

Jon Vroman ([00:02](#)):

Gentlemen, welcome to the Front Row Dad Podcast While it's common to hear men say family first, most guys are working long hours and finding it really difficult to juggle all the priorities on this show. You're going to hear unscripted conversations with guys who are as committed to winning at home as they are to winning at work each week, we're going to share a new conversation, digging into the strengths and the struggles of guys, just like you and me to help us level up our dad game, strengthen our marriage, succeed in business and stay healthy along the way. If you're new to the show, I'm John Broman, married to the free spirit known as Tatyana father of two boys tiger and ocean and living in Austin, Texas. Let's get right into our next conversation.

Jon Vroman ([00:47](#)):

Dr. Skyler pawn. Welcome to the front road ad podcast, man. Glad you're here. I was so good to be here, John. Thank you for having me. So dude, it was fun learning about your world and I'm still learning about it now. A certified chiropractor sports physician, right? Working with pro rugby, the Seattle sea wolves, MMA dude. This is a, this is really cool. And uh, you're doing Brazilian jujitsu. Yes. Competed over 10 years in kettlebell CrossFit and the broken skull challenge. What the hell is the broken skull challenge? Don't sign me up. Well, you know, you just kind of described it. If you take rugby and strong man and jujitsu, and then you put it in the desert with Steve Austin as the host, that's the broken skull challenge. It's really a brilliant idea. So simple. It was like, did you watch American gladiator when you were a kid?

Jon Vroman ([01:41](#)):

Yeah, for sure. Yeah. So that was like a futuristic version of Steve Austin's like hillbilly dirt bags version. Let's take these, these competitors, put them out in the desert and have them just kind of fight for our entertainment. It was wild. It was super fun. What was that? Tell me more about the experience. What was that like? How did you train what happened during the whole filming of the show? Well, that was, that was a great example of me taking a little bit of a step back from my life and thinking, how do I want to tell the story when I'm old man pond, what do I want the grandkids to be talking about? And that was really just me saying, okay, this sounds uncomfortable, but I'm in. I want that story. I want that experience. So, uh, I hadn't even seen the show before it was on CMT.

Jon Vroman ([02:22](#)):

They did. I think that it's six seasons and then they lost their contract. That was CMT. But I was training with all the other things that I do strongman and kettlebell and having fun and doing all that. And one of my coaches who watches, CMT signed me up. So I guess at the end of the show, Steve Austin, you're familiar with Steve Austin, right? Yeah, sure. Bravado, you know, 12 out of 10, you know, he just looks at the camera and says, we're looking for the toughest son of a bitch in America. If that's you or you think, you know that person and you know, put your name on the line to come out to the ranch and we'll throw it out and see what's up. You know? So it was just like an open call out to the community. And a friend of mine, one of my coaches said, well, that Skyler, which I was flattered by. It's like, alright, 40 year old chiropractor father, too toughest son of a bitch America, let's see what happens. Let's see what happens. So I, uh, yeah, I, I filled out their application between patients. I still hadn't seen the show and I got a call back from the producers, which are shocking to me because I just didn't feel like I fit that bill, but who knows what their demographics are. Right. Maybe they're trying to get this middle-aged bald demographic dialed in and they want me to be there, their flagship, I don't know.

Jon Vroman ([03:26](#)):

So I did a little teleconference interview and I was pretty reluctant to be honest, during this interview, the thought of, you know, I didn't have any background in jujitsu or anything at that time. It's like, you know, you could do something like this and have great success. You could win and break your arm and not be able to help your patients for eight weeks and fall into debt. This could all have the results going best case scenario on this show. Right? So that was a little bit, one foot in and as life is when they didn't call me back, I became increasingly obsessed with needing to be on the show, right? Like you want what you can't have and that's a normal reaction. So I ended up chastising these four producers, you know, I had their phone numbers and I'd send them text messages and photos of me doing weird stuff.

Jon Vroman ([04:08](#)):

And just, I was persistent in a highlight video of some weird things, you know? And I remember, I think what put me over the top, actually, I know this because when I was on the show, like everybody was aware of this. Even like the person like you and your mic and your touch up camera work, they're all kind of like, Oh man, that was a great text. Like they all were kind of aware when I texted him and said, I understand you're looking for the baddest son of a bitch in America. And I'm the Michael Jordan of bad sons of bitches and the road to that title goes through me. And that's great. You know, it was just the right combination of something just out of reach and enough pre-workout or caffeine or whatever, to just kind of push you into that place. But I'm there in the world of combat sports.

Jon Vroman ([04:51](#)):

The ability to be a shit talker is like so important. It's like three quarters of the game. At this point, it seems like, right. That was a big journey way out of my comfort zone. And that's something that I've always kind of been aware of. I have a comfort zone. I try to step out of it as much as I can. When I have that opportunity and going out alone into a desert, you should have seen the forms we signed. Oh my goodness. I don't know where these forms are referring to, but they're talking about like, if you're just membered, if you die, if we can use anything, we get on you. Even if it's hidden cameras, like whatever we do, if it's entertaining, it's in the show, even if it's an accurate, we got it. I'm sure I signed something said, I'd never mentioned this on a podcast. I mean, it was like, it was like this deep, you know, like that's your experience. And they do a wonderful job of creating tension. The sports psychology on this was just fantastic. I get picked up in a van and they tell me like, Hey, just because you're here, doesn't mean you're here. We got 12 of you guys here and only eight are on the show. So already you're like already competing. I get picked up in a van. I jump in and I'm like, all right, what's going on? I'm Skylar. You know, like

Skylar Pond ([05:58](#)):

You gotta be on and not one person turns a head toward me. I'm just interesting. I pick up on, Oh, all these people in this pack, Dan are the other competitors. And they just did that. And I was explained that a you're never to speak to these other people ever, unless you're on camera. And Steve Austin directs you. You're talking trash. These, you know, these big agro dudes, all in these really small confined places for a long time leading up to this final moment where you're on camera and you're never allowed to speak to each other. And it's just natural to assume the worst about each other. I think the tension builds up. If I'm a hit and hit go, man, fireworks, pop off. It was super exciting. And I got into some emo drama with one of the guys there and I had a little temper tantrum and they loved that.

Skylar Pond ([06:46](#)):

So they brought me back for an all stars episode to fight this guy again. So I was on season two and then they brought me back to all sorts episode in season five. Wow. That's cool, man. Thank you for sharing that story. I don't have a one-up story for you. I have a story that will help make you look even better. Skylar opposite of the only way I can somewhat relate to what you're talking about is that I was in LA one time at an event. I was getting some food with a buddy and this person walks up to me and hands me a card and says, I'm a producer for fear factor. I'd like to interview you for the show. And I thought, Oh, that's kind of cool. Like never, never had that happen before. And then I did a video interview. They had me set up a camera and I got on a phone call and they were right there on the spot on the street.

