



Sports Nut!

‘ONE SPIRIT, ONE TEAM, ONE WIN’

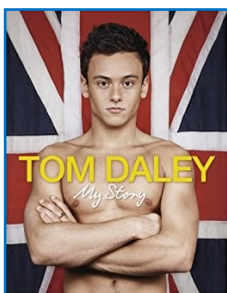
I discovered & stockpiled these (57) sports-related books about (36) ‘bold men who had the tenacity to express themselves’ as part of a larger book donation project I outlined in my recent [book](#), OK2BG, in a scholastic effort to help kids at-risk, or puzzled young adults discover & reinforce their goals & perhaps find a potential role model.

I'm somewhat sorry to say aloud, at the very start of my book donation project & relevant book-[blog](#) that I have not yet read all of these books w/regard to so many diverse men in sports, but I will eventually, now that I have found what I was looking for, in effect, another group of books by or about so many brave & brilliant men who just happen to be gay, allegedly; in order to help support gay kids at-risk, or straight kids at-risk, with some supplementary & scholarly resources, to help obtain & reinforce their rightful place in the world!

This box of (weekly) books represents just one of several donations w/regard to a collection of different groups of courageous men, in my opinion, who yearned to define their lives in a non-traditional approach, in order to achieve some personal freedom, characteristically within a wide variety of occupations & who might thereby be considered emboldened activists or reflective role models for the state of human rights, worldwide.

I hope you find something worthwhile here to thoughtfully explore. Go > play safe & play ball!

TOM DALEY > MY STORY > OLYMPIC DIVER



‘...he is one of the sport's most exciting athletes. But there is also a heartbreaking & inspiring story of a young man coping with the death of his father whilst under the glare of the world's media spotlight. In this, Tom's first official memoir, he offers unprecedented access to the pressures, challenges & fascinating experiences of a world-class Olympian.’ - Google Books

Tom's [channel](#) on YouTube.



‘Tom Daley with Bronze medal’ photo @ [www.sportsmole.co.uk](#)

‘sport logo’ photo posted @ [www.goldfishfun.com](#)

INSIDE THIS ISSUE

Swimming & Diving.....	2
Tennis.....	4
Baseball.....	7
<i>Boys in the Boat</i> aka Crew.....	7
Ice Skaters.....	10
Mount Everest.....	10
Rugby & Football.....	12

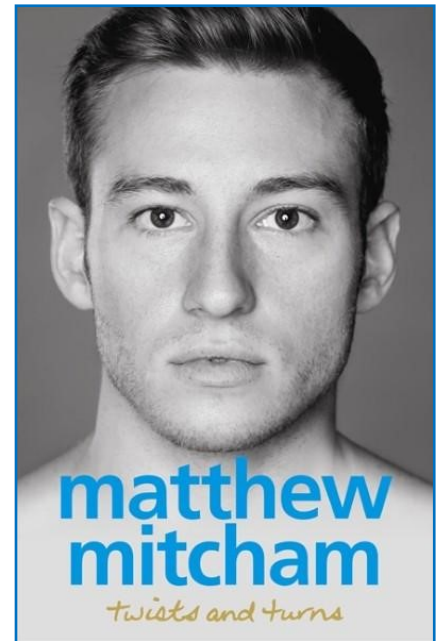
SPECIAL POINTS OF INTEREST

- Sports Slogans complements of [www.thinklogs.com](#)
- Checkout book reviews @
- Google Books & Amazon
- My book reviews @
- [Amazon](#) & [Goodreads](#)
- My book [blog](#) / [videos](#)



TWISTS & TURNS

‘No one who has ever seen **Matthew Mitcham** perform one of his heart-stopping dives or make Olympic history would ever guess the obstacles he had to overcome just to be a contender. ... At the Beijing Olympic Games, Matthew Mitcham made history with an unforgettable dive, scoring perfect tens, and winning gold for Australia. There was no hint of the harrowing battle this talented young dynamo had fought with clinical depression, self-harm, and his addiction to alcohol & drugs.... Joyously out & proud, Matthew was a role model for his courage both in & out of the pool.’ - Google [Books](#)



‘Swimming—The only sport with no half times, no substitutions, no timeouts, and you only get one shot for your goal.’

GREG LOUGANIS

His teenage biological parents placed him for adoption when he was 8 months old & he was raised in California by his adoptive parents, Frances & Peter Louganis.

In 1999, he wrote the book (with Betty Sikora Siino), *For the Life of Your Dog: A Complete Guide to Having a Dog from Adoption & Birth through Sickness & Health*.

Louganis also produced a video diary called *Looking to the Light*, which picked up where *Breaking the Surface* left off.

In June 2013, Louganis was inducted into the California Sports Hall of Fame.

Louganis is a gay rights activist.

‘Greg Louganis’ photo & text @ [Wikipedia](#)



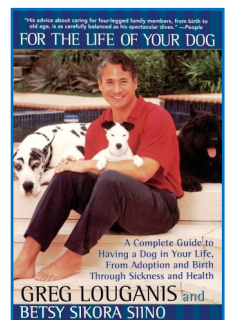
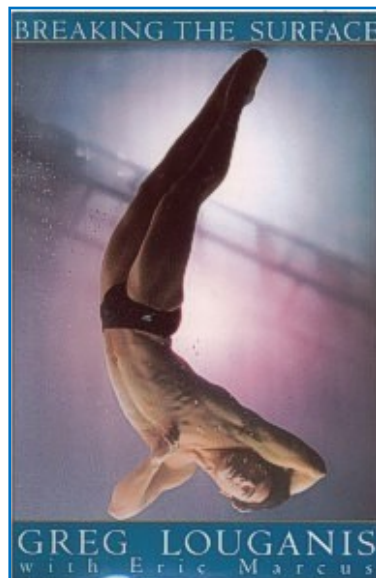
BREAKING THE SURFACE

‘It is the unflinchingly honest first-person account of a man breaking free of a lifetime of silence & isolation. Born to a young Samoan father & Northern European mother, and adopted at 9 months, Greg began diving at age 9, and at 16 won a silver medal at the 1976 Montreal Olympics. But despite his astonishing athletic skill, Greg struggled with late-detected dyslexia, prejudice toward his dark skin coloring & anguish over his homosexuality, which he felt compelled to hide. Being in the spotlight intensified his difficulties with relationships & substance abuse. However,

Louganis went on to win double gold medals at the 1984 & 1988 Olympics. His triumph at the 1988 Olympics came several months after he tested positive for HIV. This is the haunting, searingly candid story of the world’s greatest diver.’ - Google [Books](#)

Gregory Efthimios ‘Greg’ Louganis was born January 29, 1960 in El Cajon, California, USA. He is the only male & the second diver in Olympic history to sweep the diving events in consecutive Olympic Games.’ -

[Wikipedia](#)





'Funchal Olympic Swimming Pool Complex' photo posted @ www.madeiratrainingcenter.com

MARK TEWKSBURY > INSIDE OUT

'Mark Tewksbury is best known as a gold-medal-winning Olympic swimmer. His remarkable 16-year athletic career included 3 Olympic medals, numerous world records & inductions into 3 major halls of fame: the Canadian Olympic Hall of Fame, the Canadian Sports Hall of Fame & the International Swimming Hall of Fame.

