

Dins Dash Podcast Episode 1

1st & 10 Minutes with Ty Youngblood: Strength in Song

Show Notes

Sources:

Hallam Music Article:

Hallam, Susan. "The power of music: Its impact on the intellectual, social and personal development of children and young people." *International journal of music education* 28.3 (2010): 269-289. <https://journals.sagepub.com/doi/pdf/10.1177/0255761410370658>

Article about Needtobreathe lead singer and former Furman football player, Bear Rinehart:

https://www.postandcourier.com/sports/clemson/pigskin-picks-of-course-bear-rinehart-of-needtobreathe-wilder-woods-fame-picks-furman/article_5c83bdb2-ee94-11e9-a8fc-0fd0c28d210d.html

Ty's TikTok with roommate Seth Johnson:

https://www.tiktok.com/@nickkcann0n/video/6996647107331476742?_r=1&_t=8ZpnKCui6Ws

Transcription:

Natural Sound: Quarterback has the ball...fades back...there's the throw... he goes long... and the catch ...and he's in there...Touchdown!

Ella: Hi everyone, and welcome to the Dins Dash Podcast. Today we're talking about music and the role it's played in one student athlete's life here at Furman. Recently, I was reading an article from the International Journal of Music Education titled the "Power of Music: It's Impact on the intellectual, social, and personal development of children and young people." Susan Hallman is the author of this article, and she's currently a professor at the University of London, but previously she was a professional musician. In her article, she compiled all this research that basically shows that music has impacts on intelligence, creativity, self confidence, and that there's a strong case for the benefits of active engagement with music throughout the lifespan. With me today is junior health science major and football player Ty Youngblood. Ty is also a very talented musician and singer.

Ty: And Ella it's really good to be here, I'm excited to have a good conversation today. I was elated when you asked me to play as well because I think hearing me play kinda adds a different aspect to this whole experience which is cool.

Ella: So, in that article Hallman found that the longer and earlier a person is exposed to active music participation, the greater the impact it has. How long have you been playing the guitar?

Ty: I think I started in fourth grade. And I had a music teacher who turned out to be a really great family friend. His name is Dennis Cumbowe. Shoutout Mr. Cumbowe I appreciate you. But yeah he taught me basic guitar, I remember my first day learning how to play my first lick and I just

played that lick over and over and over even though it was very simple and very basic, I was so proud of that moment. And I really haven't stopped since.

Ella: What's a lick?

Ty: A lick it's just like a little ya know badondondon. I think my first lick was like the Peter Gun song you guys probably don't know that but it's like bababobombbombombom. Yeah. Blackbird by the Beatles, specifically Paul McCarthy that was the first major song I learned how to play. It was a super hard song to play. It had a lot of different picking techniques um but yeah.

Ella: So what got you interested in learning how to play?

Ty: No, yeah I remember a distinct moment. I actually did musical theater as well as a kid and we were...I was playing a small part in a show and there were these guys in the rehearsal room playing guitar and one was playing mandolin and one was playing bass and they were just going at it and they were just having an amazing time and I just remember it's a distinct key memory because I remember thinking – I wanna do that one day. And I can now and it's...that's what got me into it seeing other people and the joy they had of just playing. It was a life changing experience that I didn't even know was happening at the moment.

Ty's Cover of "Blackbird" by The Beatles

Ella: Fourth grade is when you started playing guitar. I assume you'd probably already started playing football?

Ty: Yeah I was in a little league probably in first grade, second grade um well maybe even later than that um I moved around a lot as kid. So actually I had started playing football before um playing guitar.

Ella: So would you say that music helped you form an identity outside of football?

Ty: It was two separate spheres but um you know speaking about identity, I really really found it to be super calming to play guitar after a long day or just strum a lot um right before I go to practice or something like that. It was a way that I was able to meditate really just to relax myself um and that it was almost an outlet for some kind of aggression I would build up during sports and I mean it it allowed me to you know I couldn't of course take my guitar out onto a football field, but I felt like I had it inside of me almost as a soothing way, I don't know to enjoy music and enjoy just the peace that it brings while I played the sport. In that moment I kinda saw that they weren't together but maybe looking back, seeing how both um really formed who I am today and continues to form kinda how I do life.