Skylar Pond ([07:34](#)):

Yeah, well, no, this was a little bit later. So I had followed up and we did this from my office in New Jersey at the time, but I'll never forget, like it was a video conference is what it was. And I remember the moment when they're asking me questions and I feel like everything's going well. And then they're like, alright, now we need you to take off your shirt. And I took off my shirt, you know, to show the dad and show him the body. And they're like, all right, cool, thanks for the interview. See you later. So at that moment I was not rocking a body that was fit for fear factor.

Skylar Pond ([08:06](#)):

And the shirtless shot was only that's right where they were so intimidated. They're like this, guy's going to steal all the attention. Seriously, seriously, Joe, Rogan's going to get no camera time. That was my, that was my only experience with being a possible attending on a TV show. But man props to you for doing that, that's really ballsy to step into the arena and to take that on, man, that says a lot about you as a man. And I think it's cool when our kids can learn about those experiences from their parents and say, when they can say, man, my dad really stepped up. He did adventurous things. So is it important that my children wrestle people in the desert? I would say, no, it might have some value. That's not the trajectory. And yes, man aiming at, but yes, yes, of them being very familiar with my ability and my kind of leadership

Jon Vroman ([08:56](#)):

And role model of saying yes, opening up doors, seeing what's available and just in, just kind of leading from the front as I try to do with my little pack with my boys. Absolutely.

Skylar Pond ([09:05](#)):

That's cool, man. Hey, last thing on this sports topic of combat challenges, did you see the show on Netflix, which is called like home game or something?

Jon Vroman ([09:16](#)):

Yeah, yeah. Yeah. I think that is it with the, uh, the region

Skylar Pond ([09:19](#)):

Italy, the rugby team.

Jon Vroman ([09:22](#)):

Goodness. That is a, that is a heck of it.

Skylar Pond ([09:24](#)):

An episode. What was that called? I gotta, I gotta Google this.

Jon Vroman ([09:28](#)):

What was the name of it? I think it is called home. Yeah.

Skylar Pond ([09:31](#)):

Yup. Home game is the show

Jon Vroman ([09:33](#)):

Episode is its own little corner of the world where they have their strange challenge. Yeah. That game that really brings all together. Doesn't it? I mean, it's crazy. What do you think if you were in that region, would you, uh, would you be on,

Skylar Pond ([09:47](#)):

So yeah, we got to give a little background here. Cause this is incredible. So for anybody who doesn't know what we're talking about, we got to find the name of this too. For some reason I'm not getting, it's such a great name. Oh, couchy O S T O R I C O Calcio eco. I don't remember, but that's it guys. And, and basically what it is, it's imagine it's 27 players on either side. Right? And they're going head to head. It's like rugby. You're trying to score in the net ball. You start to score it in the net at the end of the, at the end of the field. But it's MMA, it's boxing. It's literally, they engage in bare knuckle fist fighting. Right. And this goes and yeah, I mean it's brutal and they fight for nobody gets paid. They're fighting for their hometown. There's four regions of,

Jon Vroman ([10:39](#)):

Do you remember what the payment is? It used to be that you won this giant cow that you got to have a feast with right in your village at all, eat this wonderful steak dinner. And it was a huge achievement. But now you just get to look at the cow. That's right after, after you lose all your teeth and you can hopefully can, and you're compromised maybe for the rest of your life. You're never the same, but this cow walks by

Skylar Pond ([11:02](#)):

Fair trade. Yeah.

Jon Vroman ([11:04](#)):

She had this beautiful white couch just raises you with the presence. Unbelievable. So they play two matches per year because yeah. I mean, it takes all year to kind of recover.

Skylar Pond ([11:13](#)):

Yeah. Cause match number one 10 days later, you play, you see all these guys and you would be making money, hand over fist over there as a chiropractor.

Jon Vroman ([11:22](#)):

Oh my goodness. Yeah. And that card out, I mean, it does look like rugby when you are actually attacking with the ball. You're kind of like that lateral passing and speed, but then yeah, you just have to, once you have your friends punching each other in the neck for 10 minutes before you go, how about this one shot where the guy,

Skylar Pond ([11:38](#)):

I literally tackles him from behind. It's basically no, no rules basically

Jon Vroman ([11:43](#)):

In the lower back. And that was, that was, there was something about that that really touched a nerve. Right. That's not right for both of you, right. That face punching. I can deal with it. The choking sound reasonable. That that was a line that I don't see cross too often.

Skylar Pond ([11:59](#)):

Yeah, man. Oh, do, how do you feel about your kids getting involved in combat sports? Seriously? I know you were just joking around like, Hey, maybe they don't end up in a desert wrestling somebody for a championship on TV, but what do you think?

Jon Vroman ([12:10](#)):

Well, I mean, I've been, I've been negotiating that for a long time. So I started my boys into weight training and Olympic lifting and kettlebell. And they're very young, you know, at age eight and 12. So they've got all these tools, you know, they're, they're strong, they're powerful and they'd love to go use this stuff. And they've been begging me to play football, contact football, like their whole lives. And I've just been playing my role of trying to divert that interest in that passion to other directions. And I played football when I was young too. And I get it. It's fine. It'll happen eventually. But I don't see any hurry in regards to that, you know, as a physician, as a sports physician, I understand that the dangers of concussion, but just the tip of the iceberg, what's really scary for a physician. And as a team physician is the dangerous of sub-concussive blows in the developing brain.

Jon Vroman ([12:56](#)):

So that means you, maybe you tackled somebody made a good clean tackle. Everything went fine. It was jarring, but no concussion. Everything's fine. The impact of that on the developing brain is what concerns me and the research shows that it does impact longterm, emotional wellness rates of depression, math scores, things of that nature. So I'm always trying to walk that line toe that line between encouraging them to be brave and physical and not trying to put them in a bubble too much, but also trying to pump the brakes a little bit. I ended up starting a rugby program for my children because of this. They were, yeah, it was really wrapped the line. Like, look, my son, really? Who do you see? I don't know my youngest. He's, he's pretty fearless kid. Unless you're talking about spiders and needles, then he's totally fearful. 13 and 17.

