Tomah Middle School Boys Basketball

8th Grade Coaches: Allen Ely

7th Grade Coaches: Carlos Santiago

2026

"Hard work is who you become when no one is watching"

HARD TO PLAY AGAINST US, EVEN HARDER TO PLAY FOR US!!

Coaching Philosophy

My goal is to help every player grow as a basketball player, teammate, and person. We'll work hard, learn together, and build a team where everyone feels valued, respected, and safe. What I ask of our team

1. Communicate with honesty and respect. Listen when others speak, ask questions when you need help, and talk through challenges calmly—on and off the court.
2. Respect everyone. Treat teammates, opponents, coaches, officials, and families with dignity, whatever the score or situation.
3. Bring effort and focus. Give your best practices and games. Effort means being ready to learn, stay engaged, and continue to work when things get difficult.
4. Be dependable. Arrive on time, come prepared, follow through on your responsibilities, and let a coach know when you need help.
5. Put the team first. Celebrate others' success, encourage teammates, and take pride in the work that helps the whole group—even when it doesn't show up in the box score.
6. Learn from mistakes. Mistakes are part of improving. Own what happened, listen, make an adjustment, and focus on the next play.
7. Stay coachable. Be open to feedback and willing to try new things. Coaches will listen to players, explain what we're working on, and help each player find ways to contribute.
8. Competewith character. Play hard and courageously while staying composed. We control our attitude, effort, and response to adversity.
9. Take care of our team. Look out for one another, including everyone, and help keep our gym, equipment, and team spaces in good shape.

Communication

1. We will use Remind to communicate for team updates. Text **"@tms7th8thb" TO 81010**
2. Communicate clearly, passion and anger are two different things. As a coach I will do my best to keep them as such, but I expect the same from everyone.

Attendance Policy

1. If you are "absent unexcused" from school and/or practice the day of/before a game, you may be ineligible to participate.
2. You must attend school for at least half a day in order to attend practice or participate in a game or practice. This applies to excused absences only.
3. Attend all practices and games. Communication is KEY.
4. If you must miss a scheduled practice or game, be up front and let the coaching staff know in advance, a workout may be assigned to complete in the off time.

1st Unexcused Absence- Verbal Reminder, and Conditioning Drills before

Practice 2nd Unexcused Absence- Conditioning drills prior to practice, Game

Time Reduction 3rd Unexcused Absence- Possible Dismissal from the Team

Team Rules

1. No Pop/Soda
2. Stretch and report any injuries to the coaching staff
3. Behave on the bus and act respectful while at home and away games
4. Sign out with the coach prior to leaving any away game
5. Be on time, or face the consequences

Attire and Uniforms

Uniforms(Practice Jersey, Game top, and Game Shorts) will be issued due back after the last scheduled game. You are expected to have **decent basketball shoes that fit properly for practice and games**. You must have appropriate attire to wear/change into for practice.
Students will all have a locker in the TMS Locker room. Please remember to wash jerseys after any game so they are clean for the next one.

Practice: Shorts-Basketball Shoes-Practice Jersey and Water Bottle

Game: All athletes must wear black or white socks for games and undershirts must be the same color as the uniform. Any leggings, headbands, wristbands, and/or arm sleeves must be uniform in color for all teammates.

Game Day Dress:

Home Games - we will dress nice and look good. Dress shirt or sweater with dress pants. No jeans or sweatshirts.

Away Games - Athletes can wear Tomah apparel and be comfortable for the ride to the game. If you plan on riding the bus, be aware it may stop to get some food on the way back. Those decisions are made before we head home, so bring money just in case.

Playing Time

We understand every parent wants to see their son play as much as possible. As coaches, we want to reward each player for their hard work with as much playing time as we can, but our priority is doing what we feel gives us the best chance to win as a team. Please understand that our decisions are never personal but are always thought out extensively with a specific purpose in mind. If your son wishes to increase his playing time, he needs to show us why in practices and games! Again, we are very excited that your son and the rest of your family are going to be a part of our program this year. We encourage you to be involved in the most active and positive way possible! We as coaches are very grateful for all you do for our program and for your son. Let us know if you have any questions or concerns about anything. We are always willing to listen and help however we can!

Tomah Athletic Store:

When clothing orders become available, a link will be sent out through Remind!

Game/Practice Information:

The schedule below follows the schools schedule for practice and games.
When the transportation schedule is available, it will be posted on Remind for dismissal and departure times.