Although retired as an athlete, Tewksbury remains a highly respected public figure. He delivered prized swimming analysis for the CBC from the 2004 Athens Olympic Games, hosts the Discovery Channel's popular *How It's Made* show & is Co-President of the first World OutGames, Montreal 2006.

Tewksbury has spoken to millions as part of his 18-year speaking career & remains much in demand as an inspirational speaker to companies & organizations around the world.'—Google [Books](#)

'Marcus 'Mark' Tewksbury was born February 7, 1968 in Calgary, Alberta, Canada.

In December 2008 Tewksbury was invited by the government of France to speak at the United Nations in New York City on the day a declaration was introduced that affirms gay rights & seeks to decriminalize homosexuality.'—[Wikipedia](#)



'swim goggles' photo posted @ www.pulsesup.com



IN THE WATER

BOOKS

1. *Breaking the Surface*

By Greg Louganis

& Eric Marcus

2. *For the Life of Your Dog: A Complete Guide to Having a Dog from Adoption & Birth through Sickness & Health*

By Greg Louganis

& Betsy Sikora Siino

3. *Inside Out: Straight Talk from a Gay Jock*

By Mark Tewksbury

4. *Tom Daley - My Story*

By Tom Daley

5. *Twists and Turns*

By Matthew Mitcham



'If life piddles
in your pool
of dreams,
add chlorine
&
keep
swimming.'



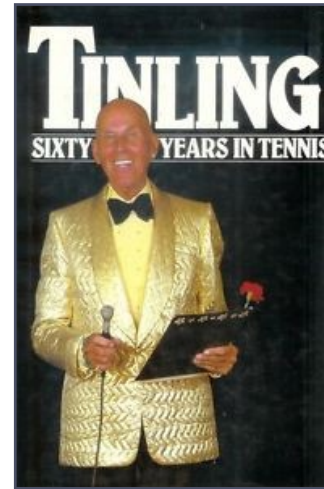
CUTHBERT COLLINGWOOD ‘TED’ TINLING

‘Tinling designed dresses for almost all of the great female players throughout the 1950s, 1960s & 1970s.

He wrote several books on tennis in the 1980s but respiratory problems continued to affect him & he died in 1990.

Ted was born June 23, 1910 in Eastbourne, East Sussex, England, UK

Tinling was openly gay.’ - [Wikipedia](#)



‘It’s not whether you get knocked down, it’s whether you get up!’

OFF THE COURT

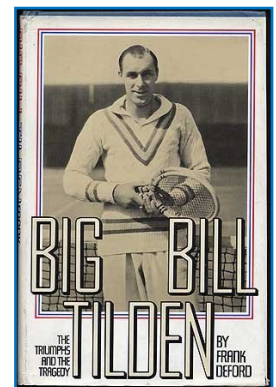
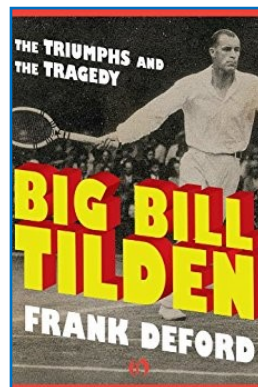
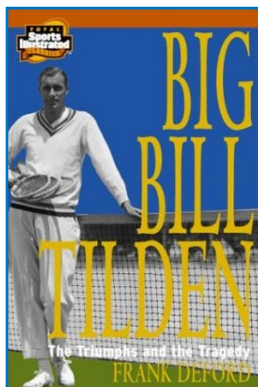
‘Bill Tilden was born...into a wealthy family bereaved by the death of 3 older siblings. His father was...a wool merchant & local politician, and his mother...was a pianist. He lost his semi-invalid mother, who suffered from Bright’s disease, when he was 18 and, even though his father was still alive & maintained a large house staffed with servants, was sent a few houses away to live with a maiden aunt. The loss at 22 of his father & older brother...marked him deeply. After several months of deep depression...tennis...became his primary means of recovery.’ -

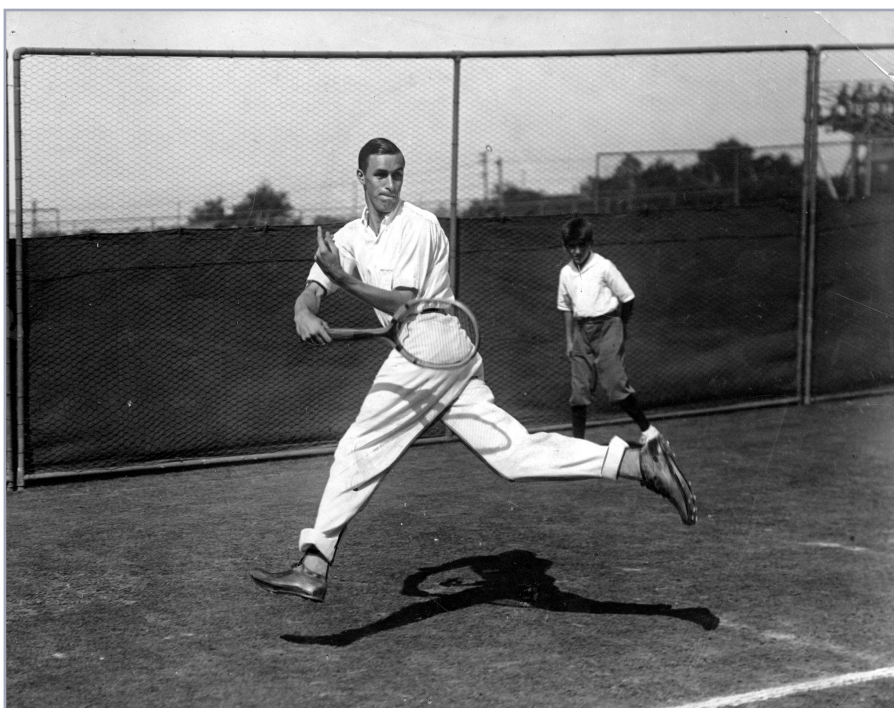
[Wikipedia](#)

