

Tomah Basketball Handbook

2023-24

● **ANYTHING IS POSSIBLE; IMPOSSIBLE
TAKES A LITTLE LONGER**

Season Goals

#1 – Sweep Sparta!!

#2 – 3 Program Sweeps

#3 Win in playoffs

4# MVC wins +5

TIMBERWOLVES COACHING STAFF

COACHES	CONTACT
VARSITY HEAD COACH -- JEFF BRIESKE VARSITY ASSISTANT -- TODD PIERCE JUNIOR VARSITY -- BEN RUSHLOW JV ASSISTANT -- ANDREW FISHER C-TEAM LEVEL -- DAN JAMES	V Head - Jeff Brieske 608-387-2310 (Text message best) Jeffbrieske@tomah.education V Assistant -- Todd Pierce 608-343-0277 Todd.Pierce@bluelinxco.com JV Head - Ben Rushlow 507-450-6363 Benjaminrushlow@tomah.education JV Assistant -- Andrew Fisher 608-738-3331 Andrewfisher@tomah.education C-Team Head - Paul James 408-815-6256 DJames7737@gmail.com

Remind Text Notifications

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

Text this message: **@thsbaske**

I will communicate with parents/players through Remind messages when I am able. This will allow for quick communication when and if there are changes throughout the season.

COVID 19 PROCEDURES

Tomah Basketball will follow all recommended TASD procedures when it comes to mitigation of Covid 19.

Welcome to Tomah Timberwolves Basketball,

We are excited about your interest in becoming a part of the Tomah Timberwolves Basketball program. We feel that our success as a team depends on your willingness to dedicate yourself to hard work and constantly striving to be your best. To be a part of this program you will be expected to meet extremely high standards regarding teamwork, character, commitment, and effort in school.

Basketball is fun!

Basketball is a great game and is a great deal of fun to be a part of. At the high school level, it is important to see through just the fun of basketball. It is our hope that through the game of basketball important lessons of commitment, time management, and responsibility will be gained. You should also learn how to fight passionately and persevere for something you truly want to achieve while exhibiting self-control. Basketball can teach you lessons on your way to achieving success as well as how to respond to the adversity and disappointment when you fall short. It is our hope that players leave this program a better person for having been a part of something important to them.

Priorities

- 1) Faith and Personal Beliefs
- 2) Family and close friendships
- 3) Academics
- 4) Tomah Basketball

Only you can decide what your priorities are and what role these priorities play in your life. As your coach I will respect that your belief system, family, close friends, and academics will take priority over basketball. If there is ever a MAJOR conflict between those aspects of your life and basketball, please communicate that with our coaching staff as soon as possible so that we can help wherever we can.

TOMAH BASKETBALL IS NOT FOR EVERYONE. PLAYERS ARE ASKED TO SACRIFICE TIME AND WILL PUSH THEMSELVES PHYSICALLY AND MENTALLY THROUGHOUT THE SEASON. YOU ARE ALWAYS REPRESENTING YOURSELF, YOUR FAMILY AND TOMAH BASKETBALL:

REPRESENT the TEAM by:

- ✓ Showing up on time and be prepared
- ✓ 100% effort
- ✓ Having positive body language
- ✓ Communicating respectfully and honestly

- ✓ Take all practices, drills, and opponents seriously
- ✓ Play with class and dignity. Not looking to draw attention to yourself
- ✓ Trust your teammates

REPRESENT YOURSELF IN THE CLASSROOM by:

- ✓ Having good attendance
- ✓ Positive attitude
- ✓ Asking questions
- ✓ Being engaged
- ✓ 100% effort
- ✓ Giving and earning respect

***Discipline referrals received in school will result in consequences. 1st offense: 17, 2nd offense: 17 the length of the court, 3rd offense: miss the 1st half of play. (Severe circumstances may advance the 3-step process)**

***NEW CURRENT REFERRALS/SCHOOL DISCIPLINE RECEIVED WILL BE A PORTION OF YOUR ONE-ON-ONE MEETING WITH THE COACHING STAFF**

RESPECT THE TEAM OFF THE COURT by:

- ✓ Going to **bed and taking care** of your body
- ✓ Getting to know as many people on the team as you can
- ✓ **Not drinking pop** during the season
- ✓ Communicating and having relationships with your coaches as authority figures and not buddies
- ✓ Seniors looking out for and **helping the underclassmen**. You are responsible for your teammates at all times. **Be a family** that cares for each other.

