

THE STAR WAY

February Focus: **Confidence**

What is it?

Confidence: full trust; belief in the powers, trustworthiness, or reliability of a person or thing

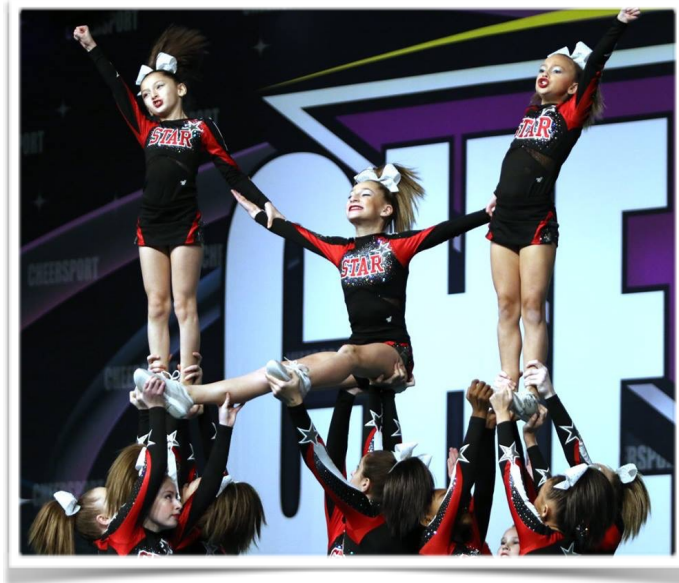
Wooden Says...

"There is perhaps no stronger steel than well-founded self belief: the knowledge that your preparation is complete, that you have done all things possible to ready yourself and your organization for the competition, whatever form it comes in. This is

Confidence."

At Star Athletics...

... we believe that **Confidence** is a state of mind that is created through constant practice and positive thinking. This requires hard work, and cannot be built artificially. You must make constant effort to work towards your personal level of success in order to feel **Confident** at a competition. **Do you feel ready while walking on to the performance stage? What can you do to ensure that you and your teammates feel this way?**



Chrome at the TOP

Junior Chrome continues to show the entire gym what it means to perform with **Confidence**. The "Chrome Crew" has worked so hard to put their best skills on the mat. Their routine is technically sound, energetic, and fun to watch. Their **Confidence** was developed from great leadership, teamwork, and friendship. We cannot wait to see them continue their journey, all the way through The Summit in May. #STARn8tion #thestarway

