

Tomah Middle School Volleyball

Player/Parent Handbook 2026

*This handbook is designed to accomplish three things: to outline the expectations for all our athletes, to improve communication between parents, players, and coaches and to pass along important information regarding the volleyball program.

8th Grade Coaching Staff

Lindsey Pergande

lindseypergande@tomah.education

Mary Streveler

MaryStreveler@tomah.education

Communication:

Bound App/Website

Remind App

7th Grade Coaching Staff

Courtney Leis

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Communication:

Bound App/Website

Remind App

*Please reference emails from Brad Plueger for instructions on how to use Bound.

*Remind information on the back page of packet

NON-NEGOTIABLES FOR ALL PLAYERS

- An up-to-date physical must be on file with the Activities Dept. before the player can participate
 - If the activities office does not have a physical, player will sit out of practice
- Players need 7 full practices before they can participate in a game.
- Players must read, comprehend, and abide the Athletic Code (available online)
- To play, athletes must maintain academic eligibility as set forth in the Activities Code
- Athletes must express appreciation and maintain respectful conduct when interacting with coaching staff (of our team as well as opponents), officiating, staff, fans, transportation personnel, and anyone else you may encounter while a member of this team.
- Attend & participate in all practices and matches (see below for guidance on necessary absences)

WHAT YOU CAN EXPECT FROM COACHES:

- **Our time, energy, expertise, and commitment to you as an athlete**
 - We will make all reasonable efforts to ensure this is a positive experience for you (players and parents) and to instruct each player to the best of our ability.
- **Constructive feedback and encouragement**
- **Fair playing time**

***Due to the implementation of a 6-2 game play, it is not guaranteed that players will play all positions during a game. Please refer to communication steps for questions.

 - We will strive to keep playing time fair to our best ability
 - Substitutions are an important part of the game
 - Subs may be made for each player; it is not punishment or a sign of a weak player.
 - The 7th and 8th Grade teams will be divided into an A team and a B team based on level of play. **Players may move between teams as the season progresses.**
 - Depending on the number of players, we may divide B team into B-1 and B-2 to maximize playing time. If this is the case, the B team NOT playing will still be expected to attend home games to support their team. Due to limited capacity on buses, the B team NOT playing away games *will not* be attending the away game.
 - Regardless of A/B assignment, we are all still ONE TEAM.
 - A few factors that will increase/lessen playing time are:
 - Attitude: listening to the coach, doing what is asked, remaining positive, encouraging to others
 - Effort: stay active in drills, hustle at all times, strives to improve.
 - Attendance: present at practice and excused if not (Note policy on Wed. practices)

- **Communication**

- We will use the Bound and Remind apps to stay in touch with players and parents.
- Cell phone numbers can be given to parents with medical conditions or other urgent conditions.
- Please see first page for more information

- **Early Dismissal/Cancellation Policy**

- If an early dismissal occurs, all practices and competitions (home or away) are canceled
- If school is canceled for the entire day, an administrative decision will be made by noon to determine whether practice/matches can be safely held.
- Notifications of changes to our schedule will be sent through Bound/Remind and posted in real time on the activities calendar via the school website.

EXPECTATIONS OF PLAYERS:

General Team Expectations (Extremely important!!)

- You give coaches, teammates, and your parents 100% effort every day
- Please address your coaches by Coach,
- You will have positive body language – we leave drama out of the gym
- You will communicate respectfully, verbal acknowledgement is a rule in the gym
- You will play with class and dignity. Inappropriate behavior will be addressed immediately
- Aggressive verbal or physical conflict is not tolerated – respect each person's space, privacy, and property.
- We are here to build each other up, not tear each other down. A team that tears each other down will not be successful. So, no matter how good the player is, we will take behavior and attitude into consideration for playing time. WE ARE FAMILY. You are not required to be best friends with everyone, but you WILL respect them.

- **Attendance**

- Attendance will be taken at each practice and match
- Attendance will directly affect playing time
- It is a firm expectation that players will be at all practices; however, illnesses and family emergencies arise. To be excused from practice, the parent/guardian must contact coaching staff prior to practice with the reason.
- Unexcused absences from practice/match will be documented by the coaching staff.
- Wednesdays are reserved for students to participate in other extra-curricular activities without penalty regarding attendance at that evening's practice
- If a player is absent from school, due to illness, for more than fifty percent of the school day (in minutes), the player is not eligible for practice or match that day.
- Other absences, not relating to illness, will be dealt with on an individual basis.
- Any unexcused absence during the school day will result in loss of participation that day.