CONDUCT & DISCIPLINE POLICY

It is an **EXPECTATION** that our players work hard, play smart, stick together and be at every practice session. If a player is **not** doing so:

1st offense: Meeting with appropriate coach before/after practice, possibility of extra conditioning.

2nd offense: Meeting with appropriate coach, extra conditioning, parents contacted, possible suspension from game play.

3rd offense: Meeting with appropriate coach, extra conditioning, suspension enforced, possibility of dismissal from team based on circumstances.

***If a legal situation occurs, please notify us asap to avoid further costing the team. We will not excuse or cover for your actions, but we will support you in any way that we can.**

PRACTICE RULES

- ❖ You must attend school for more than half the day to practice or play.
- ❖ You must be on time and prepared for all practices, games, meetings, and weight room sessions.
- ❖ If practice begins at 6:00am, you must be dressed, on the floor and ready to start at 6:00am. If you must miss a practice or will be late for any reason you must call/text coach Brieske (608-387-2310) before the beginning of practice. Please leave a message or text.
- ❖ Missed practices that are excused or unexcused may result in reduced playing time.
- ❖ Unexcused absences from practice will be governed under our team discipline policy.

DRESS CODES

Practice: Black shorts - Practice jersey – Socks (white or black) - if you wear an undershirt it must be white or black.

***Practice jerseys are available for purchase (new) for \$30. LAST YEAR'S STYLE IS EXEPTABLE FOR THIS SEASON.**

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. Seniors will oversee any special dress nights. Example: NBA jersey night or Nike travel gear.

Away Games – VARSITY Athletes will wear Nike Showtime top and black bottoms. Tomah apparel and be comfortable for the ride to the game. It is not appropriate to wear your game uniform on the bus.

GAME CONDUCT

- All-out effort
- Execute the game plan
- Maintain your composure
- Cheer for your teammates
- Maintain positive body language (sit together side by side on the bench)
- Remain dressed while listening in locker room (no taking off shoes while coaches are speaking)
- Be a star at your role
- If a player dives on the floor we stand and cheer and help that player up off the floor!
- Earn everything (we're entitled to nothing!)

***Players will lose playing time and may be asked to get dressed and leave the practice or game floor if they are not displaying proper conduct.**

VARSITY LETTERING POLICY

To letter for the Tomah Boys Basketball varsity 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. A role player whose contributions are overwhelmingly productive

to team success (the Head Coach determines that a letter is earned). Example – JV player (for majority of season) makes a game winning shot to win a Regional Final.

*Players who suffer a season-ending injury, or an injury that prevents them to meet 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).

INDIVIDUAL RECOGNITION

The following team awards are based on players/coaches' votes as well as stats.

Leader of the Pack - Booster Club Award - Rising Timberwolf - Defend the Den Award - 6th Man of the Year - MVC Conference awards

TRANSPORTATION FOR GAMES

TRANSPORTATION WILL BE PROVIDED FOR AWAY GAMES. All players are expected to ride with the team to the game and return on the bus with their teammates. JV/VR should be Varsity's loudest supporters during the game.

PARENTAL PARTNERSHIP

Partnering with Parents

It is the primary goal of our program to help your son develop into the best person and leader he can be. We understand this is likely a goal you have as a parent as well, so we would like to partner with you in pursuing this end.

When communicating with us please:

-Express any concerns you may have—especially if they are concerns, we may not be aware of.

-Use calm and respectful language—it is never our intention to offend you or your son

-Avoid contacting us when heated or overtly upset (especially before, during, or after a game)

-Understand if we have a disagreement, coaches must make tough decisions with the team in mind before any individual. We make those decisions as thoroughly and objectively as possible. If we do make a mistake, we appreciate your grace and understanding.

