



Positions and Rankings

The top ten players will play on the First team. Players rank and position will be based on coach evaluation and results of challenge matches against teammates. We have 4 singles and 3 doubles team that make the first team.

Where:

Practice and home meets will be held at the High School Tennis Courts. Girls will walk down after school from the middle school. Please walk with a buddy or two. I will walk the girls down the first couple of days.

When:

- Practice will run after school from 3:45-5:15pm
- First day of practice is Monday August 24th (First Day of School)
- We will be released early from school for most away matches so prepare accordingly
- Pay attention to announcements and the Remind texts for changes to practices, matches, or other events

What to bring everyday:

- A Tennis Racket
- Water / Water Bottle
- Food / Snack
- Tennis Shoes
- Weather Appropriate Clothing (If the courts are not wet or covered with snow we will be outside)

Team Expectations

1. Listen to Coaches
2. Give your best effort
3. Support your teammates
4. Have fun

Be Ready

- Bring all of your equipment and attire necessary to participate in practice or a match
 - Dressed, ready, and water bottle full at the start of practice
 - Sign up for remind (download the remind app. Sign up and join the class
- by Texting @haag2627 to 81010.**

Be Responsible

- You are a member of our team and a student athlete. Your responsibilities as a student come first.
- Plan ahead for when you are going to miss school due to matches.



- Talk to your teachers at an appropriate time (before school, or after school) to figure out what you will miss if you are going to be gone during their class.
- Players are expected to be at practice unless an unexpected conflict arises such as sickness, family emergency, or with prior notification given to and accepted by the coach. It is as easy as sending me a text (this helps me plan practice accordingly)
- As a member of the Tennis Team you are expected to portray yourself with high standards of dignity and character at all times. This is not just limited to matches or other school and team functions.
- All players are expected to remain at the match site until all matches finish (unless special notification is accepted by the coach).
- You are part of a Tennis Team, cheer on your teammates and always be positive.
- During match play you are expected to follow all match rules. These will be taught and emphasized during practice.

Indoor Practices

- If and when we get rained out, expect to have indoor practice
- Indoor practice will be one of 2 options
 - Watching video / learning in my room 111 at the High School
 - A short workout in the high school

Information for Parents

- Please encourage your daughters. Tennis looks easy, but it is not. Encourage them before each match, encourage them after each match, no matter the outcome.
- Cheer! Yes, you can Cheer. Just remember to keep all cheering positive and between points. Cheer for your daughters good play not the opponent's mistake.
- After away matches the bus will bring them back to the Middle School entrance. If you attended the away match and wish your daughter to ride home with you there is a sign out sheet that you must sign before leaving with them.
- Practices and home matches will be at the High School courts.
- Players love your support, try to attend matches when possible.
- If paperwork allowing your daughter to play is not yet completed, please finish this as soon as possible.

All school rules, athletic rules, and bus rules adopted by the Tomah Area School District are in effect and will be enforced

Contact Information:

Coach Haag CarsonHaag@tomah.education Cell Phone: 608-498-2993

Call at decent hours or text at any time. Also, do not be offended if I do not pick up or respond right away because my phone is on silent most of the time.



Middle School Girls Tennis Schedule 2026

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	August 24 First Day of Practice 3:45-5:15pm	August 25 Practice 3:45-5:15pm	August 26 Practice 3:45-5:15pm	August 27 Practice 3:45-5:15pm	August 28 Practice 3:45-5:15pm	August 29
August 30	August 31 Memorial Day No School No Practice	September 1 Practice 3:45-5:15pm	September 2 Practice 3:45-5:15pm	September 3 Practice 3:45-5:15pm	September 4 Practice 3:45-5:15pm	September 5
September 6	September 7 Practice 3:45-5:15pm	September 8 Practice 3:45-5:15pm	September 9 Practice 3:45-5:15pm	September 10 4:30pm match VS Onalaska Home	September 11 Practice 3:45-5:15pm	September 12
September 13	September 14 Practice 3:45-5:15pm	September 15 4:30 match @Green Island Tennis Courts vs Aquinas	September 16 Practice 3:45-5:15pm	September 17 4:30 match @ Copeland Park vs Logan	September 18 Practice 3:45-5:15pm	September 19
September 20	September 21 4:30 match Home vs Longfellow	September 22 Practice 3:45-5:15pm	September 23 Practice 3:45-5:15pm	September 24 Cranfest no practice	September 25 Cranfest no practice	September 26
September 27	September 28 Practice 3:45-5:15pm	September 29	September 30 Practice 3:45-5:15pm	October 1	October 2 Practice 3:45-5:15pm	October 3



		4:30 match @ Onalaska middle school vs Onalaska		4:30 match Home VS Aquinas		
October 4	October 5 Practice 3:45-5:15pm	October 6 4:30 match Home VS Logan	October 7 Practice 3:45-5:15pm	October 8 10:00am 3 Rivers conference meet @ Greenisland Courts for the 10 first team girls	October 9 10:00am Make up day for 3 Rivers conference meet @ Greenisland Courts	October 10