



ATHLETICS

An album about the quest to find oneself, **ATHLETICS' *Who You Are Is Not Enough*** saga continues with the release of **VI**.

Initially written as one song separated into five parts with an overarching theme of love, loss and acceptance, *WYAINÉ* presses on with *VI* by acknowledging the fact that, for better or worse, there is no absolute closure when you lose someone...you will always carry those you lost with you. Fans of the band know that Athletics is no stranger to continuity. Similar in connection, *WYAINÉ* was written to flow seamlessly from the band's debut *Why Aren't I Home*. The opening track *I* is literally the piano section of the song *Affliction* in reverse. Sophisticated artistry with a delicately dark and beautiful edge, *VI* will be performed on Athletics' China Tour in May 2024 as well as their Post Festival show in June. The instrumental *Find Yourself* version of *VI* is available exclusively on Deep Elm Digital powered by Bandcamp.

It's been 7 years since the members of Asbury Park's Athletics have shared the stage. But some connections never fade, they simply can't be denied. As life moves us in different directions and take us down varied paths, we often find ourselves coming back to the connections we formed that helped shape us into who we are. It's this shared bond between Jimmy, John, Howie, Zach and Garrett that has Athletics reuniting, rehearsing, recording and reshaping their futures, going all-in for 2024 as if they never left the stage together. *VI* follows the recent release of singles *When To Run* and *Where To Hide* on Deep Elm.

MAY 14 - Beijing, China @ Omni Space

MAY 15 - Beijing, China @ Omni Space

MAY 16 - Shanghai, China @ Bandai Namco

MAY 19 - Guangzhou, China @ Shengyin Gonghe

MAY 20 - Shenzhen, China @ B10

JUN 27 - Indianapolis, IN @ HiFi / Post Festival

Athletics is Jimmy Boyce (guitar), John Cannon (drums), Howie Cohen (guitar, vocals), Garrett Yaeger (guitar, piano, vocals) and Zach West (bass). *VI* was recorded, mixed and mastered at SOBB Studio in Freehold, NJ. Artwork by Zach West. Band photos by Nick Marraro. Additional releases by Athletics include *Why Aren't I Home* (debut, Oct 2010), *Stop Torturing Yourself* (Jun 2012) and *Who You Are Is Not Enough* (Apr 2014) all on Deep Elm. The band formed in Upstate New York but now predominantly resides in the musically rich, seaside capital of the New Jersey Shore...Asbury Park. And yes, Athletics really are as good as everyone says they are.

Genre: Post-Rock, Post-Hardcore

For Fans of: *The Applesseed Cast*, *Explosions In The Sky*, *Moving Mountains*, *Last Lungs*

