

BGBL COURT REPORTER



May 2021 COURT REPORTER

BGBL: More Than Just Basketball





The Transgender Pride Flag

Navy veteran and transgender woman, Monica Helms created the Transgender Pride flag in 1999. She told the [Daily Beast](#) in 2017 that the idea for the flag just "came to [her]" one morning as she woke up.

"Not a dream," she clarified, calling it more of a "divine intervention." "When you wake up and you're still sort of groggy and everything but you're starting to think and your mind is starting to fill with images — that's when it came to me."

Monica brought the flag with her to the 2000 Phoenix Pride parade, where she flew it for the first

time. That original flag was **acquired by** the Smithsonian's National Museum of American History in 2014.

When Monica brought the flag to Phoenix Pride in 2000, many were immediately interested in the design. "This was for me and if nobody had embraced it, it still would have been OK for me. It would have been my flag," she told the [Daily Beast](#). "But then, people started seeing it and they thought the pattern was great and they liked the reason for the colors and it just took off."

Monica purposefully designed the flag so that, no matter how you hold it, it looks the same. "This symbolizes us trying to find correctness in our own lives," she said, according to **Pride**.

As for the colors, those have a lot of meaning as well. "The light blue is the traditional color for baby boys, pink is for girls, and the white in the middle is for those who are transitioning, those who feel they have a neutral gender or no gender, and those who are intersexed," Monica explained.

YOU ARE INVITED TO A

PRIDE PARTY!



BGBL PRIDE PARTY

The BGBL is proud to announce the first in-person event in more than a year and a half!!!!

Thursday, June 24th 6-9PM

Cathedral Station Patio- 1222 Washington Street, Boston.

Free Appetizers, corn hole, Jenga, beer pong, 50/50 raffle, 2020 Trophies & Awards, BGBL Partners Swag, and more.....

Come celebrate the beginning of Summer with friends and other League Members on what will be a fun evening.



The BGBL will be offering a few clothing items for sale with a League Pride Logo.

The items will be going on sale for a limited time starting in mid June.

[ONLINE STORE](#)

[CLICK HERE FOR THE BGBL WEBSITE](#)

SUMMER BASKETBALL

OUTDOOR SUMMER PICK UP

Wed July 7th - Sept 1st.

7-9PM. 9 Weeks.

2 Courts reserved.

Registration opens on Monday,
June 14th- 7pm www.bgbl.com

Only \$30 cost.

Smith - 235 Western Ave, Boston



HARVEY MILK
MAY 22 DAY

Harvey Milk Day is a day to educate the public about an extraordinary Leader whose courageous work to end discrimination against the LGBTQ+ community in the 1970s set the stage for many of the civil rights advances we see today.

Harvey Milk was an activist, organizer, and the first openly gay man elected to public office in the country as a member of the San Francisco Board of Supervisors in the late 1970s.



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Harvey Milk came out and started organizing against discrimination of gay and lesbian business owners in the Castro District of San Francisco, and against the Briggs Initiative (this was an initiative on the California state ballot in 1978 that would have banned gays and lesbians from working in California schools). Milk was responsible for passing gay rights ordinances for the city of San Francisco and served eleven months in office before he was assassinated on November 27, 1978, along with San Francisco Mayor George Moscone. We celebrate Harvey Milk Day on his birthday, May 22.



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Together, we must all take meaningful action, use our voices, and influence the change that is STILL so desperately needed against racial inequalities and equitable justice.



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](#)

South End Fitness Center

The BGBL will be looking for a new home starting this Fall as the South End Fitness basketball court will be undergoing repairs for a leak in the roof and a new floor as a result of water damage. Unfortunately the SEFC will be unavailable until Summer 2022.



The Board is actively searching for cost effective options within the Boston and its surrounding communities accessible by MBTA, as well as available onsite parking at this time to ensure a seamless transition is made.

If you have any suggestions, please click below to let us know!!

[CLICK HERE](#)

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The BGBL was back in action this past week with the Outdoor Spring Pick Up League at Smith Playground.

The weather was perfect and so was the basketball!!!!



Oct. 2-3, 2021
Chicago

Looking to play in a National Tournament and represent the City of Boston? The BGBL is already sending three Teams (Teacups, Snacks, & Shamrocks) and would love to add a fourth.....

Space is filling up very fast, with over 35 Teams from across the country already registered.

If you are interested in joining a BGBL Team (all playing ability levels) for this amazing tournament, please click on the link below and fill out the necessary information.

[**CLICK HERE**](#)

The BGBL remains committed to assist all Boston Travel Teams with fundraising opportunities, gym space, and provide other necessary resources.

TIP OF THE Month



1. Practice "Nothing but the Net" Shots

The whole point of all net shots is to make your target smaller and to learn where you need to focus your eye line to make you a more successful shooter.

Every shot you take, the ball can only touch the net. Touching the rim or backboard does not count. Start off by taking stationary shots at four different spots and making five net shots in each. Track your progress each time to see how much you improve.

2. Focus on Reps Close to the Basket

While at practice, start out with easier shots closer to the basket. Don't start practice taking 3-pointers, instead work up to this over the course of practice. Start out focusing on your shot technique so you can eventually build out your range and become a more consistent shooter as you grow.

If your shots are too long or too short, it may just be something you need to work out by taking more reps and getting a better feel for the ball. Often times if you overshoot to the left or right it has to do with your core mechanics. Try to make it your goal that over the course of practice you are making 100 perfect shots.

3. One-Armed Shots

This will force you to focus on your follow-through and make sure you are flexing your wrist every time.

Start just under the basket and make five shots. To make it more challenging, take a step back and make five more shots and so on. As you take these shots the power should be coming from your legs and you should be following through on every shot, making sure not to drop your arm after the shot.

thank you
for reading

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Visit our website

