



TOMAH MIDDLE SCHOOL

CROSS COUNTRY

2026

“For the strength of the pack is the wolf, and the strength of the
wolf is the pack”

Coach Paulus

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Welcome to TMS Cross Country for the 2026 season. We, as your coaches, are very much looking forward to working with you and your teammates. We will work together to train, become successful, and competitive cross country runners.

While some of you have participated in school sports before, we want you all to remember that you are Student Athletes and that means being a student comes first. There will be periodic grade checks to ensure that you are staying current with your studies. In order to participate in the meets, you need to be in good academic standing.

The first day of practice will be on August 24th after school. **YOU MUST HAVE YOUR PHYSICAL DONE TO PARTICIPATE.** When you show up to practice, you should bring a water bottle, athletic clothing (remember the school dress code), wrist watch, and appropriate **running shoes**. If you have any questions on supplies of what you need, please don't hesitate to reach out. Practice will be held MO/TU/TH/FR 3:30-5:00 pm and Wednesday's from 2:30-4:00pm. A complete annotation of the practices is below and also scheduled in the Bound app.

The first few practices we will be working hard, it is very important to stretch, and stay hydrated. In addition to preparing for practices and meets, recovery after a workout is just as important. Our goal is to stay healthy and not sustain any injuries while working out. The workout schedule through the first meet is attached. We will use this workout schedule as a template, adjustments and changes can occur depending on how progress develops.

With workouts being designed to provide adequate training and muscle recovery, attendance to all practices is essential. The TMS absence policy is attached below. We fully understand that sometimes life can get in the way, so communication between athlete, parent and coach is key to success.

Lastly, we will use the Bound App to communicate. You as a parent and an athlete will be added to our messages when registration is complete.

We ask that you complete the last two pages and return it to us so we know a little bit about you. We look forward to the opportunity to be your coach and help you meet all of your goals.

Howl On!

Coach Paulus & Coach Ravenscroft

August							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week #
9	10	11	12	13	14	15	
	Player Parent Meeting @ THS						
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
	Practice 3:30-5:00PM	Practice 3:30-5:00PM	Practice 2:30-4:00PM	Practice 3:30-5:00PM	Practice 3:30-5:00PM		
September							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30	31	1	2	3	4	5	
		No School No Practice	Practice 2:30-4:00PM	Practice 3:30-5:00PM	Practice 3:30-5:00PM		1
6	7	8	9	10	11	12	
	Practice 3:30-5:00PM	Practice 3:30-5:00PM	Practice 2:30-4:00PM	Meet @ Sparta Meadowvie w 4:30 PM	Practice 3:30-5:00PM		2
13	14	15	16	17	18	19	
	Practice 3:30-5:00PM	Meet @ West Salem 4:15PM	Practice 2:30-4:00PM	Practice 3:30-5:00PM	Practice 3:30-5:00PM	Meet @ Brookwood 10:30AM	3
20	21	22	23	24	25	26	
	Practice 3:30-5:00PM	Meet @ Pettibone Park Lacrosse 4:30PM	Practice 2:30-4:00PM	Early Dismissal No Practice	No School No Practice		4
27	28	29	30				

	Practice 3:30-5:00PM	Meet @ Maplegrove Country Club 4:30PM	Practice 2:30-4:00PM				5
October							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	3	
	Practice 3:30-5:00PM	Meet @ Maplegrove Country Club 4:30PM	Practice 2:30-4:00PM	Practice 3:30-5:00PM	No Practice - Homecoming		5
4	5	6	7	8	9	10	
	Practice 3:30-5:00PM	Meet @ Tomah Steinhoff Fields 4:30PM	Practice 2:30-4:00PM	Practice 3:30-5:00PM	Practice 3:30-5:00PM		6
11	12	13	14	15	16	17	
	Practice 3:30-5:00PM Team Dinner Pasta	Conference Meet @ Tomah Steinhoff Fields 4:00PM	Uniform Turn In day and Last Practice				7

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TOMAH MS MIDDLE
SCHOOL BOYS
CROSS COUNTRY
2026-27



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SCHOOL GIRLS
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Be Equipment Ready

Have all equipment and clothing ready for a meet. Weather in the fall can change without notice. Pack and prepare the **night before** the meet so you don't rush at the last minute and end up forgetting something.

Some things to think about for packing: It helps just to have a bag for sports equipment

1. Uniform Top
2. Black Shorts
3. Running/Race Shoes
4. Warm Up/Cool Down Gear (Sweatpants/Long sleeve sweatshirt/jacket)
5. Extra Socks
6. Hat/Gloves/tights for cold weather
7. Snacks for after the race
8. Money for food if we stop on the way back

*****Over Packing is the best practice—it's better to have and not need, then to need and not have*****

Team Rules and Expectations:

1. Attendance is mandatory—be on time we run rain or shine
2. Respect Coaches, Teammates, opponents, officials, spectators, and the sport.
3. Report any injuries/aches/illness to coaches ASAP
4. Be positive and Stay positive
5. Work Hard, Have Fun!
6. Eat healthy, NO SODA in season
7. Push Teammates at practice and at meets
8. If you leave with your parents after a meet, you **Must Sign out With Coach!**

Absence Policy

- You are allowed one unexcused absence without penalty.
- If you are “absent unexcused” from school and/or practice the day before the meet or the day of the meet, you may not participate in that meet.

Unexcused Absence from Practice	Penalty
1	Verbal Reminder
2	Miss one Meet
3	Miss two meets
4	Ground for removal from the team

What is an unexcused absence?

1. Being absent without validation from school and/or practice
2. Missing practice without telling your coach. Your coach needs to be notified PRIOR TO PRACTICE (preferably before noon) of your planned absence.

For planned absences due to appointments or other personal conflicts, get a hold of your coach and talk with them. At the very most the workout for the day would be provided to you so you can complete it on your own.

Communication is key, we as coaches will do everything we can to communicate clearly with you as athletes and parents, so we ask that you do the same!

Cross Country Athlete Survey

First/Last Name: _____ Grade: _____

1. Have you participated in cross country before?

a. No

b. Yes: Number of seasons? _____

2. Did you run over the summer?

a. No

b. Yes

How many days per week? _____

How many miles (or minutes) per day? _____

Were you consistent all summer?

3. What is your cross-country race PR (Personal Record)? Include year if known.

Time: _____ Year: _____

4. Have you had any running related injuries?

a. No.

b. Yes, Describe:

5. Two individual or team goals for the season:

a.

b.

6. What motivates you to be the best that you can be?

7. Fun fact about yourself?

Student/Parent Athletic Contract

By signing my name below, I am stating I have read and understand the Tomah Middle School Cross Country Packet for the 2026-2027 school year.

Any questions I have will be communicated to the coaches,
This sheet **MUST** be returned to a coach (not the MS Office) on the first day of practice.

Athlete Name (Print): _____ Date: _____

Athlete Signature: _____

Parent Name (Print): _____ Date: _____

Parent Signature: _____