

Tomah/Sparta Boy's Hockey Calendar 2023/2024



All practices and games will take place at Tomah Ice Center unless otherwise listed.

“Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.” - Vince Lombardi

TOMAH/ SPARTA HIGH SCHOOL HOCKEY RULES

2023-2024 Season

Philosophy of the Tomah/Sparta High School Hockey Program

1. Arrive every day expecting to be a good teammate.
2. Arrive every day prepared to learn. It is difficult to successfully teach or coach a person who does not want to learn. The more you invest the more you'll get out of the sport and the program.
3. Good teammates view the player-coach relationship as a cooperative effort to develop the player to be the best they can be.
4. Failure is the opportunity to begin again with more experience.

Role of a Tomah/Sparta High School Hockey Program Player

1. We assume you want to be the best athlete you can be.
 - a. You will not be allowed to settle for less than your best
2. We assume you want to play on a successful team.
 - a. Our practices, conditioning program and game plans will be designed to develop success.
 - b. Decisions will be made with the priority being the Team, the individual must come second period!
3. We assume you want to graduate with the highest grades you are capable of earning.
 - a. You will be responsible to the team to be the best student you can be.
4. We assume you want to become the best person you can be.
 - a. You represent our team as long as you are part of the Tomah/ Sparta High School Hockey Program.
 - b. Your character is a reflection of you, your parents, the Tomah Sparta High School Hockey Program, and the Tomah/ Sparta Communities.
 - c. You will understand that these are benefits that come with being a member of our team, but along with those benefits you will be held accountable for your actions.

Practices:

Practice is our classroom, school rules apply. Unreasonable and disruptive behavior will result in some form of corrective/disciplinary action. Each year something new comes up and as coaches we will respond in a manner to promote the betterment of the team.

If corrective/disciplinary action involves removal from practice, the practice becomes unexcused and the guidelines for absences apply. If at any time a player commits an action with the intent to injure another player, they will be removed from practice and may be subject to further corrective/disciplinary action. Off Ice Sessions are a part of practice.

Absences:

1. Any absence from practice, game or other scheduled activity must be communicated to the head coach prior to the absence occurring to be considered excused. In case of emergency or last minute illness, please communicate to the head coach as soon as reasonably possible.
2. Deer hunting, driver's education, over sleeping, work, or unexcused school absence will not be considered excused.
3. If a player is unexcused from a practice, they will miss a game for each occurrence. After a 3rd unexcused absence a player may be dismissed from the team for the remainder of season.
4. School policies covering athletic code violations and grading requirement policies will apply.

Curfews: It is very important that players receive the optimum amount of rest during the season. The correct amount of sleep will enable players to maintain their physical conditioning the following day. On a night before a game, all players will be expected to be in their homes at a reasonable time. The time will be communicated to the team by the coaches after consultation with the team captains. Failures to meet curfew will be treated similar to absences.

Bus rides: All players are expected to ride the bus to and from away games. If, on a non-school night (no school the following day) your family is traveling somewhere in the area of the game for a family function, the player may ride with the parent following the game if prior (before game day) arrangements are made.

Cell phones: Cell phones or electronic communications devices are not to be used in the locker room or during bus transportation without a coach's approval.

Insubordination: Any player who demonstrates insubordination towards coaches or team members will receive some form of corrective/disciplinary action. This could be as little as a few push-ups or severe enough to be removed from the team. We are a team, if you have issues or concerns with the way something is going on, you need to address them with the head coach.

Lettering/Awards policy: Every member of the Tomah/ Sparta High School Hockey Program who participates in a minimum of twenty six periods, in a positive manner, at the varsity level, will be eligible to "letter". If a player commits an athletic code violation during the season they will not be eligible for team\ post season awards. The coaches may use discretion considering which players "letter".

General: These guidelines and expectations are defined to help create a positive experience for all participants in the Tomah Sparta High School Hockey Program. They cannot cover all circumstances but will serve as a guide. Coaches will respond appropriately and consistently to situations that may arise with school guidelines, hockey program guidelines, and generally accepted rules of conduct.

Tomah/Sparta Boy's Hockey Calendar 2023/2024



November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 <u>Season Begins!!</u> Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	7 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	8 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	9 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	10 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	11 Practice 7:00am-10:00am Meet at Rink
12 NO PRACTICE	13 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	14 Bus Departs: Varsity Scrimmage @ Viroqua 7:00p	15 On Ice: 4-5:15 Dryland: 5:15-6:00	16 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	17 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	18 Deer Hunting NO PRACTICE
19 NO PRACTICE	20 On Ice: 4-5:15 Dryland: 5:15-6:00	21 On Ice: 4-5:15 Dryland: 5:15-6:00	22 Both No School Var On Ice: 10:00a JV On Ice: 12:00p	23 Both No School Thanksgiving NO PRACTICE	24 Both No School Var On Ice 10-11a JV vs. Monona Grove - 3:00p Varsity vs. Marshfield 7:30p	25 JV vs. BRF 12:00p Var 3rd Place 2:00p Var 1st Place 4:30p
26 NO PRACTICE	27 Lift 6-7 am On Ice: 4-5:15 Dryland: 5:15-6:00	28 Charter Bus Release: T 1:45p/ S 1:15p Bus Departs: 2:15p JV/VAR @ Mosinee 4:45p/ 7.00p	29 On Ice: 4-5:15 Dryland: 5:15-6:00 Team Meal:	30 Release: T 3:00p Bus Departs: 3:30p BP Pickup: 3:45p JV/VAR @ West Salem 5:00p/ 7:00p		

