

Tomah High School Cross Country



2026

2026 THS Cross Country Coaches Contact Information

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Follow us on Facebook and Instagram

Please join the Tomah Timberwolves Cross Country Facebook page “Tomah Cross Country.” On Instagram, search XC Tomah. We will use these public pages to showcase and celebrate our team’s successes.

**BOUND will be the primary form of
communication moving forward.**

Parents can still contact me via my cell, if needed. Athletes can only
contact me through messaging on BOUND - it’s the law!

**Every parent and every athlete with a phone
should use BOUND**

2026 SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 16	17 <u>Practice Starts</u> 6:30-8:00 am & 5:00-6:30 PM *LINK CREW 7:45 am	18 6:30-8:00 AM & 5:00-6:30 PM	19 6:30-8:00 AM & 5:30-8:00 PM Team Party	20 6:30-8:00 AM & 5:00-6:00 (8?)PM *Alt date for team party	21 6:00-7:00 AM Freshman Orientation & LINK CREW	22 7:30-8:30 AM
23	24 3:45-5:30 First Day of School	25 3:45-5:30	26 Early Dismissal 2:45-4:30	27 3:45-5:30	28 3:45-5:30	29 MEET @ MGV 10:00 AM
30	31 3:45-5:30 Team Meal	SEPT 1 3:45-5:30	2 Early Dismissal 2:45-4:30	3 Meet @ Vernon County Fairgrounds 5PM	4 3:45-5:15	5 6:00-7:15 AM
6	7 TBD NO SCHOOL	8	9 Early Dismissal	10 3:45-5:15	11 3:45-5:15	12 MEET @ Menomonie HS 9:30AM
13	14 3:45-5:15	15 3:45-5:15	16 Early Dismissal	17 3:45-5:15	18 3:45-5:15	19 <u>Smiley Invite</u> <u>MEET in</u> <u>Wausau</u>
20	21 3:45p - 5:15p	22 3:45p - 5:15p	23 Early Dismissal	24 NO SCHOOL	25 CRANFEST NO SCHOOL Night Race Marshfield	26 No Practice Cranfest
27	28 3:45-5:15	29 3:45-5:15 *Grade check!	30 Early Dismissal			

				OCT 1 3:45-5:15	2 3:45-5:15	3 No Practice
4	5 Homecoming week Powder Puff game	6 3:45-5:15	7 Early Dismissal	8 3:45 - 5:15p	9 HOCO Parade No practice	10 MEET @ WIS RAPIDS @ 10:00a HoCo dance
11	12 3:30-5:15 *TEAM MEAL*	13 3:45 - 5:15p	14 Early Dismissal	15 MVC MEET @ MGV @ 3:45	16 3:45 - 5:15p JV Uniform turn in	17 <u>No Practice</u>
18	19 3:45 - 5:15p Varsity Only Practice	20 3:45 - 5:15p	21 Early Dismissal	22 4:00p - 6:30p Varsity Meal	23 3:45- 5:15p	24 <u>SECTIONAL MEET @ Stevens Point</u>
25	26 Practice for the week: TBD	27	28 Early Dismissal	29	30 No School	31 <u>STATE @ WIS RAPIDS</u>

*Schedule may change depending on weather and other variables.
Remind app will be used to communicate all changes.

****Tentative Banquet date: Tuesday, November 10 @ 6PM**

Location TBD

Team Rules & Athlete Expectations

Team Rules

- Attendance at practice is mandatory. We do not have optional practices. If coaches are there, you should be there. We are a TEAM!
- **BE ON TIME!**
- Come properly dressed for practice and meets (Rain or shine)
- Respect the coaches, teammates, opponents, officials, spectators and the sport of cross country. Team first, support each other.
- Report any injuries, aches, and/or illness to the coaches
- Athletes must be in good academic standing
 - In the classroom, **represent our team well.** Be respectful to your teachers and classmates. Go to class prepared, participate in class discussions. School work and grades come before any sport. Remember, you are a “STUDENT-athlete.”
- Refrain from alcohol/tobacco/drugs/steroids/performance-enhancing substances.
- Racist/sexist/homophobic/xenophobic/anti-LGBTQ comments are grounds for dismissal from the team

Athlete Expectations

- Be positive and stay positive
- Work hard at practice and on race days
Have fun!
- Communicate & be honest. If something is in the way of coming to practice or a meet, please talk to me.
- Support your teammates
- Nutrition is important. Eat a healthy breakfast & lunch. Post workout nutrition is crucial for muscle repair! A lot of demands will be placed on your body, FUEL it properly!
- Sleep is equally important! Put that phone away, stretch and get to bed.

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

BE “EQUIPMENT READY”

Have all equipment for the meet ready ahead of time. We strongly recommend that you pack your duffle bag with what you need the night before the meet to avoid rushing around and forgetting something the day of the meet.

Included in those things to pack are:

1. UNIFORM TOP, SHORTS and WARM-UP
2. RACING SHOES
3. SWEATSHIRT, SWEATPANTS, LAYERS, WARM CLOTHING
4. EXTRA SHOES
5. EXTRA SOCKS
6. LONG-SLEEVE TOP, RUNNING TIGHTS (BLACK if wearing under uniform)
7. STOCKING CAP
8. GLOVES OR MITTENS
9. HEALTHY FOOD/SNACK
10. RAIN JACKET, LARGE GARBAGE BAG (if necessary)
11. SCHOOLWORK (TO WORK ON DURING BUS TRIP)
12. SPECIAL ITEMS (ATHLETIC BRACES, PRESCRIPTIONS, INHALERS, ETC.)
13. BRING MONEY FOR FOOD OR YOUR OWN SNACKS

OVERPACK! Better to have it and not need it, than to need it and not have it.

