

# THE LONGVOL REPORT

THE REPORT WITHOUT ALL THE NOISE.

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[www.TheLongVol.com](http://www.TheLongVol.com)

## Welcome.

Welcome to The LongVol Report - I started this back in 2014 when I was a Portfolio Manager to keep track of all the data, stocks and ideas I wanted to track. Information is everywhere and knowing what to use and what to throw away is a skill in itself and if you're anything like me you don't like wasting time and appreciate efficiency. You can make this report your main tool for idea generation and expand on the research or you can let me do it and sit back and just get alerts - either way, explore it.

**First, the AST Alerts are the easiest way to use all of this.** I take ideas from this report and structure Swing Trades that are 7-90 days in time using DITM calls/puts. You could do away with this entire report and just wait for an email alert to come with instructions on a trade - there are 2-5 sent a month, make sure you have it [set up here](#).

Here are some notes on how to use each section

**The Momentum Monitor** is for day-trading or holds up to 7 days. *Trade* that monitor - it is not for analyzing balance sheets or Companies, it is purely momentum driven stocks with a very precise technical overlay where you can purely trade around order-flow and technicals.

**The Swing Monitor** is more in-depth with actual research of companies. That research might be fundamentals, macro tailwinds or technicals, and sometimes, all three at once. You can use that monitor to swing trade and/or invest into what I call "[Core Positions](#)" - you should read that. Second, you can and should expand on any name that is in here to understand it more if you want to make it an investment. Finally, just because a name is added **DOES NOT** mean it is a long or short - it just means it's there to be tracked, if it becomes a trade, an AST Alert is sent. Please understand this and do not randomly buy something because it just happens to go in this section.

**The Boing Boing Monitor** is a funny name but there's a backstory to it. I use that for stocks that are forgotten, out of favor and sometimes oversold. They do not need to be fundamentally "good companies" but they can be great trades for a portfolio that, when sized correctly, can add additional P&L. All I care about here are technical signals on a scan that I run and normally structure the trade small with a Min. 90 day ATM call option. Two key words there, small and 90 days - that's important for using this monitor.

**The Special Situations Monitor** is just what it sounds like; special situations. This monitor really is for the reader who has a larger portfolio and more experience in the markets. These are a variety of stocks and situations where a special situation has come to light. They can be spin-offs I am interested in tracking, a macro driven idea (such as Yen trading), a special situation short on a company, a company undergoing material changes such as CEO change or buybacks that I want to track for the future....in short, a number of things. Again, this section, like most, is just to bring things to light that you might have missed or not considered - you can dive into it more or ignore it but again, if you have a portfolio of less than \$250K I would avoid it all together.

Finally, the weekly market notes are just thoughts of mine for the week ahead about the market and certain things in the report that have my attention personally. Again, everyone gets different things from this report so you should really explore how it fits you best but I share my personal insights each week.

To make this report move even quicker, you can go to the Cliff Notes to start. Any updates, material changes or additions/adds to monitors are made there.

I hope this report is as valuable to you as it has been for me and other readers of it over the years.

Yours in profits,

**Daniel Bustamante**

P.S. - If you want to expand your perspective, consider reading these articles.

[Assmetry: The Financial Secret](#)

[Bankroll Management: A Lesson from Soros & Druckenmiller](#)

[Trades v. Investments: A Difference](#)

Did someone send you this report? If so, enjoy it, but let's get [you a trial and membership of your own](#). One idea from it can pay for an entire year's issue and your investment account will thank you. 😎

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Data sources in this report are compiled from: Proprietary scans, Bloomberg, Reuters, Public filings and other.

# The Week Ahead

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My weekly notes and general market outlook with highlights from the report to consider.

