

# Tomah Middle School Boys Basketball

8<sup>th</sup> Grade Coaches: Kyle Paulus & Joe Janusheske

7<sup>th</sup> Grade Coaches: Lance Lettner & Joe Busse



# 2024

HARD TO PLAY AGAINST US, EVEN HARDER TO PLAY FOR US!!

## **Coaching Philosophy**

1. Communication- On and off the court
2. Respect /Sportsmanship- Everyone deserves it regardless of the situation
3. Effort- You work hard for the team, we'll work hard for you
4. Collective Responsibility- Be on time, be prepared, take care of each other
5. Learn- Never turn one mistake into multiple mistakes

## **Communication**

1. We will use Remind to communicate for team updates. Text “@ff8c3k9” TO **81010**
2. Communicate clearly, passion and anger are two different things. As a coach I will do my best to keep them as such, but I expect the same from everyone.

## **Attendance Policy**

1. If you are “absent unexcused” from school and/or practice the day of/before a game, you may be ineligible to participate.
2. You must attend school for at least half a day in order to attend practice or participate in a game or practice. This applies to excused absences only.
3. Attend all practices and games. Communication is KEY.
4. If you must miss a scheduled practice or game, be up front and let the coaching staff know in advance, a workout may be assigned to complete in the off time.

1<sup>st</sup> Unexcused Absence- Verbal Reminder, and Conditioning Drills before Practice

2<sup>nd</sup> Unexcused Absence- Conditioning drills prior to practice, Game Time Reduction

3<sup>rd</sup> Unexcused Absence- Possible Dismissal from the Team

## **Team Rules**

1. No Pop/Soda
2. Stretch and report any injuries to the coaching staff
3. Behave on the bus and act respectful while at home and away games
4. Sign out with the coach prior to leaving any away game
5. Be on time, or face the consequences

## **Attire and Uniforms**

Uniforms(Practice Jersey, Game top, and Game Shorts) will be issued due back after the last scheduled game. You are expected to have **decent basketball shoes that fit properly for practice and games**. You must have appropriate attire to wear/change into for practice. Students will all have a locker in the TMS Locker room. Please remember to wash jerseys after any game so they are clean for the next one.

**Practice:** Shorts-Basketball Shoes-Practice Jersey and Water Bottle

**Game:** All athletes must wear black or white socks for games and undershirts must be the same color as the uniform. Any leggings, headbands, wristbands, and/or arm sleeves must be uniform in color for all teammates.

### **Game Day Dress:**

**Home Games** – we will dress nice and look good. Dress shirt or sweater with dress pants. No jeans or sweatshirts.

**Away Games** - Athletes can wear Tomah apparel and be comfortable for the ride to the game. If you plan on riding the bus, be aware it may stop to get some food on the way back. Those decisions are made before we head home, so bring money just in case.

### **Playing Time**

We understand every parent wants to see their son play as much as possible. As coaches, we want to reward each player for their hard work with as much playing time as we can, but our priority is doing what we feel gives us the best chance to win as a team. Please understand that our decisions are never personal but are always thought out extensively with a specific purpose in mind. If your son wishes to increase his playing time, he needs to show us why in practices and games! Again, we are very excited that your son and the rest of your family are going to be a part of our program this year. We encourage you to be involved in the most active and positive way possible! We as coaches are very grateful for all you do for our program and for your son. Let us know if you have any questions or concerns about anything. We are always willing to listen and help however we can!

### **Tomah Athletic Store:**

When clothing orders become available, a link will be sent out through Remind!

### **Game/Practice Information:**

The schedule below follows the schools schedule for practice and games. When the transportation schedule is available, it will be posted on Remind for dismissal and departure times.

- 7<sup>th</sup> Grade: Practice and Games are at LaGrange Elementary
  - Transportation will take you from TMS to LaGrange after school
- 8<sup>th</sup> Grade: Practice and Games are at TMS

### **What To Do on Day 1:**

On the first day of practice, you are expected to head down to the locker room after school and change into your practice attire.--bring a water bottle with you to practice.Everyone on Day 1, will meet in the TMS gym briefly to go over any missing items required for participation. If you are in 7<sup>th</sup> Grade, you will change at the Middle School and bring everything with you on the bus to LaGrange. After you change, you will wear your street shoes to practice and put your basketball shoes on when you get to the gym. Do not waste time, the bus will pick you up outside the boys Locker room around 345-355.

| Games in Red are AWAY |                                                   |                                                       |                                           |                                                                 |                                           |          |
|-----------------------|---------------------------------------------------|-------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------------|-------------------------------------------|----------|
| OCTOBER               |                                                   |                                                       |                                           |                                                                 |                                           |          |
| Sunday                | Monday                                            | Tuesday                                               | Wednesday                                 | Thursday                                                        | Friday                                    | Saturday |
| 13                    | 14                                                | 15                                                    | 16                                        | 17                                                              | 18                                        | 19       |
|                       |                                                   |                                                       |                                           |                                                                 |                                           |          |
| 20                    | 21                                                | 22                                                    | 23                                        | 24                                                              | 25                                        | 26       |
|                       |                                                   |                                                       | Player Parent Meeting<br>5:30PM @ THS     |                                                                 |                                           |          |
| 27                    | 28                                                | 29                                                    | 30                                        | 31                                                              |                                           |          |
|                       | First Practice<br>3:30-5:30<br>7th@LES<br>8th@TMS | Practice<br>330-530<br>7th@LES<br>8th@TMS             | Practice<br>330-530<br>7th@LES<br>8th@TMS | Practice<br>330-530<br>7th@LES<br>8th@TMS                       |                                           |          |
| NOVEMBER              |                                                   |                                                       |                                           |                                                                 |                                           |          |
|                       |                                                   |                                                       |                                           |                                                                 | 1                                         | 2        |
|                       |                                                   |                                                       |                                           |                                                                 | Practice<br>330-530<br>7th@LES<br>8th@TMS |          |
| 3                     | 4                                                 | 5                                                     | 6                                         | 7                                                               | 8                                         | 9        |
|                       | Practice<br>330-530<br>7th@LES<br>8th@TMS         | Practice<br>330-530<br>Uniform<br>Issue &<br>Pictures | Practice<br>330-530<br>7th@LES<br>8th@TMS | Game @<br>Onalaska<br>4:00Pm<br>7th@ Eagle<br>Bluff<br>8th@ OMS | Practice<br>330-530<br>7th@LES<br>8th@TMS |          |
| 10                    | 11                                                | 12                                                    | 13                                        | 14                                                              | 15                                        | 16       |