“The will to win means nothing without the will to prepare.”

-Juma Ikangaa



THS CROSS COUNTRY LETTERING CRITERIA

THE ATHLETE MUST:

* No code violations or academic restrictions at any point during the season

AND

* Have no more than 1 (one) unexcused absence (meaning, if you were at school then you will be at practice)

AND

* Have a 5K time that is faster than 26:21 for girls (8:30 per mile) or 21:42 for boys (7:00 per mile)

AND MEET ONE OR MORE OF THE FOLLOWING:

* Place at the Conference Meet (Top 21) or Sectional Meet (Top 38)

OR

* 5K Time: 23:15 for girls (7:30 per mile) or 18:36 for boys (6:00 per mile)

OR

* Obtain a minimum of **10 team points** under the Point Scoring System (See Next Page)

OR

* Make the Top 21 List or **improve** your previous time on the Top 21 list

OR

* Have been a member of the CC team for **4 consecutive seasons**

**** The coaches have the final say in earning a letter and can take other factors into account when making a decision ****



THS CROSS COUNTRY LETTERING POINT SCORING SYSTEM



THE ATHLETE WILL NEED TO GET 10 POINTS TO LETTER UNDER THIS
SYSTEM

POINTS AT AWARDED AS FOLLOWS:

- 1 POINT FOR COMPETING AS A VARSITY RUNNER (THERE ARE 7 REGULAR SEASON MEETS PLUS SECTIONALS & STATE)
- 1 POINT IF YOUR TIME BEAT A VARSITY RUNNER AND YOU COMPETED AT THE JV LEVEL
- 1 ADDITIONAL POINT FOR FINISHING IN THE TOP 50% OF THE FIELD
- 1 MORE ADDITIONAL POINT FOR FINISHING IN THE TOP 25% OF THE FIELD
- 1 MORE ADDITIONAL POINT FOR FINISHING IN THE TOP 10% OF THE FIELD
- 1 MORE ADDITIONAL POINT FOR WINNING THE RACE

Maximum Points per race: 5 points

Maximum Points per season: 55 points

*“When you think your legs can’t run
anymore, run with your heart”*

-Audrey Springer

ABSENCE POLICY

- You are allowed one unexcused absence without penalty
- If you are “absent unexcused” from school and/or practice the day before a meet, you may not be able to participate in that meet
- **** 2 unexcused lates = 1 unexcused absence****

Unexcused Absence	Penalty
1	Verbal reminder
2	Miss one meet
3	Miss two additional meets
4	Potential grounds for removal from team

What is an unexcused absence?

1. Being absent without validation from school and/or practice
2. Missing a practice for work, drivers education, or another avoidable excuse
3. Missing practice without telling the head coach. Your coach needs to be notified PRIOR TO PRACTICE. Text through REMIND or my cell before 12p (Noon), otherwise a phone call, voicemail

If you absolutely MUST miss a scheduled practice because of an appointment that cannot be changed, let Coach know well ahead of time. Then make plans to make up that workout.

“Hard work beats talent when talent doesn’t work hard”

-Unknown

THS Cross Country Mission

The mission of Tomah Cross Country is to build strength in character through the sport of running. As a team, we foster personal growth through commitment and support of each other, our school and our community.

Our Core Values: CROSS

Commitment is the foundation of our program. Show up for all practices and meets. Show up for each other. Commit to year-round development. Support our program by participating in fundraising, community events and youth programs.

Respectful. Respect for our sport, your teammates and coaches is essential. Be fully present at practice and meets. Complete every workout with the intensity it deserves.

Optimistic. Optimism brings good energy. Good energy is crucial in this difficult sport. When we build each other up, we all rise.

Selfless. Selflessness turns individuals into a team. there is power in numbers. Each athlete has the ability to make string impact on our team and in our program.

Strong. Strength comes from challenging each other and holding each other accountable. Push each other to be the best version of themselves in our sport and in life.

“Don’t let what you cannot do interfere with what you can do.”

- John Wooden

Information for Parents

- Please signup to help for a team meal & post-meet nutrition.
- Please feel free to contact Coach Schanhofer with questions/concerns. If it is your athlete who has some concerns, encourage them to speak directly to me first. If that doesn't resolve the issue, then the parent should reach out to me.
- Support your athlete with healthy food & plenty of rest.
- Please encourage your athlete. Cross country is hard. Being a teenager is hard. School is hard. Encourage before the race, appreciate their effort afterwards.
- After meets your athlete can ride home with you, I would just rather they ride the bus with the team. If taking your athlete, sign the sheet before leaving. The bus will provide transportation back to THS following each meet.
 - Please be prompt in picking up your runners at THS following a meet. The coaches will remain at THS until all athletes have been picked up; but remember, the Coaches also have to return home to their families!
- Your runners love to have your support during races. Come, cheer us on whenever possible.

A few supportive things your runner needs to hear on the good days and especially the rough ones:

“I am so proud of you.”

“I believe in you.”

“That was impressive!”

“I love your effort!”

“You gave it everything you had.”

“I enjoy watching you run.”

“I can see your progress!”