

BGBL COURT REPORTER



June 2021 COURT REPORTER

BGBL: More Than Just Basketball

Happy Pride Month!

Celebrating Inclusion in Sports

Back in April, Boston Celtics (BGBL



partner) hosted a Zoom Call discussing a number of topics around inclusion in sports. Please click on the below link to watch the quick summary on the event, which was well attended and included a number of guest speakers.

WATCH VIDEO

BGBL PRIDE PARTY

The BGBL held its first in-person event since 2020 last Thursday at Cathedral Station on the patio. The Board thanks all those who came out to celebrate the start of Summer, while enjoying the Event. A few photo's from Bob Quist.

More events to come in September!!!



The BGBL is excited to unveil new Pride tank tops and shirts in our online store. Various colors and sizes....plus other great merchandise.

Get yours today to help support the League!!!!

ONLINE STORE

[CLICK HERE FOR THE BGBL WEBSITE](#)

SUMMER BASKETBALL

The Summer Pick Up League is full and on a wait list at this time.

If you have registered- week 1 starts Wednesday, July 7th from 7-9pm at Smith Playground- 235 Western Ave, Boston.

The League will run every Wednesday from 7-9p from July 7th through September 1st.



PLEASE
LIKE OUR
FACEBOOK
PAGE



Follow us on
Instagram



BGBL Member, Charles Perry sporting an older BGBL shirt from up in Maine.

If you have a photo of you wearing a BGBL shirt while travelling, please click below to add into a future Court Reporter.

Let's see how many states we can get!!!

[**CLICK HERE TO SEND**](#)



#StopAsianHate



BECOME A SPONSOR

SPONSORS WANTED:

With the South End Fitness Center basketball court closed until Spring 2022 resulting in higher gym costs and the loss of both the 2020-2021 regular and pick up seasons, the BGBL is looking for financial partners for the 2021-2022 season. It is our goal to not raise any prices for Members this season, but it is also vital to secure sponsorship to offset these rising costs.

Did you know the BGBL is a non-profit organization- (Tax ID: 32-0543382). We are always looking for partnership opportunities, both local and corporate. Sponsorship money empowers us to take bold steps forward to strengthen our presence.

If you know of a company that would be interested in sponsoring the BGBL for the 2021-2022 season, please click below.

Anyone who refers a company that becomes a sponsor for the season, will receive a \$50 gift card to one of our current sponsors.

[CLICK HERE](#)

PINE STREET INN BASKETBALL TOURNAMENT

The Pine Street Inn (New England's leading provider of housing, shelter, street outreach and job training to the homeless) is running a 3 on 3 Tournament Saturday August 14th.

Happy
INTERNATIONAL
NON-BINARY
DAY!

HAPPY
4TH OF *July*



The BGBL is proudly supporting this great cause and looking for Teams and Volunteers interested.

[**CLICK HERE FOR MORE INFORMATION**](#)

BUCKET BY THE BEACH 3 ON 3 TOURNAMENT

RAISE MONEY FOR THE HOMELESS AND THANK THE FIRST RESPONDERS
LAW ENFORCEMENT | FIRE FIGHTER | HEALTH CARE | TRANSPORTATION

GLOBAL CONSULTING PRESENTS
BUCKETS BY THE BEACH

AUGUST 14TH, 2021
11AM - 3PM

CASH REWARD FOR THE WINNER **DEADLINE TO REGISTER AUGUST 1, 2021**

LOCATION
JOE MOAKLEY PARK 1005 COLUMBIA ROAD, BOSTON MA 02127
JOIN OUR FIRST RESPONDERS IN FUNDRAISING FOR THE HOMELESS

 **DONATIONS** **\$400 REGISTRATION FEE** 

REGISTRATION & DONATION CONTACT

GARRY 617-510-5239
GARRY.FRAZIER@GLOBALCONSULTING.COM

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Global
GLOBALCONSULTING.COM

be the **CHANGE**
you want to see
- Mohamad Gandhi

DIVERSITY & INCLUSION COMMITTEE

The BGBL is still looking for a few more volunteer Leaders to be a part of the new Committee.

As part of this inaugural committee, set to begin in Fall 2021, you will play a key role in continuing the fight for equality and furthering the discussions on how to improve the BGBL mission with a specific emphasis on racial injustices.

[**For More Information Click Here**](#)

BGBL SPONSOR SPOTLIGHT

blend

d bar

DBAR

www.dbarboston.com

FENWAY



HEALTH

BLEND

www.blenddorchester.com

FENWAY HEALTH

www.fenwayhealth.org

2022 Gay Games

The BGBL is still looking into possibly sending a Team to the Gay Games November 11-19, 2022. This would be an amazing opportunity to represent Boston's LGBTQ+ community abroad.



The BGBL is dedicated to supporting those members who would be interested in this once and a lifetime opportunity and experience through financial fundraising opportunities, sponsorship, and court practice.

If you are interested- please fill out the below link

[Gay Games 11 Hong Kong - Survey Form](#)

TIP OF THE
Month

Hydrated for Basketball



Pre-Game

This is called pre-hydration. Drink about 16 ounces of water or a sports drink two hours prior to the game. Thirty minutes before tip-off, drink another 4 to 8 ounces.

Hydrating begins well before the jump ball. If you wait until you're thirsty, it's already too late, and your athletic performance will suffer.

In-Game

During 90 minutes of intense exercise or competition, you can lose between 2 and 3 liters of sweat, and this will certainly hurt your performance unless you replenish. Sports drinks such as Gatorade contain the fluid and carbohydrates you need to maintain your hydration and energy levels during games.

To prevent cramping and keep you playing your best, consume at least 7 to 10 ounces of water for every 10 to 20 minutes of active game play.

Post-Game

This is a time for recovery. You need to rehydrate and recover for the next game or the next day. One of the best recovery drinks, believe it or not, is chocolate milk. Get in 24 ounces immediately after competition and continue to replenish with fluids the rest of the evening.

thank **you**
for reading

Boston Gay Basketball League
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Boston, MA 02117

Visit our website