BIG BILL TILDEN > TENNIS CHAMPION

‘The classic biography of America’s 1st tennis star. When he stepped onto the Wimbledon grass in 1920, Bill Tilden was poised to become the world’s greatest tennis star. Throughout the 1920s he dominated the sport, winning championship after championship with his trademark grace, power & intelligence. He owned the game more completely than Babe Ruth ruled baseball, making his name, for more than a decade, synonymous with tennis. Phenomenally intelligent—he completed his 1st book on tennis in the 3 weeks before his 1st Wimbledon triumph—Tilden’s success came with a dark side.’ - Google [Books](#)

William Tatem Tilden II aka Bill Tilden was born February 10, 1893 in Germantown, Philadelphia, Pennsylvania USA — [Wikipedia](#)



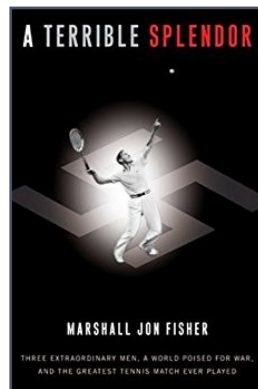
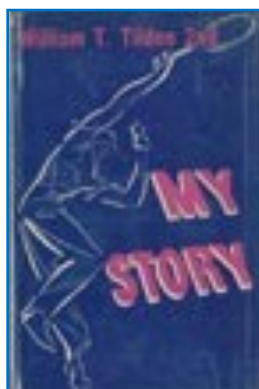
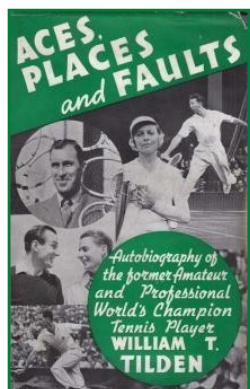


'US Open (September 6) 1920 > Bill Tilden' photo posted @ www.tennisworldusa.org

MORE BOOKS ABOUT TENNIS FROM THE CHAMP

'During his lifetime, however, he was a flamboyant character who was never out of the public eye, acting in both movies & plays, as well as playing tennis. He also had 2 arrests for sexual misconduct with teenage boys in the late 1940s; these led to incarcerations in the Los Angeles area. After his convictions he was shunned in public. ... In 1950, in spite of his legal record & public disgrace, an Associated Press poll named Tilden the greatest tennis player of the half-century by a wider margin than that given to any athlete in any other sport.... He was inducted into the International Tennis Hall of Fame in 1959.

California did not repeal its sodomy law until 1976. Because he lived in an era when homosexual sex was illegal & was not tolerated socially, some suspect that Tilden was a victim of the homophobic society of the era.' - [Wikipedia](https://en.wikipedia.org/wiki/Bill_Tilden)



ON THE COURT

BOOKS

1. *Big Bill Tilden—The Triumphs & the Tragedy*

By Frank Deford / 2004

2. *Aces, Places & Faults* (prequel to *My Story*)

By William T. Tilden / 1938

3. *My Story: A Champion's Memoirs* (sequel to *Aces, Places & Faults*)

By William Tatem Tilden / 1948

4. *Match Play & the Spin of the Ball*

By William T. Tilden / 1924

5. *Singles & Doubles* (in *Lawn Tennis*)

By William T. Tilden / 1927

6. *The Art of Lawn Tennis*

By William T. Tilden / 1922

7. *Tout Le Tennis* (All About Tennis)

By William Tilden / 1955

& Bernard Destremau

8. *A Terrible Splendor: Three Extraordinary Men, a World Poised for War, and the Greatest Tennis Match Ever Played*

By Marshall Jon Fisher / 2009

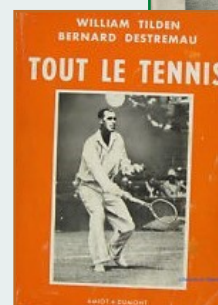
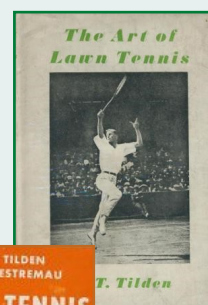
9. *Tinling: Sixty Years in Tennis*

By Ted Tinling / 1983

10. *Love & Faults: Personalities Who have changed the History of Tennis in my Lifetime*

By Ted Tinling

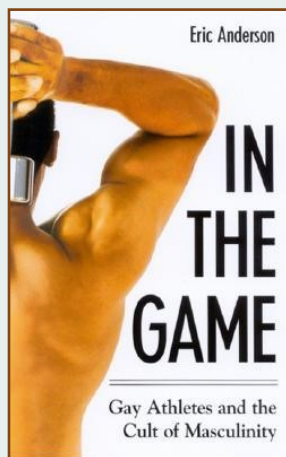
& Rod Humphries / 1979



TRAILBLAZING

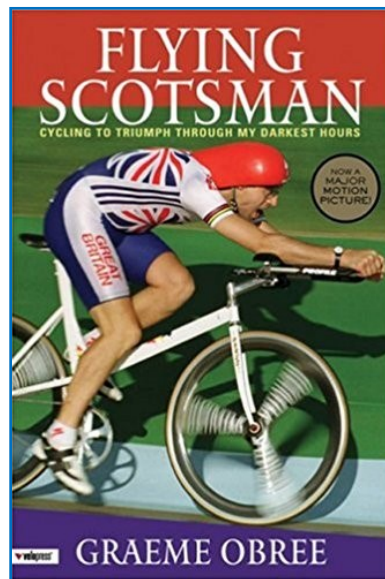
'At only 25 years of age, Eric Anderson was near the top of his sport, coaching the cadre of distance runners at Huntington Beach High School in conservative Orange County, California. Victory on the track gained Anderson high respect as a coach, but he was hiding the truth from his colleagues & his team: He was gay. Then came out. His team was quickly labeled 'the fag team,' & the respect Anderson had worked for gave way to homophobia: His runners were taunted, threatened & even physically assaulted.' -

[Amazon](#)



FLYING SCOTSMAN > GRAEME OBREE

'Little known Graeme Obree became international cycling's most unlikely star, capturing the public's imagination with his innovative engineering & design skills & unique training regimens. ...the cycling authorities outlawed both his bike & his tucked riding position. He invented the 'Superman' riding style & triumphed again. ...Obree was also battling a much more serious threat: bipolar disorder. In *The Flying Scotsman*, Obree tells his remarkable story with brutal honesty & unexpected humor. Beginning with his troubled childhood in Ayrshire, where the bike was his only escape.' - [Amazon](#)



HOMOPHOBIA > A BLUNT DEFINITION

'Interestingly, the grandfather of all psychoanalysts, Sigmund Freud, was anything but homophobic. In fact, Freud warned his contemporaries of pathologizing homosexuality & openly opposed any form of discrimination against homosexuals that was based on sexual orientation. Early in his career, Freud wrote unambiguously that homosexuality was no illness, stating "homosexual persons are not sick." ' - Freud reference/text in an article dated Apr 19, 2011 by Tyger Latham, Psy.D > posted on www.psychologytoday.com