When we communicate with you:

-We will be respectful and honest

-Understand we are reaching out to you in hopes of helping your son and/or the team.

-If we do contact you about a potential concern, it does not mean we think your son is a bad kid or that you are a bad parent. Kids make mistakes and we want to partner with you in helping your son grow.

-Each parent will be asked to co-sign a player contract with the team that outlines their role and expectations for the season.

When communicating with your son/player:

-Being a high school athlete is not easy, stay positive and supportive with your son through the ups and the downs. Your presence at his activities is something he will always remember.

-Having a positive team culture is a huge part of being a successful basketball team. Please keep this in mind when talking about our team with your son and in the community.

TEAM PLAYER SELECTION

The worst part of being a coach is telling kids they did not make the team. If your son is not selected, be assured he was heavily considered, and his efforts are respected and appreciated. All players will get 6 practice sessions (4 for all freshmen players) to earn a spot on the team. Coaches will meet with every player at the end of Thursday practice and discuss their contract with the team. The contract will outline playing time expectations and role on our team. If players are not chosen to be on the team and they still would like to be a part of our program, he may apply to be a student coach or manager. These positions are of great importance to our program and provide students with an interest in basketball the opportunity to earn a letter and be a part of the team.

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!

***Sample of player/parent contract:



2022-23 Tomah Timberwolves

VARSITY

Basketball Program



Name: _____

Congratulations on making the 2023-24 Varsity basketball team. Your effort and preparation have paid off. We want to congratulate you and make you aware of your role for the upcoming season. Everyone on our team has a role and needs to fulfill that role to the max for us to be successful. We want to be honest and upfront with our basketball players. Thanks again for all your hard work.

Role for 2023-24 Season Form:

You are ranked on our varsity team between the 9th/13th player on the depth chart. Your role this season is to be a significant punch from our bench right now. Your playing time will fluctuate with performance and match ups that are presented in each game. You will have to work hard to separate yourself from the other 4 guys in this group to get on the floor. Take advantage of each opportunity in practice to change your role.

Please sign on the line below so we know that you and your family understand your role for the upcoming season. Although roles can change, we want you to understand that it may not be much, and we want to make sure that you are fully aware of this as you make this important commitment.

Thanks again for your hard work.

Coach Brieske

Player Signature

Date

Parent/Guardian Signature _____

Date _____

PARENTAL ROLES IN THE TIMBERWOLF PROGRAM

The following are ways you as parents can become involved with our program. None of the ideas are mandatory or expected, but we would much appreciate it if you could do as much as you can!

Senior Parent Advisor Committee (Angie Plueger, Emily Brach, Sheila Thornton)

Booster Club

If you are interested in becoming involved with helping support our program financially, please consider joining and being involved with our Booster Club. Having parents be active and involved in our program is a huge asset for our kids, and we as coaches greatly appreciate your efforts in making your son's basketball experience as memorable as possible.

Snacks/Drinks

On road games, we could have different parents create snack packs for our players to eat/drink before or after games on the bus. For example, brown bags with a sandwich, apple, granola bar, Gatorade, or any other snack you can think of.

Team Dinners

Team dinners are a good way to improve team chemistry and cohesiveness. If you would ever like to host a team dinner, let our senior team parent know. That position is held by Dawn Lindauer for this season.

Team Banquet

At the end of the season, our team holds a team banquet to honor players for their accomplishments over the season. Parents are encouraged to participate through decorating, providing food, sharing pictures, or any other ways you may think of.

Youth Teams

If you have a younger child who plays on a youth team, tell their coach to contact me about having them get a "behind the scenes" pass to one of our home games this season. Their team will get in free, see the pregame speech, and sit right behind the bench during the entirety of the game. (This may be on hold due to Covid 19 restrictions)

Pictures

If you take pictures of our team during games, feel free to e-mail me them. I can then post them on our Tomah Timberwolves website or forward them to other parents who may want them.

Timberwolves Team Store

Team Store was open Oct. 20-30 and available through the district website.