- **Conduct (includes classroom and in-school behavior)**
 - Act in a way that is a positive reflection of your team and our school
 - Treat officials, line judges, opposing coaching staff and players with great respect
 - SOCIAL MEDIA: Talking about, posting about or circulating pictures in a negative way about a player in the program is not acceptable. There will be a discussion and consequences of some kind. Once teams are made, this is usually the time when players go crazy on social media. Do not post negative comments about teammates and assignments.
 - If you are being reprimanded at school for anything inappropriate regarding social media/phones, this will also carry over into volleyball.
- **Have the proper equipment and dress for practice and games**
 - No jewelry, hair up out of your face, (required match dress is most appropriate for practice)
 - Appropriate attire MUST be worn for practice and games: This means spandex shorts or leggings (NO bootie shorts), appropriate T-shirt, socks, kneepads, and appropriate footwear.
- **Care of Equipment and Facilities**
 - We will always leave a locker room, gymnasium, transportation in better condition than what we entered it in.
 - Nets are set up and put away neatly and correctly every day. No one leaves practice/home games until this is accomplished.
 - Athletes are responsible for the care and laundering of uniforms issued to them. Uniforms should be washed in cold water to avoid discoloration and air-dried to avoid damaging elastic.
- **Keep yourself healthy**
 - Take a warm shower after every practice and game
 - Report all injuries to a coach immediately
 - Hydration is important to maintain your best performance
 - Get plenty of rest, especially the night before a game. 8 hours is recommended.
 - Eat healthy foods – do not starve yourself, you need calories to be healthy, build muscle, and have energy
- **Academic Eligibility (per Activities Code)**
 - Middle School students will become academically ineligible for a minimum of five scheduled school days and nights if they have more than one failing grade at mid-quarter.
 - Previous year 4th Quarter grades do carry over into the current year.
 - Middle School students will become academically ineligible for a minimum of eight scheduled school days and nights if they have any failing grades at the quarter grading period.
 - If a student has one F, she may participate if their grade point average for the current grading period is 2.75 or above.
 - A student must pass all the courses she is presently enrolled in to regain academic eligibility.

PRACTICE GUIDELINES:

- **Transportation:**
 - 7th grade practices will be at LaGrange Elementary; 8th grade practices will be at TMS
 - 7th graders are to change into their practice clothes at the Middle School then board the bus to head to LaGrange for practice; the bus will depart the Middle School at 3:50 pm.
- **Start time:**
 - Practice will start at 3:30pm (upon arrival for 7th graders)
 - Players are to set up nets upon entering the gym for practice
- **Release time:**
 - Athletes will be released no later than 5:30 pm from practice
 - Athletes will not be released until all nets and equipment are put away properly
 - 7th grade parents will need to pick their athletes up at LaGrange at 5:30pm after practice as there is no late bus
- **Other:**
 - Practices are closed to spectators to ensure players are focused on the drills and skills being demonstrated
 - To keep practices moving at a high-tempo, players will shag balls while rotating through drills
 - Hustle at all times (no walking, players are expected to be running)
 - Be at practice every day (see attendance expectations above)
 - Cell phones are not to be accessible during practices
 - Take practices seriously – play with enthusiasm and positivity

GAME GUIDELINES:

- Middle school matches consist of 6 sets (first 3 for B Team, second 3 for A Team)
- **A and B teams will be expected to be in the bleachers to watch their teammates play.**
- Injured players not competing are still expected to be at every practice and game and assist the team as physically able.
- Officials and line judges will be treated and spoken to with great respect.
- Cell phones are not to be accessible during a match.
- **Away Games**
 - Players will be released from class as necessary and given ten minutes to change and be on the bus ready to depart the Middle School
 - Athletes going home with their parents MUST sign out with their coaches.
 - **For your child to ride home with another family after a game, coaches must be informed 24 hours in advance either on Bound/Remind, email, or a written note.**
 - Players are allowed to eat on the bus. It is recommended to bring a healthy snack to eat before the match and something for after as well
 - Do not plan on stopping for food following matches; more often than not, we do not stop.

