A third generation Oklahoma State University alumni and avid sports fan decided to give up his obsession for one year and write a book about his experience .

Mathew DeKinder graduated from OSU in 2001 and was a past Daily O’Collegian staff member and at one time the editor-in-chief.

DeKinder said he has always been a sports fan but he is not the type to leave what happens in a game on the field.

DeKinder’s wife, Julie DeKinder, said, “{Mat} would carry a loss with him for the entire weekend or week.”

“What is it that makes us so crazy,” DeKinder said. “We have no control over the outcome of sports.”

“Most sports fans are normal well adjusted people,” DeKinder said. “Is there something wrong with me?” Maybe the best way to get to the bottom of this thing is to remove myself from the situation.

It was these thoughts and questions that led DeKinder to write his book, Wait Till Next Year, about a die- hard fan’s year without sports.

“Maybe if I took a year off I could see what it is that makes sports fans so obsessive.”

DeKinder began his year without sports in August 2006.

“At first I felt relieved and nervous,” Julie DeKinder said. “I was relieved because it knew it was going to be nice not having to plan every activity around OSU football games or basketball games.” “I was also nervous because I had never known Mat not to be involved in sports in some aspect.”

“It was tough getting everything set up,” Dekinder said. He had no idea how much preparation it would take to quit sports. “I had to cancel subscriptions to magazines.” “I was part of various fantasy sports leagues.”

DeKinder was living in St. Louis when he gave up sports for a year, and it just happened to be the year the Cardinals baseball team had a great season and went on to win the World Series. “That was brutal,” DeKinder said. “I couldn’t step out of my house without hearing how the cardinals were doing.”

Julie DeKinder said her husband had his ups and downs during his experiment, “He definitely had his low points, Cardinals winning the World Series, but I was overall impressed by his amazing drive and will power.”

“I think what the biggest thing I took away from my year was that there are actually a lot of great things about sports,” DeKinder said. “What really I found and what makes sports fans crazy is the extras.” It is the call in talk shows, internet sports pages and fantasy leagues.

DeKinder said he wrote his book in a chronological order, because he knew what sports events were coming up and when they would be taking place.

DeKinder was able to write down what was happening in the sports world and also in his mind as the events took place. “How I am dealing with not being able to see it,” DeKinder said. “How much it is bothering me, how much it is not bothering me.”

DeKinder wrote an entire chapter about Sports Center, after he realized that he could go to dinner and it would be on TV and he would still know what was going on. “I watched half of sports center without even thinking about it.”

“What I came to realize is there is this sort of parallel world that exists, this fan culture world,” DeKinder said. “Your team not only wins and loses on the field your team loses the hearts and minds of all these people.”

“When I am watching the game I still feel the heartbreak and frustration and everything,” DeKinder said. He just leaves his emotions when the game ends and carries on with his life now.

DeKinder no longer listens to sports talk radio and rarely get on the internet to look up information about his teams.

“I ended up giving up sports to an extent and I was surprised to find that I missed sports more than I expected,” Julie DeKinder said. “I realized that by not living in Oklahoma I depended on Mat to let me know when the OSU games where being played.”

Although DeKinder has given up a lot he is still a big supporter of Cowboy sports and attended the game against Georgia.

“It {giving up sports} has definitely made me a much more agreeable person to be around,” DeKinder said. Giving up sports affected DeKinder in many ways but it also affected his family but for the better.

“He is much easier to live with during football season,” Julie DeKinder said.