

Girls Tennis 2025

Who:

The Tomah High School Girl's Tennis Team is open to all female students, 9-12th grade.

Where:

Practice and home meets will be at La Grange Tennis Courts

Positions and Rankings

The top ten players will play on the Varsity team. Your rank will be based on coach evaluation and results of challenge matches against teammates.

Varsity lettering will be awarded to players who

- Play at least three Varsity matches in a season.
- Play 4 seasons of High School tennis, in good academic standing and no athletic code violations.

When:

- First day of practice is Tuesday August 12th.
- During the first week we will practice twice a day, early in the morning (8 - 10am) and later in the evening (3:45 – 5:45pm) to avoid some of the heat of mid-day.
- Once the School year starts, practice will typically run after school from 3:45-5:45pm.
- Once school starts we will be released early from school for most away matches so prepare accordingly.
- Pay attention to announcements and the **Remind** messages for changes to practices, matches, or other events.

What to bring to Practice:

- A Tennis Racket
- Filled water bottle (think big – better to have too much water than not enough)
- Tennis Shoes
- Weather Appropriate Clothing
- Sunscreen
- A positive attitude

Addition items to bring to Meets:

- Snacks / food
- Hand towel

Team Expectations

- 1.) Listen to Coaches
- 2.) Give your best effort
- 3.) Support your teammates
- 4.) Have fun

Be Ready

- Bring all of your equipment and attire necessary to participate in practice or a match
- Dressed, ready, and water bottle full at the start of practice
- Sign up for Remind. I will use the same group as last year, if you already signed up last year you do not need to sign up again. **To join Remind, text @tomahg to 81010**



Be Responsible

- You are a member of our team and a student athlete. Your responsibilities as a student come first.
- Plan ahead for when you are going to miss school due to matches.
- Talk to your teachers at an appropriate time (During Timberwolf Time, before school, or after school) to figure out what you will miss if you are going to be gone during their class.
- Players are expected to be at practice unless an unexpected conflict arises such as sickness, family emergency, or with prior notification given to and accepted by the coach. It is as easy as sending me a text (this helps me plan practice accordingly)

Be Respectful

- As a member of the Tennis Team you are expected to portray yourself with high standards of dignity and character at all times. This is not just limited to matches or other school and team functions.
- All players are expected to remain at the match site until all matches finish (unless special notification is accepted by the coach).
- You are part of a Tennis Team, cheer on your teammates and always be positive.
- During match play you are expected to follow all match rules. These will be taught and emphasized during practice.

Indoor Practices

- If and when we get rained out, expect to have indoor practice
- Indoor practice will be one of 3 options
 - Watching video / learning in my room 202 at the High School
 - Indoors at the LaGrange gym with roughly half of the team. (Split will change, younger less experienced / older more experienced, Singles / Doubles)
 - We may cancel practice.

Information for Parents

- Please encourage your daughter. Tennis looks easy, but it is not. Encourage them before each match, encourage them after each match, no matter the outcome.
- Cheer! Yes, you can Cheer. Just remember to keep all cheering positive and between points. Cheer for your daughter's good play not the opponent's mistake.
- After away matches the bus will bring them back to the High School commons entrance. If you attended the away match and wish your daughter to ride home with you there is a sign out sheet that you must sign before leaving with them.
- Practices and home matches will be at the LaGrange Elementary school courts.
- Players love your support, try to attend matches when possible.
- If paperwork allowing your daughter to play is not yet completed, please finish this as soon as possible.
- Coach maintains an updated schedule, info on how to sign up for remind and clothing order on Schoology. Parents/Players can email me to add them on Schoology.

All school rules, athletic rules, and bus rules adopted by the Tomah Area School District are in effect and will be enforced

Contact Information:

Coach Bannan

BenBannan@tomah.education

608-387-2392

Coach Brookman

CathyBrookman@tomah.education

Call at decent hours or text at any time. Do not be offended if I do not pick up or respond right away because my phone is on silent most of the time.

