

Team Rules

1. Co-curricular Code and all eligibility rules established at the State and local levels, as listed in the Tomah school student handbook and WIAA publications, apply.

2. Conduct and Sportsmanship

- Always be a champion – in school, practice, games, home, lunch time. - Remember you always represent the Tomah Basketball Team, Tomah High School, your parents and mostly yourself wherever you go and whatever you do.
- win with grace and lose with grace.
- play hard, have fun.

3. Equipment Rules*

1. Keep equipment clean – wash it regularly.
- * 2. Lock up your stuff. Always lock up everything. A locker will be provided by ESS teacher if asked. Use of locker room can be from beginning of day until after practice.
3. Practice gear, I have a few practice jerseys if you don't have one or are in need of one, please let me know ASAP so I can order some if necessary.

4. School and Curfews

- Make it to school every day, follow all rules for virtual learning!!!
- No being late for class – detentions, etc...
- Be on time for practice

5. Attendance

- Attendance will be taken every day

6. General Common Sense Rules

- Eat right, sleep enough, drink a lot of water!!
- Do your homework, if you have trouble ask teacher, teammate, or coach to help.
- Have fun, work hard, do your best.
- No regrets, no excuses!

7. Practice Rules - Earn a spot in practice. You must attend school to practice that day!

- Be there on time for all practices, games, and meetings.
- When practice starts at 3:45 pm – that means you are on the court, ready to start at 3:45 pm!

**** - If you are going to be gone from practice or know if you are going to be late- call me, text me, leave a message in REMIND or on my phone @ 608-633-7588 (if you text make sure you leave your name in the text as I probably don't have you saved in my contacts.) If you are at school and you have an appointment afterwards and are not going to be at practice – same as above call or text me. Do not tell another player hoping she will pass the information on to me – that will not do.**

Players/Parents/Coaches

Please feel free to talk to me about anything that might involve yourself if you are a player or your daughter if you are a parent. If you have anything to discuss don't hesitate to contact me. Just so you all know playing time will be based on talent and work ethic, so some players might not get much playing time in crucial games. We will however communicate with those athletes to make them aware of the situation and use our three teams to maximize playing time for all.

Teams will be determined on friday, coaches will talk to girls about what team they are on before practice on the first friday.

Meetings about playing time

I will never have a discussion with a parent that is yelling, we will discuss their concern when things have calmed down.

We will never discuss playing time until the next day after a game.

A player can come and talk to me anytime about playing time. Before a parent gets involved a player should have talked to me first. If we have a player/parent/coach meeting and all sides can't seem to understand the issue then we can get our activities director involved.

This year I'm using Remind to send updates about important basketball information.

To sign up for TomahGirlsBasketball notifications, please visit

<https://www.remind.com/join/tomahgi>

Varsity Lettering Policy

In order to letter for the Tomah Girls basketball, players must meet a minimum of two of the following requirements:

1. Play in half of the regular season varsity contests
2. Be a senior in good standing
3. Be on the roster for the playoffs
4. A role player whose contributions are so overwhelmingly productive to team success (the head coach determines that a letter is earned.)

Players who suffer season ending injuries, or an injury that prevents them to meet one of the requirements may still letter if they otherwise would have met the requirement.

An athletic code violation that caused you to miss a game during the season will eliminate your chances of earning a varsity letter.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/10/2024	11/11/2024	11/12/2024	11/13/2024	11/14/2024	11/15/2024	11/16/2024
GIRLS EARLY WEEK	GIRLS 3:45-6:00	GIRLS 6:00-7:00AM	GIRLS 6:00-7:00AM	GIRLS 6:00-7:00AM	GIRLS 3:45-6:00	
NO BOYS		GIRLS 3:45-6:00	GIRLS 3:45-5:45	GIRLS 3:45-6:00		
11/17/2024	11/18/2024	11/19/2024	11/20/2024	11/21/2024	11/22/2024	11/23/2024
BOYS EARLY WEEK	GIRLS 5:45-7:30	GIRLS 5:45-7:30	GIRLS 4:00-5:45	GIRLS VS RAPIDS	GIRLS 3:45-5:00	
GIRLS LATE WEEK	WEIGHT ROOM 5:00-5:45				BOYS SCRIMMAGE IN TOMAH	
11/24/2024	11/25/2024	11/26/2024	11/27/2024	11/28/2024	11/29/2024	11/30/2024
GIRLS EARLY WEEK	GIRLS 3:45-6:00	GIRLS AT ARCADIA	GIRLS TBD	THANKSGIVING	GIRLS TBD	
BOYS LATE WEEK						
12/1/2024	12/2/2024	12/3/2024	12/4/2024	12/5/2024	12/6/2024	12/7/2024
BOYS EARLY WEEK	GIRLS 5:45-7:30	GIRLS VS REEDSBURG	GIRLS 4:00-5:45	GIRLS VS ADAMS	GIRLS 3:45-5:00	
GIRLS LATE WEEK		BOYS AWAY		PARENTS NIGHT	BOYS HOME	
12/8/2024	12/9/2024	12/10/2024	12/11/2024	12/12/2024	12/13/2024	12/14/2024
GIRLS EARLY WEEK	GIRLS @ WESTFIELD	GIRLS 3:45-5:00	GIRLS 3:45-5:45	GIRLS 3:45-5:45	GIRLS 3:45-5:00	
BOYS LATE WEEK		BOYS HOME			BOYS HOME	
12/15/2024	12/16/2024	12/17/2024	12/18/2024	12/19/2024	12/20/2024	12/21/2024
BOYS EARLY WEEK	GIRLS 5:45-7:30	GIRLS VS AQUINAS	GIRLS 4:45-5:45	GIRLS TBD	GIRLS @ LOGAN	GYMNASTICS HOME
GIRLS LATE WEEK					BOYS AWAY	
				GIRLS GYMNASTICS HOME		
12/22/2024	12/23/2024	12/24/2024	12/25/2024	12/26/2024	12/27/2024	12/28/2024
GIRLS EARLY WEEK	GIRLS TBD				GIRLS TBD	
BOYS LATE WEEK						
12/29/2024	12/30/2024	12/31/2024	1/1/2025	1/2/2025	1/3/2025	1/4/2025
BOYS EARLY WEEK	GIRLS TBD	GIRLS TBD		GIRLS TBD	GIRLS AT BRF	
GIRLS LATE WEEK					BOYS AT BRF	
					PACK THE GYM	