Jon Vroman ([13:43](#)):

Yeah. And he saw some running back, jump over somebody, hurdle somebody and then land low crouch and then just plaster a safety. And he's like, that's it. That's what life's about. That's what I need to do with myself. I found my calling. I need to jump over people and run over the next guy and that's, and I've had to redirect that, you know, so we started a youth rugby program here in West Seattle, about four or five years ago and it starts at two and touch. And then it really gets into the fundamentals of

appropriate, safe mechanics of tackling. And that was a reasonable compromise for me. So I got both my boys into that, but my older son is way more into soccer. So he only kind of came out for one or two matches and dominated, but left. And my younger boys way more into basketball.

Jon Vroman ([14:24](#)):

So that kind of ran its course. And I was a little conflicted with this sub-concussive blow concept as well. Like I'm great at diagnosis of concussion and managing the concussion, but when there aren't any signs or symptoms until some studies show that 10 years down the road are signs and symptoms, that's out of my comfort zone to control. And that's when I kind of pulled back on that thing. But I think it's important to diversify sports specialization is a dangerous thing for kids to, to go down that road. And so common with the competitive nature. I think of parents, parents are so dang competitive with each other that you hate to give up a little bit of a, an advantage to the other parents of, well, my boy took three months off and went and did swimming. Well, mine didn't mine did former basketball camps.

Jon Vroman ([15:07](#)):

You know, we get out of control with this competitive nature on the sideline. And that's where I try to stay conscious of and try to diversify what the heck the boys are doing. I have my 13 year olds do a stint in judo. We were kind of alluding to after reading a Ronda Rousey book and he's done one judo tournament and he took gold and he's like, okay, I'm good. I'm never doing it again. And that was telling you before we got on, I competed in that tournament as well, because I just wanted that experience. Okay. We're both going in. I remember that drive. It was raining. We had a 45 minute drive. We didn't have anybody with us. We drive out to some junior college. We don't know the rule set to judo. We've never seen it before. We've just been doing kids' classes for a month and we stepped in there and we competed together and faced all our demons and had that experience.

Jon Vroman ([15:50](#)):

Then just kind of walked away from it. It's like, all right, what's next? And sign them up for a jujitsu tournament. And I try to keep them going in different directions. I figure contacts, inevitable intensities, inevitable wear and tear is inevitable. I want a nice even wear pattern, you know, and that's what I aspire for for my patient base and my adults I work with. And you're in the forties, fifties, sixties, we're trying to get back to that. It's just great to have that conscious kind of approach from a young age and start from there stuff though. My boy just wants to play basketball year round. He just wants to dunk my 17 year old, just wants he's a collegiate soccer player track, you know, and he just wants to play soccer. So I just try to introduce as many strange little nuances to that physicality as I can and see if I can get some things to take hold.

Skylar Pond ([16:33](#)):

Yeah. Do you wrestle at all with how much you invite them in and give them choice and how much you say, Nope, we're doing this. I signed you up. We're going to go do this. Like, what does that look like for you

Jon Vroman ([16:45](#)):

Trial and error? 100%. So it works differently. One of my boys is a sign me up, you know, what's best. Tell me what to eat, when to sleep, what to lift, when to do it. I'm in, I've got a hundred percent buy in out of one of my guys. And so that's how we go. And my other boy has his own worldview and knows what's best for him. And I trust his instincts. And with him, I kind of breadcrumb him into other

directions. You know, like with one of my boys, I write all of his programming. Like this is where you're gonna lift at what weight you do it, you know, we're a team. We do it like that, a real strong mentorship, kind of a role. And with my other boy, it's far more encourage him and direct him. And he just wants to have fun his whole life.

Jon Vroman ([17:23](#)):

He just wants to play and have fun. And the training has to be fun. And the payoff has to be now for, for one of my guys. And one of my guys is just mr. Delayed gratification. It's like, I will suffer today because I want to be where I want to be in 10 years. So I didn't plan that. I figured it out by doing the wrong thing and trying to tell him what to do and, and learning what works and what doesn't work and straight trial and error. And I'm sure if I had a third child, I'd mess all that up from the outset, I'd have to redirect and, and figure out what's the best interaction. But really what I want out of that is interaction. I want a relationship. I want a mentorship role of I've done this and let's share it with you.

Jon Vroman ([17:59](#)):

I have kind of a, a knee jerk reaction to what I consider kind of that authoritarian father with high expectations. Like, Hey, you gotta get that scholarship. You gotta be the best. You know, you got faster. That kind of, uh, a role. I see that break kids down. And I don't want that as any part of my relationship with kids. I want it to be exciting. I want to be fun. I want to both be reaching for something I'm right there with them. I'm doing the same thing they are. And they see me fail and I see them fail. And we, and we grow together and we have, we have that relationship with the challenges that we take on that. We try to keep some curiosity and some wonder and knows what's going to happen. We're just going to it's our job to open the store to try hard.

Jon Vroman ([18:37](#)):

And it doesn't matter if we're the fastest or the strongest that has more to do with the other kid than us. We could be quite weak, but if we're in a community of weak people, we'll, we're the strongest. Where does that, what value does that have? So we really try to keep the focus on the process and how that that's more useful for us. It has more carry over into other elements of life that they have to open up scary doors. And this is just a tool I think of how they can get the habit of effort, reward, effort, reward, whether it's a pushup, a pull up or a power clean, they get that relationship of when they put the work in it's measurable and tangible. So that return that they get. So I love that as far as the mental condition, they get out of that whole experience. And that's where I try to keep my focus

Skylar Pond ([19:19](#)):

Call out. Is that this idea of you jumping into the arena with them, I think is so cool because it's important to let our kids see us do the thing, versus just always telling them what to do. We have a challenge coming up inside our brotherhood. So we have a private group of about 165 guys. And we issue challenges each month, custom challenges that we create. And this one is let your kids catch you doing something that you want them to do, right? So rather than telling your kids to be readers, how many times did your kids walk into the room and catch you reading? You want your kids to meditate? Well, how many times have they ever caught you in the middle of a meditation, right? You want your kids to be athletes? How often are they seeing you be an athlete? Cause it's one thing to do those things on the weekend when you're like, I need to get away as a dad and get some time for myself and go play soccer with the boys or basketball with the boys or whatever. But if your kids aren't watching you play, then it doesn't have nearly the same impact that it does watching versus like, Hey, I went and played

basketball with my buddies. Oh, it's wonderful that they heard that you did that, but seeing you do it is a different thing. So I just wanted to honor you because I think that's a big, what I hear is that's a big part of what you're, what you're about is, is the involvement and the engagement and letting your kids witness you do these things

Jon Vroman ([20:32](#)):

A hundred percent. Yeah. I just kinda think of it as leading from the front. And then since they were little babies coming out to watch me play rugby on the sidelines, we've just kind of kept that going. And when I was in that big CrossFit phase, coming to all the regional competitions and being members of the crowd, and yeah, I've always had those where I find my little boys in the crowd and lock eyes and give them a little acknowledgement and like, all right, here we go. This is how you're even this tribe you just described.