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 Columbus Day	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Parent/Player Meeting 5:30p Open Gym 7-8:30p	24	25	26 Open Gym 7-8:30p	27	28
29 Final Fall League (Ona) 12:40 Arcadia 1:30 GET	30 Open Gym 7-8:30p	31 Halloween	1	2	3	4
5	6	NOTES:				

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31 Halloween	1	2	3 End of 1 st Qu.	4
5	6	7	8	9	10	11 Veterans Day
12	13 Boys Eball 1 st Prac 6-7:10am (So-Sr) 3:45-5:45p (All)	14 Practice 6-7:10am (So-Sr) 3:45-5:45p (All)	15 Practice 6-7:10am (So-Sr) 3:30-4:40p (All) 4:45-5:30p WR intro (All)	16 (Girls Away) 6-7:10a (So-Sr) 3:45-6:15p Player meetings	17 Scrimmage V/JV 5:30p @Westby 4:00p Bus	18 Practice Varsity 9a-10:30a
19	20 Practice WR 4:45-5:45p Floor 5:45-7:15p	21 (Girls Home) Practice JV/C 3:30-5p V 3:45-5:30p	22 No School Practice 7-8:30a (All)	23 Thanksgiving Day No practice	24 Black Friday No School V/JV 5-7:00p (Late to allow for travel)	25 No practice
26	27 Cyber Monday Practice 3:45-5:45p (All)	28 @Luther JV/C-5:45p V-7:00p Bus-4:15p	29 Practice 3:30-4:40p (All) HUDL/WR 4:45- 5:45p	30 Practice 3:45-5:45p (All)	1	2
3	4	NOTES:				

December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 Cyber Monday	28	29	30	1 West Salem (H) JV/C 5:45p V 7:15p	2 Practice JV/Varsity 9-10:30am HUDDL
3 Late	4 Practice 5:45-7:15p (All)	5 GET (H) JV/C 5:45p V 7:15p	6 Practice 3:30-4:40p (HUDDL/WR) Floor 4:45-5:45p	7 @Adams- Friendship JV/C 5:30p V 7:00p Bus - 3:45p	8 Girls (Away) Practice 3:30-5:45p (All) V - WR 5:15-5:45p JV/C - WR 3:30-4p	9 No practice
10 Early	11 Practice 3:45-5:45p (All)	12 Girls (Home) JV/C 3:30-5:00p V 3:45-5:45p	13 Practice 3:30-4:40p WR/HUDDL 4:45-5:45	14 Practice 3:45-5:45p (All)	15 @Lacrosse Central JV/C 5:45p V 7:15p Bus 4:10p	16 Practice Varsity 9-10:30a HUDDL/WR
17 Late	18 Practice Floor 5:45-7:15p	19 @Reedsburg JV/C 5:45p V 7:15p Bus 4:00p	20 Practice WR/HUDDL 3:45-4:45p Floor 4:45-5:45p	21 Girls (Away) Practice 3:45-5:45p (All)	22 Practice WR/HUDDL 4:45- 5:45p Floor 5:45-7:15p	23 No Practice
24 Early	25 Christmas Day No School/Practice	26 No School Practice 5-6:30p (All)	27 No School Practice 7-8:30am	28 Menomonie Holiday Tournament	29 Menomonie Holiday Tournament	30 No practice
31 New Year's Eve						
NOTES:						

