

WELCOME:

Welcome the 2025 Tomah HS Softball Season. We are excited you have chosen to participate in softball. We are looking forward to another year of competition on the field. The coaching staff is looking forward to do our best to help you be your best both on and off the field. Softball is a special sport that involves an individual game inside a team game. We are looking forward to being a part of your daughter's growth as a player and person.

TOMAH SOFTBALL HANDBOOK 2025

PACK on the HUNT

THE HUNT: We will give relentless effort and have a positive attitude in pursuit of our team and individual goals.

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. We will respect our teammates, parents, coaches, peers, opponents, and officials.

Team Goals:

- 1. Win Conference**
- 2. Get to Sectionals**
- 3. Winning record vs non-conference sectional opponents**

Individual Goals:

1. _____
2. _____
3. _____

COACHES	CONTACT
VARSITY HEAD COACH – DAN WALL	danielwall@tomah.education
V ASSISTANT – BRADY MATHISON	brady@on-wi.com
VARSITY RESERVE HEAD – NICOLE BLOOM	nicolebloom@tomah.education
VARSITY RESERVE ASSISTANT – SHANNON PERRY	shannonperry@tomah.education

SOFTBALL COACHING STAFF

REMIND TEXT NOTIFICATIONS:

TO SIGN UP YOU CAN SEND A TEXT MESSAGE TO THIS NUMBER **81010**

TEXT THIS MESSAGE: **@9383bb**

I/we will communicate with parents and players through REMIND messages when able, it will be used primarily for quick communication when and if there are any changes throughout the season. You are also able to send a text to the administrator of the account (CAOCH WALL) if you sign up for the app.

GENERAL TEAM RULES

ATTENDANCE:

Attendance is mandatory at all practices, games, and events run by Tomah Softball. There are a few acceptable reasons for missing practice such as illness, doctor's appointment (although during season we hope you can schedule them during non-practice time), or a death in the family. All other **excused absences are at the discretion of the coach.** You **MUST CALL OR TEXT** your coach **BEFORE** practice if you are going to miss practice. Work, vacations, hair appointments, and other non-school matters will be treated as unexcused absences. The sooner we know about scheduling conflicts (absences) the better equipped we will be for the team. Be up front about vacations etc. We will work with the athlete as much as we can.

All absences can and will affect playing time, especially unexcused. The coach has the final say on how these matters will be dealt with.

Practice Schedule:

When indoors, the schedule can change times, each player will receive a calendar of our practice times prior to the beginning of season. Some practices will be at 6:00 AM others might be at 7:30 at night. If any changes to the schedule happen you will be notified through REMIND. If we have a snow day or other school cancellation/late start/early dismissal. The practice for that date **MIGHT** be cancelled.

Rain Outs: In the case of rain outs, there will be an indoor schedule that we will notify players and parents as soon as we can. In some cases we might practice or in others we might cancel. Finally, other cases we might just bring in certain positions/levels to work.

DRESS CODE:

- Players are expected to wear ball pants for all practices. When we are outside it will be ball pants. Morning **workouts**, shorts are appropriate.
- Players will wear TOMAH GEAR, or at least Tomah colors for practices.
- Be prepared for Spring in Wisconsin, weather conditions change, locations of practices sometimes change, be prepared for all situations (hot, cold, snow, ????) it's Wisconsin in the spring.
- **Players will be responsible to have their own glove, batting gloves (if you wear them), bat, helmet, spikes, 1 pair black pants, 1 pair white pants, 1 pair gold socks. 1 pair black socks, and any other needed gear for their position. Most catchers have their own gear, again we have a few sets we can loan that the player would be responsible for during the season.**
- GAME: Only black sleeves will be allowed under the uniforms if you wear sleeves in a game.
- We have very nice **uniforms**, make sure to **wash and hang dry** after all games.

GENERAL CONDUCT

Priorities

- 1) Faith and Personal Beliefs
- 2) Family and Close Friendships
- 3) Academics
- 4) Tomah Softball

Only you can decide what your priorities are and what role these priorities play in your life. As your coach I will respect that your belief system, family, close friends and academics will take priority over softball. If there is ever a MAJOR conflict between those aspects of your life and softball, please communicate that with our coaching staff as soon as possible so that we can help wherever we can.