THE ROOT OF HOMOPHOBIA IS FEAR > IN ACTU

BEHIND THE MASK > DAVE PALLONE

'A gay umpire offers a candid inside view of professional baseball, discussing his career & relating anecdotes about incidents on & off the field.' - Google [Books](#)

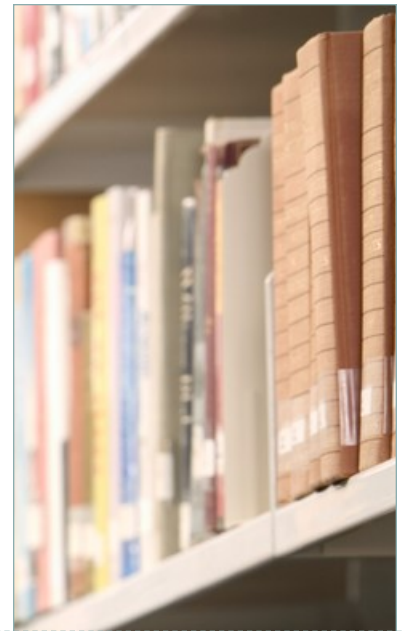
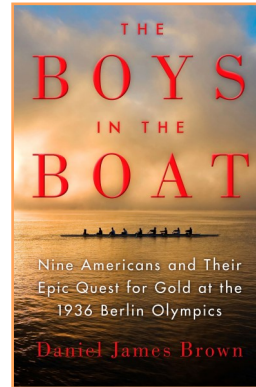
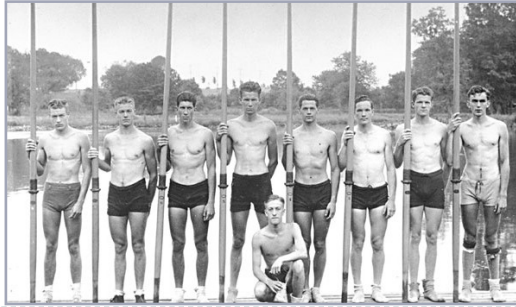
'The book, *Behind the Mask: My Double Life in Baseball* captures Pallone's torment: he wanted to admit his homosexuality publicly, but feared the consequences because of baseball's ingrained homophobia.' - Library [Journal](#)

'Pallone seemingly holds nothing back, giving readers the most candid & riveting sports autobiography since Navratilova's *Martina*.' - Publishers [Weekly](#)



THE BOYS IN THE BOAT > 1936 OLYMPICS

'...out of the depths of the Depression comes an irresistible story about beating the odds & finding hope in the most desperate of times—the improbable, intimate account of how 9 working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant.' - Google [Books](#)



'University of Washington crew, 1936' photo posted @ www.thevdp.com

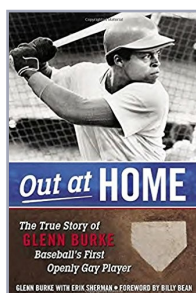
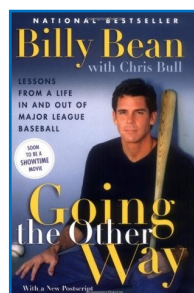
'Coming together is the beginning. Staying together is progress. Working together is success.'

GOING THE OTHER WAY > OUT AT HOME BILLY BEAN & GLENN BURKE

'By virtue of a relentless work ethic, exceptional multi-sport talent, and a quick left-handed swing, **Bill Bean** made it to the majors, where he played from 1987 to 1995—an outfielder for the Detroit Tigers, Los Angeles Dodgers & San Diego Padres. But as a gay man in the brutally anti-gay world of baseball, closeted to teammates & family, Bean found himself unable to reconcile two worlds that he felt to be mutually exclusive. At the young age of 31, in the prime of his career, even as he solidified his role as a major-league utility player, Bean walked away from the game that was both his calling & his livelihood.'

- Google

[Books](#)

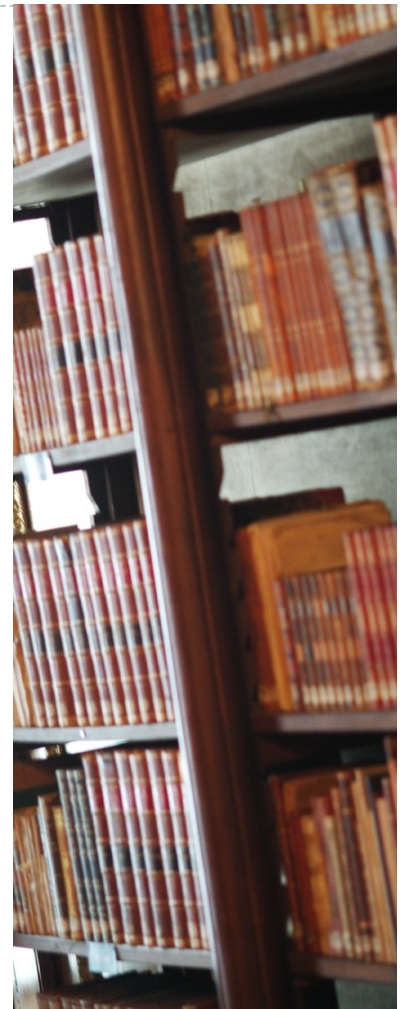


'Touted by scouts & coaches alike as 'the next Willie Mays,' Burke, a charismatic outfielder, kept his sexuality off the radar for a good two seasons, which included a World Series appearance. But when the Dodgers' front office got wind of Burke's sexuality, the damage control started, including...(maybe) a sham marriage. The prejudice, coupled with an injured knee, forced Burke into retirement at only 27 years old. Major League Baseball recognized him as a gay pioneer at the 2014 All-Star game. And **Glenn Burke** has become a source of inspiration for athletes who

refuse to be defined by who they love, while doing what they love.'