- 7th Grade: Practice and Games are at LaGrange Elementary
  - Transportation will take you from TMS to LaGrange after school

- 8th Grade: Practice and Games are at TMS

What To Do on Day 1:

On the first day of practice, you are expected to head down to the locker room after school and change into your practice attire. --bring a water bottle with you to practice. Everyone on Day 1, will meet in the TMS gym briefly to go over any missing items required for participation. If you are in 7th Grade, you will change at Middle School and bring everything with you on the bus to LaGrange. After you change, you will wear your street shoes to practice and put your basketball shoes on when you get to the gym. Do not waste time, the bus will pick you up outside the boys Locker room around 345-355.

Game Schedule 8th Grade:

Date	Opponent	Time	Location
Thu 11/5	@Onalaska	4:00 pm	Onalaska Middle School
Tue 11/10	Vs. Winona	4:30 pm	Tomah Middle School
Tue 11/17	Vs. Longfellow	4:30 pm	Tomah Middle School
Thu 11/19	@West Salem	4:30 pm	West Salem Middle School
Mon 11/23	@G.E.T.	4:15 pm	Gale-Ettrick-Trempealeau Middle School
Tue 12/1	Vs. Aquinas MS	4:30 pm	Tomah Middle School
Thu 12/3	Vs. Meadowview MS Sparta	4:15 pm	Tomah Middle School
Mon 12/7	@Holmen MS	4:15 pm	Holmen Middle School Gym B
Fri 12/11	Vs. Westby	4:30 pm	Tomah Middle School Gym
Mon 12/14	@La Crosse Logan MS	4:15 pm	Logan Middle School Large Gym

Game Schedule 7th Grade:

Date	Opponent	Time	Location
Thu 11/5	@Onalaska	4:00 pm	Northern Hills Elementary
Tue 11/10	Vs. Winona	4:30 pm	La Grange Elementary
Tue 11/17	Vs. Longfellow	4:30 pm	La Grange Elementary
Thu 11/19	@West Salem	4:30 pm	West Salem Elementary School
Mon 11/23	@G.E.T.	4:15 pm	Ettrick Elementary
Tue 12/1	Vs. Aquinas MS	4:30 pm	La Grange Elementary
Thu 12/3	Vs. Meadowview MS Sparta	4:15 pm	La Grange Elementary
Mon 12/7	@Holmen MS	4:15 pm	Holmen Middle School Gym B
Fri 12/11	Vs. Westby	4:30 pm	La Grange Elementary
Mon 12/14	@La Crosse Logan MS	4:15 pm	Logan Middle School Small Gym

Notes:

- All times are Central Time(CT)
- @ means away game
- Vs. Means home game

Winter '26 TMS Boys Basketball Questionnaire:

I want to learn what matters to you, what you enjoy about basketball, and what kind of player and teammate you hope to become. There are no wrong answers. Answer honestly and share only what you're comfortable sharing.

About you

1. What name do you like to be called?
2. What's something you enjoy doing when you're not playing basketball?
3. What's one thing you're proud of, in basketball or outside of it?

Your basketball experience

1. How many years of organized basketball have you played?

_____

2. What position do you picture yourself playing?
    a. Guard (1)
    b. Forward (2-3)
    c. Post (4-5)
    d. I'm bot sure yet
    e. I enjoy different roles

3. Where do you feel like you need to improve?
    a. Ball Handling/Dribbling
    b. Passing
    c. Shooting
    d. Moving without the ball
    e. Defense
    f. Rebounding
    g. Communicating

Your goals and growth

4. What is one basketball skill or habit you'd like to get better at this season?
5. What kind of player do you hope to become—not just in skills, but in the way you play?
6. What would make you feel proud of your progress by the end of the season?
7. What is one goal you have for our team?

Being a teammate

8. What makes someone a good teammate?

9. What is one way you can help our team, even when you're not scoring?
10. What helps you feel encouraged when something is challenging?
11. What would you like your coaches to know about how you learn or how we can best support you?

Just for fun

12. What's an interesting fact about you that most people on the team might not know?
13. Is there anything else you'd like to tell me?

Player/Parent Contract

I have read this handout to its fullest and will be held accountable as a member of the team to its content. This page is due by the first practice. Grade:

Athlete Printed Name: Athlete Signature:

Parent Printed Name: Parent Signature: