



ATHLETICS

An album whose creation spans several years from beginning to end, **ATHLETICS** and Deep Elm Records present ***What Makes You Think This Is How It All Ends?*** The new 10 track album will be released worldwide on May 30, 2025. The album release will be preceded by three singles including *Like Hell* (Out Now), *Gaps* (April 18) and *Where I First Heard The Sound* (May 9).

Spending 2024 writing, recording, rehearsing, touring, traveling and performing together reignited Athletics' desire to complete their exploration of the five "Ws" (who, what, where, why, when). Following the conceptual style of *Who You Are Is Not Enough*, this new full-length stands on its own as a collective of the powerful and moving guitar-based songwriting the band is well known and respected for throughout the world.

"With this being the last piece in our exploration of the five Ws, we have also incorporated some homage to the previous records in motifs, themes, titles and even songs. Outside of the previously released singles for *VI* and *When to Run / Where to Hide*, this record is the first significant piece of writing that came from our bassist Zach. His influence can be heard throughout the record, and shines specifically on *Like Hell*, *Two Circles Never Meeting* and *You Are My Home*. That style carries through the record, adding cohesion to an arrangement of songs written, refined and finalized over the course of nearly a decade. This is also our first record that was entirely self produced, with our very own Jimmy Boyce leading on engineering, producing, mixing, and mastering. The influence of Jimmy's production and performance style is overwhelming throughout the record, from complete song development, guitar tone, drum mix and texture, making the record as authentic to us as possible. This, along with the mix of songwriting style and execution from each of us as individuals, ultimately captures what we hope feels like the perfect closure to this series of five Ws," says Athletics.

MAY 04 - Tianjin, China @ Bubbling Boiling Festival
MAY 05 - Chengdu, China @ New Beats Festival w/ Mono

Athletics is Jimmy Boyce (guitar), John Cannon (drums), Howie Cohen (guitar, vocals), Garrett Yaeger (guitar, piano, vocals) and Zach West (bass). Artwork by Jimmy Boyce. Band photos by Nick Marraro. Recorded, mixed and mastered at SOBB Studio in Freehold, NJ. Footage courtesy of TMH Live Shanghai.

"Athletics have carved a sweet spot in post-rock. The highest praise possible." - AmpKicker

Additional releases by Athletics include *Why Aren't I Home?* (debut, Oct 2010), *Stop Torturing Yourself* (Jun 2012), *Who You Are Is Not Enough* (Apr 2014) and several singles 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 is as good as everyone says they are.

Genre: Post-Rock, Post-Hardcore

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

