

Tomah/Sparta Boys Hockey

Calendar 2024/2025



All practices and games will take place at Tomah Ice Center unless otherwise listed.

"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work." - Vince Lombardi

Ferda Values

	In the Locker Room	On the Ice	In the Community
Value #1 	KEEP IT CLEAN - I keep my own space clean and organized. - I take my laundry home once a week. - I help to keep community spaces clean.	GIVE 110% EFFORT - I put in the work at practice to prepare for success. - I shoot to score! - I block shots. - I play 200 feet!	BE SAFE - I drive responsibly at all times. - I am aware of my surroundings. - I stay away from parties, drugs and alcohol.
Value #2 	BE RESPECTFUL - I listen when others are talking. - I stay out of others' personal space and property. - I follow cell phone policies. - I show my teammates friendship and loyalty.	SPORTSMANSHIP - I play MY game. - I don't worry about the refs or an opposing player. - I use positive language. - I put the team first.	BE RESPECTFUL - I set an example and serve as a positive role model. - I follow the Golden Rule. - I use my best manners. - I help others when I am able. - I am a model student in the classroom.
Value #3 	BE RESPONSIBLE - I show up on time. - I follow itineraries and schedules. - I bring everything I need to be successful. - I dress appropriately for the activity.	PERSEVERE - I play to the final whistle, even when I am tired. - I keep my head up and accept challenges. - I control my attitude and effort.	HAVE INTEGRITY - I am my best self, even when no one is looking. - I am honest, even when it is difficult. - I am kind and caring. - I have team spirit and promote my team.



To sign up for remind, you can download the app or you can send the following message in text to 81010

2024/2025 Season

**Parents/Guardians:
@hkyparents**

**Athletes:
@tomahspa**

**Clothing/Apparel Order via
SquadLocker:**

**Search: "Tomah Sparta Boys Hockey
Coop"**

**Order on your own and items will ship
directly to you.**

**Scan below to get started with your
order.**



Winter Sports Meeting 2024/2025

Thank you for coming. We as a staff are looking forward to a great season!

- **Introduction of Coaches**
 - Ian Holloway - Varsity Head Coach
 - Duncan Peterson - Varsity Assistant Coach
 - Brian Dettle - Head JV Coach
 - Derek Nofsinger - Volunteer Coach
- **Registration Process for Athletes**
 - Everything is online for both schools. If you need assistance contact Coach Holloway or the activities office for your school.
 - Athletes need to turn in a physical to the Athletic Director in person or upload a copy online.
- **Player Clothing**
 - Jerseys, Socks, Gloves and Warm Up Jackets have all been ordered.
 - Game Day: Khakis, Black Polo, Dress Shoes, Warm Up Jacket
 - Practice/Pre Game: Appropriate clothing for the activity (shorts, t-shirt, athletic shoes)
 - Parent/Player Apparel
 - SquadLocker: See clothing order page in packet
- **Team/Game Equipment**
 - Each player will be issued and responsible for returning the following equipment:
 - Practice Jersey, Water Bottle, Laundry Bag, Breezer Covers, Team Bag
 - Game Jerseys
 - Will be stored in the locker room.
 - Only players are permitted to wear jerseys (no parents/girlfriends/etc.)
 - Neck Guard
 - As of August 1st, neck laceration protection (NLP) is required for all players during games and practices.
- **Parent Involvement**
 - Blue Line Club
 - Home Games - Announcers/Scorers Box
 - Zamboni Drivers
- **Team Rules/Policies**
 - See Handout
- **Practice/Game Schedules**
 - See Handout
 - On ice 3:45-5:15 at Tomah Ice Center
 - Dryland/Off ice 5:25-6:00

Tomah/Sparta High School Hockey Rules and Policies

Philosophy of the Tomah/Sparta High School Hockey Program:

- Arrive every day expecting to be a good teammate.
- Arrive every day prepared to learn. It is difficult to successfully teach or coach a person who does not want to learn. The more you invest, the more you'll get out of the sport and the program.
- Good teammates view the player-coach relationship as a cooperative effort to develop the player to be the best they can be.
- Failure is the opportunity to begin again with more experience.