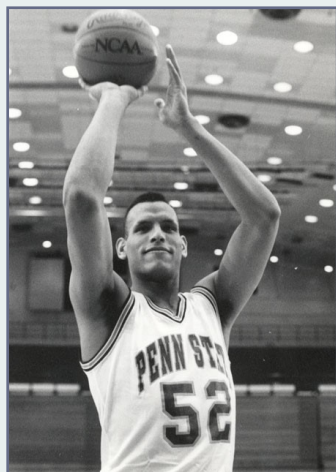
- Google

[Books](#)



MAN IN THE MIDDLE

'The son of a Nigerian, Igbo father, **John Amaechi** was born in Boston, Massachusetts > November 26, 1970. He was raised by his English mother in Heaton Moor, Stockport, England... He first played basketball at the age of 17 (when) Amaechi moved to the United States to play high school basketball at St. John's Jesuit High School in Toledo, Ohio. He began playing college basketball at Vanderbilt...' - [Wikipedia](#)

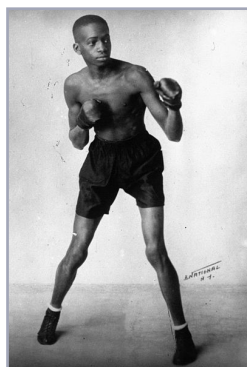


'John Amaechi' photo posted @ www.blackhistory.psu.edu

PANAMA AL BROWN > BOXER

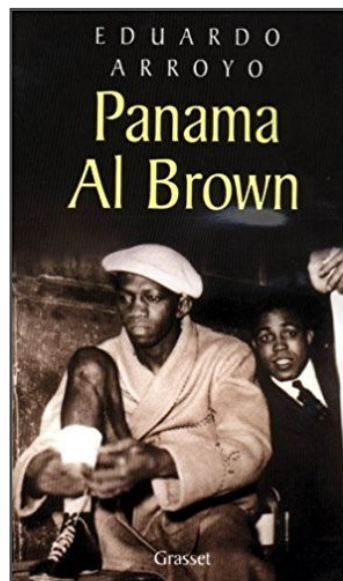
'Alfonso Teofilo Brown aka **Panama Al Brown** aka Kid Theophilo was born July 5, 1902 in the City of Colon, Panama > Rated a Flyweight or Bantamweight.

Brown turned pro in 1922... He enjoyed Paris so much that he decided to stay there for the rest of



his life. He became a hugely popular boxer in France...' - [Wikipedia](#)

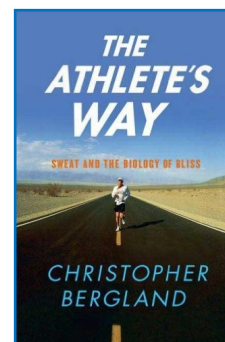
'Panama Al Brown in 1926' photo @Wikipedia



SWEAT & THE BIOLOGY OF BLISS

'*The Athlete's Way: Sweat & the Biology of Bliss* by **Christopher Bergland** presents a practical, motivational fitness program by an ultra-endurance athlete that incorporates brain science, positive psychology & behaviorism to transform lives from the inside out.' - [Amazon](#)

Christopher Bergland was born January 23, 1966 in Manhattan, New York, New York, USA

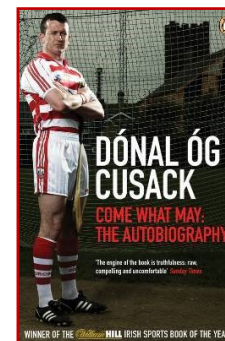


COME WHAT MAY: THE AUTOBIOGRAPHY

'**Donal Og Cusack** has been one of Ireland's leading hurlers...winning 5 Munster titles & 3 All-Ireland medals with Cork & establishing himself as one of the game's most compelling & articulate figures. In this book, *Come What May: The Autobiography* he tells the story of his life & extraordinary career.' - [Google Books](#)

'The engine of the book is truthfulness: raw, compelling & uncomfortable.' - [Sunday Times](#)

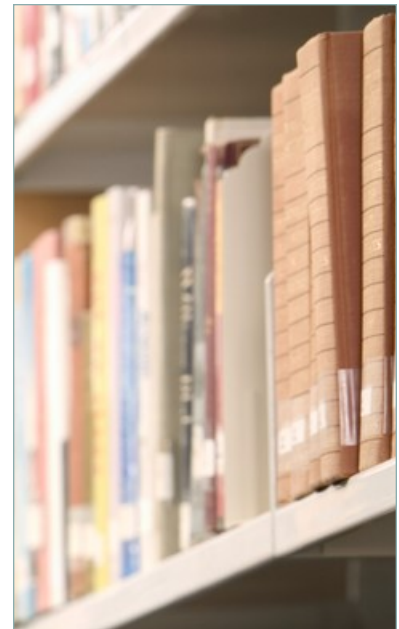
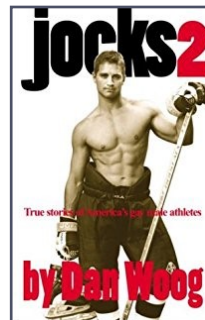
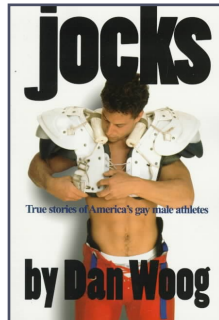
Donal Og Cusack was born March 16, 1977 in Cloyne, County Cork, Ireland



TRUE STORIES OF GAY MALE ATHLETES

1. *Jocks: True Stories of America's Gay Male Athletes* by Dan Woog > 'This collection of more than 25 inspiring real-life stories deals simultaneously with two very American obsessions: sports & sex.' - Google [Books](#)
2. *Jocks 2: Coming Out to Play* by Dan Woog > 'Gay jocks realized they were not alone, young gay athletes discovered role models, and straight people learned that gay people are their teammates & coaches.' - Google [Books](#)

Dan Woog > born March 27, 1953 USA



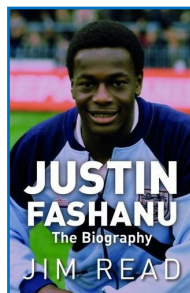
'Talk with your feet > Play with your heart.'



'soccer ball' photo posted @ www.clipartix.com

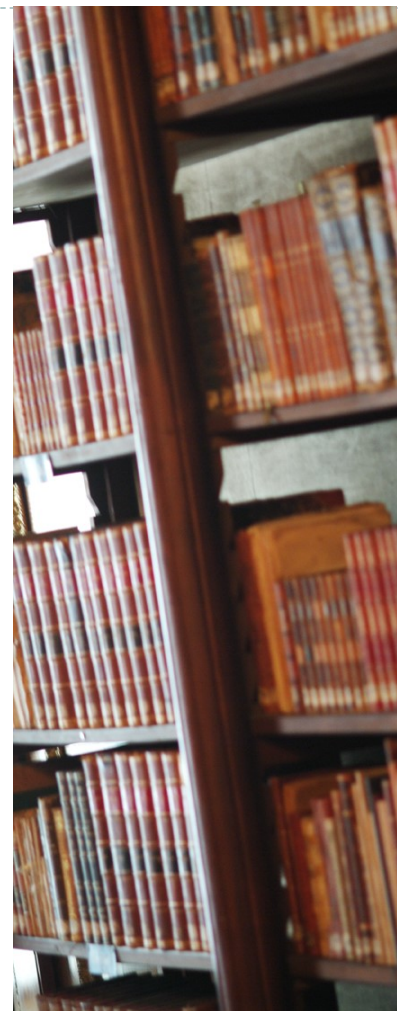
JUSTIN & MARCUS > LOVED TO PLAY SOCCER

'For over 20 years **Justin Fashanu** was the only professional footballer anywhere in the world who had come out as gay. This first account of his life shows how he survived the bullying... & public rejection by his brother, John & abuse from the terraces. But it also tells of clubs eager to sign him, support from managers & teammates & affection from supporters. As a child, Justin Fashanu was put into care & eventually raised by white foster parents in Norfolk. ... This meticulously researched book shows Justin Fashanu to be a complex character, whose life was full of incident, conflict & controversy on & off the pitch. Perhaps the biggest conflict of all was be-



tween his beliefs as a born-again Christian & his sexual orientation, one which was still tormenting him in the last hours of his life.' - [Amazon](#)

