



Newsletter

August 2025



The Fort Gordon Knights' Men's Basketball Team smiles for a photo after their MBA Summer Slam championship game win in Columbus, Georgia on July 20, 2025.

Fort Gordon wins 2025 MBA Summer Slam

Congratulations to the **Fort Gordon Knights**, our 2025 MBA summer league champions! The Knights defeated runner-up champions Patrick Space Force Base at this year's Summer Slam tournament. Active duty and veteran military players from six varsity-level basketball teams across the country faced off July 18-20 in Columbus, Georgia to build resiliency through team sports, fight mental health stigma, and prevent suicide. While we couldn't cram *all* the amazing this three-day tournament into a 60-second reel, check out the highlights in [this video](#).

Ft. Gordon's Brendon Clay walked away as the MBA Summer Slam's Most Valuable Player. Clay also scored a spot on the MBA All Tournament Team, alongside Grayson Tejeda, Patrick SB; Josh Boyd, Fort Campbell; Cederius Brantley, Fort Benning; and Dalton Campbell, Tyndall AFB.

Watch Summer Slam full-game replays on Snipback at the links below:

Patrick SFB vs. Fort Gordon	Fort Benning vs. Patrick SFB	Fort Gordon vs. Tyndall AFB
Fort Benning vs. Fort Campbell	Tyndall AFB vs. Patrick SFB	Albany Marines vs. Fort Benning
Fort Campbell vs. Tyndall AFB	Fort Gordon vs. Albany Marines	Fort Benning vs. Fort Gordon



Josh Boyd, Ft. Campbell: three-time East MBA All Star select.



Story idea? Send it to: communicationsdirector@mymbaglobal.com

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All Star players to face off in Charlotte, N.C. on August 16

All star players from the eastern region of the U.S. will face off against all star players from the western region on Saturday, August 16 in Charlotte, North Carolina. The 2025 Women's Military Basketball Association (WMBA) All Star Game kicks off at 5 p.m. EDT, followed by the men's MBA All Star Game at 7 p.m.

All Star Games are open to the public and free to attend. Keep an eye on social media for information about where to watch virtually.

Close to 50 talented soldiers, airmen, and veterans will play and coach in this year's highly coveted All Stars competition building mental health resiliency through basketball. Games raise awareness on the traumas associated with military service and fight mental health stigma to reduce suicides across the globe.

Check out who's playing!

ALL STAR

GAME 2025

PRESENTED BY **Genentech**
A Member of the Roche Group

WEST vs EAST

AUG 16 | CHARLOTTE, NC
5 PM and 7 PM • QUEENS UNIVERSITY

9 AM - 2 PM • COACHES SUMMIT

MBA @ MILITARY BASKETBALL ASSOCIATION
WMBA @ WOMEN'S MILITARY BASKETBALL ASSOCIATION

Genentech
A Member of the Roche Group

WOUNDED WARRIOR PROJECT **military** **ENSCO**

QUEENS UNIVERSITY CHARLOTTE

Women: *East vs. West*

ALL STAR
GAME 2025

EAST

KHAMIYA CRAWFORD | FORT BENNING
TATIANA WAYNE | FORT BENNING
ASHLEIGHN GARY | FORT BENNING
HANNAH KOVACH | FORT BENNING
LINDSEY SCAMMAN | FORT BRAGG
SYDNE WATTS | FORT BRAGG
LATYRAH BEASLEY | FORT BRAGG
DANIELLE WARD | FORT BRAGG

HEAD COACH | CHARLIE DAVIS | FORT BRAGG
ASST COACH | JAMAAL GLINSEY | FORT BENNING

Men's All Stars Games: *East vs. West*

ALL STAR
GAME 2025

EAST

JOSH BOYD | ETMB
BRENDAN CLAY | FORT EISENHOWER
ROHSHAWN REAVES | FORT BENNING
XAVIER BLANCHARD | MACDILL AFB
JOSEPH BALDWIN | MACDILL AFB
JOSE GRAYSON TEJADA | PATRICK AFB
SID FERRELL | PATRICK AFB
ELBERT ELLIOTT | SCOTT AFB
ERAN BROWN | SCOTT AFB
TYVON COOPER | SEYMOUR-JOHNSON
KEVIN NEGRON | TYNDALL AFB
DALVIN SCURRY | FORT BENNING