**This report has changed a few times over the years and we're here again with another change as you've probably seen. There are/will be more stocks tracked in The Swing Monitor & The Special Situations Monitor selfishly, because I need them for the new investment firm which is all but done. And as I've said this report was always a way for me to track investments/ideas and data and our investment mins for portfolios are \$500K and the model we are running is reliant on ideas that are longer-duration and larger growth; ideally 2-3 baggers if we can get them! This is a benefit to you the reader because if you have a larger portfolio you can now get more ideas - even as someone that just trades The Momentum Monitor with smaller portfolios there should be some ideas in the SM to use here and there. In addition, the AST Alerts Membership is getting new additions to it in a few weeks which is an ancillary benefit to the report.**

**The "Boing Boing Monitor" is back after the first time in two years. Courtney Smith, who was a legendary investment manager taught me over a decade ago this scan/concept and I've used it for over 14 years now at this point. It's a good tool for stocks that are out of favor, forgotten about and beaten down do to a variety of issues - the trick is, to use an options structure that is explained below. This is a good addition, albeit it thin due to the parameters, it's a good addition to use for light trades.**

**Moving on.....to the markets.**

**The Gamestop situation last week was as wild as it gets and I didn't get a chance to watch the livestream but I can only imagine the amount of dumb trades that were made around it. I'm not shy about opinions and I'll say it again here; this era we're in will only get worse - the ESG grift, the mandates at large banks/pod shops etc. are bringing in a new class of investor that is just not at all ready to handle what markets are. If you can just hone in, be patient and not do anything rash you should be able to capitalize on the stupidity. Speaking of stupidity, we have the Fed Rates decision this week which is everyone's waiting on to be risk on/off which is good for volatility and short-term trading, bad if you're invested in the names that are all tied to a rate decision like many are. It's silly that we have to price in an entire market that is indexed to a few select names based around Uncle Jerome and Co. and data that keeps going bi-polar on us but that's what it is.**

**The best medicine for this environment really has been short-term trading and The Momentum Monitor has been so clutch for that. While most investors are out there aimlessly scanning for stocks to day trade**

each day for “big profits” we’re here just trading those names back and forth, booking gains and then searching for quality stocks that are growing - I hope you all enjoy this framework as much as I do!

It’s hard to be bearish \$SPY/\$SPX with \$524 being key still and my notes from last week remain: I am not calling a direction on this market and don’t feel the need to but I do want to be bullish because of the names in the MM. \$MSFT and \$META are right there meaning they can really rip so a bullish print on Wednesday opens those up and that’s what I am after.

\$AAP is probably a new long for me this week and into Q3 - the stock is in a buy zone and I want to start the trade, probably with LEAPS and maybe 6 month calls. There is just too much going on there at the Company to not take a position in and if they can get rid of that wholesale arm then that’s a big step in the right direction.

If you listened to [the Podcast](#) (or watched it) I talked about \$PYPL and \$FOUR - those two names I really like. \$FOUR has a bit of a technical issue (see the monitor below) to get through but if we get through that area then we can get going. I don’t believe in \$PYPL long-term, to be clear, but it’s a trade that might get going faster than we think and an [AST Alert was issued](#).

\$CVNA was a good short - but that’s removed now. There’s just too many better ideas and despite the Fugazi there it’s just a waste of mental and real capital to mess with.

The Boing Boing Monitor is back so let’s see if we can kick that off with a win; I am going to likely structure a “Boing Trade” (90 day calls atm or near atm) on it this week given the oversold parameters listed below.

On a final note, I am going to be taking two weeks off from the report at the end of July - I will be in New York and want to chill for a bit, it will return in August. Additionally, you can send in questions for the show to me to be answered if you have them and I’ll do my best to answer them.

Have a good week in the markets and enjoy the new version of the report.

Dan

## Report Cliff Notes

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Quick Cliff Notes to things that you should look at in the report to save time.

### Momentum Monitor

- **\$MSFT and \$AMD are the best looking setups in there for me to track this week**
- **\$SMCI is on close watch given the daily corrective signal - if that loses the levels discussed this maybe has \$100-\$150 points downside in coming weeks which gets my attention as a larger trade to go after *if that happens.***

### Swing Monitor

- **~~\$NEM removed~~ \$FOUR and \$PYPL added**
- **Entire monitor has updates to the format to go over for readers**
- **\$AAP really is a name that should be given a lot of attention too, esp. if they can sell the auto parts arm they have which, when done, will give a quick up tick to that stock. We are also in a great buy zone on the daily there.**
- **\$RKT this week will either run hard into new highs on the year or breakdown to \$12 - so worth watching for those tracking.**

### Boing Boing Monitor

- **New section added - all worth a read.**
- **\$PZZA best looking one to play out in less than 3 weeks.**

### Special Situations Monitor

- **~~\$CVNA removed~~**

## The Momentum Monitor

They are all high-beta & momentum driven stocks. The list rarely changes and they are technically driven ideas to day trade or hold up to 7 days in time. Readers usually use directional options or shares to tactically trade this section back and forth as a way to generate consistent P&L for their portfolio. No fundamentals are analyzed here.

