

Profile

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ISAAC HUMPHRIES

Isaac Humphries is redefining courage in professional sport. Currently playing as a centre for the Adelaide 36ers in the National Basketball League (NBL), Isaac is the first, and still, only openly gay professional basketballer in the world. Isaac made history when he came out in 2022, and since then, has emerged as a powerful spokesman for LGBTQ+ representation. Using his basketball platform and rapidly growing popularity to continue to promote LGBTQ+ visibility in sport, Isaac has positioned himself as a leader in advocacy, social impact and mental health, continuing to expand his influence beyond basketball.

Isaac is a strong advocate for mental health, candidly sharing his personal journey through depression, identity struggles, and self-acceptance. His bravery and visibility have seen him lead the NBL's Pride Night initiatives and partner major pride campaigns with Sydney World Pride and American Express. He is an ambassador for R U OK?, promoting mental health awareness across Australia, and is a truly inspiring and courageous keynote speaker, taking audiences on his journey of resilience, sharing both his struggles and triumphs along the way. Today, he sees his purpose as reaching and empowering anyone who connects with his story, and to serve as a positive example for people from all walks of life.

Isaac has forged major brand partnerships with Lululemon, GQ, Virgin Atlantic, Polo 67, American Express and as a Ralph Lauren ambassador at F1 Australian Grand Prix. He has appeared on the cover of GQ, Men's Health Magazine Good Weekend, featured in Body & Soul Australia, Sports Illustrated USA, CNN, Sydney Morning Herald and been interviewed by various radio and television shows in Australia and USA, including The Project, Today Show, The FIVEaa Sports Show and NBC.

Having grown up in Cronulla, Isaac attended the Australian Institute of Sport in Yr 11. He was then recruited by top US prep school, La Lumiere in Indiana from where he was accepted into the iconic University of Kentucky. After a stint in the NBA league for Atlanta Hawks, Isaac returned to Australia, was named NBL Rookie of the Year following the 2017-2018 and has since found his home with Adelaide 36ers, winning MVP for 2023-2024 season.

Isaac also has a strong passion and talent in performing arts. His primary focus growing up was in the performing arts field until his physique and natural ability took him on the sporting path. Fulfilling his lifelong love of music as a trained vocalist and performer, he released his debut single "*Be Alright*" and headlined sold-out shows at the 2024 Adelaide Fringe Festival,

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as well as an ambassador for the festival that year. He has also hosted and performed at benefit concerts supporting causes like Ronald McDonald House Charities.

Isaac was recently awarded 'Role Model of the Year' at Australia Pride in Sport Awards 2025. Whether through sport, music, or advocacy, Isaac Humphries continues to use his platform to inspire authenticity, inclusion, and resilience on a global scale.

[GQ](#)

[NBC](#)

[CNN](#)

[The Project](#)

[Body + Soul](#)

[Men's Health](#)

[Sports Illustrated](#)

[Sydney Morning Herald](#)

[The Imperfects podcast](#)

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