Versteck Spieler: die Geschichte des Schwulen Fußballers Marcus Urban (Hidden Player: the Story of the Gay Footballer Marcus Urban) by Ronny Blaschke. **Marcus Urban** (born August 4, 1971 in Thuringia? East Germany) is on the board of the *Association for Diversity in Sport & Society*, also a co-founder of the network *Football for Diversity*, formerly *Football against Homophobia*, a project of the *Federal Foundation Magnus Hirschfeld*. - German [Wikipedia](#)

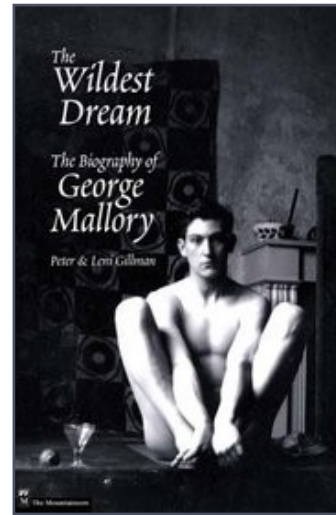




THE WILDEST DREAM > MOUNT EVEREST

‘George Herbert Leigh Mallory > born June 18, 1886 & died June 8 or 9, 1924 on Mount Everest.

Mallory's ultimate fate was unknown for 75 years, until his body was discovered on 1 May 1999 by an expedition that had set out to search for the climbers' remains. Whether **George Mallory** & (Andrew) Irvine had reached the summit before they died remains a subject of speculation & continuing re-search.’ - [Wikipedia](#)



“Winners Never Quit & Quitters Never Win”

BECAUSE IT'S THERE!

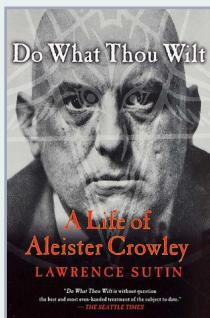
‘**Aleister Crowley** > born Edward Alexander Crowley >

Born: October 12, 1875

Royal Leamington Spa,

Warwickshire, England, UK

Aleister was a **mountaineer**, novelist & poet, painter, magician & occultist.’ - [Wikipedia](#)



REAL MEN WEAR SKATES

Brian Boitano > born October 22, 1963 in Mountain View, California, USA

American figure skater & 1988 Olympic champion

Brian Boitano on a 1990 Paraguay stamp—[Wikipedia](#)

Toller Cranston > born April 20, 1949 in Hamilton, Ontario, Canada

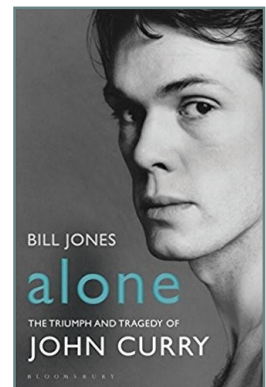
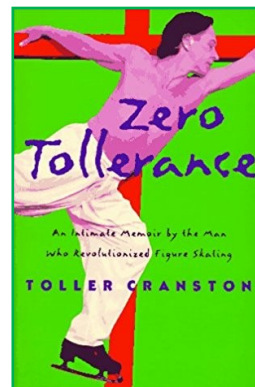
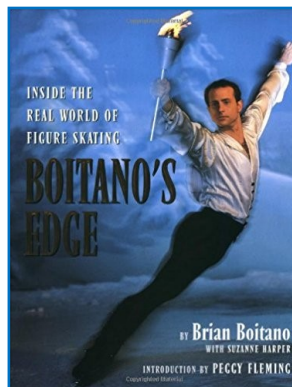
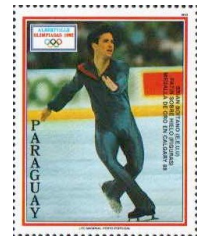
Canadian figure skater & 3rd place winner @ 1975-76 Winter Olympics

1st place winner @ Skate Canada International > 1973-74 & 1975-76—[Wikipedia](#)

John Curry > born September 9, 1949 in Birmingham, England, UK

British figure skater & 1st place winner @ 1975-76 Winter Olympics,

Curry was the flag bearer at the 1976 Winter Olympics for Great Britain—[Wikipedia](#)





Bundesarchiv, Bild 183-N0324-0010
Foto: Mittelstädt, Rainer | 24. März 1974

'Toller Cranston performs a split jump at the 1974 World Figure Skating Championships' photo by Rainer Mittelstädt > German Federal Archives @ www.bundesarchiv.de

DEDICATION + MOTIVATION = SUCCESS

Rudy Galindo > born September 7, 1969 in San Jose, California, USA

American figure skater & 1996 U.S. national champion—[Wikipedia](#)

1st place singles career winner in 1987-88 & 1994-95 @ Aska/Vienna Cup

Brian Orser > born December 18, 1961 in Belleville, Ontario, Canada

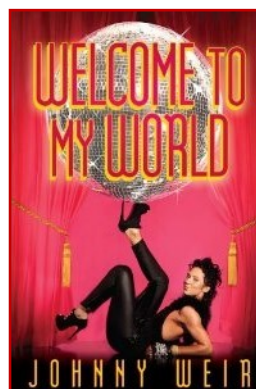
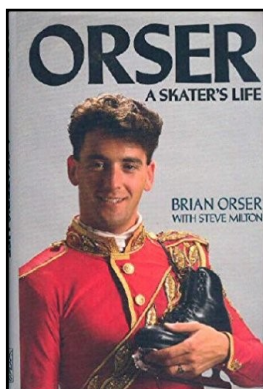
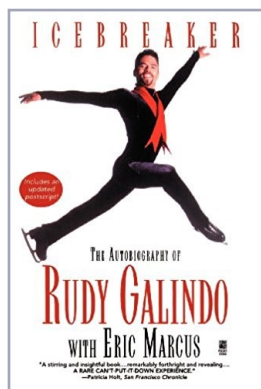
Canadian figure skater & 1984 & 1988 Olympic silver medalist