\$TICKER	Trend Flow (Next 1-7 days)	Setup Rank	Key Levels	Commentary
NVDA	Neutral	N/A	R1: \$1230 S1: \$1170	Reverse split happened charts have not updated so will update this later in the week.
AMZN	Bullish	A	R1: \$185 S1: \$175	Great weekly candle reversal last week. Buyers need to attack \$188s now - above that we release to \$200 and new ATH. \$180 then \$175 are key supports that cannot fail.
META	Bullish	A+	R1: \$498 S1: \$495	Great move last week so now \$490/95 has to hold and we can go after \$498-\$500. Expect sellers to come in there so caution to add unless we break through that.
MSFT	Neutral	A++	R1: \$440 S1: \$420	We should be able to push hard this week if \$440s clear and get a rally to \$465-\$470 target so this becomes a top idea for me into end of June all together. \$415 max support to hold.
GOOGL	Neutral	C	R1: \$180 S1: \$170	Read last weeks notes. Feeling is the same. The setup is not great so avoiding until further notice.
NFLX	Bullish	B	R1: \$655 S1: \$630	\$655s tested and failed. We really need to clear this \$650-\$655 area or we test \$620 in a hurry. \$690 and ATH still a target on a breakout above that spot.
TSLA	Neutral	D	R1: \$185 S1: \$170	My notes are the same. Setup is poor - you might get news to gap this up/down but the order flow is bad so avoid for now.
SMCI	Neutral	B	R1: \$820 S1: \$740	\$730-\$740 is support. \$810 needs to clear for buyers or we are going to break \$730 and a new BIG leg lower starts. Because of this (both options) tracking this week.
AMD	Neutral	A	R1: \$170 S1: \$155	Bullish breakout from this 3 week consolidation if we get above +\$170 and if so \$185 targets.

# Swing Trade Monitor

Dan's list of stocks that are long-only designed for 7-90 day holds. These are typically all fundamentally driven ideas with lower volatility profiles, some macro-tailwinds and, as always, technically analyzed by Dan for market-timing. The ideal structure in the section is outright purchase of shares and or longer duration calls.

Ticker	Date Added	Nearing Buy Point (Y/N)	Relevant Articles	Backstory/Commentary	Current Action
RIVN	Feb	Y	<a href="#">Business wire - new cars announced.</a>	Need to see what they say. Not a stock we really care about other than speculation purposes. If they have some material change in their numbers I will update.	Technically the stock has based and we should get a move into \$14.00-\$15.00 here in the coming months. \$11.00 is a hard stop on the shares for this but we look ready to get going.
TSM	May	N	<a href="#">Yahoo Finance article.</a>	We've been trading this name all year but it's not going into the Swing Monitor. The fundamental tailwinds are there. I wrote <a href="#">a bit on it here.</a> <a href="#">Technically</a> we have a signal here to look for a swing into \$175 area which represents a +15% move potentially. Expect an AST Alert to be sent out here shortly. \$140 is support and needs to hold for reference. So, if we pullback, which I think happens, wait and the AST Alert will go out.	New highs made on this last week and we are after \$168 which was a soft-target. Above that, we are after \$174-\$175 with support now being \$160. Would not size into this if one is not already given upcoming soft target. Needs to consolidate then run again.
AAP	May	Y	<a href="#">Link to earnings report.</a>	Stock has suffered the last few years and recently close to doubled off the lows. Third Point and uncle Dan Loeb are activists on this - expecting to see some shake ups on this here in the coming quarters. Need to see a pullback this week or next to initiate an AST Alert long.  Sale of Canadian wholesale arm is in the works. Time to start a LEAPs DITM or similar long here this week.	Key technical buy zone so this week we might get an AST alert sent out on this. \$62.50 is key support here with \$69 being a resistance area to work through.
SCHW	Jan	Y	N/A	No new material changes but I would cut any runners/shares here this week. I expect this name to reset lower here soon and with that reset we can look at a new long. Their HTM (google) portfolio is a problem but they should be okay, once rates cut, that's good for them but it's been a good run and it should reset.	The FOMC meeting this week is going to move this a bit so after this week, if we stay above \$70s and close well then it might be time to step in and look for the move higher.
CHWY	6/1/24	Y	<a href="#">Motley Fool Article</a>	I talked about this in the Saturday WYMTW - <a href="#">read that there.</a> <b>NOT A LONG YET</b> - don't get ahead of this. Wait for this to base a bit at \$18-\$20 then look for the leg up. This is just in 'tracking mode' right now.	Technically this had a great week last week so \$20-\$21 are now support but I think we need to sell a bit and pause before the leg up to clear the December 23 high.