Skylar Pond ([20:56](#)):

We believe as a front row dad. And that's it. You just literally articulated it. So yeah. Bravo, let's take a moment and pause the present and let's go back in time for a second

Jon Vroman ([21:07](#)):

Talking about kids. Let's talk about you as a kid.

Skylar Pond ([21:10](#)):

And let's talk about when you look at your childhood, where was the pain and where was the win for you? Like what about your childhood? Are you like, I hope my kids never go through that. And what about your childhood? Are you like, I want to replicate that for my kids.

Jon Vroman ([21:27](#)):

That's a great question. That's what I love about these interviews. It always gets so real, so fast. Well, I don't know about something. I wouldn't want them to replicate, but certainly formative experiences for me were those that chip on your shoulder for me of being a vegetarian in a logging community, I was raised by altruistic visionary hippies, and I was born in LA Hina, but I grew up in, uh, on the Olympic peninsula in Washington in the perfect moment for conflict as Al Gore is putting restrictions on spotted owls and multigenerational families of loggers and mill workers are losing their jobs. And I'm going to school with all of these children who have all of this strife at home of struggling parents and alcoholism and drug abuse. And I really mean my little tribe, me and my three brothers and my parents represents that outside that liberal movement, that's really compromising everything that's ever mattered to this community.

Jon Vroman ([22:26](#)):

So that was a challenge, right? But I think that's a common challenge. Everyone feels that pressure, they have to work against in their developmental years in high school and middle school. We all have those insecurities we have to overcome, and you're never gonna get done with that right now. I'm dealing with that as a father. You know, you look at other great dads and business owners and people who, who are doing it in some ways better than you. And you have to kind of resist the temptation to kind of walk away from that and ignore that you have to always kind of get over yourself and keep putting yourself out there. But that was very formative for me to put a chip on my shoulder. And then also the fact that I

grew late, it was wonderful. Like I've got the small man syndrome. I get to enjoy the rest of my life. Tell me that story.

Skylar Pond ([23:06](#)):

I have a similar story.

Jon Vroman ([23:08](#)):

Well, mine's not super exciting. I think I was five, 303 pounds as a freshmen. And that was about the same size it was in middle school. And I used to always just enjoy the physicality of everything, basketball and soccer and football and everything. And then all my peers grew a foot and a half taller than me. And I was just kind of stuck behind and dealing with all of that anger and all of that frustration. And in that pretty kind of a tough community that I came up in. There was a lot of, lot of opportunity for humility and for conflict and that situation. And I wouldn't change it for the world though. Not in that kind of vague, Hey, whatever happened in the past, maybe who I am today, always kind of a cop out on your personal story, but I wasn't able to check that box when I was 17 years old. I had to delay that until well, I'm 41 and I'm training from our next jujitsu tournament. And I don't train in my age group. I don't compete my age group. I'll compete against anybody. Who's my size and my belt class. Cause I still have that chip on my shoulder. I still have something I'm I'm trying to get back.

Skylar Pond ([24:07](#)):

You go on your own or did you have HGH shots?

Jon Vroman ([24:11](#)):

No, I just had, it was just delayed. I was just late. I did HGH. Yeah. I heard one of your podcasts. Well, that was dr. Zach Bush endocrinologist. Yeah. Yeah. What a challenge for your parents to come to that decision? I imagine, right. Was that a big conversation at home for that? It's funny

Skylar Pond ([24:29](#)):

Really remember. I mean, I remember there being some debate about it, but honestly I was just happy that I was happy that I had a solution and I likely would have probably naturally gotten there, but, uh, I was pretty darn late, man. It's pretty darn late. So I just really relate to that. If anybody happens to be out there with kids who are facing that same situation, just know that you're not alone. Like heart goes out to you. This is a, that's a big decision to make.

Jon Vroman ([24:56](#)):

You know, we had a similar situation with our oldest, our 17 year old. Now we had a naturopathic physicians are, and we always kind of go with the naturopathic route for 99% of our new year altruism,

Skylar Pond ([25:06](#)):

Visionary, hippie parents had an impact on you. It looks that way.

Jon Vroman ([25:11](#)):

Yeah. Yeah. But even, even with our natural path who, you know, usually think it's an, the name, Hey, just relax. Let nature take its course. And we were kind of being pushed toward an HGH growth hormone pathway with our boy cause he was just growing late and there's just so much pressure and

anxiety parents, you know, always weighing and measuring the children. It starts at such a young age, making sure they're on the, that graph and that chart are they going to be okay? We're always trying to protect them from the pain of the world, right? We don't want them to be picked on. We don't want them to struggle. We want to hold them up and help them from a very early neurologic development age. I've been exposed recently to kind of a movement of taking away all these childhood splints and prostheses and these bumpy pillows and the jumpers and the ways that we try to hold chill, brand new babies up and not let them struggle with the pain of gravity and hardwood floors. And as parents, we're just trying to do that limit the pain, limit the exposure. But I try to consciously change my mindset to controlling the pain, controlling the exposure, giving them enough to grow and change without being overwhelmed. It's not always my choice life's going to happen, but I try to keep that in mind because those formative experiences for me were so, so darn useful and so critical.

Skylar Pond ([26:26](#)):

Yeah, what's up guys. I want to take a quick break to talk to you about our private mastermind that we call the brotherhood. Now we created this unique community for a very specific type of man. And you may just have found your tribe if you believe in the power of relationships. And perhaps you're always trying to out-give around you, you crave ideas that make you effective and efficient in all areas of life. You resonate with the idea of being a family man with a business, not a businessman with a family, by joining our brotherhood, you'll have access to weekly interactive training calls get to join as many or as few as you like. Our guys commit to one of these each month, optional small groups designed to create meaningful connections and higher accountability, a private resource library accessible to only our members. And we have challenges throughout the year to help you push your limits.

Skylar Pond ([27:10](#)):

And we even involve your family. And a few of them, the brotherhood is where I'm connecting every day. I'm asking questions when I need help and giving support wherever I can. Our brotherhood was created for men with wisdom, but also those who are wise enough to know there's more to learn. And the guys who value investing time to work on their families so they can make the best of their time when they are with their families. Now, of course, you're a badass. You can do a lot on your own. You likely have for many years and yeah, you probably don't need front row dads to have a great family and to love on your kids and have a great relationship. But one thing I know for certain is that men for years have done better in tribes versus trying to brave the world on their own.

Skylar Pond ([27:46](#)):

Here's what one of our members has to say about the brotherhood, the message of what you're doing. And putting out there resonated with me at such a high level. I knew I had to be a part of it. And because I didn't know that this existed, I didn't know that front row dads was there and that community existed in that way. I mean, family men with businesses, not business men with families that changed everything. That one line shifted my entire thought on what your, about what this community is about, what this brotherhood is about and what this group is about. And I would say if you are a dad or an entrepreneur or a father or a husband, and that resonates with you, this is a great community to be a part of because it's unlike anything else that I've seen. I want our kids to have great relationships and learn from others.

Skylar Pond ([28:29](#)):

We should lead the way and model the behavior we want to pass along. I look guys, the time is now to pour into your family. I read an article by Tim Urban that put everything into perspective for me, but how important it is for me to get parenting. Right, right now he wrote that 93% of all the time he'd ever spent with his mom and dad happened before he was 18 years old. And it's crazy to think that I've got only eight more years before my oldest son is an adult. I feel confident saying that, no matter how old your kids are, the time to go all in on your family is right now. We have members with newborns and we've got guys with kids that are grown adults members with only one child and guys with 10 people with blended families and everything in between. But by joining our brotherhood and choosing to invest one to two hours each month, we can help you make the most of your time that you do have with your kids. So no matter how great you are at fatherhood, marriage, juggling your work and your personal life calendar, we can help you be better. If you're ready to take the next step, go to front row, dads.com and click join the brotherhood. Today.

Skylar Pond ([29:32](#)):

I have this a mentor friend years ago who had kids before I did. And it wasn't even on my radar at this point. But I remember the story where his little girl was struggling, right? And a mom comes over to try to help cause she's struggling. And I remember when he said, hold on, let her struggle. And she's trying to pull herself up. And he's like letters, struggle. Yeah. I remember that had such a profound impact on me, even though I didn't have kids at the time, just this idea of somebody consciously saying this isn't life or death here. This isn't a moment where I jumped in because they're about to like end their existence. This is a moment where they're going to struggle and this is going to help them.

Jon Vroman ([30:16](#)):

Oh, difficult for parents to do that though. Isn't it? So our instincts are to protect and protect and to ease. I think our ancestors probably needed to do that just to keep them alive, keep the children alive. Right? And now we have such infinite detrimental options for endless comfort. And now what they need from us most is to control that into, to allow it. But it goes to a hundred percent counter to all of our natural parenting instincts. It's just part of the modern dilemma of being an adult with so many technological advantages, having readily available, easily digested carbs and glucose. I mean, our ancestors would have just been happy to get their hands on the fuels we have available to, but we just have to fight off that part of our brain and seek discomfort just to get into a healthy place for ourselves. Yeah. I guess that's one of the reasons why that strength and conditioning for the youngsters has been so useful for me. We can just control that in such incremental way. Then there's so many useful lessons in the value of working through that discomfort. Let's talk about that. And let's take the angle of kids

Skylar Pond ([31:20](#)):

Weights and training and pushing. Cause I think there's a story here in how much

Jon Vroman ([31:26](#)):

Should a kid lift? How much should a kid's struggling?

Skylar Pond ([31:29](#)):

How much should a kid be in pain?

Jon Vroman ([31:32](#)):

And let's speak to that for a minute because this concept of how much do I let my kids struggle is almost like, and I'm going to do my best to articulate without muddying the waters here with a bunch of mumbo jumbo. But all right, I'm going to try it,

Skylar Pond ([31:45](#)):

Articulate what I'm getting at. I remember when I was a kid, somebody saying to me, is it a muscle pain or is it like a joint pain?

Jon Vroman ([31:54](#)):

Is it the type of pain that's like, Hey, that's a good soreness pain. Or is this like, I'm about to hurt myself pain. I remember thinking, I don't know what the fuck does that it's just pain. Right? Like, I don't know, is hurt. Just hurt. Does hurt. Describe what I'm feeling right now. Good enough. Yeah. It's like that coach who says, are you hurt? Or are you injured? Right. Yeah. Classic. Let's talk about that because you're in this unique position where you see people that are truly injured probably right. And people that are hurting from pushing the limits. So let's get into that space of kids and parents and how we navigate all that. Because that's something that I struggle with. Sometimes even like the last couple of days, I mean, it doesn't truly relate, but I'll give you an example. Tiger stepped

Skylar Pond ([32:40](#)):

On a nail in our backyard and it's that whole like rusty nail. How deep did it go? How much does it really hurt him? And how much is he just milking this? Because right. Scary. Is this physical trying to determine how as a parent to assess somebody else's physical condition by imposing your own blueprint of the world. And perhaps trying to understand theirs when it's not so developed as a 45 year old man versus an 11 year old boy. So anyway, I realized that I just completely opened up that subject to go anywhere you want to go. But what comes up for you with that man, for me, what comes up is I have

Jon Vroman ([33:20](#)):

Very strong children maybe dangerously. So right. Their ability to work through discomfort and they're into it. They take long cold showers in the morning and they go for long runs and jumping the Puget sound and their, their ability to listen to their body isn't as home as their ability to push through their body signals. So I feel a responsibility to, to frame this for them. Right. I think it would be, even though the research shows universally that it's safe for children in the right context, the right programming, the right biomechanics to lift very, very heavy. I have to take my kids and bring them back a little bit. Right. So I don't, I don't just say push through it, go as hard as you can. I've rolled that back when they're lifting weights. For instance, my 13 year old, when he was in the third grade, he pulled a one 85 trap bar, dead lift for a five set of one 85.

Jon Vroman ([34:14](#)):

You know, it was like, wow, that's a little unnatural. That's a little bit much. You weigh like 70 pounds. Let's not do that right now. Let's change the focus of how heavy you're going with this and really change the focus into movements, quality and tempo quality. So I changed the rules for him. He's no longer able to go to failure. He goes to tempo failure. So if he's, now, if he's doing a squat set, she's not just going to stop when his body stops him. He's not going to stop when it's uncomfortable. Cause I know neither one of those things are going to happen in a reasonable timeframe when his tempo slows down the set's over. Right? So that's how I have to frame and control that. And we still explore those depths of

discomfort, but that's with more of like metabolic conditioning, pushing a sled and carrying kettlebells as you do.

Jon Vroman ([35:02](#)):

So with that, I feel far more safe. Go for it, go for it, open up the can with stay out deep. The rabbit hole goes, push through your body's going to tell you that you have to stop that you're going to get hurt. That you're going to die. Your body's bluffing. Your body is not going to break. This is safe. We put you in a safe presence situation to open it up and not have to make decisions. So with my youngest, I've taken that decision process out of his hands. And I give him a safe avenues to explore those false alarms of pain, telling you it's time to stop. And I've given him boundaries where it's not safe for him to do so. And you know, if my older he's going to kind of stay comfortable with the kinds of things like with physicality, he's going to stick more with what he likes to do, where he explores discomfort. He actually recently already familiar with David Goggins. Yeah. Did you read his recent can't hurt me?

Skylar Pond ([35:51](#)):

No, but I listened to part of it.

Jon Vroman ([35:53](#)):

Well, you know what? That's the way to go. I think because it has that great podcast vibe wove right in there, right? Yeah. I wasn't aware of this book, but I got very, very suspicious when I saw behaviors change at home. And you can picture this in a worst way. You know, if you notice your wife is dressing nice and we're in a different perfume and what's going on here, it was like, why, why is my son going on lengthy uncomfortable runs and diving in water. And I did some investigations like, Oh, am I audible account? He downloaded the David Goggins. Gotcha. So it just kind of changed his world use. Now he's going on out of the blue, going on a three mile run that he didn't feel tired enough. So he turned into a seven mile run and jumps into Puget sound and stays there until whatever he gets hungry, then comes out of the water and runs back home.

Skylar Pond ([36:38](#)):

He's broken bones in his feet from running so far.

Jon Vroman ([36:40](#)):

Yeah. If he has improved his pants yet the runs out over. Yeah. So definitely has that in him. But for him that's more exciting to him. That's more interesting. He has his own kind of worldview and value set. He knows what safe for him. He knows what's fun for him. And the man has unlocked something in there where he has found his mental toughness that I had no idea he had. He's always been in my little tribe, the one with all of the talents and not as much of the grind, but now he's got both. So now we're all in trouble and David Goggins. Yeah. That was the way to unlock that for him. You never know.

Skylar Pond ([37:17](#)):

Holy cow, when I was 30, I read a or 29 30 read Dean [inaudible] book, the ultra marathon, man. Have you read that? I'm not familiar with that one. Do you know Dean at all? Are you familiar with his world? No, it sounds like I should look in here. And he was on the cover of time magazine or maybe he wasn't on the cover. Maybe he was the I'm in the top 100, most influential people either way. He was somehow the point is Dean broke massive records with running and he wrote this book about his journey into running. And one of his stories was that he was kind of at the peak of his business life, where he had

made money and he had the dream car and he was thought he was supposed to have everything he ever wanted. And he was at his birthday on his 30th birthday.

Skylar Pond ([38:00](#)):

And he left a bar kind of in the, you know, in the middle of the party, if you will, and went home and got a pair of old running shoes out as he used to run. And he ran in the middle of a party. Yeah. He was in the middle of a bar at a party and left out the back door and he went home. This is like 12 one o'clock in the morning type of deal. And he got running shoes and he was just having this moment and he hadn't run in years and he ran 30 some miles, like in one direction. And he called his wife some hours later. I mean, I don't remember how far he ran. Right? 30 miles, 35 miles. I don't know. It was something crazy. Oh my God. And his feet were bleeding and, but he was like reborn in this moment, which then led to a running career where he would do crazy stuff.

Skylar Pond ([38:45](#)):

Like there would be a relay race where 20 people would all run 10 miles and hand the Baton every 10 miles. And he ran the whole thing 200 miles. Like he set crazy records. I think he did. Once you set a world record with 350 miles that he ran, it took him like three days or something. Like, I don't know what it was crazy, crazy stuff. Amazing man. One of my favorite books. Anyway, I went check that out. You got to check it out, man. You're gonna love him. Anyway. I remember when I was younger, I was about that age and I was so inspired by him. This is like with your son and David Goggins. But my story was that I was like, I'm going to go put on my running shoes and I'm going to go run as far as I can because I got it right.

Speaker 3 ([39:26](#)):

No, no, man. I hear the drug. I need the drug in order to pull this off. I didn't pay attention to the,

Skylar Pond ([39:36](#)):

But I did end up going for a run. And I ran as far as I could Skyler until my legs are cramping and I couldn't run any further. And I was so excited to see how far I ran. And I was convinced I ran like 10 miles and I really had no gauge because I wasn't a runner at all. And my wife came and picked me up. I was literally replicating the story. Right. And she drove me home and I'm watching the, uh, the odometer. And by the time I pull in my driveway, I ran 3.7

Speaker 3 ([40:01](#)):

Miles. Come on. As the Crow flies, you might've got lost seven miles. And I couldn't, I couldn't walk

Skylar Pond ([40:09](#)):

Like three days. And I was like, that was the moment I realized that Dean and I are different people. Yeah. So funny. Well, I mean the distance is one thing, but in my opinion, running one lap around the track, as hard as you can, a 400 meter run, that's probably the hardest thing I've ever done. I've done all kinds of silly things. Just in that same respect. I, you know, when I was 30 years old, I decided it's over. I'm don't get to be physical anymore. You know, like I don't know where I got it in my mind that that was the, that was the tip of the iceberg. That's the

Speaker 3 ([40:40](#)):

Do it.

Skylar Pond ([40:40](#)):

So I was just in a bit of a kamikaze mission. That's what I first did that broken skull and all that stuff. And I signed up for a marathon the night before, just a lot, a lot like that. I was having nachos and a margarita with my wife at Matador here in West Seattle. And I got online. I bought a bib on Craigslist and I got the bid from guy who had a compression fracture in his lower leg. And I ran it the next day and I told 26. Yeah.

Speaker 3 ([41:05](#)):

And I had a backup,

Skylar Pond ([41:07](#)):

But I was a sprinter. I was an outside Serono, fullback. I was a sprinter. And it was my first time ever trying to run longer than five miles. Oh my God. How long did it take you? It took me a half hour longer than I thought I heard that four hours was good. And I was like, well, I'm good. No, come on. It took you four and a half, four hours, 31 minutes and 32 seconds. That's crazy, man. It was crazy. I learned a lot that day. I learned a lot about myself

Jon Vroman ([41:34](#)):

And about the frailty of my skin. And I will just slough off, give him the opportunity. And I thought I was on a kamikaze mission. I was like, I'm just going to get these things done and all, and before it's over, I did, I felt just, I felt like I had wasted something. I felt like I was given this gift of this machine to live in and I hadn't done what I should have done in it before it was too late. And I just wanted to just throw down for six months to see what I could do. And the experiment just worked well for me, that high intensity stuff just kind of kept going. And I'm in my 12th year of the experiment now. And it's still going pretty well. Just continuing to step outside of the comfort zone and push hard. Awesome man.

