



TOMAH FOOTBALL

Joe Protz, Head Football Coach
joeprotz@tomah.education
608-317-9570

#HowlOn

“For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack”

Team Rules

1. Co curricular Code and all eligibility rules established at the State and local levels, as listed in the Tomah school student handbook and WIAA publications, apply.
2. Conduct and Sportsmanship
 - Always be a champion – On and off the field.
 - This includes practices, games, school, home and in the community.
3. Equipment Rules
 - No cleats on in the building!
 - Use the “back” door always to enter or leave the team locker room!
 - Keep equipment clean – wash it regularly.
 - Towel, Water Bottle etc.
4. School and Curfews
 - Make it to school every day!
 - School work- if you have trouble **ask** teacher, teammate, or coach to help.
 - No being late for class – detentions, classroom behavior, etc...
 - Get to bed – Get a good night’s sleep.
5. Practice Rules –
 - You must attend school to practice that day!
 - Be there on time for all practices, games, meetings and meals.
 - When practice starts at 3:45 pm – that means you are on the field, ready to start at 3:40 pm.

 - **Call BEFORE practice if you have to miss a practice. Call Coach Protz at (608) 317-9570. Leave a message.**

We must have you there at practice, “Prepare to Win, Expect to Win.”

Missed practices (excused and unexcused) will result in reduced playing Time 3 unexcused will result with removal from team. Team Meetings and Team Meals count, also. Be there and be a part of the TEAM.

7. Youth Football – “Community Service”

- Players will be helping with the youth football program on Saturday Mornings. Dates and Times listed on calendars.

8. Fundraisers

- Varsity Card-Players
- Grid Iron Concession Stand-Parents (Sign up genius)
- Cran Fest Parking-Parents and Players (must work at least 1 shift)

9. Attitude and Effort

- Be positive, believe we are going to win. Positive attitude and great effort will help your success and the Team’s success.

10. Team Nights “Thursdays” or the night before our games (JV/V). The Team goes together (all of us) to the Team Meal to eat.

11. All levels will wear jerseys to school on game days.

12. Lettering Policy

- Perfect Attendance will earn you a varsity letter (no excused or unexcused absences) 10th-12th grade.
- Playing on offense, defense, special teams, and scout teams will earn you a varsity letter (This will be the coaches’ decision)
- Coaches will have final decision on lettering. Players may not receive a letter if they receive a code violation or have on going discipline issues on and off the field.

13. Playing Time - If the player has concerns regarding playing time.

Step 1 – Player + Coach discussion.

Step 2 – Player/Parent + Coach discussions- 24 Hour Rule (provide for 24 hours to pass from the date of the competition.

Step 3 – Player/Parent + AD + Coach discussion.

14. Season Goals

- Get better every week
- Qualify for Playoffs
- M.V.C. Champions

2023 Tomah Football

Remind Text

Go into Text Message:

Type in this #

81010

**For 10-12th grade Type in this
message:**

@thsftbl23

**For 9th grade Type in this
message:**

@tomahfr



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August 2023 Dates and Times Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice 9-12 th 8:30am-10:30am <i>Meet in Main Gym equipment/lockers/ meeting</i> Practice 9-12 th 4:15pm-7:15pm <i>Meet @ Practice Field</i>	2 Practice 9-12 th 4:15pm-7:15pm <i>Meet @ Practice Field</i>	3 Practice 9-12 th 4:15pm-7:15pm <i>Meet @ Practice Field</i>	4 Practice 9-12 th 4:00pm-6:30pm <i>Meet @ Practice Field</i>	5 Practice 10-12 th 8:00am-10:30am
6	7 Practice 9-12 th 8:00am-10:30am <i>Practice 9-12th 4:30pm-7:30pm Fundraiser Blitz</i>	8 Practice 9-12 th 4:15pm-7:15pm	9 Practice 9-12 th 4:15pm-7:15pm	10 10 th -12 th Pictures 3:45pm 9 th Pictures 4:15pm Practice 9-12 th 4:15pm-6:15pm	11 JV/VAR 10:00am <i>Scrimmage @ Chippewa Falls HS</i> 9 th Practice 3:45pm-5pm	12
13	14 Practice 9-12 th 3:45pm-6:15pm	15 Practice 10-12 th 3:45pm-6:15pm 9 th Scrimmage 4:00pm Vs. Fall Creek	16 Practice 9-12 th 3:45pm-6:15pm	17 Practice 9-12 th 3:45pm-6:00pm	18 VAR Game 7:00pm @ Mauston 9 th Practice 3:45pm-5pm	19
20	21 Practice 9th/Var 3:45pm-6:00pm <i>JV Game 5:30pm vs. Mauston</i>	22 Practice 10-12 th 3:45pm-6:00pm 9 th Game 5:00pm @ West Salem	23 Practice 9-12 th 3:45pm-6:00pm	24 Practice 9-12 th 3:45pm-6:00pm	25 VAR GAME 7:00pm Vs. West Salem 9 th Practice 3:45pm-5pm	26
27	28 Practice 9th/Var 3:45pm-6:00pm <i>JV Game 5:00pm @ West Salem</i>	29 Practice 9-12 th 3:45pm-6:00pm	30 Practice 9-12 th 3:45pm-6:00pm	31 Practice 10-12 th 3:45pm-6:00pm 9 th Game 5:30pm Vs. Baraboo	1 VAR GAME 7:00pm @ Baraboo 9 th Practice 3:45pm-5pm	