# Swing Trade Monitor

Ticker	Date Added	Nearing Buy Point (Y/N)	Relevant Articles	Backstory/Commentary	Current Action
DD	April	N	<a href="#">Earnings report is here.</a>  <a href="#">Spin-off announced.</a>	New ad after positive earnings last week with a very large stock buyback. They just completed one and a new one is now announced. Would like this to sell off \$2-\$3 to get an entry but if not this will be in play. \$73-\$75 are soft technical areas of interest.	Upgrades two weeks ago from: Citi, Wells, BMO and Jeffries.  No triggers long yet.  Not in a buy or sell zone - avoid/wait for now.
NFG	April	N	<a href="#">Dan comments on NFG stock in US World Report &amp; News.</a>	Large buyback on the company, dividend increases and inflation tailwind. Recently had an earnings beat that beat on all business arms. Strong fundamental play here but a slow-mover. .	\$54-\$55 is support on this and we are consolidating for a leg higher. \$60 is the soft target here on this so begin to trim as we approach that area.
RKT	April	N	<a href="#">Insider Monkey article on insider buying!</a>	I was tracking this last fall but missed the position add. This is more of an interest rate/macro play on this. The stock has helped up relatively well this year given interest rates and if we get a cut then this should see flows into it and I want to position. Technically, the consolidation has been great as well and this should be a nice addition to the portfolio.	Stuck at a key technical area (\$15) but this weeks FOMC meeting will have a direct correlation to this name and sector. \$12.00 is high-time frame support but if we break \$15.00 this week \$16.50 is the target.
DG	6/1/24	N	<a href="#">Why Dollar General wants to ditch the family dollar.</a>	Back in the report. Net sales increased 61%, same store sales increased, cash flow from operations increased, BOD declared a dividend of \$0.59 a share. Operating profit and EPS increased slightly. This stock was up +60% from last fall and now has reset a bit. I want to see \$140 taken out then start a long here into end of Summer as a swing.	Last week's close was very bearish on this so \$120 is likely a target. Seeing no signs of technical base/buy zone yet but still tracking.

# Swing Trade Monitor

Company	Date Added	Nearing Buy Point (Y/N)	Relevant Articles	Backstory/Commentary	Current Action
TSN	1/7/24	N	<a href="#">Earnings news here</a>	Earnings beat but they warned of rising costs of inflation but overall I still like this for a trade so we're sticking with it. Not the asymmetry as other names have but this is a name that fits well with DITM strat. If we get a signal this week above \$60 expect an AST alert to trigger. I am waiting to see so just wait on this.	Very bad technical breakdown on this stock.  No buy zone near, waiting to see what comes of it.
VLO	1/15/24	N	<a href="#">US World Report Article - Dan Comments</a>	Share buybacks and div increases and fundamentally strong energy market.  Technically pulling back to a spot of interest so a new long likely here this Month.	Awaiting a technical trigger to enter a new long, potentially end of June for Q3.  Stock may need to trade to \$145s first.
EOG	1/21/24	N	NA	Active share buybacks and a CEO that is doing a good job in my view. We also got a technical selloff in December that finally brings this on to the radar.  Breakout to ATH highs coming should focus on this name to start this quarter with DITM calls.	No signals of a move higher yet on this but tracking as we get into Q3.
FOUR	6/8/24	Y	<a href="#">LongVol Article</a> <a href="#">Notable hedge funds buying.</a>	Payment processing company in the US that has been around for over two decades. Recent IPO in 2020. Recently positive earnings and revenue numbers and insider buying.	\$75-\$78 is a strong overhead resistance area. \$70 is support, will have to position small until we can clear that noted area then add into the long position.
TM	5/12/24	N	<a href="#">Great earnings here.</a> <a href="#">Share buyback.</a>	Quality earnings but guidance lowered due to investments made from strategy and suppliers. They also issued a large stock buyback which is a plus. I want this to trade down to \$200 first but this is being added as a stock to track here in the report.	Waiting for a buy zone to setup on this then a new longer term long will be initiated.
AIG	5/5/24	N	<a href="#">-Earnings beat</a> <a href="#">-Share buyback now \$10 billion</a>	The recent earnings were good and they added to the share buyback which is a plus as well. I want this to reset a but to \$70-\$73 then look for the leg higher on this into the next few months but there is nothing but positives here so this is now tracked.	Waiting for a buy zone to setup here.
PYPL	6/8/24	Y	<a href="#">LongVol Article</a> <a href="#">Everyone is talking about Paypal - Motley fool.</a>	Digital payments and commerce company for companies and individuals undergoing 'transformation' with new CEO.	An AST Alert was issued on this. I own the equity as well. \$72.00 then \$76.50 are soft targets. \$64.00 is support.

