



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*

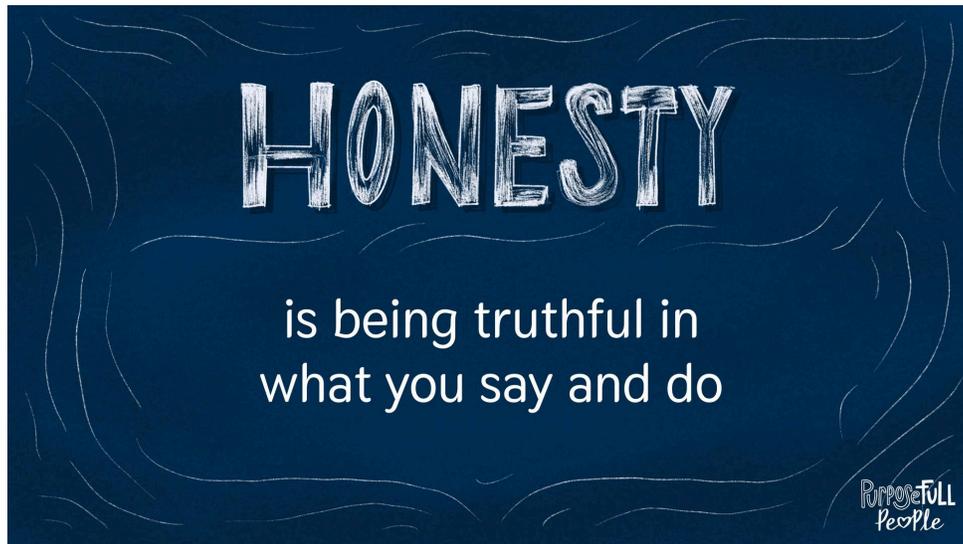
Purpose

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.

February Important Dates

- **7th–Annandale Travel Tournament (5C Only)**
- **7th & 8th–Stillwater Travel Tournament (3A Only)**
- **21st & 22nd–Wayzata Travel Tournament**
- **26th–Teammate of the Year Presentation at HS Boys BB game**

Character Strong Trait of the Month: Honesty



It is hard to believe that we are coming into our final month of the 2025-2026 season! Thank you all for your continued support of the STMA Boys Youth Basketball Association. Last month, we introduced “Perseverance” as our fifth Character Strong trait. Even though the month of January is over and we are moving forward with “Honesty” as our next trait, it is important that we don’t forget what we learned about Perseverance. Players, coaches, and families need to continue to show Perseverance each day in the gym and in our community.

Perseverance & Honesty are deeply connected because they both shape character, learning, & team culture.

- **Perseverance pushes players to keep practicing after mistakes, honesty lets them acknowledge what went wrong so practice targets real weaknesses.**
- **Perseverance and honesty help promote a growth mindset. Players need to be honest about their current skill level and combine that with perseverance will create realistic goal-setting and steady progress.**

Leadership development: Honest leaders model admitting errors and working to fix them, encouraging others persist without fear and blame

How can players show **Honesty**?

- Accept feedback without making excuses.
- Listen to coaching points, acknowledge them, and ask how to improve.
- Own mistakes immediately. Admit when you lose focus, miss an assignment, or make a bad play.
- Encourage honest teammates. Remind teammates to own errors and praise them for admitting and fixing mistakes.
- Speak up respectfully when confused. Ask for clarification about plays, drills, positioning, or expectations instead of guessing.

How can coaches show **Honesty**?

- Encourage postgame and post practice honest reflections paired with action steps for improvement.
- Be transparent about expectations.
- Give specific & truthful feedback: Point out what a player did well and exactly what to improve; avoid vague praise.
- Model integrity during games: Correct scorekeeper/scoreboard/officials politely; avoid blaming refs and teach sportsmanship.
- Provide honest playing-time expectations. If a player doesn't play as much, explain skill/effort reasons and give clear steps to earn more minutes.

How can families show **Honesty**?

- Model respectful honesty with coaches and officials. Speak calmly and truthfully when asking questions or raising concerns.
- Encourage student-athletes to own their actions. Teach kids to say "I made a mistake" after a bad play or unsportsmanlike act, then focus on fixing it.
- Celebrate honest role models. Point out and praise teammates, classmates, student-athletes, or community members who demonstrate integrity.
- Teach long-term perspective. Explain how honesty builds trust with coaches, teammates, teachers, & community members and are more valuable than any single win.