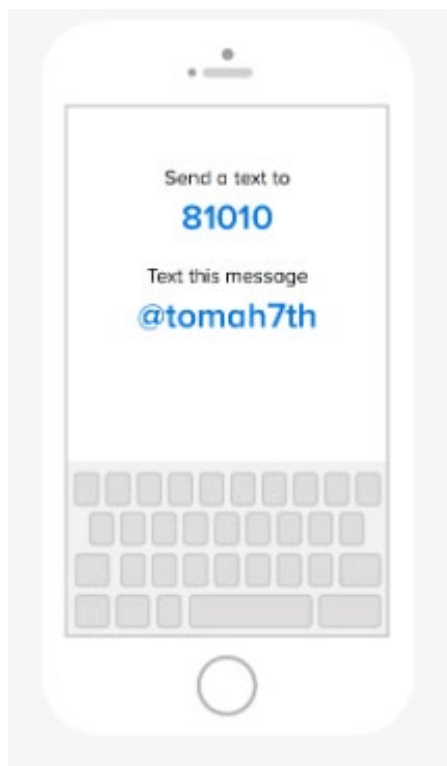
- Your player will notify you of our estimated arrival time back to the Middle School along with the coach using the Bound/Remind App following the game to lessen your wait time. Please be respectful to the coaches' time and be on time picking up your player as we have commutes and families.
- **Home Games**
 - Players will be dismissed from class and expected to change into their match uniforms promptly.
 - 7th graders will board a bus to transport to LaGrange Elementary or they will walk as a team down to the high school.
 - Upon arriving in the gym, players will immediately assist with setting up nets and/or receive instructions from coaching staff.
 - There is not a bus to transport 7th graders back to the Middle School after home games at LaGrange Elementary. Be prepared to pick your athlete up following home games at LaGrange.
- **Expressing concerns or issues**
 - We encourage the athlete to bring their concerns directly to coaching staff. We will work with them to come to a resolution and/or compromise.
 - 24 Hour Rule Players & Parents: If you are unhappy, do not contact a coach until 24 hours after a game. Face-to-face meetings will last no longer than 15 minutes.
 - Communication for concerns should be as follows:
 - Step 1 – Player + coach discussion
 - Step 2 – Player/parent + coach discussion AFTER 24-hour rule
 - Step 3 – Player/parent + coach + athletic director

LOGISTICAL NOTES:

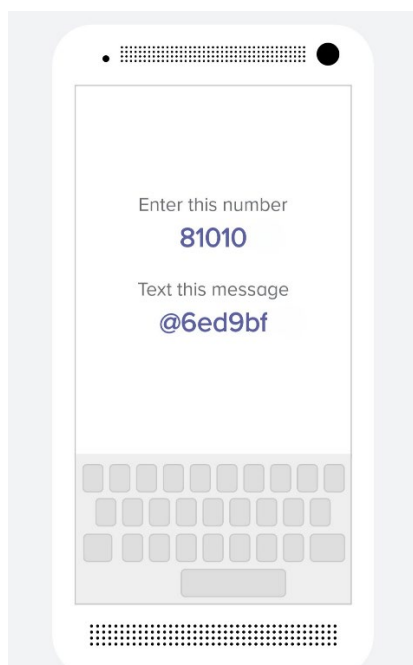
- **Team / Player Photos**
 - Photos will be taken on September 18th, 2022. 7th and 8th grade photos will be at TMS. **All players will need to be picked up at TMS on September 19th at the end of practice.**
 - Coaching staff will send home forms for photos.
- **Team Gear / Clothing Order**
 - Uniform tops are provided; players are responsible for providing shorts/spandex or leggings (solid black, small logo ok), knee pads, and tennis shoes.
 - Clothing order link will be sent out via Remind.

***On Tuesday, September 15th, coaches would like to have all 7th and 8th grade volleyball players attend the High School Varsity game at 7:00. This is a great opportunity for our teams to see the level of play they will have once they get to high school. The girls can wear their uniform or any other Tomah gear. We will sit together as a team to support varsity. All players get in free to the game but are welcome to bring money for concessions. If you have questions, please feel free to reach out.

Remind: From your phone, send the correct text message to 81010 to join.



