

BGBL COURT REPORTER



NOVEMBER 2020 COURT REPORTER

Thank You! for supporting the BGBL during this challenging time. Thank you for all you do!

**November Basketball**

November has tryouts, draft parties, meeting your Team and building new friendships on and off the courts. So, yeah, we miss November basketball. But, over these next few weeks, the BGBL invites you to share the Holiday memories you make this year with your own family and friends.

[Click here to send pictures & stories about your 2020 holidays to the BGBL Secretary so we can include them in a future Court Reporter.](#)



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## Game Ready in the Off-Season

BGBL players are tenacious athletes & don't let up in the off-season. Whether your off-season workouts are here in Boston or far away, we'd love to see & share how you are staying game ready. Tell us what you are doing & send pictures of yourself & friends keeping active & getting ready for a much anticipated return to the courts with the BGBL. We'd love to share your pictures & stories in a future edition of the BGBL Court Reporter.



[Click here & send your pictures](#)

As some of you may know, our very own BGBL Member and Director of Sponsorship- Quadry Allen (Q) played collegiate basketball as a student athlete at Umass Boston from 2011-2014, and then returned as a Senior in 2015 to lead the Beacons in points and minutes played while starting in all games. Recently Q sat down for an interview with Behind The Beacon Podcast.



Please take a moment to watch as it took an amazing amount of courage for Q to overcome mental health and identity struggles, while balancing and competing at a high collegiate level.

Following his success at Umass Boston, finding the Gay Basketball and Softball Leagues have continued to help that level of community support and belonging, which is necessary. I think we all can relate to Q's story in some aspects, which makes this interview all the more important to share.

Thank You Q as you continue to help others "Be True" and share your story of overcoming obstacles. You are an inspiration on and off the courts and wish you continued success and achievements. Please click on the link below:

[CLICK HERE TO LISTEN](#)

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### COVID-19 BGBL Commitment:

- Communication- Timely Updates
- Member Engagement

- Community Experience
- Virtual Fun & Games
- Fundraising Campaigns

**Our  
Commitment**  
During COVID-19

## Coping with Stress and Fear from COVID-19



### Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



### Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.



**Take breaks** from watching, reading, or listening to news stories, including social media.



### Make time to unwind.

Try to do some other activities you enjoy.

Help is available:  
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call **2-1-1**

 Massachusetts Department of Public Health



Congratulations to Kevin St. Gelais and Buck Bachman on winning the BGBL Trivia Challenge both with 54 points. They both have won a free entry to an upcoming pick up basketball season. The final 5 were: Marc Davino 49 points, Bob Quist 49 points, and Arne Thompsen 39 points. Thanks to everyone who participated.

[BGBL Sponsorship Opportunities](#)

Did you know the BGBL is a non-profit organization- (Tax ID: 32-0543382). We are always looking for sponsorship opportunities, both local and corporate. Sponsorship money empowers us to take bold steps forward to strengthen our presence. It also ensures costs, such as membership fees do not rise, while tackling ongoing higher operating expenses.

If you know of a company that would be interested in sponsoring the BGBL for the 2021-2022 season, please [Click Here](#)

Anyone who refers a company that becomes a sponsor for the season, will receive a \$50 gift card.



Our address has changed:

**Boston Gay Basketball League**  
**PO Box 170160**  
**Boston, MA 02117**



Be on the lookout for these announcements in the near future

- Mid January Pick Up Season
- December Virtual Holiday Party
- New Website Launch
- Exciting New Prize Opportunities

