

2026 Tomah Football Handbook

Discipline



Commitment

Effort

**One Team. One Standard.
Tomah Timberwolves football**

Core Philosophy: Accountability Through Three Pillars

1. DISCIPLINE — “Do the Right Things the Right Way, Every Time.”

Discipline is the foundation of our program. It is not something we turn on for games—it is built daily through habits, consistency, and attention to detail. Disciplined teams are fundamentally sound, mentally tough, and prepared to handle adversity.

What Discipline Looks Like:

- **Be a Student Athlete**
Every class, test, assignment is done with purpose. Details matter— Behavior, attitude, And want to be there to learn are key.
- **Be on time, prepared, and locked in**
Being early is expected. Being prepared is required. Meetings, practices, lifts, and games demand your full attention and intent.
- **Be coachable and accountable**
Accept coaching, respond to correction, and take ownership of your actions. No excuses—only solutions and improvement.
- **Represent the program with integrity on and off the field**
Your behavior in the classroom, community, and at home reflects this program. We expect discipline in how you speak, act, and carry yourself at all times.

Standard:

We do the little things right daily.

2. COMMITMENT — “Choose the Program Daily.”

Commitment is what separates average teams from great ones. It is a daily decision to invest in yourself, your teammates, and the program—even when it’s difficult, inconvenient, or uncomfortable.

What Commitment Looks Like:

- **Be present and engaged every day**
Show up consistently—not just physically, but mentally. Meetings, practices, lifts, and team events all matter.
- **Invest in year-round development**
Great players are built in the offseason. Strength training, speed work, skill development, and film study are non-negotiable for growth.
- **Put the team before yourself**
Sacrifice individual recognition for team success. Embrace your role and take pride in doing your job.

- **Support teammates and program events**
Commitment extends beyond the field—team meals, fundraisers, youth programs, and community involvement all build a stronger program.
- **Communicate and follow through**
Be reliable. If you say you're going to do something, do it. Trust is built through consistency.

Standard:

Learning is expected. Perfection is not.

3. EFFORT — “Maximum Effort is Non-Negotiable.”

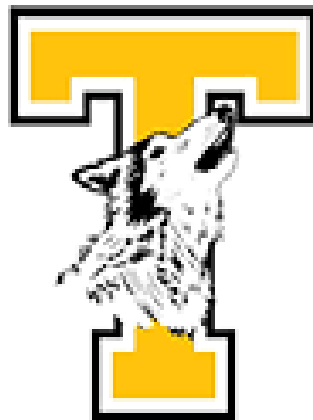
Effort is the one thing every player can control. It requires no talent, but it defines who we are. Our identity is built on playing fast, physical, and relentless from start to finish.

What Effort Looks Like:

- **Compete in every rep with urgency and intensity**
Practice like you play. Every rep matters—there are no “throwaway” plays.
- **Play fast, physical, and relentless**
We pursue the ball, finish plays, and compete with toughness. We do not take plays off.
- **Push through adversity and fatigue**
Effort is most important when you're tired. That's when it becomes a separator.
- **Encourage and elevate teammates**
Great effort is contagious. Energy, communication, and enthusiasm raise the level of the entire team.
- **Finish everything**
Finish drills, finish plays, finish games. We are a program that plays hard from the first snap to the last whistle.

Standard:

Your effort is your choice! You don't have to be the best—just give your best.



TEAM RULES

1. PROGRAM COMPLIANCE

All players must follow:

- Tomah School District co-curricular code
- All eligibility rules set by the WIAA
- Student handbook expectations

Failure to meet eligibility or code standards will result in disciplinary action up to removal from the program.

2. CONDUCT & SPORTSMANSHIP

- Always be a champion—**on and off the field**
- Represent the program with **class, pride, and integrity**
- Show respect to teammates, coaches, officials, teachers, and opponents
- Your behavior reflects this program in:
 - School
 - Community
 - Social settings
 - Online presence

Standard: We act like Tomah Football players at all times.

3. EQUIPMENT & LOCKER ROOM STANDARDS

- No cleats in the building
- Enter and exit through designated locker room doors (behind the middle school)
- Keep all equipment clean and maintained (Wash clothes weekly)
- Be responsible for all issued gear

Standard: Clean up all messes, not just your messes.

4. ACADEMICS, SCHOOL, & RECOVERY

- Attend school every day (No School= No Game/Practice)
- Be on time to all classes—no exceptions (Coach does check tardies weekly)
- Take responsibility for your academics:
 - Seek help from teachers, teammates, or coaches when needed
- Maintain proper sleep and recovery habits

Standard: Student comes before athlete—no school, no football.

5. PRACTICE & ATTENDANCE

- You must be in school to practice that day
- Be **early**, not on time:
 - If practice starts at 3:50→ you are walking down by 3:40
- Attendance is required for:
 - Practices
 - Games
 - Meetings
 - Team meals
- If you must miss:
 - **Communicate BEFORE** with a coach (we want the players doing this communication)

Missed Practice Policy:

- Missed practices = reduced playing time
- 3 unexcused absences = removal from team
- NO EXPECTATIONS

A. FOCUS & ATTENTION TO DETAIL

We expect players to be fully locked in from start to finish.

What this looks like:

- Eyes and attention on the coach when instruction is being given
- No talking when coaches or teammates are speaking
- Hustle between drills—no wasted time
- Understanding assignments before the rep begins

Standard:

Coaches will coach, players will play.

B. COGNITIVE ENGAGEMENT (KNOW YOUR JOB)

We are not just going through the motions—we are thinking, learning, and understanding.