Skylar Pond ([42:10](#)):

Yeah. Do we need to get you involved in our health challenges for the brotherhood? We do six pillars throughout the course of the year. It's an entire journey year long, every 60 days we changed the pillar. So we're focusing on marriage for 60 days and then we're focusing on health when we do our health. But man, we got to get you involved in that.

Jon Vroman ([42:27](#)):

What's your focus right now? Is this the one where you're, you're getting caught in the act of yeah.

Skylar Pond ([42:31](#)):

Intentional parenting. Yup. That's right. Intentional.

Jon Vroman ([42:35](#)):

I could get into this. I could get into this. I could see myself really setting something up. Elaborate.

Skylar Pond ([42:41](#)):

This is a, these are our pillars right there for anybody who might be watching this on video at some point about parenting marriage, business, wealth, vibrant health and emotional mastery or emotional

Jon Vroman ([42:51](#)):

Intelligence side and listening to a lot of your podcasts. There's some depths to your community. I'm definitely checking it out. Yeah.

Skylar Pond ([42:58](#)):

Yeah. We need you Skylar. Come on man. Join us, dude. You're the, you're exactly the type of person that we're looking for and the brotherhood. I mean that's no dude you're fit. You fit right in. That's right.

Jon Vroman ([43:11](#)):

Hey, uh, let's wrap this.

Skylar Pond ([43:13](#)):

What's up man. With, uh, this is new. I'm doing this for the first time today, but one of the things and I'll back up a little bit. Well, let me tell you what it is now back up. I want to ask you three things that you can comment on. You can comment on all three, they can be short answers or as long as you want, you take the rest of the whatever time. The three things are a relationship, a resource and a result. And I want to share this because, and here's the backup and all in the backup. I'll also give you some context here so you can answer them. So over the course of the four years, right? Working with front row dads, we've, we've not only been designing what we want to have happen, but we're always looking back at what did happen, right?

Skylar Pond ([43:52](#)):

And what's been successful in the group. Cause sometimes you intentionally create an idea and then bring it into existence. And other times you stumble upon the idea and you're like, Holy shit, what just happened? How do we replicate that? And one of the things that we've realized in front row dads is that that our engine, the pathway to being a rock star, dad is really three simple things. It's focusing on first, the relationship. And this is having deep connected relationships with people that, that bring out the best in you and you can bring out the best in them and that competitive brotherhood that makes everybody better and everybody is having more fun. So relationship is key. And one of the questions is for you, Skylar is what relationship in your life has been critical. What other father figure or brother or somebody that you might've been a mentor to that ended up being your teacher, but what relationship have you learned from what's one thing or one person.

Skylar Pond ([44:52](#)):

So think about that from an angle of like, if we can honor somebody today in your tribe and your life and your timeline, who would that be? Second thing would be a resource. And this could be anything from a book that you have read and that's impacted your life. A quote that you've lived by a mantra, an app that you find to be really productive, but a resource or a tool that we can share with the guys. And then lastly is a result. And there's two ways that you can look at the result and this is number one. It could be a result that you've already experienced. So if you look back on your life and say, because I was able to achieve this, this by far has been one of the most important aspects of my life, right? And I could give you dozens of examples there from the time that I thought I was amazing at sex and then realized that I wasn't amazing at sex and read a couple of books and learned a couple of techniques and then figured

out a thing about my wife and her body. And then all of a sudden, like, you know, that's a result that changed my life forever, right? Learning in and digging into that space.

Jon Vroman ([45:53](#)):

It's changed my life forever.

Skylar Pond ([45:55](#)):

It to be a result though that you're chasing something that you want. So it could be a goal. So again, a relationship, a resource and a result that you could share with us to wrap up the interview, man, and you can share one of those or all three of those. It's an open forum for you.

Jon Vroman ([46:10](#)):

These are great open ended questions for one thing, a lot of people have these five bullet wrap up generic questions, but these are what we could have started with this. You've got now, right? The whole show, right?

Skylar Pond ([46:23](#)):

Buckle up for part two. This will be a nine 45 minute answer.

Jon Vroman ([46:28](#)):

No, no I'm going to keep it pretty brief. I mean, the, the relationship that we've been describing has been my relationship with kind of my nuclear family, my parents, and my brothers. Now that spilled over into my relationship with, with my boys and really striving for that blend of an authoritative mentor. Who's also in the game exploring there with them, right. But that's only been possible because of the relationship with my wife. It's the only reason why I get to be a wild man experimenting on the front lines is because I have that, that rock solid anchor of dependability and consistency. And it's that critical base from which all things can grow from and fostering that relationship and caring for that relationship is my growth goals, right? To be able to do that. I mean, that's probably all the fun of showing things to my children is teaching them an obscure kettlebell lift or a snatch, or what have you.

Jon Vroman ([47:27](#)):

That's, that's really fun. Those are the fireworks, but really what they need is probably not dad showing off with weights as much as really being part of a loving relationship with me, with my wife and then being, being part of that and thus feeling honored through that, right? I mean, they are the product of, of she and I. So that's the relationship that is most critical as far as being the foundation for everything else that I've talked about and all my showing off and all my fun and all my exploration, as far as the resource goes, I've read a bunch of parenting books when my wife was pregnant and that's kind of time to do such things right. And nothing really stuck. I don't think nothing feels relevant still. I think the most important parenting book I ever read was not meant to be one.

Jon Vroman ([48:09](#)):

It was Malcolm Gladwell's outliers. Do you remember that one that was 20 years ago that was published. There was a chapter at the end boy that will fill you with all kinds of conflict about when should I put my children in school, if I want them to professional hockey players, if you know what chapter I'm talking about. But the one that really got to me as a, as a relevant tool was the one about

different nations capacity and mathematical tests. Remember that one that was, that was one of the final chapters. He was kind of exploring the stereotype of Asians are good at math and he was breaking that down and he found, well, yes, that is a hundred percent true, but not because of why you think it is true. What he found was that in this, this large standardized test that they had children take to make generalizations about who, what programs working better.

