



# STMA Boys Basketball



## *Character Strong October 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.

### **October Important Dates**

- **Wednesday, October 8th at MSW Auditorium**
  - Mandatory Coach Meeting 6:15-7:15pm
  - Parent/Player/Coach Meeting 7:30-8:30pm
- **Saturday, October 25th**
  - MYBA Kickoff Jamboree at STMA HS (Optional)

## Character Strong Trait of the Month: Responsibility



We are off and running for the upcoming season. Thank you all for your continued support of the STMA Boys Youth Basketball Association. Last month, we introduced “Respect” as our first Character Strong trait. Even though the month of September is over and we are moving forward with “Responsibility” as our next trait, it is important that we don’t forget what we learned about Respect. Players, coaches, and families need to continue to show Respect each day in the gym and in our community.

**Respect and Responsibility are deeply connected because they create a positive and supportive environment for players, coaches, & families to grow and succeed.**

- **Respect means valuing teammates, coaches, opponents, and referees. It involves listening, encouraging others, & playing fairly.**
- **Responsibility means being accountable for your actions on and off the court—showing up on time, practicing hard, following rules, and supporting your team.**

Together, they build trust and teamwork. When players, coaches, and families respect each other and take responsibility for their roles, the team functions smoothly, conflicts lessen, and everyone enjoys the game more. This combination also teaches young athletes important life skills like discipline, cooperation, and empathy.

## How can players show Responsibility?

- **Being Punctual:** Arrive on time for practices, games, and meetings, fully warmed up and ready to focus.
- **Owning Actions:** Acknowledge mistakes on the court, learn from them, and commit to improving in the next play.
- **Equipment Care:** Keep uniforms, gear, and shared facilities clean and in good condition; return basketballs and cones to storage.
- **Balancing Commitments:** Manage schoolwork, workouts, and rest—communicate early if a conflict arises.
- **Team Support:** Volunteer for tasks like water breaks, setup, or leadership roles to lighten the load for everyone.
- **Manage Time:** Players need to balance basketball with school & other commitments.
- **Take Care of Health:** Eating well, getting enough sleep, and avoid harmful behaviors

## How can coaches show Responsibility?

- **Thoughtful Planning:** Design practice plans that prioritize development, clear objectives, and player safety.
- **Safety Oversight:** Regularly inspect equipment, enforce proper technique, and address injuries or concerns immediately.
- **Clear Communication:** Share schedules, updates, and expectations with players and families well in advance.
- **Follow-Through:** Deliver on promises—whether it's extra drills, film sessions, or feedback—to model dependability.
- **Professional Growth:** Stay current on coaching methods, sport science, and first-aid protocols to serve the team better.

## How can families show Responsibility?

- **Calendar Coordination:** Track games and practices, arrange reliable transportation, and notify coaches of absences early.
- **Gear Preparedness:** Ensure athletes have clean uniforms, healthy snacks, and all required equipment each time.
- **Respectful Dialogue:** Bring questions or concerns directly to coaches or volunteers in a private, courteous manner.
- **Volunteer Commitment:** Honor team volunteer assignments—scorekeeping, fundraising tasks, event setup—and arrive on time.
- **Academic Encouragement:** Support your player's schoolwork by helping balance homework with athletic commitments.