

TOMAH TIMBERWOLVES WRESTLING



2024 – 2025

HOWL at the MOON!!

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The Hunt: We will give relentless effort and attitude in pursuit of our team and individual goals. We will not be outworked!

The Pack: The strength of the wolf is in the pack, and the strength of the pack is in the wolf. We will find our place on the team and excel in that role.

The Alpha: We will carry ourselves to a higher standard than others and respect our teammates, parents, coaches, and peers.

Team Goals

- 1.) Beat Sparta
- 2.) Top three in the MVC
- 3.) Eight plus wrestlers advance to Sectionals
- 4.) Multiple Wrestlers to State
- 5.) 500 Dual meet record

Individual Goals

- 1.) _____
- 2.) _____
- 3.) _____

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Please sign up for the remind app.

Text 81010 and Message @3vons. This will get you signed up and notified of any important info needed. All wrestlers need to be on the remind app.

General Rules

- **Practice begins at 3:40 sharp.** (Unless otherwise noted in the schedule) Be dressed and ready to go. Bring a water bottle to practice everyday as the water fountains are bottle fillers only.
- **Wear clean practice clothes at every practice.** Please shower after every practice and meet. We need to control any skin disease. We cannot afford having people miss matches because of skin conditions. Parents please help with this.
 - If you are sick and cannot attend practice, call Coach Von Haden at school and let him know. (School 374-7344, cell phone 343-4407 or e-mail jeffvonhaden@tomah.education)
- You are responsible for all equipment and uniforms issued to you. **Please clean and wash them after every meet.** Take good care of these items.
- Wrestlers may ride home with their parents following a meet. Parents must sign a parental permission slip before departing from the match. The wrestlers must stay to the end of the meet before leaving. The wrestlers may only ride home with their parents.
- Any practices missed that are unexcused will be dealt with in the following manner: 1st unexcused: make up time after practice. 2nd unexcused will result in a one meet suspension plus make up the practice time. 3rd unexcused missed practices: miss another meet and make up missed practice time. 4th unexcused missed practice: you will be asked to leave the team. If you need to miss a practice, let Coach Von Haden know ahead of time. We will find a way to make the practice time up. If you are sick and cannot attend practice, call Coach Von Haden at school and let him know. (School 374-7344, cell phone 343-4407 or e-mail jeffvonhaden@tomah.education)
- If you miss practice the night before a match or tournament, it will be coach's discretion if the wrestler can compete in the meet. (Injury, illness, or any other reason) Get to practice and there will be no problems. If there is an excused reason for being gone, we will make the practice up prior to the match or tournament.

Wrestle-Offs

- Wrestle-offs for varsity spots will occur during the third week of practice. We will also have wrestle offs throughout the season. If a wrestler wants to challenge for a spot, they need to notify the coach and he will set up a match as soon as possible. A WIAA official will referee whenever possible. The coach will have final say on the line-ups during dual meets.

Lettering Policy

- To earn a Varsity letter, you need to accumulate 50 Varsity points throughout the year. One point for each Varsity match wrestled and whatever team points earned in that match.
- Coaches will have final say in Lettering
- All seniors will letter if they finish the season in good standing.

Discipline

- The individuals who represent Tomah Wrestling will to conduct themselves in a manner that is respectable to themselves, teammates, coaches, and fans. Actions or displays that are inappropriate or detrimental to the team are unacceptable and will be dealt with.

Non-Athletic Code Violations

First offense: Coaches punishment (Extra Hard Conditioning)

Second offense: 1 meet suspension and parent meeting.

Third offense: 2 meet suspension and parent meeting.

Fourth offense: Removal from the team.

Flagrant offense: automatic two meet suspension, per athletic code violation, possible removal from the team and parent meeting. This would be something that would fall into the athletic code.

- Use common sense and we will avoid many problems. If you do have a problem, a complaint, or any questions my door is always open. Contact me @ (School 374-7344, cell phone 343-4407 or e-mail jeffvonhaden@tomah.education)

Have a fun and enjoyable season.

