

Players Manual



Exceptional Character, Exceptional Circumstances,
Exceptional Performance

Dear Parents and Players,

My name is Scott Conzemius and I am the varsity coach. I have been the head coach of the soccer program since 2008 and I am truly grateful to be your child's coach this year. Further, I am pleased to welcome back my coaching staff: Adam Gigous as the varsity assistant, Paul Castro as the JV head coach, and Kjetil Garvin as the JV assistant coach.

The following information below is for the parent(s)/guardian(s) and player to read and be knowledgeable. Not knowing information is not justification for breaking team policy. **Further, any player who does not have all the proper paperwork completed (school and team) will risk losing practice and playing time.**

A. Coaching Philosophy: To inspire young men to strive for outrageous goals and expect success on and off the field.

B. Non-Negotiables

- 1) Positive Behavior: Do nothing that negatively impacts the team
 - i. Communication
 - ii. Attitude
- 2) No Vulgarly
- 3) Everyone participates in fun and dirty work

C. Standards:

- 1) **Attendance**
 - Attendance is mandatory. A player must notify the proper coach (Coaches will not accept a phone call or email from a parent for a planned absence) of any absence, including missing school from illness, prior to the start of practice
- 2) **Proper Equipment**
 - Soccer socks, athletic shorts, shin guards, cleats
 - At Practice, school color t-shirts only (White, grey, gold, or black)
- 3) **Electronic Devices**
 - No cell phones on the field or on the bench (game/practice)
- 4) **Treat all people and environments with respect**
 - Game and school officials
 - Keep all fields and benches clean (home or away)

****Violating team expectations may result in team discipline, including losing playing time, suspension, or removal from the team**

D. Contact Information:

Varsity Coach: Scott Conzemius
Cell Phone: 608-397-7627
School Phone: 608-374-7972
Email: scottconzemius@tomah.education

Junior Varsity Coach: Paul Castro
Cell Phone: 608-487-3138
Email: Polcho777@gmail.com

Varsity Assistant: Adam Gigous
Cell Phone: 608-343-3103
Email: argigous@gmail.com

Junior Varsity: Kjetil Garvin
Cell Phone: 608-434-3707
Email: garvinkj@gmail.com

Communication:

1. **Remind App:** I will share all team information through this app

Class Name: Tomah HS Men's Soccer *Class Code:* tomahhs

2. **Instagram:** Geared towards the players/students. Provide a social media presence for the team.

Handle: @tomah_twelves_soccer

3. **Facebook:** A group for parents to communicate

Group Name: Tomah High School Men's Soccer

Exceptional Character

Alpha – Success takes leadership, which comes in two forms:

1. Every program needs leaders, individuals who will personify the character traits of excellence in their on and off the field behavior. They are outspoken and have a desire to make those around them better.

Core Values:

- | | |
|--------------------------------------|-----------------------------------|
| 1. Alpha (leader/leadership) | 6. Physicality (athletic prowess) |
| 2. Pack/Unity (quality teammate) | 7. Game Intelligence |
| 3. Pursuit (striving for excellence) | 8. Accountability |
| 4. Strength (mentally) | 9. Integrity |
| 5. Fight (Competitor) | 10. Joy |
| | 11. Respect |

Non-Negotiables:

1. Timeliness
2. Positive Language
3. Honesty

2. Success also takes *leadership*. An organization will not survive if everyone tries to lead. However, every person on the team must practice *leadership*. Without those individuals who quietly model the behaviors of success through consistent hard work and determination, success is impossible.

Qualities of a Team Captain

- Becoming a team captain is an extra responsibility and requires a certain set of skills. A captain does not need to possess every trait of a leader, but should have a strong ability in some of the traits listed below:

- | | | |
|-----------------|--------------------------------|---------------|
| ~ Communicates | ~ Goal Oriented | ~ Positive |
| ~ Compassionate | ~ Honest | ~ Relatable |
| ~ Committed | ~ Inspirational/
Motivating | ~ Skilled |
| ~ Competitive | | ~ Supportive |
| ~ Confident | ~ Leader | ~ Trustworthy |

Exceptional Circumstances

Pack – The strength of the program is *unity*. We all must work in the same direction, with the same outrageous goals. By becoming the best me, I make the team stronger, and a stronger team means we can dare for mountain top success.

1. **Outrageous Goals:** Simple goals lead to simple outcomes, while outrageous goals lead to outrageous outcomes. Winning alone is not a worthy endeavor. The only way to achieve worthy endeavors is through setting outrageous goals, and outrageous goals are only achievable with a combined relentless effort.
2. **A Better Me, A Better We:** Individual effort alone cannot achieve team success, but team success is dependent on the individual. A teammate shows unity through pursuit of a better skilled, athletic, and mental self.

