

*“If we can save just one life, it makes all our efforts worthwhile.” - Ryan Gomes*

Ryan Gomes was born, raised, and played his early years of basketball in Waterbury, where he captained the Wilby High School basketball team his junior and senior years. The son of Teresa Gomes, he was the city’s top player, earning the Billy Finn Award. He was named the “Most Valuable Player” of the Naugatuck Valley League. Despite these accolades, Gomes was not recruited by a major college program but persevered to become a collegiate All-American and played eight seasons in the National Basketball Association (NBA).

In college, Gomes played for the Providence College Friars, leading them to a 20-9 record and a National Collegiate Athletic Association (NCAA) tournament berth. During his senior year, he led the Big East Conference in scoring and finished fifth in rebounding. Gomes graduated from Providence in 2005 as their all-time leading scorer and all-time fifth in rebounding. He was selected to the All-Big East First Team and earned nine All-America honors, including First Team All-America by both the Associated Press and *Sporting News*.

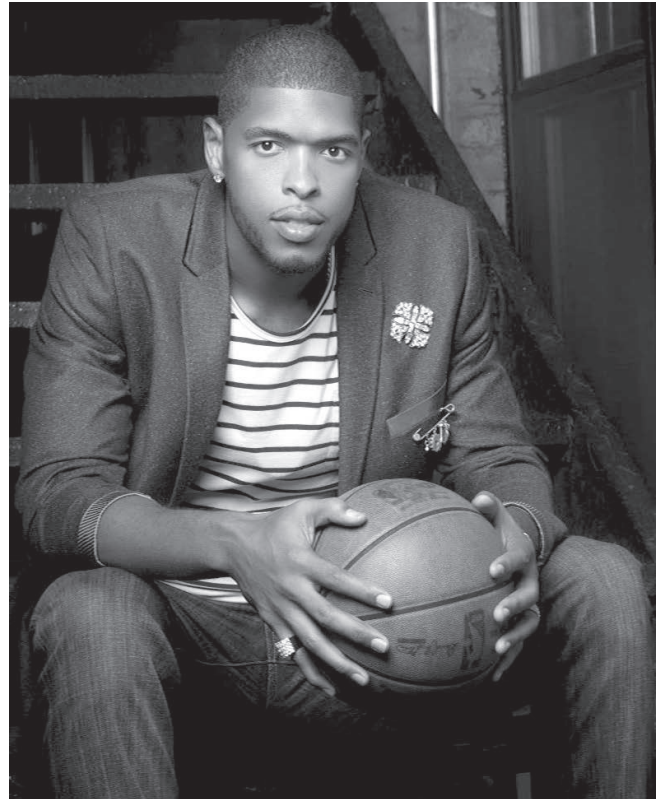
After graduation, Gomes began his eight-season NBA career with the Boston Celtics. He made the NBA’s All-Rookie Second Team in 2006. Gomes was traded to the Minnesota Timberwolves in 2007, part of the Celtics’ deal to acquire superstar Kevin Garnett.

Gomes had his best NBA career years with the Minnesota Timberwolves, especially 2008-2009 when he played in all 82 games, with 76 starts, averaging 13.3 points and 4.8 rebounds, while shooting 47.5% from the floor. He scored a career-high 35-points against the Golden State Warriors. Gomes also played for two other NBA teams: the Los Angeles Clippers (2010-2012) and Oklahoma City Thunder (2013-2014).

Gomes played 487 NBA games, starting in 371 of them. He also played professionally in Germany and Spain. In the D League he was named Impact Player of the Year with the Los Angeles D-Fenders.

Following the 2005 death from sudden cardiac arrest (SCA) of teammate Stanley Myers, Gomes and AAU Coach Wayne Simone founded the Hoops for Heart Health Foundation to promote public awareness of SCA among athletes and to place life-saving Automated External Defibrillators (AEDs) in recreation centers, schools and other public places.

In 2009, Gomes was influential in the passage of legislation requiring Connecticut schools to have at



least one defibrillator available during the day and for after-hours school sponsored events.

In 2012, an AED made available thanks to Hoops for Hearts was used to save the life of Utah State player Danny Berger. Berger and the trainer who saved his life passed on Gomes’ good work when they convinced the Utah legislature to provide municipalities and schools throughout the state with AEDs.

Gomes is a strong community supporter who credits his mother with teaching him about giving back to society. Gomes was named the recipient of the first annual Boston Celtics Shamrock Foundation Community All-Star Award in 2006, honoring the charitable work he did while on the team. Gomes has never forgotten his roots, continuing to give back to Waterbury by hosting free basketball clinics and distributing winter coats and hot meals during the holiday season.

Gomes was inducted into the New England Basketball Hall of Fame in 2013. In 2016, Gomes transitioned his career to coaching, becoming an assistant coach for the Long Island Nets, an affiliate of the Brooklyn Nets.

Gomes has a younger brother, Marcellus, and is married to Danielle Smith Gomes. They have 2 daughters, Ryelle Ahshya and Skyler Vitoria.