

BACK IN ACTION



HELLO AND WELCOME BACK TO THE SECOND VOLUME OF THE **BACK IN ACTION** NEWSLETTER.

THIS MONTH, WE TAKE A LOOK AT SOME MORE STORIES OF SPORTS RECOVERY THAT DON'T GET THE ATTENTION THEY DESERVE.

WE'LL BE GOING BACK IN TIME TO LOOK AT AND RANK SOME OF THE GREATEST SPORTING COMEBACKS, ON AND OFF THE PITCH THAT WILL BE IN THE HISTORY BOOKS FOR GOOD.

IN THIS ISSUE WE'LL ALSO TELL YOU WHAT WE'RE READING, WATCHING AND LISTENING TO FOR THAT MOTIVATION TO GET BACK **BACK IN ACTION**

BEEN KEEPING UP WITH THIS MONTH'S SPORTING ACTION? WE'LL GO THROUGH SOME OF THE BEST RECENT SPORTING COMEBACKS!

**JAMES STREATFIELD,
NEWSLETTER EDITOR**

NEWSLETTER



1 / WHAT WE'RE CONSUMING

2 / HISTORY'S GREATEST SPORTING COMEBACKS

3 / COMEBACK MOMENTS OF THE MONTH

WHAT WE'RE WATCHING

SUNDERLAND 'TIL I DIE - NETFLIX

FOLLOWING SUNDERLAND A.F.C THROUGH RELEGATION, FINANCIAL INSTABILITY AND CONSTANT PRESSURE, THE SERIES CAPTURES THE EMOTIONAL TOLL FAILURE CAN HAVE. THERE ARE NO PERFECT COMEBACK ARCS, JUST PEOPLE TRYING TO REBUILD WHEN EVERYTHING AROUND THEM FEELS LIKE ITS COLLAPSING.

THIS IS PARTICULARLY RELEVANT WITH SUNDERLAND'S RECENT QUALIFICATION FOR THE UEFA EUROPA LEAGUE.



THE REDEEM TEAM, NETFLIX

THIS DOCUMENTARY FILM FOLLOWS THE USA BASKETBALL SQUAD AFTER THE SHOCK FAILURE AT THE 2004 OLYMPICS.

IT FOCUSES LESS ON WINNING AND MORE ON THE PRESSURE THAT COMES BEFORE REDEMPTION. IT'S ABOUT ACCOUNTABILITY AND LEARNING HOW TO RECOVER WHEN THE ENTIRE WORLD EXPECTS PERFECTION.



QUARTERBACK, NETFLIX

FOCUSING ON NFL QUARTERBACKS THROUGH THE PHYSICAL AND MENTAL DEMANDS OF AN ENTIRE SEASON, THE SERIES REVEALS THE HIDDEN SIDE OF ELITE PERFORMANCE.

RECOVERY ISN'T PRESENTED AS DRAMATIC OR INSPIRATIONAL, BUT REPETITIVE AND PAINFUL.

BECAUSE ATHLETES AREN'T SUPERHEROES, THEY JUST RECOVER UNDER BRIGHTER LIGHTS



WHAT WE'RE READING

OPEN - ANDRE AGASSI

THIS IS MORE THAN AN AUTOBIOGRAPHY OF A TENNIS PLAYER. 'OPEN' EXPLORES THE EMOTIONAL PRESSURE BEHIND ELITE PERFORMANCE. AGASSI'S HONESTY, FROM BURNOUT TO IDENTITY, MAKES IT ONE OF THE MOST RAW AND HUMAN SPORTS BOOKS EVER WRITTEN.

THIS IS A STORY ABOUT LOVING SPORT, LOSING YOURSELF IN IT AND FINDING YOUR WAY BACK.



GOOD FOR A GIRL - LAUREN FLESHMAN

THIS MEMOIR EXPLORES THE HIDDEN DEMANDS PLACED ON FEMALE ATHLETES. WHAT MAKES THE BOOK SO COMPELLING IS ITS HONESTY ABOUT HOW ELITE SPORT CAN SLOWLY DISTANCE ATHLETES FROM THEMSELVES BEFORE THEY LEARN HOW TO REBUILD.

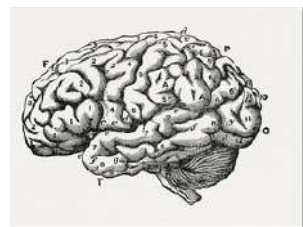
WE'RE READING THIS BECAUSE NOT EVERY SETBACK COMES WITH CRUTCHES OR A REHAB PLAN!



THE BODY KEEPS THE SCORE - BESSEL VAN DER VOLK

WHILE NOT SPECIFICALLY FOCUSED ON SPORT, THIS ACADEMIA EXPLORES THE CONNECTION BETWEEN THE MIND AND BODY, EXPLAINING HOW PRESSURE CAN AFFECT PERFORMANCE AND RECOVERY.