TEAM CONDUCT

WHAT YOU CAN EXPECT FROM COACHES

- HELP THE TEAM AND PLAYER REACH THEIR "CEILING"
- OPEN/HONEST COMMUNICATION

WHAT WE EXPECT FROM OUR PLAYERS

- EFFORT – be on time, give your best effort for that day
- GOOD ATTITUDE – show up with an attitude to learn, enjoy the process, have fun, be a good teammate
- COACHABLE- when a coach is talking give the respect and listen, eye contact is important as well as posture, if you have a question there are likely others as well, ask those questions to help your team
- RESPECT – take all practices, drills, and opponents seriously

WHAT WE EXPECT FROM OUR PARENTS

- Cheer for our team
- Let the coaches coach
- Praise your player for her effort
- Have a positive attitude
- Make sure your player is picked up from practices and events in a timely manner.

PRACTICE RULES:

- You must attend school in order to practice.
- You must be on time and prepared for all practices, games, meetings and weight room sessions outdoor practices at LaGrange begin no later than 4,
- If practice begins at 6:00am, you must be dressed, on the floor and ready to start at 6:00am. If you must miss a practice or will be late for any reason you must call before the beginning of practice. Please leave a message if we don't answer.
- Missed practices that are excused or unexcused may result in reduced playing time.
- If you miss an event/game excused or unexcused may result in reduced playing time.

TEAM PLAYER SELECTION/CUTS:

We will be offering **2 levels** for the foreseeable future. That means there is room for about 28 players

If we make cuts the main considerations will be effort and safety to the player. If you show great effort, coaches will notice and we will find a place on the team, this doesn't guarantee playing time, but we will enjoy players who are genuine in their excitement for softball and their effort. Talent takes a backseat to effort.

When evaluating what team a player will be on a number of considerations take place:

- Does it benefit both the team and the individual, team will outweigh individual
- Effort in practice
- Communication as a player
- AGE is not a consideration for making a certain team
- Future roles in the program

PLAYING TIME:

If there is ever to be a discussion about playing time it will be between player and coach(s). Coaches are at practices, and other events where athletes show how they can affect the team. Some decisions are made based on effort, others might simply be a match-up or other factors could be applied. Playing time is always up to the coaching staff.

Before asking about playing time, ask yourself **are you the first one at practice and the last one to leave?**

VARSITY LETTERING POLICY:

To Letter for the Tomah Softball Varsity Team, players must meet a minimum of two of the following requirements.

- 1. Play in 20% of the regular season varsity contests**
 - 2. Be a senior in good standing**
 - 3. Be on the roster for playoffs**
- **Players who suffer a season ending injury, or an injury that prevents them to meet one of the requirements may still letter if they otherwise would have met the requirement. These players would be expected to participate in team activities to the end of the season.**
 - **Players who receive athletic code violations during the season will lose post season award eligibility.**

TRANSPORTATION FOR GAMES/PRACTICES:

PRACTICES: players are responsible to get themselves to and from practice unless a bus is available for transportation to practice. Parents/players will be responsible for transportation FROM all practices.

GAMES: I prefer players ride the bus both to and from games, however if a player/family decides to have alternative transportation a call from a parent, or signature on the green sheet will be necessary. No texts.

The school district provides safe and reliable transportation.

Senior Banners: I want you to know that even though you get a senior banner you are not guaranteed a spot on the team. Jerseys will be available for that day, and will be returned that day. **Friday March 7 9-noon Tomah HS.**

ATHLETIC TRAINING ROOM

We will not have a trainer available for most if not all home events, this includes practices. If a student athlete needs to see the trainer we have a way to schedule, it would most likely be during the day at lunch.

We as a program will need to work hard to ensure that our players get needed services such as ice, tape, etc. Good preparation should result in good health. Skipping or skimping on things like our prehab routines could lead to future injuries. The weightroom is an important part of this as well.