



# STMA Boys Basketball



## *Character Strong April 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*

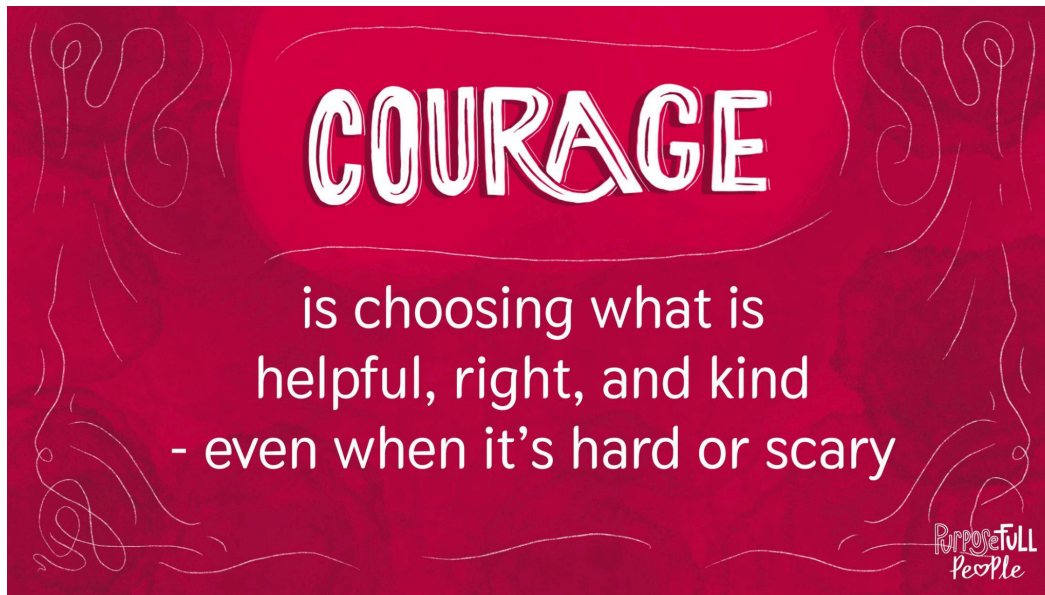
### **Purpose**

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.

### **April Important Dates**

- **10th & 11th–3rd grade Travel-Lite Tournament**
- **17th & 18th–3rd Grade Travel-Lite Tournament**
- **24th & 25th–3rd Grade Travel-Lite Tournament**

## Character Strong Trait of the Month: Courage



This past month, we had our travel teams compete in the MYAS State Tournament! Congratulations to all teams on a successful season! We look forward to third grade travel-lite tournaments in April. Thank you all for your continued support of the STMA Boys Youth Basketball Association. Last month, we introduced “Cooperation” as our seventh Character Strong trait. Even though the month of March is over and we are moving forward with "Courage" as our next trait, it is important that we don't forget what we learned about Cooperation. Players, coaches, and families need to continue to cooperate each day in the gym and in our community.

**Cooperation & Courage are deeply connected because courage gives players the confidence to cooperate, while cooperation gives players the safety and support to be courageous. Together, they create resilient, high-performing teams .**

- **Courage enables cooperation; courage is often the foundation.**
- **A cooperative team culture strengthens individual courage.**

## How can players show **Courage**?

- Lead vocally and directing players into position.
- Trust teammates with better scoring opportunities.
- Support struggling teammates; encourage those making mistakes rather than criticizing.
- Courage isn't the absence of fear; it's doing the right thing despite being afraid.

## How can coaches show **Courage**?

- Have difficult conversations; address behavior issues, playing time concerns, or effort problems directly and respectfully.
- Give honest feedback; tell players what they need to hear, not just what they want to hear.
- Admit mistakes; acknowledge when you made a poor call, bad strategy, or coaching error.
- Ask for help; seek mentorship from other coaches or admit knowledge gaps.

## How can families show **Courage**?

- Manage your own emotions; control frustrations, anxiety, or disappointment.
- Stay calm; resist the urge to criticize the coach or blame others; model composure.
- Don't live vicariously through your player; let go of your basketball dreams and let them pursue their own path.
- Prioritize their mental health; notice signs of burnout or anxiety and have courage to reduce pressure or take breaks.