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|          |                                                |                                            |                                                                                                |                                                                     |                                           |    |
|----------|------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------|----|
|          | Practice<br>330-530<br>7th@LES<br>8th@TMS      | Game @<br>Tomah vs<br>Winona<br>4:45       | Practice<br>330-530<br>7th@LES<br>8th@TMS                                                      | Game @<br>Tomah vs<br>Mel-Min<br>7th@430<br>8th@530<br>@TMS         | Practice<br>330-530<br>7th@LES<br>8th@TMS |    |
| 17       | 18                                             | 19                                         | 20                                                                                             | 21                                                                  | 22                                        | 23 |
|          | Practice<br>330-530<br>7th@LES<br>8th@TMS      | Game @<br>Tomah VS<br>Longfellow<br>4:30PM | Practice<br>330-530<br>7th@LES<br>8th@TMS                                                      | Game @<br>West Salem<br>4:30pm<br>7th@WS<br>Elem.<br>8th@WS<br>Mid. | Practice<br>330-530<br>7th@LES<br>8th@TMS |    |
| 24       | 25                                             | 26                                         | 27                                                                                             | 28                                                                  | 29                                        | 30 |
|          | Practice<br>330-530<br>7th@LES<br>8th@TMS      | Game @<br>Tomah VS<br>GET 4:45pm           | NO PRACTICE<br>NO SCHOOL                                                                       |                                                                     |                                           |    |
| DECEMBER |                                                |                                            |                                                                                                |                                                                     |                                           |    |
| 1        | 2                                              | 3                                          | 4                                                                                              | 5                                                                   | 6                                         | 7  |
|          | Practice<br>330-530<br>7th@LES<br>8th@TMS      | Game @<br>Tomah VS<br>Acquinas<br>4:30PM   | Practice<br>330-530<br>7th@LES<br>8th@TMS                                                      | Game @<br>Tomah VS<br>Sparta<br>4:15PM                              | Practice<br>330-530<br>7th@LES<br>8th@TMS |    |
| 8        | 9                                              | 10                                         | 11                                                                                             | 12                                                                  | 13                                        | 14 |
|          | Game @<br>Holmen<br>Middle<br>School<br>4:30pm | Practice<br>330-530<br>7th@LES<br>8th@TMS  | Practice<br>330-530<br>7th@LES<br>8th@TMS                                                      | Game @<br>Tomah vs<br>Westby<br>4:30pm                              | Practice<br>330-530<br>7th@LES<br>8th@TMS |    |
| 15       | 16                                             | 17                                         | 18                                                                                             | 19                                                                  | 20                                        | 21 |
|          | Practice<br>330-530<br>7th@LES<br>8th@TMS      | Game @<br>Logan<br>Middle<br>School 4:15   | Last Practice<br>330-530<br>7th@LES<br>8th@TMS<br>Pizza & 1v1<br>Tourney<br>Uniform Turn<br>In |                                                                     |                                           |    |

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### Multiple Team Game Schedule

Schedule will be based on team rosters, and communicated with the families via remind

|  | Game                      | A | B1 | B2 |
|--|---------------------------|---|----|----|
|  | Game @ Onlaska            | X | X  |    |
|  | Game @ Home VS Winona     | X |    | X  |
|  | Game @ Home VS Mel-Min    | X |    | X  |
|  | Game @ Home VS Longfellow | X | X  |    |
|  | Game @ West Salem         | X |    | X  |
|  | Game @ Tomah vs GET       | X | X  |    |
|  | Game @ Tomah vs Aquinas   | X |    | X  |
|  | Game @ Tomah vs Sparta    | X | X  |    |
|  | Game @ Holmen             | X |    | X  |
|  | Game @ Tomah vs Westby    | X |    | X  |
|  | Game @ Logan              | X | X  |    |

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## **Winter '23 TMS Boys Basketball Questionnaire:**

1. How many years of organized basketball have you played? \_\_\_\_\_
2. What position do you picture yourself playing?
  - a. Guard (1)
  - b. Forward (2-3)
  - c. Post (4-5)
3. Where do you feel like you need to improve?
  - a. Ball Handling/Dribbling
  - b. Offense
  - c. Defense
  - d. Moving without the ball
  - e. Shooting
  - f. Rebounding
4. What is your:
  - a. Personal goal this season? \_\_\_\_\_
  - b. Team goal this season? \_\_\_\_\_
5. What motivates you? \_\_\_\_\_
6. What is your biggest strength?
7. What is one interesting fact about yourself?

### **Player/Parent Contract**

I have read this handout to its fullest and will be held accountable as a member of the team to its content. This page is due by the first practice. Grade: \_\_\_\_\_

Athlete Printed Name: \_\_\_\_\_ Athlete Signature: \_\_\_\_\_

Parent Printed Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

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