



STMA Boys Basketball



Character Strong November 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.

November Important Dates

- **8th & 9th–Maple Grove Travel Tournament**
- **15th & 16th–Rogers Travel Tournament**
- **22nd & 23rd–Rochester Travel Tournament**

Character Strong Trait of the Month: Gratitude



We are off and running for the 2025-2026 season. Thank you all for your continued support of the STMA Boys Youth Basketball Association. Last month, we introduced “Responsibility” as our second Character Strong trait. Even though the month of October is over and we are moving forward with “Gratitude” as our next trait, it is important that we don’t forget what we learned about Responsibility. Players, coaches, and families need to continue to show responsibility each day in the gym and in our community.

Responsibility & Gratitude are deeply connected because they support both personal growth and team success.

- **When young players take responsibility for their roles—showing up on time, practicing hard, encouraging teammates—they earn the gratitude and respect of their coaches and peers. The positive recognition motivates them to keep improving.**
- **Feeling grateful for opportunities (like being a part of the team, having supportive coaches & families, or access to facilities) helps youth appreciate what they have. This appreciation often inspires them to act responsibly—respecting rules, giving effort, and supporting teammates.**

Responsibility and Gratitude work hand-in-hand to build respect, motivation, and teamwork. Teaching both traits helps young players grow into accountable and appreciative individuals.

How can players show **Gratitude**?

- Thanking teammates: Verbally acknowledge a teammate's assist, hustle play, or encouragement with a sincere "thank you" after drills and games.
- Acknowledging coaches & officials: Express appreciation to coaches for their guidance and to officials for fair officiating by offering a quick thank-you after practice or a whistle call.
- Appreciating opponents: After a competitive play or at game end, congratulate opponents on standout plays and shake hands with genuine gratitude for the contest.
- Grateful for the game: Cultivate awareness of the privilege to compete—take a moment during warm-ups or timeouts to reflect on how basketball has enriched your life.
- Showing gratitude to fans & community: Wave, give high-fives, and participate in community service events to thank those who support the team.

How can coaches show **Gratitude**?

- Recognizing players: Offer public shout-outs, personalized notes, or brief team huddles highlighting individual effort and improvement.
- Acknowledging officials: Before and after games, thank referees for their time and dedication to fair play—model respect through gratitude.
- Thanking families & volunteers: At practices, games, or via a team newsletter, acknowledge parents and volunteers by name for their time, rides, or event support.
- Expressing gratitude for the Game: Share personal anecdotes about how coaching and playing have impacted you, inviting players to appreciate the sport's value.
- Celebrating achievements: Host small team celebrations or post-practice recognitions that thank players for effort, teamwork, and achieving milestones.
- Being a grateful role model: Use "please" and "thank you" in everyday interactions, demonstrating how thankfulness builds a positive, growth-oriented culture.

How can families show **Gratitude**?

- Thanking coaches & staff: Send a hand-written note, quick email, or in-person "thank you" to recognize the coaches' commitment and expertise.
- Appreciating officials: After each game, offer a polite handshake or a brief "thanks for officiating" to reinforce respect and gratitude.
- Expressing gratitude to Players: Celebrate your child's and their teammates' hard work with encouraging words, a high-five, or fist bump.
- Volunteering with thanks: Approach scorekeeping, setup, or fundraising duties with a grateful mindset, and thank fellow volunteers for their help.
- Supporting community & fans: Acknowledge boosters, sponsors, and attending families by publicly thanking them—whether at a game announcement or in a group chat.
- Encouraging gratitude at home: Hold a postgame family debrief where everyone shares one thing they're thankful for about the team experience.