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Sept 2023 Dates and Times Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>VAR Game @ Baraboo 7:00pm</i> 9 th No Practice	2
3	4 Practice 9-12 th 5:00pm-7:00pm	5 Practice Fr/Var 3:45pm-6:00pm <i>JV Game Vs Baraboo 5:30pm</i>	6 Practice 9-12 th 3:45pm-5:45pm	7 Practice 10-12 th 3:45pm-5:45pm FR Game @ Sparta 4:00pm	8 VAR Game vs. Sparta 7:00pm Parent's Night 9 th Practice 3:45-5pm	9 Youth Football @ Fireman's Park 8:30am-11:30am Seniors & Freshman
10	11 Practice Fr/Var 3:45pm-5:45pm <i>JV Game @ Sparta 5:30pm</i>	12 Practice 9-12 th 3:45pm-5:45pm	13 Practice 9-12 th 3:45pm-5:45pm	14 Practice 10-12 th 3:45pm-5:45pm FR Game @ Holmen 5:30pm	15 VAR Game @ Holmen 7:00pm 9 th Practice 3:45-5pm	16 Youth Football @ Fireman's Park 8:30am-11:30am Juniors & Sophmores
17	18 Practice Fr/Var 3:45pm-5:45pm <i>JV Game @ Holmen 5:30pm</i>	19 Practice 9-12 th 3:45pm-5:45pm	20 Practice 9-12 th 3:45pm-5:45pm	21 Practice 10-12 th 3:45pm-5:45pm FR Game vs. Central 6:15pm	22 VAR GAME @ Central 7pm UW-L 9 th No Practice Cranfest Parking?	23 Cranfest Parking?
24 Cranfest Parking?	25 Practice Fr/Var 3:45pm-5:45pm <i>JV Game vs. Central 5:00pm</i>	26 Practice 9-12 th 3:45pm-5:45pm	27 Practice 9-12 th 3:45pm-5:45pm	28 Practice 10-12 th 3:45pm-5:45pm FR Game @ Logan 4:30pm	29 VAR Game vs. Logan 7:00pm Homecoming Game 9 th No Practice	30 Youth Football @ Fireman's Park 8:30am-11:30am Seniors & Freshman



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October 2023 Dates and Times Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice Fr/Var 3:45pm-5:45pm <i>JV Game @ Logan 5:30pm</i>	3 Practice 9-12 th 3:45pm-5:45pm	4 Practice 9-12 th 3:45pm-5:45pm	5 Practice 10-12 th 3:45pm-5:45pm FR Game vs. Reedsburg 5:30pm	6 VAR Game @ Reedsburg 7:00pm 9 th Grade 3:45-5:00pm	7 Youth Football @ Fireman's Park 8:30am-11:30am Juniors & Sophomores
8	9 Practice Fr/Var 3:45pm-5:45pm <i>JV Game vs. Reedsburg 5:30pm</i>	10 Practice 9-12 th 3:45pm-5:45pm	11 Practice 9-12 th 3:45pm-5:45pm	12 Practice 10-12 th 3:45pm-5:45pm FR Game @ Onalaska 5:30pm	13 VAR Game vs. Onalaska 7:00pm Senior Night	14 Youth Football @ Fireman's Park 8:30am-11:30am 9 th -12 th
15	16 <i>JV Game @ Onalaska 5:30pm</i>	17 TBD	18 TBD	19 TBD	20 Level 1	21
22	23 TBD	24 TBD	25 TBD	26 TBD	27 Level 2	28
29						