A black and white logo

AI-generated content may be incorrect.

SPORTS TEAM RELEASE NEW SINGLE **“SENSIBLE”**

LISTEN [HERE](https://ffm.to/sensible)

A BRITPOP, ART ROCK ANTHEM ABOUT THE MYTHS OF BETTERMENT, TAKING POTSHOTS AT THEMSELVES AND SPORTS TEAM NEMESIS… FRED AGAIN

SHARE MUSIC VIDEO STARRING ALEX RICE - WATCH [HERE](https://youtu.be/n4ArsxTdYCE?feature=shared)

A person holding flowers in front of a brick wall

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THIRD STUDIO LP, *BOYS THESE DAYS* PRODUCED BY MATIAS  TELLEZ (GIRL IN RED, CMAT, GRACIE ABRAMS), OUT MAY 23rd,  2025

VIA DISTILLER RECORDS/BRIGHT ANTENNA

**A group of people posing for a photo

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**Photo credit: Páula Margaux Devismes. Download** [HERE](https://www.dropbox.com/scl/fi/n641w4ljck4lazo273094/DSC04127.JPG?rlkey=sfwww6gaouu5j42ogb82wupdt&dl=0)

**SPORTS TEAM** today release their new single **“Sensible**,**”** a 4 to the floor Britpop/art rock anthem exploring the myth of betterment and the impossible task facing today’s youth who are given conflicting and contradictory messages of how they are to improve themselves.

Rob Knaggs elaborates, *“Sensible is a song about the myth of betterment. “Go to the gym. Get ripped! Get rich! Get ahead!” I think being young now, it feels like you’re trapped in someone else’s nostalgia. Primed. Groomed. Glistening with youth and vigor. What for? Staving off the grim reaper with Haeckels face creams and expensive candles. Adopting the aesthetic of liberalism while running an air bnb empire, flying 10 times a year and working for Helsing AI.”*

Listen to the song [HERE](https://ffm.to/sensible). Watch music video [HERE](https://youtu.be/n4ArsxTdYCE?feature=shared), starring Sport Team’s own Alex Rice, venturing surreptitiously amongst the people on a lovely day in London Fields, dressed in a fetching ruby shirt, carrying a bunch of flowers for his and our amusement.

The song also takes pot shots at themselves and at Sports Team nemesis, Fred Again. “*We’ll play Fred Again and dance, And fuck remotely in those self repeating flats,*” vocalist Alex Rice decries in this jubilant exploration of modern British life and critique of the dissonance of our social media feeds, or their “the churn” as they term it.

The song will feature on upcoming studio album, *Boys These Days,* released May 23rd on Distiller Records/Bright Antenna which shares a witty and insightful examination of modern life, and a unique blend of indie rock, Britpop and Sophisti-pop. The album was created with producer Matias Tellez (Girl In Red, CMAT, Gracie Abrams) in his Bergen Norwegian studio.

Sports Team marked their return last summer with the release of **“I’m In Love  (Subaru)”** followed by second single **‘Condensation’**, revealing a dramatic shift in  gears in their songwriting and showcasing the band at their brightest and most beguiling yet. *Boys These Days* boasts some of Sports Team's most  dynamic musical performances to date and features hand painted artwork by Rob  Knaggs. The album is Sports Team’s third and follows top 3 albums **Deep Down  Happy** and **Gulp!**

***Boys These Days*** is available to pre-order on CD, vinyl and cassette as well as a  number of exclusive limited-edition formats including a signed test pressing and picture disc vinyl.

Pre-save [BOYS THESE DAYS ALBUM](https://ffm.to/BoysTheseDays)

*Sports Team are Alex Rice (vocals), Robert Knaggs (lyrics, backing vocals, rhythm  guitar), Henry Young (lead guitar, lap steel), Oli Dewdney (bass), Al Greenwood  (drums) and Ben Mack (synths, piano & percussion).*

CONNECT WITH SPORTS TEAM

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