



STMA Boys Basketball



Character Strong January Newsletter

The mission of STMA Basketball Program is to foster a culture of positivity where kids learn from success as well as failure, become elite basketball players and even better teammates; develop a diverse skill set in the present that will allow them to own their futures and fall in love with the game.

*Character
Strong*

Purpose

Our aim extends beyond building a top-tier basketball program; we are also dedicated to shaping outstanding young men who will bring pride to our community.

January Important Dates

- **10th & 11th–Blaine Travel Tournament**
- **22nd–Knight with the Wolves**
- **24th & 25th–Andover Travel Tournament**
- **31st & Feb. 1st–Prior Lake Travel Tournament**

Character Strong Trait of the Month: Perseverance



It is hard to believe that it is already 2026! Thank you all for your continued support of the STMA Boys Youth Basketball Association. Last month, we introduced “Empathy” as our fourth Character Strong trait. Even though the month of December is over and we are moving forward with “Perseverance” as our next trait, it is important that we don’t forget what we learned about Empathy. Players, coaches, and families need to continue to show empathy each day in the gym and in our community.

Empathy & Perseverance are deeply connected because they support both personal growth and team success.

- **When coaches and teammates respond with understanding after mistakes, players feel safe to take risks and persist through learning curves.**
- **Empathy makes perseverance socially and emotionally possible; perseverance turns supportive culture into real skill resilience gains.**

Empathy creates a safe, supportive team environment that makes it easier for players to keep trying, and perseverance gives those caring actions purpose and payoff.

How can players show **Perseverance**?

- **Embrace Challenges:** Tackle difficult drills or matchups head-on, refusing to back down when the going gets tough.
- **Maintain Consistent Effort:** Give full focus and energy on every play—even when you're tired or your team is behind.
- **Learn from Setbacks:** After mistakes or losses, analyze what went wrong, adjust your approach, and return to practice with renewed determination.
- **Set Incremental Goals:** Break big objectives (like improving your mid-range shot) into small, measurable targets and celebrate each step forward.
- **Cultivate Mental Toughness:** Use positive self-talk, visualization, or breathing techniques to push through pressure and fatigue.

How can coaches show **Perseverance**?

- **Model Resilience:** Share your own stories of overcoming obstacles—whether it was an injury, a tough season, or a career setback—to inspire players.
- **Design Progressive Challenges:** Build practice plans that gradually increase in difficulty, proving to players that steady effort leads to growth.
- **Reinforce Effort Over Outcome:** Recognize and reward players for their hard work, hustle, and refusal to quit, regardless of the final score.
- **Provide Constructive Feedback:** After setbacks, offer clear action steps for improvement and encourage players to apply them with persistence.
- **Maintain a Positive Culture:** When frustration rises, steer conversations toward solutions and highlight examples of teammates who kept fighting.
- **Stay Committed to Growth:** Continuously refine your coaching methods, seek new certifications, and bounce back from your own mistakes to set the tone for the team.

How can families show **Perseverance**?

- **Celebrate Steady Progress:** Praise your athlete for consistent effort—like extra shooting reps or gym time—rather than only big wins.
- **Encourage Goal-Setting:** Help your child establish realistic short- and long-term objectives, and support them through every milestone and hurdle.
- **Listen Through Tough Times:** When they vent after a bad game or practice, offer empathy first, then brainstorm strategies to keep going.
- **Share Stories of Persistence:** Talk about personal or historical examples—Famous athletes, family members, or yourself—who refused to give up.
- **Provide a Stable Routine:** Coordinate practice schedules, healthy meals, and rest periods so your athlete can sustain their effort.
- **Model Perseverance:** Let your child see you tackle work, family, or personal challenges with grit and a “never-give-up” attitude.
- **Recognize and Support Their Commitment:** Volunteer for carpools, bring snacks, or attend extra scrimmages to show you're in it for the long haul.