January 2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31		1	2	3	4	5	6	
	Late	New Year's Day No School/No practice	No School Collaboration Holmen (H) JV/C 5:45p V 7:15p	No school Collaboration HUDL/WR 3:45- 4:45 Floor 4:45-5:45p	@Logan C 4:30p JV 6:00p V 7:30p Bus 3:15/4:30p	Practice HUDL/WR 4:45- 5:45p Floor 5:45-7:15p	No practice	
7		8	9	10	11	12	13	
	Early	Girls (Home)	BRF (H) JV/C 5:45p V 7:15p	Practice Floor 3:30-4:45p HUDL/WR 4:45- 5:45p	Girls (Away) Practice 3:45-5:15p (All)	@Sparta JV/C 5:45p V 7:15p Bus 4:30p	Practice V/TV 9-10:30a	
14		15	16	17	18	19	20	
	Late	Martin Luther King Jr. Day No School 5:45-7:15p (All)	@Maunston JV/C 4:30p V 6:00p Bus 3:20p	Practice HUDL/WR 3:45- 4:45p Floor 4:45-5:45p	Practice 5:45-7:15p (All)	End of Qu. 2 Onalaska (H) JV/C 5:45p V 7:15p	Practice 9-10:30a	
21		22	23	24	25	26	27	
	Early	Practice 3:45-5:15p (All)	@Aquinas JV/C 5:45p V 7:15p Bus 4:15p	Practice Floor 3:30-4:45p HUDL/WR 4:45- 5:45p	Girls (Home) Practice 3:45-5:15p (All)	Practice 3:45-5:15p (All)	Baraboo (H) JV/C 5:45p V 7:15p	
28		29	30	31	1	2	3	
	Late	Practice HUDL/WR 4:45- 5:45p Floor 5:45-7:15p	@Arcadia JV/C 5:45p V 7:15p Bus 3:45p	Practice HUDL/WR 3:45- 4:45p Floor 4:45-5:45p				
4		5	NOTES:					
	Early							

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Late	29	30	31	1 Girls (Away) Practice 3:45-5:15p (All)	2 Lax Central (H) JV/C 5:45p V 7:15p	3 Varsity Practice 9-10:30am
4 Early	5 Practice 3:45-5:15p (All)	6 @Holmen JV/C 5:45p V 7:15p Bus 4:10p	7 Practice Floor 3:30-4:45p HUDL/WR 4:45- 5:45p	8 Practice 3:45-5:15p (All)	9 Logan (H) C 4:30p JV 6:00p V 7:30p	10 Varsity/JV Practice 9-10:30am
11 Late	12 Practice HUDL/WR 4:45- 5:45p Floor 5:45-7:15p (All)	13 Sparra (H) C 4:30p JV 6:00p V 7:30p	14 Valentine's Day HUDL/WR 3:45- 4:45p Floor 4:45-5:45p	15 Girls (Away) Practice 3:45-5:15p (All)	16 @Onalaska JV/C 5:45p V 7:15p Bus 4:10p	17 No practice
18 Early	19 Presidents' Day No School (PD) Wisc Rapids (H) JV/C 5:45p V 7:15p	20 Girls (Regional) Practice 3:45-5:15p (All)	21 Practice Floor 3:30-4:45p HUDL/WR 4:45- 5:45p	22 Aquinas (H) (Senior Night) JV/C 5:45p V 7:15p	23 Girls (Regional) Varsity Practice only TBD *JV/C Team exit meeting/equip	24
25 Late	26 Practice Varsity only TBD	27 Boys Regional TBD	28 Varsity Only Practice TBD	29 Varsity Only Practice TBD	1	2
3 Early	4	NOTES:				

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
					Boys Regional Semi	Boys Regional Final
3	4	5	6	7	8	9
	Practice TBD	No School (PTC)	Practice TBD	No School (PTC) Boys Sectional Semi	Practice TBD	Boys Sectional Final
10	11	12	13	14	15	16
	Practice TBD	Practice TBD	Practice TBD	Boys State Tournament	Boys State Tournament	Boys State Championship Saturday
17	18	19	20	21	22	23
St. Patrick's Day					End of 3 rd Qu.	
24	25	26	27	28	29	30
	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	
31	1	NOTES:				
Easter Sunday						

ORDER BY
OCTOBER
30

TOMAH SENIOR HIGH SCHOOL TIMBERWOLVES BASKETBALL APPAREL 2023



\$84.99 | Nike Hooded Windrunner Jacket
Available in 1 other color.



\$53.99 | Nike Therma-FIT Pullover Hoodie
Available in 1 other color.



\$50.99 | Nike Club Pullover Fleece Hoodie
Available in 1 other color.



\$50.99 | Nike Club Pullover Fleece Hoodie
Available in 1 other color.



\$46.99 | Nike Club Fleece Crew
Available in 1 other color.



