

TOMAH VOLLEYBALL

2026 TEAM HANDBOOK



YOU'RE EITHER GETTING BETTER OR WORSE. I DON'T THINK YOU STAY THE SAME IN SPORTS. IF WE WANT TO ACHIEVE SOMETHING SPECIAL IN THE GAME, THEN THOSE PLAYERS HAVE TO RECOGNIZE THAT THEY'RE RESPONSIBLE EVERY DAY FOR GETTING BETTER.

RUSS ROSE

2026 Season Coaches

Head Coach: Sarah Walters	608-343-1311 / sarahwalters@tomah.education
Assistant Coach: Kari Johnson	608-387-0713 / kjvballwi@gmail.com
JV Coach: Abigail Schroeder	608-343-2879 / AbigailSchroeder@tomah.education
JV2 Coach: Chelsea Cossette	608-343-5849 / Chelsea_cossette@yahoo.com
JV3 Coach: Shannon Perry	608-343-1283 / shannonperry@tomah.education

Remind Text Communications

Communication will be primarily sent through Remind. All updates with schedules, practices, etc will be communicated this way. There will be very few emails sent out to teams. Please make sure parent(s) AND players are on this ASAP.

Send a text message to this number: **81010**

Type in message line: **@vbtomah**

Season Rules and Expectations

General Team Expectations

1. You give coaches, teammates, and your parents 100% effort every day
2. Please address your coaches by Coach,
3. You will have positive body language – we leave drama out of the gym
4. You will communicate respectfully, verbal acknowledgement is a rule in the gym
5. You will play with class and dignity. Inappropriate behavior will be addressed immediately
6. Aggressive verbal or physical conflict is not tolerated – respect each persons space, privacy, and property.
7. 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, 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.

Practice Expectations

1. Registrations and physicals MUST be done before the season or you are unable to participate – no exceptions!
2. Show up on time and be prepared. All players help set up nets, so be dressed, water bottles filled, snack eaten, bathroom break done and ready and get out and help. Do not doddle after class. We start practice at 3:40.
3. We are here to have fun – AND – we are here to work hard, be competitive, and take our training seriously. Do not waste the time of coaches or teammates.
4. Phones are to be in your backpack/locker as soon as you get into locker room. No pictures allowed at any time in the locker room. Parents, if there is an emergency, please call or text my phone as I will try and check it every so often.
5. You must wear appropriate practice attire: This means spandex shorts or leggings (NO bootie shorts), appropriate T-shirt, socks, kneepads, and appropriate footwear. Ankle braces are not required, however, sprained ankles are the most common injury in volleyball – so it is highly recommended, especially for hitters. Elbow/arm sleeves are not required, but recommended
6. NO JEWELRY – this is a WIAA rule for matches, so we have the same rules at practice to be consistent. NO exceptions are made. If you are worried about a new piercing, you will have to buy plastic post holes (the only thing allowed).
8. Hair must be tied back. You are athletes, hair in your face is a distraction.
9. If you are sitting out of a practice due to an injury, you are expected to still be at practice, helping with what you can and being a positive voice for your teammates. If you have a lot of homework, let us know and we will allow you to do that in the gym if you wish.
10. WE CONDITION. A lot. You will need running shoes as well as volleyball shoes. If you feel like you are going to pass out or throw up, you are free to break, however, if this is done often, we will have a hard time evaluating where you fit into a team. It takes work and stamina to play volleyball the way it was meant to be played.
11. If you have physical restrictions, we must have a doctors note so that we know what protocol to follow. If you have an inhaler, epi-pen, etc., please keep it available and let coaches know where it is in case of emergency.
12. Only water is allowed during practice, no Gatorade or other drinks

Practice rules:

- a. You must attend school for more than half a day to practice (or play in a match)
- b. Any missed practices will be required to be made up in the gym and signed by gym supervisor (workouts will be provided at the first practice)
- c. Any unexcused absences will result in loss of playing time
- d. YOU or a parent/guardian must notify us of an absence, not a friend
- e. 3 unexcused absences and you will be dismissed from your team
- f. Missing a lot of practices, even excused, may also result in loss of playing time.
- g. Practices are NOT optional.