Jon Vroman ([48:55](#)):

They found a very, very strong, a one to one correlate relationship between effort and reward as it comes to mathematics and how they found this, or how Malcolm Gladwell articulated this was that there was a lengthy background parts before they let you take the test. You know, you've got all these kids ready to show that their country's good at math and what have you, and they're ready to get to it, but you've got like 21 questions of irrelevant. What's your favorite color? And just more and more personal questions. Cause they're trying to figure out what makes a good mathematician through these questions. And what they found was that it didn't matter what answers you had. It didn't matter what country you're from, what mattered was, how many of these questions you're willing to answer was the one to one correlate to your success in this mathematical test.

Jon Vroman ([49:42](#)):

So the country that had the children that spent the most time answering most of the questions. So number one, in all the, and the math outcome test the country that filled out the less, the least amount of questions that were relevant took last place. And I believe that it was all the way through through it. Might've been 40 nations in order, the more time you spent on these irrelevant questions, the better the math outcome you got, and he broke that down to why is it that these Asian countries have more success with this? Why they're more willing to put more time into irrelevant tasks. And he broke it down to agriculture and how it wasn't about the country. You're from, it was about the style of agriculture. If you're from a country with a rice paddy, and you had the opportunity to spend more time in your rice paddy, and you could a rich rice farmer and your neighbor has the same resources spent less time, knee deep in his own rice paddy, he's going to be a poor rice farmer and the American culture not so great at math doesn't function that way at all.

Jon Vroman ([50:40](#)):

We don't have our little corn plot. And the more time you spend in there tending to the corn, the more money you're going to have, it's more about taking big risks, taking big investments, buying more land, bigger tractor. You're a rich farmer. And I just, I got so much out of that illustration and I had these ambitions of no, I'm not going to pay the kids 40 bucks to mow the lawn. I'm going to pay them. I'm just going to throw pennies into the grass. And they got to pick them up one by one, you know, like this is, I'm going to make a great mathematician of these boys. I didn't really stick with that concept, but because that's a silly thing to do,

Speaker 3 ([51:11](#)):

Your windows are broken Fraser flying everywhere.

Jon Vroman ([51:17](#)):

But, uh, I try to keep that mentality in mind. And then it does spill over into some of the other things that we're talking about with the effort and the reward out. Did you put in the time building up this movement and is it quality now? And now you're stronger, you know, like little simple, small steps in the

right direction that establishing an effort, reward relationship works so much better than getting in a kid's face and tell them to work hard. I want them to feel it. I want them to feel that that, uh, effort, reward relationship and that Malcolm Gladwell's book from decades ago just crystallize that for me, that was such a great relationship builder for me. And then, well, I guess where I'm at right now with what I'm trying to do with, with my patient population, what I'm trying to do as, I guess I'm just trying to chase a fountain of youth.

Jon Vroman ([52:00](#)):

So that way I can just keep doing this, what we do, we try to design, but the very, very conscious mindset. What's the foundation of an extremely healthy person who can remain physical, powerful, curious, and stay in front of the pack with our kids for as long as possible, right? So it's no longer about being as strong as possible. It's about remaining very strong, as long as possible. And that's the result that I pursue with my staff and my community and my patient base everything from nutrition mindset and regenerative medicine and warm up cool down strength programming, really trying to put together what I do basically for my children. I want to make that available to my community. And that's the result. You get to run around like a wild person in front of the pack and have your lovely wife keeping everything safe and saying it. Yeah, that's the result that I'm very, very grateful to experience right now.

Skylar Pond ([52:52](#)):

Awesome. Dr. Pond. This has been awesome, man. Thank you for your time and how people want to connect with you. Where do they go find more?

Jon Vroman ([53:00](#)):

Well, I didn't create a spec splash page for this or anything, but I'd love to open up to the front row dads community. If any of you would like to get my feedback, where the heck do I start? I've got a six year old daughter. Is it appropriate to get going with strength work and what capacity? What's the safe way to do this? I'm happy to be an open book. I know you've got a lot of listeners, so I might regret this, but I will commit to responding. One-on-one personal way. I'll give you my feedback. I'll just give you my personal email. You can get@meatskylarskylaratsportsmedandw.com. So that's my company named sports medicine Northwest that was abbreviate down to sports med and w.com. And Hey, even if it was a movement question, it's not really appropriate to just throw someone into high intensity training, you have to become proficient and share your knowledge with your child, right? So if you want me to have a look at how you, how you a kettlebell deadlifts or kettlebell swing or something along those lines and gives you just a simple anchor point to start from to start that relationship in that journey with your family, I'm available, I'll do it for you. Please reach out. Awesome doctor.

Speaker 4 ([54:07](#)):

I appreciate it, man. Thanks for making time for us. This was a really fun conversation.

Jon Vroman ([54:11](#)):

My pleasure, a hundred percent of value from this. So I look forward to more.

Speaker 4 ([54:16](#)):

Hey guys, thanks for listening to the show. And if you enjoyed this one, consider what other dad out there would enjoy it. Also in pass this episode along and guys make sure you're subscribed to the podcast so that you get notified whenever release the latest episodes. And if you could, would you leave

us a quick review if you haven't already done so, and if you have thanks because not only do I read every one, but tons of other people are reading them too. In the more of those reviews we have and the better they are, the more chance we have to get other guys to say yes to checking this out. And we can help them in their journey to fatherhood and having a great marriage and just kicking ass family life. And also before we go, would you like to get a short, weekly email with a timely insight?

Speaker 4 ([54:51](#)):

And every Thursday I send out this super short three minute read with a personal photo from my own experiences as I try to go all in on family life. So if you want to get some recent relevant and real stories of my failures and the few of my wins, then text front row dads to (314) 665-1767, and you'll get our weekly insights, email blast, and the list guys, if you're still looking at whether or not you should join the brotherhood, then I want to leave you with a few comments from guys who are part of our tribe. And here's what they have to say about why they joined what value they're getting out of our brotherhood. So if you're ready to say yes, just go to front road, ads.com and click join the brotherhood.

Jon Vroman ([55:30](#)):

I'm super grateful. I was just at an event and I wore my front row dad's hat. I can't tell you how many people ask me, like, what's that all about? And it's just so easy for me to talk about it because it's had such a big impact on me. It's a group that I've been looking for for a long time, and I love what you're all about. And I'm really grateful that you created a group. I think there's this whole other level that is there. That's like Epic that you can reach. If you're listening to this, you already care about your family and your kids and your wife and growing. So I just challenge everyone. That's hearing this to take it to the next level, whether that's joining this group or some other group, but just take it to the next level, to take your family to the next level.