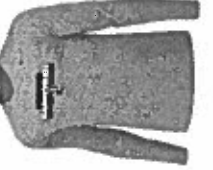
\$53.99 | Nike Therma-FIT Long Sleeve 1/4 Zip Top



\$59.99 | Nike Therma-FIT Vest



\$34.99 | Nike Men's Team Legend Long Sleeve Tee
Available in 1 other color.



\$34.99 | Nike Men's Team Legend Long Sleeve Tee
Available in 1 other color.



\$31.99 | Nike Men's Team Legend Short Sleeve Tee
Available in 1 other color.

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1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator Jeff Brieske jeffbrieske@tomah.education



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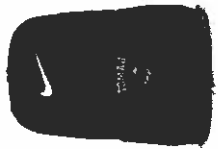
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TOMAH SENIOR HIGH SCHOOL TIMBERWOLVES BASKETBALL APPAREL 2023




\$31.99 Nike Men's Team Legend Short Sleeve Tee



\$48.99 Nike Brasilia 9.5 XL Backpack



\$13.99 Nike Elite Crew Socks



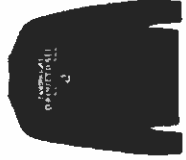
\$46.99 Nike Club Fleece Pant



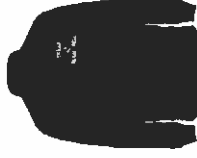
\$32.99 BSN SPORTS Men's Cotton Rich Fleece Shorts
Available in 1 other color.




\$40.99 BSN SPORTS Men's Cotton Rich Fleece Hoodie
Available in 1 other color.



\$36.99 BSN SPORTS Men's Cotton Rich Fleece Crew Neck



\$43.99 BSN SPORTS Men's Cotton Rich Fleece 1/4 Zip



\$24.99 BSN SPORTS Phenom Long Sleeve T-Shirt
Available in 1 other color.



\$19.99 BSN SPORTS Phenom Short Sleeve T-Shirt
Available in 1 other color.

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TOMAH SENIOR HIGH SCHOOL
TIMBERWOLVES BASKETBALL APPAREL
2023



\$59.99 Nike Women's
Therma All Time
Mock Half Zip
Available in 1 other
color.



\$34.99 Nike Women's
Team Legend
Long Sleeve Tee
Available in 1 other
color.



\$34.99 Nike Women's
Team Legend
Long Sleeve Tee
Available in 1 other
color.



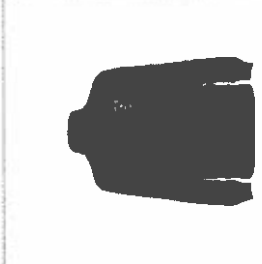
\$31.99 Nike Women's
Team Legend
Short Sleeve Tee
Available in 1 other
color.




\$19.99 BSN SPORTS
Women's
Phenom Short
Sleeve T-Shirt
Available in 1 other
color.



\$39.99 BSN SPORTS
Women's Cotton
Rich Fleece
Hoodie
Available in 1 other
color.



\$39.99 BSN SPORTS
Women's Cotton
Rich Fleece 1/4
Zip
Available in 1 other
color.



\$37.99 BSN SPORTS
Youth Cotton Rich
Fleece Hoodie
Youth
Available in 1 other
color.



\$32.99 BSN SPORTS
Youth Cotton Rich
Fleece Crew Neck
Youth
Available in 1 other
color.



\$19.99 BSN SPORTS
Youth Phenom
Short Sleeve T-
Shirt
Youth
Available in 1 other
color.

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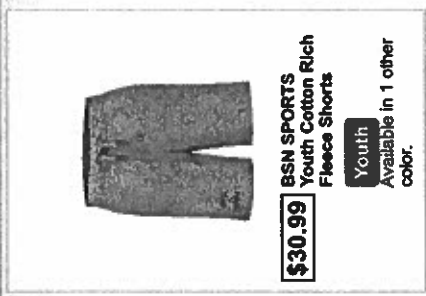
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TOMAH SENIOR HIGH SCHOOL
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2023



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