Ella: So balancing academics and athletics anywhere is gonna be hard. But I would say especially at Furman. Would you say that music also kinda contributes to being able to relieve your stress in the academic sphere?

Ty: Academically, I kinda equate the stress per-say of academics and football to be...to hold just as equal weight especially here at Furman. Music just being a resource to just relax is super is super incredible. I uh don't know if I could be where I'm at today or do what I'm doing without the music I have...this is very cliché to say but kind inside me. And so it's nice you know we talked about identity earlier that I do have a little identity in music and what I'm able to do and produce. So it's comforting and peaceful.

Ella: Because that will continue after school is over, sports are over.

Ty: Right. Four years here's at Furman, maybe five and I probably won't put on another helmet or shoulder pads anymore. And you know you come to terms with that reality and it's and it's okay because you know you leave it out all on the field, and in the same waanytime I perform or anytime I'm playing for others, I kinda leave it out on the stage. So in the same way, when the music stops playing it's over. Fleetwood Mac is one of my family's favorite bands and that song Landslide just talks about being on a mountaintop and kinda looking around and it's very self reflective. The lyrics really really kinda speak to me in a special way. It also has a harder strumming technique.

Ty's Cover of "Landslide" By Fleetwood Mac

Ella: Do you write any of your own music?

Ty: I have written songs um I mostly love to make them up on the fly. I had a roommate last year who was also very musical. Made some TikToks, made some little videos. He would write most of the lyrics and I would kinda accompany him with um making the chords or the melodies of the songs. Um which was it was a cool dynamic. I'll always be appreciative of that time and those songs that we kinda maybe just wrote for each other and wrote for ourselves um that mhm maybe they need to be recorded maybe they don't. Time will tell.

Ella: And he was football too.

Ty: Played nose guard for us on the defensive line. It's been a cool experience to have someone else along the same path so um knowing that you're not alone in the aspect of loving music and playing sports at a high academic university is pretty cool. There's a song called um Brother by NEEDTOBREATHE. NEEDTOBREATHE actually originated here in South Carolina. They're actually Furman guys that one of the Furman wide receivers actually is the lead singer in NEEDTOBREATHE.

Ella: I didn't realize he was a wide receiver here.

Ty: Yeah no he was a wide receiver here.

Ella: That's so cool.

Ty: And he finished up and him and his brother actually started this band and um that's where the song Brother comes from and I just love the aspects of it and how it's just very teammate oriented. It's just brothers in life, brothers on the football field, brothers from other mothers you might say.

Ty's cover of "Brother" by NEEDTOBREATHE

Ella: So tell us a little bit about how you use your talents here on campus.

Ty: I'm actually the lead worship leader for FCA. Yeah and I coordinate a group of ten individuals who who will play weekly at FCA Huddle events. And I play guitar and sing there. It's super, it's super fun. I love that role that I've kinda stepped into, but I've been doing it for about a year. It's super fruitful. I'm able to not only play individually but also just coordinate

other people to play. And some people are coming up and they're also athletes and they're playing instruments and it's just so cool.

Ella: What football game are you looking forward to most next season?

Ty: Next season...I think we're at almost 200 days until the first game and that's really the one I'm looking forward to the most. Tennessee Tech comes here. Yeah.

Ella: If you had to pick right now, what song are you going to be listening to before that game?

Ty: I like uh a lot of Christian music. Probably a Maverick City Music song.

Ella: Well thank you so much for coming on today. Before we go, where can people find you on social media?

Ty: Follow me on Instagram @bloodofyoung

Ella: And follow me on Instagram @harrison.ella. Thank you to all of our listeners. That's all for the Dins Dash Podcast today, until next time.