Role of a Tomah/Sparta High School Hockey Player:

- We assume you want to be the best athlete you can be.
 - You will not be allowed to settle for less than your best.
- We assume you want to play on a successful team.
 - Our practices, conditioning program, and game plans will be designed to develop success.
 - Decisions will be made with the priority being the TEAM. The individual must come second.
- We assume you want to graduate with the highest grades you are capable of earning.
 - You will be responsible to the team to be the best student you can be.
- We assume you want to become the best person you can be.
 - You represent our hockey team as long as you are part of the Tomah/Sparta High School Hockey Program.
 - Your character is a reflection of you, your parents, the team, and the Tomah/Sparta communities.
 - You will understand that there are benefits that come with being a member of our team, but along with those benefits you will be held accountable for your actions.

Parent/Coach Communication:

The coaching staff has an open door policy and is willing to discuss any and all issues with athletes. If a player has an issue with playing time or program policies/decisions, it is his responsibility to begin a discussion with the coaches about it. The following policy will be adhered to, adding each step, as necessary, until a resolution has been found:

- Step 1: The athlete meets with the coaching staff.
- Step 2: The athlete and parents meet with the coaching staff.
 - This meeting will have a 15 minutes time limit.
- Step 3: The athlete and parents meet with coaching staff and administration.

Coaches will not discuss game events or playing time the night of a game, except under extreme circumstances. Tensions tend to run high after a game and this environment is not conducive to positive dialogue. Any issues will be discussed the following day at the earliest convenience of all parties involved.

The “Remind” app is how the coaching staff will primarily communicate with parents. Reminders will be sent out about schedule updates, important information, bus arrivals, etc. The preferred communication method for parents is via Remind or by email.

Locker Room General Policies:

The locker room is for players and staff only. Parents may not enter the locker room unless invited/accompanied by a staff member. All equipment may be stored in the locker room in the player’s individual locker. Players may not use the locker room unattended and may only access the locker room under supervision of a staff member.

Practices:

Practice is our classroom and school rules apply. Unreasonable and disruptive behavior will result in some form of corrective/disciplinary action. Each year something new comes up and we, as coaches, will respond in a manner to promote the betterment of the team.

If corrective/disciplinary action involves removal from practice, the practice becomes unexcused and the guidelines for absences apply. If at any time a player commits an action with the intent to injure another player, they will be removed from practice and may be subject to further corrective/disciplinary action. Off ice sessions and lifting sessions are required parts of practices as well.

Absences:

Practice is the most important part of the game. We expect players to show up each day ready to give their all and to make themselves and their teammates better. All practices (including dryland), team meetings, and competitions are considered mandatory. In the event that an athlete must be absent, **the athlete** must notify the head coach with a valid excuse **prior** to said absence. If you know of a planned absence throughout the season, please let the head coach know as soon as possible for planning purposes.

Excessive excused absences may result in a loss of playing time as practice is essential in the preparation process for games.

Arriving late to practice will result in a loss of playing time:

- For every minute late to practice, an athlete will miss 1 minute of game time.

Examples of valid excuses:

Illness, funeral, ACT retake, etc.

Examples of bad excuses:

Deer hunting, Driver's Ed., a friend's birthday party, snowmobiling, work, hair cut, family vacation, etc.

The following procedure will be followed to address unexcused absences.

- 1st offense: Coaching staff will meet with the player.
 - Player will miss a minimum of 1 period of the next game.
- 2nd offense: Coaching staff will meet with player and parents.
 - Player will miss the entire next game.
- 3rd offense: Player will be dismissed from the team.

Bus Rides:

All players are expected to ride the bus to and from away games. If, on a non-school night (no school the following day) your family is travelling somewhere in the area of the game for a family function, the player may ride with the parent following the game IF prior (before game day) arrangements are made.

Cell Phones:

Cell phones or electronic devices are not to be used in the locker room. Recording or the use of recording devices in the locker room is illegal in the state of Wisconsin.