Match Expectations

1. The most common concern is playing time. Do not email coaches about playing time. If there are any questions about playing time, the player is required to address it with a coach respectfully. Ask how to get more playing time, how to improve, etc. Players need to be responsible for these conversations, and then take accountability and be responsible to communicate back home.
2. The next most common concern is rotations. Putting together a line-up is not easy. Both skill level, attitude, AND mental readiness is a consideration. There are many pieces of a puzzle we are trying to fit together to give us what we feel is the best chance for success. We choose teams based on positions and depth. Not everyone serves, not everyone plays equal, not everyone gets to play where they want. HS volleyball is not an equal playing game – it's the nature of the beast.
3. If you are upset about something that occurred during a match, we require 24 hours to pass before you communicate to us. This is to help get things into perspective so that we can have a productive conversation. If you disrespectfully approach any coach directly after a match, we will walk away and not engage. Communication for concerns should be as follows:
 - a. Step 1 – Player + coach discussion
 - b. Step 2 – Player/parent + coach discussion AFTER the 24 hour rule
 - c. Step 3 – Player/parent + coach + AD
4. **Game Day:**
 - a. Players must wear all black spandex shorts (or leggings) in which the logo (can be white) is smaller than 1". No other colors or designs will be acceptable
 - b. Players must wear school jersey, and take care of them (wash in cold, air dry) ALWAYS BRING BOTH JERSEYS
 - c. Players must wear all white kneepads, arm sleeves, ankle supports, and socks
 - d. No jewelry is allowed, not even small earrings.
 - e. Game Day Dress: Home games we dress up, or seniors decide attire. No jeans or sweatshirts. Away games we wear Tomah athletic apparel
5. **Game eligibility:**
 - a. You must be compliant with the athletic code – violations or academic ineligibility will result in loss of match participation
 - b. If you miss a match/event, you will sit out the following match – for example, if you miss 2 matches due to a vacation or appointment, you will sit out the following 2 matches. The only exceptions to this rule are illness, funerals, and family emergencies.

- c. If you have been out due to injury, you must practice before you play in a match. For example, if you sat out of practice Monday, Tuesday, Wednesday and say you feel better for Thursday's match, you will not play and/or trainers will decide when and how you can get back into playing

Team Selections

1. This is the hardest part of being a coach. Please know that careful considerations are taken when forming teams – all efforts by players are respected and appreciated
2. Coaches will meet with players to notify them of their placements after Thursday's practice. Any player who is cut from the program (if necessary) will be met with individually in person at that time
3. We will plan to have 4 teams this season (V, JV, JV2, JV3) This is determined at a later date.

Varsity Lettering Policy

To letter for the Tomah Varsity volleyball team, players must meet a minimum of two of the following requirements:

1. Play in half of the regular season varsity contests
2. Be a senior in good standing
3. Be on the roster for playoffs
4. Be a role player whose contributions are overwhelmingly productive to team success (determined by head coach)

*Players who suffer a season ending injury, or an injury that prevents them from meeting one of the requirements, may still letter if they otherwise would have met the requirement.

* Players who receive athletic code violations or are academically ineligible may lose their varsity letter (circumstances will be investigated)

In the Classroom and Off the Court:

1. Have good attendance and good grades
2. Be engaged in school and healthy activities
3. Be respectful, responsible, and have a positive attitude
4. Get to know your teammates
5. Take care of your body:
 - a. Get at least 8 hours of sleep
 - b. Eat healthy foods – do not starve yourself, you need calories to be healthy, build muscle, and have energy- Food fuels your body, you need it!
 - c. Do not eat high salted foods before a match – they drain your system of oxygen
 - d. 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.
 - e. If you are being reprimanded at school for anything inappropriate regarding social media/phones, this will also carry over into volleyball.

Handbook agreement

I _____ have read and agree to and understand the information in the volleyball handbook.

Athlete Signature

Date

Parent Signature

Date