## Boing Boing Monitor

AKA Left for Dead - stocks that are out of favor, forgotten or maybe going through a rough patch. This is a custom scan that is over two decades old and designed for 2-12 week trades, not investments. Suggested structure is 90 day options that are ATM or slightly OTM. **Warning: do not sell puts or put spreads on these names.**

Ticker	Date Added	RSI Read on Weekly	Buy Range Zone	Strike/Expiration to Consider	Commentary
STNE	6/8/24	37	\$12.00-\$13.00	N/A	\$11-\$13 and basing on this could produce a short-term rally and something to track as it's been beaten down the last 8 months.
TAP	6/8/24	25	\$48.00-\$51.00	OCT 55Cs	Extreme oversold reading and technical confluence at \$48-50 makes me interested. \$53 and \$56 are resistance. 90 options only on these names with small size.
BMO	6/8/24	38	\$79.00-\$82.00		Just getting into oversold territory so worth tracking the next few weeks. A deeper RSI reading on weekly is ideal but strong technical area is approaching.
PZZA	6/8/24	27	\$41.00-\$42.50	OCT 55Cs	Papa Johns - terrible earnings as of recent. \$51-\$53 is a target on any positive news. Extreme RSI oversold read. Worth looking at next few weeks.

## Special Situations Monitor

Stocks or situations that have some special situation. Defined as, spin-offs, buybacks worth noting, notable insider buying on a stock is relevant, special macro situations and one-off short-selling situations. Designed to flag ideas for you to look at and continue to research, nothing more.

Ticker	Date Released	Type of Catalyst	Relevant Articles & Links	Backstory/Commentary
XHB	12/10/23	Fed Meeting/Policy		<p>Time to start digging into the economic data more in this sector and watching to see what home builders report this earnings that are upcoming. I think we are very close to risk-off in this sector with unemployment rising as we've seen.</p> <p>This might be a long trade for a month here soon above \$112 so just watch esp. w the inflation data this week coming in.</p>
BA	1/7/24	737 Max Plane groundings from Feds.		<p>More issues again on this. Close to a technical capitulation so against \$190-\$195 I am going to be buying 6+ month options on this to hold through end of month and to see about a move to above +\$200 then \$210.</p>
KGC	3/24/24	Gold miners/inflation trade		<p>This is a position that can trade the miners long theme and give me long equity v. options so if we breakout looking for \$8-\$9 a share on this and want to track it this coming quarter with growing EPS the last few years. Buying the shares and using it as a speculative share long for Q2 - no options for structure. Long this still after \$7.50/\$8.00 with shares NO OPTIONS.</p>
FXV	4/27/24	Yen Trade		<p>Yen at new lows and a direct way to play this is through this. If I do it will be with a very small (less than \$2k) position size with 5-6 month calls on this that are OTM at best.</p>
BNAI	6/8/2024	Spac company.		<p>This is purely a speculative long here on this where a trade should be less than 1% of an account value. Tracking this due to some financial structures this company has that could allow it to trade higher.</p>

## Disclaimer and Links

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