Home games/practice: Players will place their cell phones in the numbered slot as they enter the building. They will not access their phones until they are dismissed from practice for the day.

Away games: Players will leave cell phones on the bus.

Lettering/Awards Policy:

In order for a player to be considered for a varsity letter, he must complete the following criteria:

- Participate in a minimum of 26 varsity periods.
- Finish the season in good standing with no athletic code violations.

The coaching staff may decide to award a varsity letter to a player who has not met these requirements, based on merit or other team contributions deemed worthy of the varsity letter.

Any player receiving an athletic code violation during the season will not be eligible for team/post season awards.

Summary:

These guidelines and expectations are defined to help create a positive experience for all participants in the Tomah/Sparta High School Hockey Program. They cannot cover all circumstances, but will serve as a guide. Coaches will respond appropriately and consistently to situations that may arise with school guidelines, hockey program guidelines, and generally accepted rules of conduct in mind.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sparta Bell Schedule M-Tu-Th-F out @ 3p Wed out @ 2	Tomah Bell Schedule M-F out @ 3:21p				1	2
3	4	5	6	7	8	9
10	11 **First Practice** On Ice 3:45-5:15p Dryland 5:25-6:00p	12 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	13 On Ice 3:45-5:15p Dryland 5:25-6:00p	14 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	15 On Ice 3:45-5:15p Dryland 5:25-6:00p	16 Conditioning Practice Off Ice 9 - 11a Locker Room
17 No Practice	18 On Ice 3:45-5:15p Dryland 5:25-6:00p	19 Lift - 630 - 715a On Ice - JV 345-515p Varsity - Scrimmage @ Viroqua - 7pm	20 On Ice 3:45-5:15p Dryland 5:25-6:00p	21 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	22 On Ice 3:45-5:15p Dryland 5:25-6:00p	23 No Practice Deer Hunting
24 No Practice	25 On Ice 3:45-5:15p Dryland 5:25-6:00p	26 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	27 **Note Times** V On Ice 10 - 11:30a JV On Ice 1145 - 1:00p V - Film 11:40 - 12:30p	28 Thanksgiving Day No Practice	29 Radio 101.3 Home Tourney JV vs. Monona Grove (3p) Var vs. Monona Grove (730p)	30 Home Tourney JV vs BRF (12p) V vs ? 2p or 430p