HEAD COACH | EL ROY MOORE | SCOTT AFB
ASST COACH | CHRIS MASON | MACDILL AFB

ALL STAR
GAME 2025

WEST

JAKE GLEZEN | NELLIS AFB
GARY JOHNSON | FORT BLISS
CHRISTOPHER RODGERS | FORT BLISS
TOM RENE | FORT BLISS
ISIAH MARSHALL | LUKE AFB
ERIC SMITH | LUKE AFB
BRAD BOYD | LUKE AFB
JEFFREY GULLEY | TINKER AFB
CODY STANSBERRY | TINKER AFB
STANLEY DOUGLAS | OFFUTT AFB
WILL HOWARD | CANNON AFB
JAYQUAN LINDSAY | FORT RILEY

HEAD COACH | AL MAYON | FORT BLISS
ASST COACH | PARIS DANIEL | LUKE AFB

ALL STAR
GAME 2025

WEST

ALLYAH MARLETT | HOLLOMAN AFB
ALEXIS ROSS | HOLLOMAN AFB
SHANNON ROSS | HOLLOMAN AFB
JOSEPHINE FERREIRA | BARKSDALE AFB
ADRIEN ENNIS | BARKSDALE AFB
DAKEEJA TIMISTY | BARKSDALE AFB
VICTORIA LETIZIA | MINOT AFB
EMILY LEAVITT | MINOT AFB

HEAD COACH | BRUCE CURRIE | HOLLOMAN AFB
ASST COACH | CIEARA WATTS | BARKSDALE AFB

Veterans Crisis Line
DIAL 988 then **PRESS 1**

Last call to register for the 7th annual Coaches Summit

If you haven't registered for this year's MBA & WMBA Coaches Summit, now is your final chance! So far, 24 teams from across the Atlantic, Central, and Pacific divisions have registered for the 7th annual summit, coming up on Saturday, August 16. Coaches will meet at Queens University in Charlotte, North Carolina from 9 a.m. – 2 p.m. before the All Star Games begin.



The poster features a basketball at the bottom and logos for the Military Basketball Association (MBA) and Women's Military Basketball Association (WMBA) at the top. The text reads: 7TH ANNUAL COACHES SUMMIT CHARLOTTE, NC. SATURDAY, AUGUST 16, 2025. QUEENS UNIVERSITY 1900 SELWYN AVE • CHARLOTTE, NC 28274. 9AM - 2PM. REGISTER BY AUGUST 1, 2025. POINT OF CONTACT: ALBERT MAYON BASKETBALLOPERATIONS@MYMBAGLOBAL.COM. A QR code is also present.

We've extended the registration deadline to Monday, **August 11**. The Coaches Summit is open to all military basketball coaches and sports directors—both new and returning. Coaches must be present.

All military basketball teams are welcome to join the MBA. The annual fee to join the league is \$250. The cost to enter each regular-season tournament will be \$500. All participating teams must sign an MBA letter of intent and pay the annual fee by August 17, 2025.

Scan the QR code or [click here](#) to register. Email [Albert Mayon](#), director of basketball operations, with any questions.

Teams registered:

MBA **Atlantic** division:

Fort Gordon
Tyndall AFB
Fort Benning
Seymour Johnson
ETMB
MCLB-Albany
MacDill AFB
Eglin AFB
Patrick SFB
Fort Lee

MBA **Central** division:

Buckley AFB
Fort Hood
Peterson SFB
Cannon AFB
Barksdale AFB
Tinker AFB
Sheppard AFB

MBA **Pacific** division:

MCAS Yuma
Edwards AFB
Camp Pendleton
Luke AFB
Travis AFB
Nellis AFB
Fort Bliss



**Veterans
Crisis Line**
DIAL 988 then **PRESS 1**

24/7, confidential crisis support
for Veterans and their loved ones.

