! It don't matter who you are!

27:46 Arize: So I'm saying all these people are now brands, so now because of that, because of that, they should be treated as such. In the same way, you see the celebrity DJ, the celebrity producer, celebrity stylist, all that, celebrity management. Coach and P are as popping as all the rappers, who don't know Coach and P? They're known as the Migo's and everyone knows them. You see them on camera, they're in the rap songs and all that so it's the same thing. You see the same thing in the basketball business, there's kids growing up trying to be like Arize, trying to be like Capital Hoops or whoever, starting very young trying to intern all these people. The same way Diddy was trying to intern Andre Harrel, and people trying to intern me, call me everyday, I get emails everyday about people trying to intern. So what are we doing as a business trying to cater for that next generation not only for basketball stars, but broadcast stars, or agents, or manager, or front office guy, or the guys who--I want to be the 23-year-old front officer executive. The 23 year old agent, the 23 year old broadcast, ESPN First Take guy, you know what I mean?

28:54 AJ: Okay, quickly, three years *More than basketball*, what do you see yourself, where is it?

29:01 Arize: Three years?

29:03 AJ: Three.

29:04 Arize: Uhh I'll probably say like doing everything I'm doing, you know partnering up with – I do think, like I said, when you see the overtimes and the slams, you see guys like Drake and LeBron, D Wade, Kevin Durant, David Stern investing in these companies. You obviously know that people are taking the media stuff to a new level. Capturing moments, creating content, you see all this stuff on ESPN, these guys are actively looking to get into the business. There's going to be more of an emphasis on the youth side of things. So you take a combination of Twitter, Instagram, social media, YouTube, you'll have more people

invested in the up and coming prospects because they don't have a year to watch them on the college campus, they want to watch their backstories and these kids are walking around at age 15, 16 with a bunch of followers and stuff so that's kind of like how things are going to be, somewhere around there.

30:05 AJ: In the near future, be on the lookout for 'More Than Basketball' creating more content for the youth. As always, my special guest Mr More Than Basketball, always more, Arize, thank you so much for coming out today. You got anything you want to leave us with? Your social media? Upcoming events? Everyone go out and watch *Run This Town*.

30:25 Arize: I'll leave you with that #runthistown the docu series, six episodes out right now. You can also look at my old work on YouTube channel, *More Than Basketball*, I did the Rise and fall of DC Assault documentary, I got a web series called attention kills, that's super popping. I got another documentary shooting long form content stuff. So, go to the YouTube channel, don't worry about me on social media, I ain't tweeting much, I ain't making no noise.

30:51 AJ: He ain't making no noise, only for motivational use, thank you so much. Please continue subscribing at *Max Out Time* with AJ II on iTunes, @\_arize on social media, that's a-r-i-z-e on social media. Like me on Facebook, follow on IG and Twitter rate and review this podcast on all podcast streaming services today, AJ out!

31:18 Outro Song: 'For The City'

31:44 –End–

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