

TMS Wrestling 2024 Season

Contact Information and Team Rules

Coach Contact Information:

Coach Michael Bloom
Phone: (608) 387-2863
Email: michaelbloom@tomah.education

Coach Tyler Laudon
Phone: (608) 567-9110

Practice Information:

First Weeks: High School Loft	3:35pm – 5:30pm
Rest of Season: Middle School Mat Room	3:35pm – 5:30pm

- *Remind will be used to send home information about tournaments or schedule changes as they happen throughout the year.*

*****Practice Pick-up will typically be 5:30 please do your best to be on time*****

General Team Rules:

1. Wrestlers **MUST** behave in school **AND** at practice
 - a. Be ready to start practice by 3:35. (3:45 for nights at the THS loft)
 - i. Be in the mat room. Stay out of other team's practice space!
 - ii. Make good choices in school! Behavior in class matters, and we will have consequences for those that make poor behavior choices at school.
2. Wrestlers **MUST** come with a positive attitude and the desire to learn and improve at the sport. Be coachable!
 - a. Negative attitude and behaviors towards teammates and poor sportsmanship will not be tolerated.
 - b. Wrestling may be an individual effort on the mat, but it is still a team sport! We are all in this together to support our teammates in practice, at events, and to have fun.
3. Wrestlers **MUST** be signed out with m to ride home with a parent/guardian from any away event.
 - a. There will be a sign-out form at each away event to sign out your wrestler on. This is important for ride home attendance!
 - b. You do not need to sign out a wrestler for a home event.

Attendance Policy

1. Wrestlers **MUST** regularly attend practice!

- a. Three unexcused absences will result in losing the ability to compete in the next match. This also includes being able to travel with the team.
- b. The day after and the day before a wrestling meet are still required practices. Unexcused absences on these days will result in missing competition time.

2. Excused Absences and Exceptions

- a. Use the Remind App or phone numbers above to contact me or Coach Laudon. Excused absences happen and are fine! (*Remind App is the easiest!*)
- b. Students who participate in FFA, show choir, or other organizations who meet on days during the week will be excused for those activities.
- c. I am flexible and willing to work with people on other types of schedule conflicts that might occur as well. You just need to let us know and keep us updated.

Hygiene and Equipment

1. Hygiene is super important for wrestlers!

- a. Skin infections like ring worm and impetigo can be very contagious, and they will prevent you and teammates from participating. Make sure we have...
- b. Clean Clothes each night.
 - i. *No reusing the same practice clothing multiple night.*
- c. Shower and get clean each night after practice.
- d. Let us know if anything does come up so we can get it treated and handled.

2. Equipment Needed

- a. Wrestling Singlet and Warm-up during Events and Picture Night
 - i. *We provide all of these!*
- b. Clean practice clothes each night of practice
 - i. *Gym shirt and shorts. Clothing shouldn't be too loose.*
 - ii. *No earrings or necklaces during practice.*
- c. Wrestling shoes and Headgear
 - i. *We have several sets of headgear that we can let you borrow.*
 - ii. *We have a few pairs of shoes, but not nearly as many. Let us know your size, and we can try to find something for you to use!*
 - iii. *Dick's Sporting Goods and Tomah Cash Store would have shoes for sale.*



Sign up for important updates from M. Bloom.

Get information for Tomah Middle School right on your phone—not on handouts.

Pick a way to receive messages for **TMS Wrestling 2024**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/kkfdg42

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @kkfdg42 to the number 81010.

If you're having trouble with 81010, try texting @kkfdg42 to (415) 749-9891.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/kkfdg42 on a desktop computer to sign up for email notifications.

Month: October-November

TMS Wrestling Season 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of: 10/28 – 11/1	No Practice Parent/Teacher Conferences	First night of Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	No Practice No School Day Teacher Professional Development	
Week of: 11/4 - 11/8	Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	
Week of: 11/11 – 11/15	Practice THS High School Loft 3:30 – 5:30	Quad Scramble @ Sparta Meadowview Middle School 4:30 PM	Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	Practice THS High School Loft 3:30 – 5:30	Duel Tournament @ Jack Young Middle School Baraboo 9:15 AM
Week of: 11/18 – 11/22	First Night of Practice @ TMS Mat Room 3:30 – 5:30	Triangular Scramble @ West Salem Middle School 4:30 PM	Practice TMS Mat Room 3:30 – 5:30	Practice TMS Mat Room 3:30 – 5:30	Practice TMS Mat Room 3:30 – 5:30	

Month: November-December

TMS Wrestling Season 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week of: 11/25 – 11/29	Quad Scramble @ Logan Middle School 4:30 PM	No Practice Enjoy Thanksgiving Break!	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break	
Week of: 12/2 – 12/6	Practice TMS Mat Room 3:30 – 5:30	Triangular Scramble @ Onalaska Middle School 4:30 PM	Practice TMS Mat Room 3:30 – 5:30	Practice TMS Mat Room 3:30 – 5:30	Practice TMS Mat Room 3:30 – 5:30	
Week of: 12/9 – 12/13	Practice TMS Mat Room 3:30 – 5:30	Quad Scramble @ Holmen Middle School 4:30 PM	Practice TMS Mat Room 3:30 – 5:30	Practice TMS Mat Room 3:30 – 5:30	Practice TMS Mat Room 3:30 – 5:30	
Week of: 12/16 – 12/17	Conference Scramble HOME @ Tomah High School 4:00 PM	Last Night of Practice Party and Awards TMS Mat Room 3:30 – 5:30				