Coach Von Haden

Coach Finch

Coach Haag

Coach Lunde

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Clothing Orders Due @ Midnight	5	6	7	8	9
10	11 Body Fat Test After School Locker Room	12	13	14 Body Fat Test After School Locker Room	15	16
17	18 First Day of Practice 3:40 pm Loft Fundraiser Kick Off	19 Practice 3:40 pm Loft	20 Practice 3:40 pm Loft	21 Practice 3:40 pm Loft	22 Practice 3:40 pm Loft	23
24	25 Practice 3:40 pm Loft	26 Practice 3:40 pm Loft	27 No School Practice 8:00 am to 9:30 am Loft	28 Thanksgiving No Practice	29 No School Practice 5:30 to 7:00 pm Loft	30
						2024

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice 3:40 pm Loft Fundraiser Due Wrestle Offs	3 Practice 3:40 Wrestle Offs	4 Practice 3:40 Wrestle Offs	5 JV/Var Quad vs West Salem and GET at Logan 6:00/7:30	6 Practice 3:40	7 Var TBD JV @ Royall 9:00 am
8	9 Practice 3:40	10 Practice 3:40	11 Practice 3:40	12 Practice 3:40	13 VAR Practice 3:40 JV/Girls at Woodside in the Dells 6:00 pm	14 Var Tomah Scramble 9:30 am
15	16 Practice 3:40	17 Practice 3:40	18 Practice 3:40	19 JV/Var Match Aquinas and LaCrosse 6:00 pm @ Logan	20 VAR Practice 3:40 JV at Melrose Mindoro 5:30 pm	21 Var @ Richland Center 9:30 am
22	23 No School Practice 8:00 am	24 Christmas Eve Practice	25 Christmas No Practice	26 No School Practice 4:00 pm	27 Var Bi-State 9:00 am JV No Practice	28 Var Bi-State 9:15 am JV No Practice
29	30 No School Practice 8:00 am	31 No School Practice 8:00 am				2024

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Practice New Years Day	2 Practice 3:40 pm	3 Practice 3:40 pm	4 Var @ DCE 10:30
5	6 Practice 3:40 pm	7 Practice 3:40 pm	8 Practice 3:40 pm	9 JV/Var Amherst & Independence Gilmanton @ Tomah 6:00/7:15	10 Practice 3:40 pm	11 JV State Qualifier @ West Salem Var Weekend Off
12	13 Practice 3:40 pm	14 Practice 3:40 pm	15 Practice 3:40 pm	16 JV/Var Match vs Onalaska & Holmen @ Holmen 6:00/7:15	17 Practice 3:40 pm	18 VAR Chippewa Falls 10:00 am
19	20 No School No Practice	21 Practice 3:40 pm	22 Practice 3:40 pm	23 Practice 3:40 pm	24 Practice 3:40 pm	25 VAR Omro TBD JV @ JV State Wausau West
26	27 No Practice Night Off	28 Practice 3:40 pm	29	30 JV/Var Match Sparta @ Tomah 6:15/7:15	31 Var @ Menomonie Tourney 4:00 JV Practice 3:40	2025

February/March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2025						1 JV @ Menomonie Tourney TBD
2	3 Practice 3:40 pm	4 Practice 3:40 pm	5 Practice 3:40 pm	6 JV/Var Match Chippewa Falls 6:15/7:15 Senior Night	7 Practice 3:40 pm	8 Youth Tournament We Need everyone's help
9	10 Practice 3:40 pm JV Conference Tourney @ Holmen 5:30 pm	11 Practice 3:40 pm	12 Practice 3:40 pm	13 Practice 3:40	14 Practice 3:40 pm	15 VAR Regionals @ Holmen TBD
16	17 No School Practice 3:40 pm	18 Practice 3:40 pm	19 Practice 3:40 pm	20 Practice 3:40 pm	21 Practice 3:40 pm	22 VAR SECTIONALS @ Eau Claire North TBD
23	24	25	26	27 Individual State Madison Kohl Center TBA	28 Individual State Madison Kohl Center TBA	1 Individual State Madison Kohl Center TBA
2	3	4 Wrestling + Banquet 6:30	5	6	7	8