Tomah/Sparta Boy's Hockey Calendar 2023/2024



December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 On Ice: 4-5:15 Dryland: 5:15-6:00	2 JV On Ice: 7-8:15a Var On Ice: 8:30-10a
3 NO PRACTICE	4 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	5 JV/V vs. Avalanche 5:00p/ 7:00p	6 On Ice: 4-5:15 Team Meal:	7 JV Practice?? Bus Departs: 4:30p BP Pickup: 4:45p VAR @ La Crescent 7:00p	8 JV Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	9 NO PRACTICE Tomah Squirt Tourney
10 NO PRACTICE	11 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	12 Release: T 2:30p/ S Bus Departs: 3:00p JV/V @ Ona/ Lax 5:00p/ 7:00p	13 On Ice: 4-5:15 Team Meal:	14 Bus Departs: 3:45p JV/V vs. Alkoona 5:00p/ 7:00p AT SPARTA RINK	15 On Ice: 4-5:15 Dryland: 5:15-6:00	16 JV/V vs. Waupun 1:00p/ 3:00p
17 NO PRACTICE	18 On Ice: 4-5:15 Dryland: 5:15-6:00	19 Release: T 2:30p/ S 2:00p Bus Departs: 3:00p JV/V @ Sauk Prairie 5:00p/ 7:00p	20 On Ice: 4-5:00p Team Meal:	21 Release: T 2:30p/ S Bus Departs: 3:00p BP Pickup: 3:15p JV/V @ Viroqua 5:00p/ 7:30p	22 On Ice: 4-5:15 Dryland: 5:15-6:00	23 NO PRACTICE
24 Christmas Eve	25 Christmas Day	26 No School - Both Bus Departs: JV Tourney Ona Var On Ice: 10-11:15a	27 No School - Both Bus Departs: JV Tourney Ona Var On Ice: 10-11:15a	28 No School - Both Bus Departs: 7:30a Varsity Tourney (WI Dells) 10:00a vs WI Rapids	29 No School - Both Varsity Tourney (WI Dells) 10:00a or 12:30p vs. Onalaska or Kenosha	30 Varsity Tourney (WI Dells) 10a, 12:30p, 3p or 5:30p
31 NO PRACTICE						

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January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day	2 No School Tomah On Ice: 4-5:15 Dryland: 5:15-6:00	3 No School Tomah On Ice: 4-5:15 Dryland: 5:15-6:00 Team Meal:	4 JVV vs. RWD 5:00p/ 7:00p	5 On Ice: 4-5:15 Dryland: 5:15-6:00	6 NO PRACTICE Tomah Pee Wee Tourney
7 NO PRACTICE	8 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	9 JVV vs. Ona/Lax 5:00p/ 7:00p	10 On Ice: 4-5:15 Dryland: 5:15-6:00 Team Meal:	11 Var vs. Baraboo 7:00p	12 On Ice: 4-5:15 Dryland: 5:15-6:00	13 JVV vs. DC Everest 12:00p/ 2:00p "Parents Night"
14 NO PRACTICE	15 No School Both Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	16 Bus Departs: JVV @ Avalanche TBD	17 On Ice: 4-5:15p Dryland: 5:15-6:00	18 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	19 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	20 NO PRACTICE Tomah Bantam Tourney
21 NO PRACTICE	22 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	23 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	24 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	25 On Ice: 4-5:15 Dryland: 5:15-6:00	26 Release: T 12:45p/S 12:15p Bus Departs: 1:15p JVV @ Amery 5:00p/ 7:00p Stay Over Baldwin	27 JVV @ Baldwin 3:00p/ 5:00p
28 NO PRACTICE	29 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	30 Bus Departs: 4:30p Var @ WI Rapids 7:00p	31 On Ice: 4-5:15p Team Meal:			

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February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 JV/V vs. West Salem 5:00p/ 7:00p "Senior Night"	2 On Ice: 4-5:15 Dryland: 5:15-6:00	3
4 NO PRACTICE	5 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	6 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	7 Lift: 6-7am On Ice: 4-5:15 Dryland: 5:15-6:00	8 On Ice: 4-5:15 Dryland: 5:15-6:00	9 Release: T 2:45p/ S 2:15p Bus Departs: 3:15p JV/V @ BRF 5:00/ 7:00p Cranberry Cup	10
11 NO PRACTICE	12 VARSITY ONLY On Ice: 4-5:15 Dryland: 5:15-6:00	13 WIAA Regionals Var @ TBA	14	15	16 Sparta No School	17 NO PRACTICE Tomah U14 Tourney
18 NO PRACTICE	19 Tomah No School	20	21	22	23	24 NO PRACTICE Tomah Cross Ice Jamboree
25	26	27	28	29 WIAA State Hockey Tournament	1 WIAA State Hockey Tournament	2 WIAA State Hockey Tournament