Roles – Strength of the Pack is in the Wolf. The strength of the wolf is in the pack

1. **Starters** – start in games, play in the biggest moments, take on the most game responsibilities
2. **Reserves** – relieve starters, push starters to perform better by being prepared to replace or take over their position
3. **Bench** – support the team by being ready to play when called upon, push starters and reserves for their positions, actively watch the game, and communicate with players about what you see
4. **JV Team** – Learn team strategies and improve skill and ability to be prepared to play varsity
 - a. Starter, Reserves, and Bench roles apply to JV squad as well

Ranking system:

1. **Bench Player:** Unable to or weak ability to perform the core skill(s) and/or value(s)
2. **JV Player:** Ability to perform core skill/value is emerging or developing
3. **Reserve Player:** Ability to perform the core skill/value is developed, but lacks consistency and/or accuracy
4. **Varsity Starter:** Ability to perform the core skill/value proficiently with speed and or accuracy
5. **All Conference:** Exceptional ability to perform the given core skill/value with speed, accuracy, and consistency

Player Assessments:

Alpha (Leader/Leadership)		Comments:
Rank		
Pack/Unity		Comments:
Rank		
Pursuit (Strive for Excellence)		Comments:
Rank		
Strength (Mental)		Comments:
Rank		
Fight (competitor)		Comments:
Rank		
Physicality		Comments:
Rank		
Game Intelligence		Comments:
Rank		
Respect		Comments:
Rank		
Integrity		Comments:
Rank		
Joy		Comments:
Rank		

* Player assessment will be completed by coaching staff by the end of week 2 of practice

Timberwolf Fitness		
Name:		
Grade:		
	1st attempt	2nd attempt
1 min Push up		
Pull up		
Plank		
Bench Press 3 Rep Max		
Deadlift 3 Rep Max		
Yo-Yo Test		
40 yard dash		
Juggling - 1x max		

**These fitness tests must be completed before participating in the first team competition

Player Contract

Player: _____

The below ranking is the initial assessment by the coaching staff of your role on the team.

_____ **Varsity Starter:** start in games, play in the biggest moments, take on the most game responsibilities

_____ **Varsity Reserve:** relieve starters, push starters to perform better by being prepared to replace or take over their position

_____ **Varsity Bench:** support the team by being ready to play when called upon, push starters and reserves for their positions, actively watch the game, and communicate with players about what you see

_____ **JV Team:** Learn team strategies and improve skill and ability to be prepared to play varsity

Coaches Signature: _____

Date: _____

By signing below, I acknowledge:

- ☐ Coach has explained to me my role on the team, and that this role can change based on my attitude and/or ability
- ☐ I understand my role, and that I have the responsibility to maintain or improve my role on the team
- ☐ I have read the player manual, and I understand that violating team policies could lead to loss of playing time, suspension, or removal from the team

Player Signature

Date

Parent Signature

Date

Exceptional Performances

Pursuit – Skill and talent alone do not determine success. Only perfect unrelenting effort makes one grow to levels never thought possible before. The only thing an individual can control are attitude and effort. By choosing to have a positive attitude and perfect effort, one chooses to be the best individual he/she can be. Better people make better Timberwolves!

Pursuit in Action: Although skill does not guarantee success, skill does determine success. Performing at a high level requires high levels of skill and confidence. Therefore, the more prepared an athlete is, the more confidence the athlete will have in pressure situation. As such, an athlete who seeks success must prepare for it by honing his or her physical abilities and skills.

The Strive for Excellence: The skills and abilities every soccer player should strive for excellence in.

Essential Skills:

1. First Touch
2. Passing (Tight vs Loose)
3. Decision Making
 - a. Positional Knowledge
 - b. Tactical Knowledge
4. Manipulate Space
 - a. Positional Movement
 - b. 1v1 technique
 - c. Finishing technique

A Better ME	A Better We
My Skill	Our Ability to Execute
My Attitude	Our Response to Exceptional Circumstances
My Leadership	Our Ability to Accomplish a Common Goal

Varsity Letter Criteria:

- ~ **Non-negotiable criteria:** Complete the season in good standing
- ~ **Other Criteria:**
 - 1) Play in a minimum of half of the varsity games
 - 2) Start a minimum of 1/3 of the regular season games
 - 3) Achieve a significant statistical contribution (game winning goals or saves, statistical milestones: goals, assists, defensive blocks, save percentage, etc.)
 - 4) Player who makes a significant contribution/impact for the team
 - i. Determined by the head coach and/or coaching staff
- ~ **Criteria that could prevent Lettering:**
 - 1) Grade point average below 1.75
 - 2) Conduct Unbecoming of an Athlete
 - i. Disciplinary actions, criminal actions, academic violations, or any miscellaneous actions that are detrimental to the team, school, or community
 - 3) Poor attendance
 - 4) Poor or Negative attitude (as determined by the Head Coach and/or Coaching staff)

2025 July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
6	7	8	9	10	11	12
13	14	Fall Meeting 5:30 pm	15	16	17	18
20	21	22	23	24	25	26
27	28	29	30	31		
High School Camp	High School Camp	High School Camp	High School camp	High School Camp		
Time:	Time:	Time:	Time:	Time:		

EVENTS

High School Camp:
ET Fields. July 28-31. Not mandatory.
Need shin guards and cleats.