Brian won his first national title on the novice level in 1977, age 16—[Wikipedia](#)

Johnny Weir > born July 2, 1984 in Coatesville, Pennsylvania, USA

American figure skater & two-time Olympian

Johnny is a self-proclaimed Russophile who admires the skating style & culture of Russia & taught himself to speak & read the language. He also speaks some French & Japanese.—[Wikipedia](#)



ON THE ICE

BOOKS

1. *Boitano's Edge: Inside the Real World of Figure Skating*

By Brian Boitano / 1997

2. *What Would Brian Boitano Make?: Fresh & Fun Recipes for Sharing with Family & Friends*

By Brian Boitano / 2013

3. *Sequins & Scandals: Reflections on Figure Skating, Culture & the Philosophy of Sport*

By M.G. Piety / 2014

4. *Zero Tolerance: An Intimate Memoir by the Man Who Revolutionized Figure Skating*

By Toller Cranston

& Martha Lowder Kimball / 1997

5. *When Hell Freezes Over: Should I Bring My Skates?*

By Toller Cranston

& Martha Lowder Kimball / 2001

6. *alone—The Triumph & Tragedy of John Curry*

By Bill Jones / 2015

7. *John Curry*

By Keith Money / 1978

8. *Black Ice: The Life & Death of John Curry*

By Elva Oglanby / 1995

9. *Otherwise Engaged: The Life of Alan Bates*

By Donald Spoto / 2007

10. *Icebreaker: The Autobiography of Rudy Galindo*

By Rudy Galindo

& Eric Marcus / 1998

11. *Inside Edge: A Revealing Journey Into the Secret World of Figure Skating*

By Christine Brennan / 2008

12. *Orser: A Skater's Life*

By Brian Orser

& Steve Milton / 1988

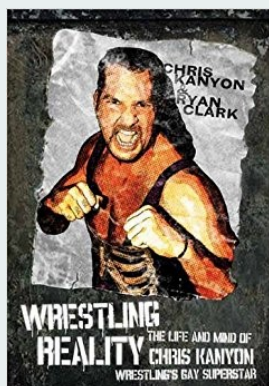
13. *Welcome to My World*

By Johnny Weir / 2011

TEETH & TESTICLES

'Chris Kanyon > born January 4, 1970 in Sunnyside, Queens, New York, New York, USA

As a youth, Kanyon played roller hockey, basketball & baseball at school. He attended Archbishop Molloy High School, located in Queens NY, graduating in 1988. In 1992 he graduated from the University at Buffalo with a bachelor's degree in physical therapy. During his time there, he was a member of the Mad Turtles, the University of Buffalo Rugby Football Club. Kanyon worked full-time as a physical therapist for 3 years before becoming a wrestler.' - [Wikipedia](#)



Wrestling Reality: The Life & Mind of Chris Kanyon Wrestling's Gay Superstar

By Chris Kanyon & Ryan Clark

'A rare glimpse not only into the life of a professional wrestler, but the life of a gay man in a straight world, this tragic memoir is told in Chris Kanyon's own words, with the help of journalist Ryan Clark.' - Google

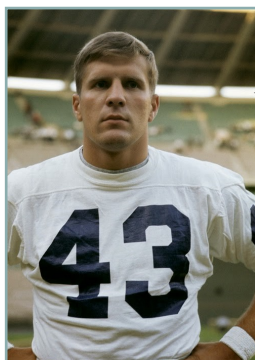
[Books](#)

12

ALL IT TAKES IS ALL YOU GOT!

'David Marquette Kopay > born June 28, 1942 is a former American football running back in the National Football League who in 1972 became one of the first professional athletes to come out as gay.

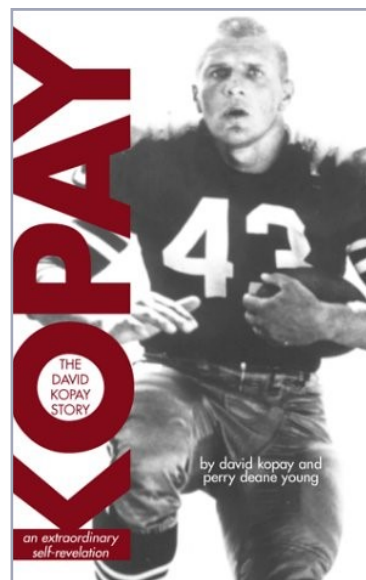
His 1977 biography, *The David Kopay Story*,



written with Perry Deane Young, became a best-seller.' -

[Wikipedia](#)

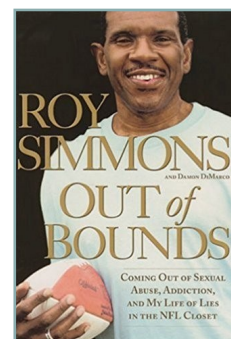
'David Kopay' photo @ [www.gayinfluence.blogspot.com](#)



Ca

WANT TO COME IN SECOND? > FOLLOW ME!

'Roy Simmons > born November 8, 1956 in Savannah, Georgia, USA was an American football player who played as guard National Football League (NFL) with the New York Giants & the Washington Redskins. He became the second former NFL player to come out as gay & the first to disclose that he was HIV-positive. As a child, he was sexually assaulted by a male acquaintance...and was severely affected by the trauma of that event.' - [Wikipedia](#)

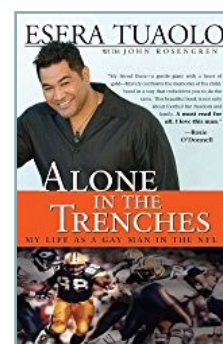


ALONE IN THE TRENCHES > GAY IN THE NFL

'Esra Tuaolo > born July 11, 1968 in Honolulu, Hawaii, USA is a former American professional football player. He was a defensive tackle in the National Football League (NFL) for 9 years. In 2002, having retired from sports, he announced to the public that he is gay.... This made him the 3rd former NFL player to come out, after David Kopay & Roy Simmons. He has since worked with the NFL to attempt to combat homophobia in the league & is a board member of the Gay & Lesbian Athletics Foundation.' -

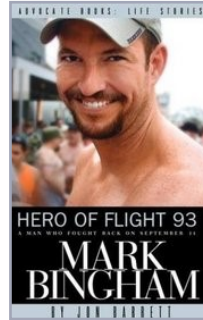
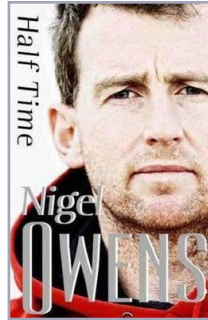
[Wikipedia](#)

Alone in the Trenches: My Life as a Gay Man in the NFL

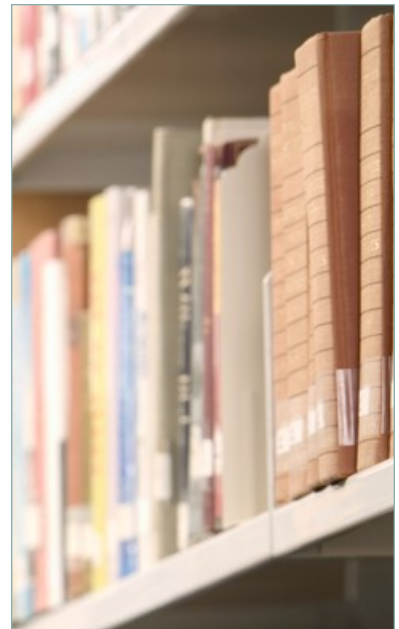


PLAY HARD, GET DIRTY, HAVE FUN!