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Practice	2 On Ice 3:45-5:15p Dryland 5:25-6:00p	3 Lift - 630 - 715a JV @ Janesville (5p) V @ Janesville (7p)	4 On Ice 3:45-5:15p Dryland 5:25-6:00p	5 **Note Location** Lift - 630 - 715a V vs West Salem 7p (@ Sparta) Radio	6 On Ice 3:45-5:15p Dryland 5:25-6:00p	7 No Practice
8 No Practice	9 On Ice 3:45-5:15p Dryland 5:25-6:00p	10 Radio 101.3 Lift - 630 - 715a JV vs Onalaska(5p) V vs Onalaska (7p)	11 On Ice 3:45-5:15p Dryland 5:25-6:00p	12 Lift - 630 - 715a JV vs Viroqua (5p) V vs Viroqua (7p)	13 On Ice 3:45-5:15p Dryland 5:25-6:00p	14 No Practice
15 No Practice	16 On Ice 3:45-5:15p Dryland 5:25-6:00p	17 Radio 101.3 Lift - 630 - 715a JV @ Holmen (5p) V @ Holmen (7p)	18 On Ice 3:45-5:15p Dryland 5:25-6:00p	19 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	20 On Ice 3:45-5:15p Dryland 5:25-6:00p	21 **Note Location** JV vs Mosinee (5p) V vs Mosinee (7p) (@ Sparta)
22 No Practice	23 On Ice 3:45-5:15p Dryland 5:25-6:00p	24 No Practice	25 No Practice	26 RWD Holiday Tourney JV Reedsburg Varsity WI Dells JV vs Baldwin (2p) V vs Rapids (10a)	27 RWD Holiday Tourney JV Reedsburg Varsity WI Dells JV vs Fondy (2p) V vs TBA 10 or 1230	28 RWD Holiday Tourney Varsity WI Dells V vs TBA 10, 1230, 3, or 5
29 No Practice	30 On Ice 3:45-5:15p Dryland 5:25-6:00p	31 No Practice				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Practice	2 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	3 JV @ Waupun (5p) V @ Waupun (7p)	4 No Practice
5 No Practice	6 On Ice 3:45-5:15p Dryland 5:25-6:00p	7 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	8 On Ice 3:45-5:15p Dryland 5:25-6:00p	9 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	10 **Note Location** JV vs Arrowhead (5p) V vs Arrowhead (7p) (@ Sparta)	11 JV vs. Amery (1p) V vs Amery (3p) (@ Tomah)
12 No Practice	13 On Ice 3:45-5:15p Dryland 5:25-6:00p	14 Lift - 630 - 715a JV @ Onalaska (5p) V @ Onalaska (7p)	15 On Ice 3:45-5:15p Dryland 5:25-6:00p	16 Lift - 630 - 715a JV @ RWD (5p) V @ RWD (7p) Games in WI Dells	17 On Ice 3:45-5:15p Dryland 5:25-6:00p	18 No Practice
19 No Practice	20 On Ice 3:45-5:15p Dryland 5:25-6:00p	21 Radio 101.3 Lift - 630 - 715a JV vs Holmen (5p) V vs. Holmen (7p) Parent's Night	22 On Ice 3:45-5:15p Dryland 5:25-6:00p	23 Radio 101.3 Lift - 630 - 715a V @ West Salem (7p)	24 On Ice 3:45-5:15p Dryland 5:25-6:00p	25 No Practice
26 No Practice	27 On Ice 3:45-5:15p Dryland 5:25-6:00p	28 Lift - 630 - 715a V @ Baraboo (7p)	29 On Ice 3:45-5:15p Dryland 5:25-6:00p	30 Lift - 630 - 715a JV vs La Crescent (5p) V vs La Crescent (7p) Senior Night	31 On Ice 3:45-5:15p Dryland 5:25-6:00p	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 No Practice
2 No Practice	3 On Ice 3:45-5:15p Dryland 5:25-6:00p	4 **Note Location** Lift - 630 - 715a JV vs Rapids (5p) V vs Rapids (7p) (@ Sparta)	5 On Ice 3:45-5:15p Dryland 5:25-6:00p	6 Lift - 630 - 715a V vs Sauk (5p) V vs Sauk (7p)	7 On Ice 3:45-5:15p Dryland 5:25-6:00p	8 No Practice
9 No Practice	10 On Ice 3:45-5:15p Dryland 5:25-6:00p	11 Lift - 630 - 715a JV @ Everest (5p) V @ Everest (7p)	12 On Ice 3:45-5:15p Dryland 5:25-6:00p	13 On Ice 3:45-5:15p Dryland 5:25-6:00p	14 Lift - 630 - 715a JV @ BRF (5p) V @ BRF (7p) Cranberry Cup	15 No Practice
16 No Practice	17 On Ice 3:45-5:15p Dryland 5:25-6:00p	18 Radio 101.3 Lift - 630 - 715a Regionals (TBD)	19 On Ice 3:45-5:15p Dryland 5:25-6:00p	20 Lift - 630 - 715a Regional Semi-Final (TBD)	21 Regional Final (TBD)	22 No Practice
23 No Practice	24 On Ice 3:45-5:15p Dryland 5:25-6:00p	25 Lift - 630 - 715a Sectional (TBD)	26 On Ice 3:45-5:15p Dryland 5:25-6:00p	27 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	28 Sectional Semi-Final (TBD)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Sectional Final (TBD)
2	3 On Ice 3:45-5:15p Dryland 5:25-6:00p	4 Lift - 630 - 715a On Ice 3:45-5:15p Dryland 5:25-6:00p	5 Practice @ State TBA	6 Lift - 630 - 715a State Tournament	7 State Tournament	8 State Tournament
9	10 Banquet	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					