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	7:30-9:30 AM HS 5:00 - 7:30 PM Fields	5:00 - 7:30 PM Fields	7:30-9:30 AM HS 5:00 - 7:30 PM Fields	5:00 - 7:30 PM Fields	7:30-9:30 AM HS 5:00 - 7:30 PM Fields	Black & Blue Scrimmage 5:30 Kick-off
24	25	26	27	28	29	30
31	Film @ HS Fields	Varsity Quad Menomone New Richmond	Film Fields	Speed/Strength Fields	Speed/Strength Fields	

EVENTS

Black & Blue Scrimmage

Varsity Only. Scrimmage against alumni players.
Warm-ups start at 4:30 pm

Varsity Quad

Varsity only. Hosted at ET Fields.
3:30 vs Menomone
5:30 vs New Richmond

Practices

Mon & Friday are speed/strength training. Meet at High School @3:20.
Wed is film. Math lab or room 113.
3:30- 4:00

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Speed/Strength Fields	2 Onalaska Var @ 4:00 pm JV @ 5:45 pm	3 Film Fields	4 Aquinas Var @ 4:00 pm JV @ 5:45 pm	5 Speed/Strength Fields	6 Sauk Prairie Var @ 11 am JV @ 1 pm
7 Speed/Strength Fields	8 @ Holmen Var @ 4:00 pm JV @ 5:45 pm	9 Film Fields	10 Logan - Parents 4 pm - Var 5:45 - JV	11 Speed/Strength Fields	12 Baraboo 11 am - JV 1 pm - Var	13
14 Speed/Strength Fields	15 @ West Salem JV @ 5:00 pm Var @ 7:00 pm	16 Film Fields	17 Central - Senior Night 4 pm - Var 5:45 - JV	18 Speed/Strength Fields	19	20
21 Var - classroom & speed/strength JV Tournament	22 Speed/strength Fields	23 Film Fields	24 @ Reedsburg 4 pm - Var 5:45 - JV	25 Cranfest Var only 9-11 am	26	27
28 Speed/Strength Fields	29 @ Sparta JV @ 4:15 pm Var @ 6:15 pm	30				

Parents Night

September 11th is our parent's night recognition. Recognition will take place in between games, about 5:30.

Senior Night

Senior night is September 18. We will acknowledge seniors in between the varsity and JV games, about 5:30.

Practices

Mon & Friday are speed/strength training. Meet at High School @3:20. Wed is film. Math lab or room 113. 3:30-4:00

EVENTS

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Film Fields	2 @ Arcadia JV @ 5:00 pm Var @ 7:00 pm	3 Homecoming: Parade @ 4:00 pm No practice	4 Homecoming Dance
5 Speed/Strength Fields	6 Conf. Tournament Game/ Location TBD	7 Film Fields	8 Conf Tournament Game/ Location TBD	9 Speed/Strength Fields	10 @ Altoona JV @ 1:00 pm Var @ 3:00 pm	11
12 Seeding meeting Coach only	13 Speed/Strength Fields	14 Film Field	15 Speed/Strength Fields	16 Agility/Strength Fields	17	18
19 Speed/Strength Fields	20 Regional Semi Game/ Location TBD	21 Film Field	22 Speed/Strength Fields	23 Film Fields	24 Regional Final	25
26 Speed/Strength Fields	27 Film Fields	28 Film Fields	29 Sectional Semi	30 Speed/Strength Fields	31	

EVENTS

Homecoming Activities

The homecoming parade takes place after the pep assembly at the end of the school day. Parade usually starts at 4:00pm.

Seeding Meeting

The meeting between sectional coaches to determine the playoff seeding

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Sectional Final
2 Agility/Strength Fields	3 Banquet - State send-off! Film Fields	4 Film Fields	5 State Semi Opponent/time TBD	6 State Semi Opponent/time TBD	7 Championship Game Opponent/time TBD	8
9	10 Exit Meeting & Jersey Turn-in 3:30-4:30 pm * Subject to change	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Banquet

The cafeteria is reserved from 5:30-8:00pm on 11/5.

Exit Meeting

Exit Meeting is **mandatory**. Jersey turn and season closure. Date and time will adjust based on the varsity teams post season success.

EVENTS

