

TOMAH WOMEN'S SOCCER



2025

HOWL at the MOON!

The Hunt

We will be confident and relentless as we pursue our team and individual goals. We will put in the work and then some, never to be outworked, and never willing to give up.

The Pack

“For strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.” - Rudyard Kipling

“I am a member of a team, and rely on the team. I defer to it and sacrifice for it because the team, not the individual, is the ultimate champion” – Mia Hamm

The Alpha

We will carry ourselves to a higher standard than others. We will take responsibility for the well-being of the team, and we will lead by example and with respect.

TEAM GOALS

- Win ALL home games
- Make Sectionals
- Go over .500 at home

Communication and Game Schedules

Remind app sign up:

Send a text to 81010 Text this: @egdcck

All matches times and dates can be found on the Activity Scheduler app

General Expectations

The co-curricular code and all eligibility rules and policies established by the WIAA and the Tomah School district will be followed.

Players are responsible for maintaining their academic eligibility.

In the case of a discipline referral:

- 1st referral - meet with coaches and extra conditioning
- 2nd referral – 1 game suspension and parent meeting
- 3rd referral – 2 game suspension and parent meeting
- 4th referral – removal from the team

Practice Expectations

Practice warm-ups begin at 4:00

Proper attire, shin guards, and hair tied back.

Must have your own water bottle and preferably not the plastic throw away bottles. We will have water jugs at practice to fill/refill your personal water bottle

Players and/or parents must notify the coach 24 hours prior to practice if unable to attend. Absences without having contacted a coach prior to the practice session will be marked unexcused.

- 1st unexcused will result in extra conditioning after practice
- 2nd unexcused will result in one game suspension and extra conditioning
- 3rd unexcused will result in a two game suspension
- 4th unexcused will result in removal from the team

Players must have been in attendance for the last half of the school day to participate in practice.

Game Expectations

Captains or team will decide how to dress for school on game days. All players are expected to participate.

Goes without saying, uniforms must be clean for every game. Players will be dressed in uniforms before boarding bus to away games.

Cell phones may be used on the bus, but will be silenced and stored away once team arrives at away facility. This includes managers.

Players may only be signed out by a parent or legal guardian. A parent or guardian will need to sign a form after the game for the coach to release them.

Who will letter?

Players entering a minimum of 3 varsity games

Players that have maintained a strong work ethic throughout the season.

Players with a coachable and positive attitude.

Players receiving an athletic code violation during the season will not be eligible.

*Coach's discretion applies to all circumstances listed.

Parent/Coach Communication

1st speak with your player about her concerns.

2nd player should speak with coach about their concerns.

3rd if concern has not yet been sorted parent should contact coach to set-up a meeting.

Appropriate Concerns For Parents To Address With The Coach

The treatment of your player

Ways to help your player improve

Concerns about your child's behavior

Areas Left To The Discretion Of The Coach And Will Not Be Up For Discussion

Playing time

Team tactics

Other players

Important Dates

1st official practice - March 24th

1st game – April 3rd

Parents' Night – April 24th

Senior Night – May 13th

Alumnae Game – May 23rd

Banquet – June 4th 6:00

Summer fundraising camp June 23rd – 25th (5:00-7:00 each night at Veterans Park)

Contacts

Varsity Head Coach: Kjetil Garvin

garvinkj@gmail.com Cell: 608/434-3707

Varsity Assistant Coach: Adam Gigous

Cell: 608/343-3103

Junior Varsity Head Coach: Paul Castro

Polcho777@gmail.com Cell: 608/487-3138

Junior Varsity Assistant Coach: Taylor Hancock

Cell: 608/343-6375

Facebook: Tomah High School Girls Soccer

Tomah High School Main Office: 608/374-7359

Tomah Athletic Director Brad Plueger: 608/374-7976