MBA 2025-2026 season overview: New division format

The 2025-2026 MBA season is quickly approaching. Taking on a new format, the MBA has transitioned to three divisions: Atlantic, Central and Pacific. We will conduct four regular-season tournaments for each division. Dates and locations are shown below:

<u>MBA PACIFIC DIVISION</u>	<u>MBA CENTRAL DIVISION</u>	<u>MBA ATLANTIC DIVISION</u>
October 10-12, 2025 MBA Pacific Division Fall Classic Tuscon, AZ	October 10-12, 2025 MBA Central Division Fall Classic Colorado Springs, CO	October 10-12, 2025 MBA Atlantic Division Fall Classic Atlanta, GA
November 7-9, 2025 MBA Pacific Division Veterans Day Rumble Phoenix, AZ	November 7-9, 2025 MBA Central Division Veterans Day Rumble Tinker AFB, OK	November 7-9, 2025 MBA Atlantic Division Veterans Day Rumble Fort Lee, VA
January 16-18, 2026 MBA Pacific Division MLK Championships Las Vegas, NV	January 16-18, 2026 MBA Central Division MLK Championships Oklahoma City, OK	January 16-18, 2026 MBA Atlantic Division MLK Championships Tyndall AFB, FL
February 13-15, 2026 MBA Pacific Division Presidents Day Invitational TBD	February 13-15, 2026 MBA Central Division Presidents Day Invitational Austin, TX	February 13-15, 2026 MBA Atlantic Division Presidents Day Invitational TBD
<u>Western Conference Finals</u> March 20-22, 2026 Oklahoma City, OK	<u>Eastern Conference Finals</u> March 20-22, 2026 Charlotte, NC	<u>MBA Championship Games</u> May 1-3, 2026 Colorado Springs, CO



Military Basketball Association

MENTAL PERFORMANCE NEWSLETTER

August 2025

TOPIC OF THE MONTH: MENTAL ROUTINES

- 1. Embracing and Setting Mental Routines**

Mental routines are personal. There is no single "right" way to approach them. The purpose is to help you reset and stay grounded when stress, frustration, or distraction interfere with your focus. You may already use mental routines without realizing it; something you do to stay calm or focused in tense moments. Maybe it's a breathing rhythm, a grounding phrase, or a small action that helps you slow things down. Your routine doesn't have to look like anyone else's. It just has to work for you. Start by noticing what already helps you recenter. Build from there. The goal is not perfection; it is to create a small, reliable anchor you can return to under pressure.
- 2. When to Use Mental Routines**

Mental routines are not just for the field or the gym. They apply anywhere: during conversations, on the job, at home, or when your thoughts start to spiral. If you have ever caught yourself stuck in your head, whether it is stress, frustration, or self-doubt, that is the moment to use one. The goal is not to completely erase pressure or emotion. The goal is to pause, reset, and respond instead of react. You are not trying to control every situation; You are building habits that help you show up steady, focused, and clear-headed no matter what is going on.
- 3. Make It Yours**

Start simple. One breath. One word. One repeatable action. Something small you can count on when things feel off. The simpler it is, the more likely it will stick with you when you need it most. It is not about powering through or pretending everything is fine, it is about equipping yourself with tools that give you a little space when life gets messy. Mental routines are like any skill: they take practice. But the more you use them, the more natural they become. Over time, they help you manage daily stress, regain focus faster, and move through challenges with more control and confidence.

[Click to read online](#)

WHAT IS A MENTAL ROUTINE?

A mental routine is a simple, repeatable action or thought pattern that helps you slow down, reset, and refocus. In sports, routines are almost as crucial as the game itself. They act as a safety net, something to fall back on when the pressure builds up or mistakes happen.

The best athletes in the world used mental routines to stay locked in. For example, New York Yankees superstar Aaron Judge grabs a handful of dirt before stepping up to the plate. It is a small gesture, but it has a clear purpose: to clear his mind and stay present.

Keep reading on to learn how to develop your own mental routine!

Teams must attend at least three of these tournaments to be eligible for the MBA post-season.

The MBA post-season consists of the Eastern Conference Finals, the Western Conference Finals, and the MBA Championship Games.

Pool play games will count toward each team's regular season record and will determine seeding in the MBA Playoffs. MBA player eligibility rules apply.

All military basketball teams are welcome to join the MBA.

Coming up...

August 16, 2025

- **Coaches Summit**
Columbus, Ga.
- **All Star Games**
Charlotte, N.C.



The appearance of players and logos does not constitute any official endorsement by the U.S. Department of Defense or Veterans Affairs.

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