

SPORTS

4 Holiday Survival Tips From a Sports Addict

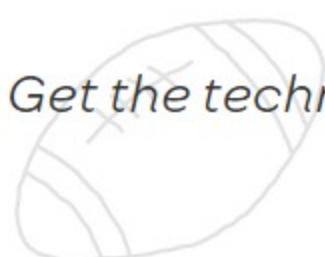
Hello, my name is Julian and I'm a sports addict.

For many sports addicts, the holidays can be a stressful time. The major sports leagues—NFL, NCAA football and basketball, NBA, NHL, and more—are in full swing. Don't get me wrong. The holidays are great, but they can be a real sports distraction: Family. Travel. Cleaning. Decorating. Feasts.

The sports content providers of the world think they're doing us a great favor by broadcasting sports events nonstop—right in the middle of the holidays. Do they think we live in an untouchable sports bubble? Some utopian reality of games, statistics, analysis, and—wow! That sounds good!

I'd say, "Sign me up!" if it weren't that I'm [already signed up](#) for most of it—my smartphone, tablet, laptop, PC, and TV all synced up in sports harmony. But it's the holidays. Apparently, sports addicts are supposed to be sociable, too. Here are some handy tips to get you in the holiday win column.

1. Get the technology



Your smartphone is your window into a new world. Apps and services like [Mobile TV](#) allow sports addicts to watch game highlights on-the-go. Beyond watching games, mobile tech lets you participate in ways not possible before. Join millions of other sports addicts in communities and contests ([fantasy football](#), anyone?) for sports fans of any stripe. Impress your fellow sports-deprived holiday revelers by showing off all the incredible mobile apps and features now at your disposal. With the right mobile tech, you can simultaneously educate and entertain—edutain them all, holiday hero!

Today's mobile technology can bring joy to any sports addict—and help them be a high-functioning, highly participating member of the family. Really, if you're missing out on Turkey Day's feast of football or a bowl schedule that stretches from December into January, you're just not trying.

With today's mobile technology, trying is barely trying at all. Multitasking is the new reality for sports addicts. Fans enhance their viewing engagement by talking smack and cheering through their fingertips with other sports aficionados in live chats. The major social media sites, major sports sites, your team's website, and local papers almost certainly have live chats going just before, during, and after the game.

Your game and sports updates are always within reach—closer than that second helping of turkey. Just make sure your fingers are clean when you reach for your sports fix on your mobile device. Show me a fan watching football, basketball, hockey—you name it—without their phone, tablet, or laptop, and I'll show you a fan who probably just dropped their device on the floor and hasn't had time to get a new one. Tragic.



Recruiting more fans into your circle will only help your cause when it comes to catching the game.

Get yourself hooked up ahead of time and there's no stopping you. When you're cookin' you can even stir the gravy with your smartphone just inches away with this [mobile-optimized site](#) updating your game every few seconds. Or stream and get real-time updates through one of the major network's sports apps, like [NBC Sports Live Extra](#). If you need to be more discreet, try a [Bluetooth headset](#) to listen to a game. It's because, ahem, I'm "expecting an important call from work." Yeah, that's it.

2. Recruit allies

Remember, you are not alone. Recognize the signs of other sports addicts. The far-off stare while making small talk is a dead giveaway. The constant checking of smartphones is another tell-tale sign. These are your people. Be among them.

There is strength in numbers, so align with your kindred souls. It's not just men, either. Women and children are just as susceptible to sports cravings around the holidays. When you are able to step away from your social duties, get your sports-minded kids set up with the game. You can then go in to "check on the kids" from time to time.

3. Offer a trade

If you've got to watch a game, you've got to watch a game. I get it, believe me. Make a deal with the powers-that-be to get sports time. If you get your game(s), then you offer to take the lead on the kid-wrangling, uncle monitoring, potato-mashing—whatever needs to be done. If you step up to do the dirty work then you can do your duty *and* get your screen time.

Stats, analysis, and late-breaking sports news aren't the only things you can look up online. It's true. I checked. To be that game day holiday hero, find a good recipe, and prepare or even make your food item ahead of time by perusing the tastiest new holiday recipes.

4. Play the long game

As with any good strategy, proper planning is a real must. Get your mom, dad, uncle, cousins—whoever—in your fantasy football league. It's easy to play and everybody instantly thinks they're an expert. Soon, the whole clan will be jonesing for fantasy stat updates on game day as much as you are. Then you're golden.

Caution: You will be tempted to trade your mom an underperforming schlub "because he's a nice boy." Don't. You need her heavily invested in games—real or fantasy—to get the viewing bandwidth you crave. Her success is your success...to a point. You still want to own her in the league standings.

What? She's not gonna read this, right? She's probably poring over my dad's roster right now, trying to figure out how to get him to trade her his quarterback.

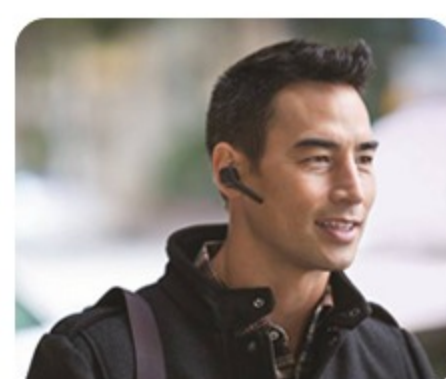
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Julian Rogers
THREAD CONTRIBUTOR

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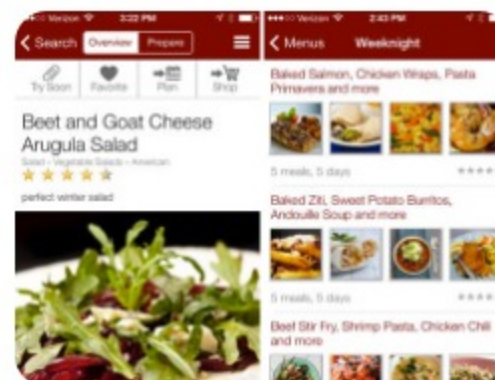
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