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THE NEW YORK ROLLIN' KNICKS

New York City's premier
wheelchair basketball team.

From left:
Fabrizio Shao, Ryan Martin,
Paul Ward, Patrick
Anderson, and Kevin Grant

"Basketball is like our therapy,"
says Grant, a veteran player who
serves as the team's manager.
"When we want to not think about
our problems, we play ball."

the forefront, gather every weekend to do the galvanizing work of nurturing the next generation of surfers, expanding imaginations, and making the sport more inclusive for everyone. And that entails welcoming outsiders like myself who trek down from Brooklyn. "We're working from a different perspective," says Babajide Alao, a BSA volunteer and the owner of a local West African restaurant. "That's pretty much the main focus of us here in the Rockaways. It's been about building community versus 'Oh, we're territorial over it.'"

There's something beautiful about physical activity as a means of connecting with other people, especially during a period of debilitating isolation. Within the past two decades, adult participation in daily sports and exercise has been trending upward, according to the Bureau of Labor Statistics. I suspect it's because when you create a community around an activity—running, skateboarding, soccer—almost immediately you begin to share a sense of momentum. You lock on to a communal frequency, which not only improves your physical and mental well-being but also creates space for you to do the important work of looking out for the people in your orbit. Activeness as a foundation for activism—that creates a lot of good in the world. And it starts with finding others who share that love for moving together.

I HAVE A slightly corny, purposely over-generalized theory about making friends in New York if you're not from here. First, you convene with acquaintances from back home, folks a few degrees removed from your usual circles. These people you mostly just tolerate because you need someone to drink with. Second, you begin making other friends—likely through work—with whom you share similar ambitions and who, like you, left their hometowns with vague aspirations of something grander for themselves. There's a layer

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