What this looks like:

- Know your playbook
- Ask questions when you don't understand
- Learn from mistakes
- WATCH FOOTBALL to get a better understanding

Standard:

Know twice as much football and the end of the year then what you started the year with.

C. COMPETE & PUSH EACH OTHER

Iron sharpens iron. We make each other better.

What this looks like:

- Compete in every drill and rep
- Hold teammates accountable to the standard
- Bring energy and intensity to your group
- Embrace competition, not avoid it

Standard:

We don't compete against each other—we compete for each other.

D. POSITIVE & PRODUCTIVE TEAM ENERGY

Energy is contagious—make sure yours is helping the team.

What this looks like:

- Encourage teammates between reps
- Celebrate effort, toughness, and improvement
- Communicate clearly and **positively**
- No negative body language, complaining, or excuses

Standard:

Positive vibes only :)

6. COMMUNITY & PROGRAM RESPONSIBILITY

- Participate in youth football support (when scheduled)
- Be involved in:
 - Homecoming/Home Games
 - Recess Football
 - Program-building activities

Standard: We give back to the program that supports us.

7. ATTITUDE & EFFORT

- Bring a positive attitude every day
- Give maximum effort in:
 - Practice
 - Games
 - classroom
 - Everywhere.

Standard: It takes zero skill to try.

8. GAME DAY EXPECTATIONS

- Behavior is PERFECT at school. No Expectations.
- Athletes will wear Tomah gear or colors to school.
- Parents will talk to the player after the game.

Standard: Look like a team. Act like a team. Play like a team.

9. PLAYING TIME & COMMUNICATION

If concerns arise regarding playing time:

Step 1: Player meets with position coach

Step 2: Player + Parent meet with coach (after 48-hour rule)

Step 3: Player/Parent + Coach + AD meeting

24-Hour Rule:

No discussions will take place until 48 hours after the competition.

DISCIPLINE & CONSEQUENCE SYSTEM

“Accountability builds discipline. Discipline builds winning programs.”

Our program is built on **Discipline, Commitment, and Effort**. When a player fails to meet these standards, there will be consistent and fair consequences. The goal is not punishment—the goal is **accountability, growth, and maintaining our standard**.

LEVELS OF ACCOUNTABILITY

1. Level 1 – Correction (Minor / First-Time Behavior)

Handled immediately by coaches during practice or team activities.

Examples:

- Lack of focus or talking during instruction
- Poor effort in drills or in school
- Not hustling
- Minor equipment or locker room issues

Consequences:

- Verbal correction
- Rep done again correctly
- Short physical accountability (finish sprint, up-downs, etc.)

2. Level 2 – Warning & Accountability (Repeated / Disruptive Behavior)

Examples:

- Repeated Level 1 behaviors
- Negative body language or attitude
- Currently failing classes
- GETTING WRITTEN UP FOR ANY REASON (The coaches are teachers, we will find out)

Consequences:

- Individual meeting with coach
- Removal from drill or rep group

- Additional conditioning or accountability work
- Parent communication may begin

3. Level 3 – Team Impact (Serious or Continued Behavior)

Examples:

- Continued lack of effort or focus
- Disrespect toward teammates or coaches
- Unexcused missed practice or team activity
- Failure to meet academic or program responsibilities

Consequences:

- Reduced playing time
- Removal from portions of practice or game participation
- Required player/coach meeting
- Parent meeting required

4. Level 4 – Program Violation (Major Behavior)

Examples:

- Multiple unexcused absences
- Violation of school, WIAA, or team rules
- Serious disrespect, behavior, or conduct issues
- Actions that negatively represent the program

Consequences:

- Suspension from games or team activities
- Removal From team.

BEFORE YOU LEAVE, JOIN THE REMIND TO BE INFORMED OF CHANGES.

Text 81010 with the message @3g7k23c

IMPORTANT DATES:

2026 7TH GRADE FOOTBALL SCHEDULE

The schedule below is based on the current Bound schedule provided to the coaching staff. Families should watch official team/Bound communication for changes.

Date	Time	Event / Opponent	Location
Mon. Aug. 10	5:30 PM	Player/Parent Meeting	Tomah High School
Mon. Aug. 24	3:30 PM	First Practice	THS - Cramer Baseball Field
Tue. Sept. 15	4:15 PM	vs Onalaska MS	THS - McKean Field
Tue. Sept. 22	4:15 PM	vs Meadowview MS Sparta	THS - McKean Field
Mon. Sept. 28	4:30 PM	at Jack Young MS	Jack Young MS Football Field
Tue. Oct. 6	4:30 PM	at West Salem	West Salem HS - HS Combo Field
Tue. Oct. 13	4:30 PM	vs Longfellow MS	THS - McKean Field
Tue. Oct. 20	4:30 PM	at Aquinas MS	Holy Cross Seminary Field

EQUIPMENT HANDOUT

Monday, August 17, 4:00-6:00 PM at TMS. Players will receive equipment and locker assignments. The athletic department also identified August 18, 4:00-6:00 PM as a traditional equipment-handout window; any additional use of that date will be communicated by the coaching staff.

FUNDRAISING & PROGRAM SUPPORT

The Tomah football program emphasizes shared support of program activities and fundraising. Any middle-school-specific fundraising, concession, or volunteer expectations will be communicated to families by the coaching staff/athletic department.

CLOTHING / PRACTICE GEAR

Players should arrive with the clothing and footwear appropriate for the day's practice and bring only items permitted by the coaching staff. School-issued equipment must be cared for and returned when requested. Any required or optional team apparel information will be communicated through the team.