1. *Half Time—My Autobiography* aka *Hanner Amser* by Nigel Owens > **Nigel Owens** was born June 18, 1971 in Mynyddcerig, Llanelli, Wales, UK & is a Welsh international rugby union referee, who publicly came out as gay in an interview with *Wales on Sunday*. - [Wikipedia](#)
2. *Hero of Flight 93: Mark Bingham* by Jon Barrett > **Mark Bingham** was born May 22, 1970 in Phoenix, Arizona, USA & was a public relations executive & passenger on United Airlines Flight 93 that crashed in a field near Shanksville, Pennsylvania on September 11, 2001 - [Wikipedia](#)



'rugby players' photo posted @ www.exook.com

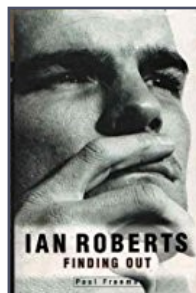


'Why is Everyone Chasing Me?'

RUN LIKE YOU STOLE SOMETHING!

'**Ian Roberts** > born July 31, 1965 in Chelsea, London, England, UK is an Australian actor, model & former professional rugby league footballer of the 1980s & 1990s. In 1995 Roberts became the first high-profile Australian sports person & first rugby footballer in the world to come out to the public as gay.' - [Wikipedia](#)

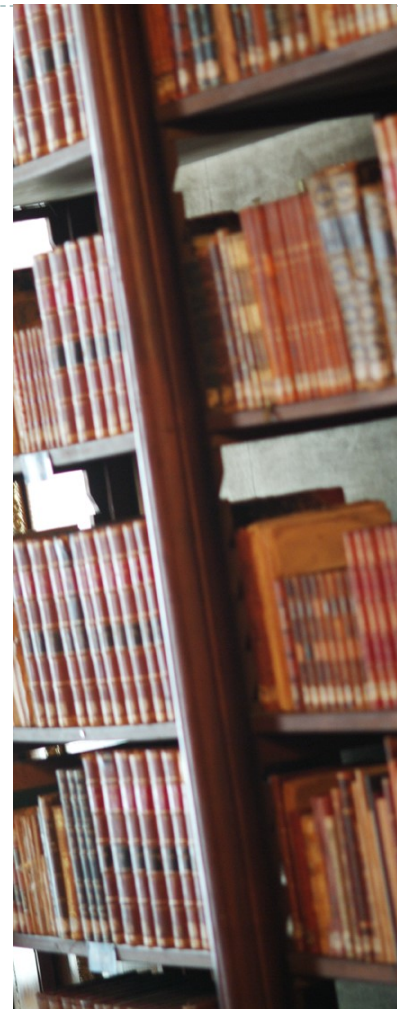
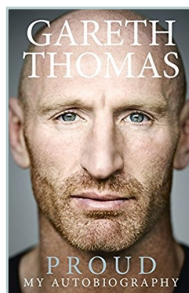
'At Maroubra Bay high school he withdrew into his shell when the call of "poofta" darkened the playground with the aim of ridiculing a small group of "queers". Roberts felt he should have spoken out. They were his tribe & shared his feeling of isolation. "[I] used to feel bad inside not standing up for them. They were brave & I



felt like a fraud.' - [www.theguardian.com](#)

'**Gareth Thomas** > born July 25, 1974 in Sam, Bridgend, Wales, UK was nicknamed 'Alfie' & is a retired Welsh professional rugby player. Thomas came out as gay in December 2009. The following year he was voted the most influential gay person in the UK in the *loS Pink List* & received Stonewall's Hero of the Year award.' - [Wikipedia](#)

'*PROUD* is the story of a man with a secret that was slowly killing him. ... His fear that telling the truth about his sexuality would lose him everything he loves almost sent him over the edge.' - [Google Books](#)



BOOKS ABOUT BOB

1. *Gorilla Suit: My Adventures in Bodybuilding*

By Bob Paris / 1998

2. *Generation Queen: A Gay Man's Quest for Hope, Love & Justice*

By Bob Paris / 1998

3. *Natural Fitness: Your Complete Guide to a Healthy, Balanced Lifestyle*

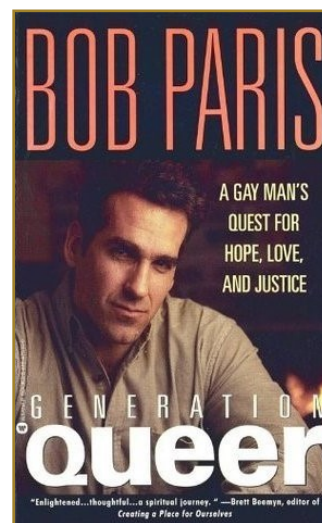
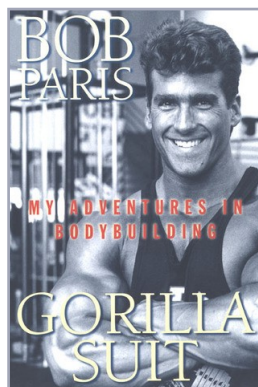
By Bob Paris / 2009

4. *Straight from the Heart: A Love Story*

By Bob Jackson-Paris & Rod Jackson-Paris / 2009

BODYBUILDER > BIG HEART, LITTLE SHORTS

Bob Paris > born December 14, 1959 in Columbus, Indiana, USA is an American writer, actor, public speaker, civil rights activist & former professional bodybuilder. Paris was also an avid outdoors man who dedicated a large portion of his time to hiking & backpacking through the wooded hills of southern Indiana....' - [Wikipedia](#)



Bicep photo posted @ www.clipartpanda.com

D

on't let the fear
of striking out,
hold you back!

O

ut hustle, out
work, out
think, out play!

PLEASE
PLACE
STAMP
HERE

Anti-bullying / Anti-harassment Task Force
Anoka-Hennepin School District 11
Director Student Services
2727 North Ferry Street
Anoka, Minnesota 55303
USA