7th grade



8th grade

8TH GRADE August

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	3	4	5	1
2	3	4	5	6	7	8
9	10 Player Parent Meeting @5:30	11	12	13	14	15
16	17	18	19	20	21	22
23	24 1st PRACTICE @ Middle School 3:30-5:30	25 PRACTICE @ Middle School 3:30-5:30pm	26 PRACTICE @ Middle School 3:30-5:30pm	27 PRACTICE @ Middle School 3:30-5:30pm	28 PRACTICE @ Middle School 3:30-5:30pm	29
30	31 PRACTICE @ Middle School 3:30-5:30pm					

8TH GRADE September

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PRACTICE @ Middle School 3:30-5:30pm	2 PRACTICE @ Middle School 3:30-5:30pm	3 PRACTICE @ Middle School 3:30-5:30pm	4 PRACTICE @ Middle School 3:30-5:30pm	5
6	7 LABOR DAY NO PRACTICE	8 PRACTICE @ Middle School 3:30-5:30pm	9 PRACTICE @ Middle School 3:30-5:30pm	10 HOME GAME @Tomah Middle School 4:15pm vs Sparta	11 PRACTICE @ Middle School 3:30-5:30pm	12
13	14 AWAY GAME @ Westby High School 4:30pm vs Westby	15 PRACTICE @ Middle School 3:30-5:30pm **Varsity Game 7:00 HS	16 PRACTICE @ Middle School 3:30-5:30pm	17 HOME GAME @ Tomah Middle School 4:30 vs Holmen	18 *PICTURES* PRACTICE @ TOMAH MIDDLE SCHOOL 3:30-5:30PM	19
20	21 HOME GAME @ Tomah High School 4:15 vs West Salem	22 AWAY GAME @ Winona Middle School 4:45pm vs Winona	23 PRACTICE @ Middle School 3:30-5:30pm	24 *NO PRACTICE CRANFEST*	25 *NO PRACTICE CRANFEST*	26
27	28 HOME GAME @ Middle School 4:30pm vs Aquinas	29 PRACTICE @ Middle School 3:30-5:30pm	30			

8TH GRADE October

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 AWAY GAME @GET Middle School 4:45 vs G-E-T	2 PRACTICE @ Middle School 3:30-5:30pm	3
4	5 PRACTICE @ Middle School 3:30-5:30pm	6 HOME GAME @Tomah Middle School 4:45pm vs Holmen	7 PRACTICE @Middle School 3:30-5:30pm	8 AWAY GAME @ Logan Middle School 4:15pm vs Logan	9 No Practice - Homecoming parade @4pm	10
11	12 PRACTICE @Middle School 3:30-5:30pm	13 HOME GAME @ Tomah Middle School 4:45pm vs Longfellow	14 PRACTICE @Middle School 3:30-5:30pm	15 AWAY GAME @ Onalaska Middle School 4:30pm vs Onalaska	16 End of the year scrimmage/ party @TBD 3:30-5:30pm	17
18	19	20	21	22	23	24
25	26	26	28	29	30	31

* "B" TEAM MATCHES WILL BE PLAYED BEFORE "A" TEAM MATCHES

*JERSEY'S WILL BE HANDED IN AFTER LAST GAME OF SEASON!

7TH GRADE August

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	3	4	5	1
2	3	4	5	6	7	8
9	10 Player Parent Meeting @5:30	11	12	13	14	15
16	17	18	19	20	21	22
23	24 1st PRACTICE @ LaGrange 3:30-5:30	25 PRACTICE @ LaGrange 3:30-5:30pm	26 PRACTICE @ LaGrange 3:30-5:30pm	27 PRACTICE @ LaGrange 3:30-5:30pm	28 PRACTICE @ LaGrange 3:30-5:30pm	29
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

***BUS WILL BRING THE GIRLS FROM THE MIDDLE SCHOOL TO LAGRANGE FOR PRACTICE. PARENTS PICK UP GIRLS AT LAGRANGE AT THE END OF PRACTICE. PLEASE BE TIMELY!**

*** “B: TEAM MATCHES WILL BE PLAYED BEFORE “A” TEAM MATCHES**

***JERSEY’S WILL BE HANDED IN AFTER LAST GAME OF SEASON!**