Girls Tennis Schedule 2025 (as of 7/13/25) (8 dual, 5 multi)

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
August 10	August 11	August 12 First Day of Practice 8:00-10:00am 3:45-5:45pm	August 13 Practice 8:00-10:00am 3:45-5:45pm	August 14 Practice 8:00-10:00am 3:45-5:45pm	August 15 Practice 8:00-10:00am 3:45-5:45pm	August 16 <u>Varsity at Eau Claire North (9am)</u> (bus leaves 7am)
August 17	August 18 Practice 3:45-5:45pm	August 19 <u>Home vs. Black River Falls (4:00pm)</u> Arrive by 3:30	August 20 Practice 3:45-5:45pm Team Picture	August 21 Practice 3:45-5:45pm	August 22 <u>Varsity Quad at Reedsburg with Assumption, BRF (9am)</u> (bus leaves 7:20 am)	August 23 <u>JV Invite home (9am)</u> Arrive by 8:30
August 24	August 25 Practice 3:45-5:45pm	August 26 <u>Away at West Salem (4:00)</u> Bus leaves 2:50	August 27 Practice 3:45-5:45pm	August 28 Practice 3:45-5:45pm	August 29 <u>At Baraboo Doubles (10 am)</u> (bus leaves 8:20 am)	August 30
August 31	September 1 Practice 3:45-5:45pm	September 2 <u>Home vs. Logan (4:00)</u> (dismiss from class 3:10)	September 3 Practice 3:45-5:45	September 4 <u>Away at Onalaska (4:00pm)</u> (dismiss from class 2:20 Bus leaves 2:30)	September 5 Practice 3:45-5:45	September 6
Sept 7	September 8 Practice 3:45-5:45	September 9 <u>Home vs. Central (4:00)</u> (dismiss from class 3:10)	September 10 Practice 3:45-5:45	September 11 <u>Away at Holmen (4:00pm)</u> (dismiss from class 2:20 Bus leaves 2:30)	September 12 Practice 3:45-5:45	September 13 <u>Varsity Quad Home (9am)</u> Arrive by 8:30
Sept 14	September 15 Practice 3:45-5:45	September 16 <u>Home vs. Sparta (4:00)</u> (dismiss from class 3:10)	September 17 Practice 3:45-5:45	September 18 <u>Away at Aquinas (4:30)</u> (dismiss from class 2:35 Bus leaves 2:45)	September 19 Practice 3:45-5:45	September 20

Sept 21	September 22 Practice 3:45-5:45	September 23 Practice 3:45-5:45	September 24 Practice 3:45-5:45	September 25 Practice 3:45-5:45	September 26 Cranfest Practice 3:45-5:45	September 27 Cranfest
Sept 28 Cranfest	September 29 <u>Varsity Conference Tournament (9am)</u> (Bus leaves 7:15 am)	September 30 <u>JV Conference Tournament (11am)</u> (Bus leaves 9:15pm)	October 1 Practice 3:45-5:45	October 2 Practice 3:45-5:45	October 3 Practice 3:45-5:45	October 4 Homecoming
October 5	October 6 <u>Varsity Sub- Sectionals at LaCrosse</u> (Start time TBD) Bus leaves ?	October 7 <u>Varsity Sub- Sectionals (Rain date)</u>	October 8 <u>Varsity Sectionals</u> (Start time TBD) Bus leaves ?	October 9 <u>Varsity Sectionals (Rain date)</u>	October 10 Practice 3:45-5:45 If we have state qualifiers. Otherwise optional	October 11
October 12	October 13 Practice 3:45-5:45 if we have state qualifiers. Otherwise optional	October 14 Practice 3:45-5:45 if we have state qualifiers. Otherwise optional Tennis Awards Night 6pm	October 15 Practice 3:45-5:45 if we have state qualifiers. Otherwise optional	October 16 <u>Varsity Individual State</u> (Start time TBD) Bus leaves ?	October 17 <u>Varsity Individual State</u>	October 18 <u>Varsity Individual State</u>
October 19	October 20 Practice 3:45-5:45 if we qualified for team state.	October 21 Practice 3:45-5:45 if we qualified for team state.	October 22 Practice 3:45-5:45 if we qualified for team state.	October 23 Practice 3:45-5:45 if we qualified for team state.	October 24 <u>Varsity Team State</u> (Start time TBD) Bus leaves ?	October 25 <u>Varsity Team State</u>