ITS INSIGHTS FEEL ESPECIALLY RELEVANT IN HIGH PERFORMANCE ENVIRONMENTS, WHERE ATHLETES ARE OFTEN EXPECTED TO KEEP PUSHING FORWARD WITHOUT PROPERLY PROCESSING SETBACKS.



BACK IN ACTION PLAYLIST

HERE'S WHAT WE'RE
LISTENING TO THIS MONTH

CLICK TO LISTEN HERE



- 1 **LEGENDS ARE MADE - SAM TINNESZ**
- 2 **MISS ALISSA - EAGLES OF DEATH METAL**
- 3 **TRY - PINK**
- 4 **MISS ALISSA - EAGLES OF DEATH METAL**
- 5 **IT'S OK I'M OK - TATE MCRAE**
- 6 **NEVER NEEDED NO HELP - LIL BABY**
- 7 **CAN'T TELL ME NOTHING - KANYE WEST**
- 8 **RETURN OF THE RUCKSACK - STORMZY**



GREATEST SPORTING COMEBACKS

COMEBACKS DEFINE SPORT. NOT JUST THE WINNING MOMENT, BUT EVERYTHING IT TAKES TO GET BACK TO THAT MOMENT. WE'VE PICKED OUT FIVE OF THE GREATEST COMEBACKS IN SPORTING HISTORY

1

LIVERPOOL VS AC MILAN

2005 CHAMPIONS LEAGUE FINAL

3-0 DOWN AT HALF TIME, NO ONE GAVE THEM A CHANCE. LIVERPOOL PULLED OFF ONE OF THE GREATEST COMEBACKS EVER, WINNING ON PENALTIES TO LIFT THE TROPHY IN ISTANBUL.



2

JESSICA ENNIS-HILL

2012 LONDON OLYMPICS

AFTER INJURY SETBACKS THREATENED HER OLYMPIC DREAMS BEFORE BEIJING 2008, ENNIS-HILL REBUILT PHYSICALLY AND MENTALLY TO BECOME OLYMPIC HEPTATHLON CHAMPION ON HOME SOIL IN LONDON.



3

TIGER WOODS

2019 MASTERS

AFTER YEARS OF INJURY, SURGERY AND DOUBT, TIGER WOODS PROVED HE STILL BELONGS. A COMEBACK THAT INSPIRED FAR BEYOND GOLF AND REMINDED THE WORLD OF HIS MENTAL HEALTH.



4

NEW ENGLAND PATRIOTS

SUPERBOWL LI (2017)

28-3 DOWN IN THE THIRD QUARTER. THE BIGGEST DEFICIT IN SUPERBOWL HISTORY. THE PATRIOTS STAGED AN UNEBELIEVABLE COMEBACK TO WIN IN OVERTIME AND SECURE AN ICONIC VICTORY



5

SERENA WILLIAMS

2012 WIMBLEDON FINAL

DOWN A SET AND 0-2 IN THE SECOND AGAINST AGNEZSKA RADWANSKA, SERENA WILLIAMS STAGED A POWERFUL COMEBACK TO LIFT HER FIFTH WIMBLEDON TITLE.



COMEBACK MOMENTS OF THE MONTH

LUKE LITTLER

THE TWO TIME DARTS WORLD CHAMPION PICKED UP HIS SECOND PREMIER LEAGUE TITLE, AFTER ADMITTING HE ALMOST DROPPED OUT OF THE TOURNAMENT FOLLOWING A DIFFICULT START

SOMETIMES THE RECOVERY IS SWEETER THAN THE TROPHY



SUNDERLAND A.F.C

AFTER EIGHT YEARS OUTSIDE THE TOP FLIGHT, SUNDERLAND MARKED THEIR FIRST SEASON BACK IN THE PREMIER LEAGUE WITH QUALIFICATION INTO EUROPE FOR NEXT SEASON

THE COMEBACK TOOK ALMOST A DECADE, NOT 90 MINUTES



SERENA WILLIAMS

WE'VE ALREADY SEEN HER GREAT COMEBACK IN THE 2012 WIMBLEDON FINAL, BUT THE 44-YEAR-OLD SHOCKED THE TENNIS WORLD ANNOUNCING SHE WILL BE MAKING A RETURN TO ACTION AFTER 6 MONTHS IN THE ANTI-DOPING TESTING POOL

GREAT COMPETITORS RARELY STOP COMPETING



"MANAGE THE MANAGEABLE"
CHRIS HOLLINS

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BRIGHTON WOMENS

IN LATE JANUARY, THE SIDE WERE HIT WITH THE NEWS OF THE DEATH OF HEAD COACH DARIO VIDOŠIĆ'S FATHER, RADO. FOUR MONTHS LATER, BRIGHTON REACH THEIR FIRST EVER WOMEN'S FA CUP FINAL.

SOMETIMES THE BIGGEST COMEBACKS ARE ABOUT CARRYING ON

