

## **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 – in school, practice, games, home, lunch time. - Remember you always represent the Tomah Basketball Team, Tomah High School, your parents and mostly yourself wherever you go and whatever you do.
- win with grace and lose with grace.
- play hard, have fun.

### **3. Equipment Rules\***

1. Keep equipment clean – wash it regularly.
- \* 2. Lock up your stuff. Always lock up everything. A locker will be provided by ESS teacher if asked. Use of locker room can be from beginning of day until after practice.
3. Practice gear, I have a few practice jerseys if you don't have one or are in need of one, please let me know ASAP so I can order some if necessary.

### **4. School and Curfews**

- Make it to school every day, follow all rules for virtual learning!!!
- No being late for class – detentions, etc...
- Be on time for practice

### **5. Attendance**

- Attendance will be taken every day

### **6. General Common Sense Rules**

- Eat right, sleep enough, drink a lot of water!!
- Do your homework, if you have trouble ask teacher, teammate, or coach to help.
- Have fun, work hard, do your best.
- No regrets, no excuses!

7. Practice Rules - Earn a spot in practice. You must attend school to practice that day!

- Be there on time for all practices, games, and meetings.
- When practice starts at 3:45 pm – that means you are on the court, ready to start at 3:45 pm!

**\*\* - If you are going to be gone from practice or know if you are going to be late- call me, text me, leave a message in REMIND or on my phone @ 608-633-7588 (if you text make sure you leave your name in the text as I probably don't have you saved in my contacts.) If you are at school and you have an appointment afterwards and are not going to be at practice – same as above call or text me. Do not tell another player hoping she will pass the information on to me – that will not do.**

#### **Players/Parents/Coaches**

Please feel free to talk to me about anything that might involve yourself if you are a player or your daughter if you are a parent. If you have anything to discuss don't hesitate to contact me. Just so you all know playing time will be based on talent and work ethic, so some players might not get much playing time in crucial games. We will however communicate with those athletes to make them aware of the situation and use our three teams to maximize playing time for all.

#### **Contracts**

After the first week of practice- Our coaching staff will meet with each player, to discuss their basketball contract. This contract will contain their role and expectation for this upcoming season.

#### **Meetings about playing time**

I will never have a discussion with a parent that is yelling, we will discuss their concern when things have calmed down.

We will never discuss playing time until the next day after a game.

A player can come and talk to me anytime about playing time. Before a parent gets involved a player should have talked to me first. If we have a player/parent/coach meeting and all sides can't seem to understand the issue then we can get our activities director involved.

## **Varsity Lettering Policy**

**In order to letter for the Tomah Girls basketball, 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 the playoffs**
- 4. A role player whose contributions are so overwhelmingly productive to team success (the head coach determines that a letter is earned.)**

**Players who suffer season ending injuries, or an injury that prevents them to meet one of the requirements may still letter if they otherwise would have met the requirement.**

**An athletic code violation that caused you to miss a game during the season will eliminate your chances of earning a varsity letter.**

This year I'm using Remind to send updates about important basketball information.

To sign up for TomahGirlsBasketball notifications, please visit

<https://www.remind.com/join/tomahgi>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11/5/2023 GIRLS EARLY WEEK NO BOYS	11/6/2023 GIRLS 3:45-6:00	11/7/2023 GIRLS 3:45-6:00	11/8/2023 GIRLS 3:45-5:45	11/9/2023 SCRIMMAGE AT WAUTOMA 2 LEVELS	11/10/2023 GIRLS 3:45-6:00	11/11/2023
11/12/2023 BOYS EARLY WEEK GIRLS LATE WEEK	11/13/2023 GIRLS 5:45-7:30	11/14/2023 GIRLS 5:45-7:30	11/15/2023 GIRLS 4:00-5:45	11/16/2023 GIRLS @ RAPIDS 3 LEVELS	11/17/2023 GIRLS 3:45-5:45 BOYS SCRIMMAGE	11/18/2023
11/19/2023 GIRLS EARLY WEEK BOYS LATE WEEK	11/20/2023 GIRLS 3:45-6:00	11/21/2023 GIRLS VS NEILSVILLE 2 LEVELS	11/22/2023 GIRLS TBD	11/23/2023 THANKSGIVING	11/24/2023 GIRLS TBD	11/25/2023
11/26/2023 BOYS EARLY WEEK GIRLS LATE WEEK	11/27/2023 GIRLS 5:45-7:30	11/28/2023 GIRLS @ REEDSBURG 3 LEVELS PARENTS NIGHT!!!!	11/29/2023 GIRLS 4:00-5:45	11/30/2023 GIRLS 5:45-7:30	12/1/2023 GIRLS @ ADAMS	12/2/2023
12/3/2023 GIRLS EARLY WEEK BOYS LATE WEEK	12/4/2023 GIRLS 3:45-6:00	12/5/2023 GIRLS VS ONALASKA 2 LEVELS BOYS VS GET PACK THE GYM	12/6/2023 GIRLS 3:45-5:45	12/7/2023 GIRLS 3:45-5:45 BOYS @ AF	12/8/2023 GIRLS @ AQUINAS	12/9/2023
12/10/2023 BOYS EARLY WEEK GIRLS LATE WEEK	12/11/2023 GIRLS 5:45-7:30	12/12/2023 GIRLS VS CENTRAL 2 LEVELS	12/13/2023 GIRLS 3:45-5:45	12/14/2023 GIRLS TBD	12/15/2023 GIRLS TBD BOYS @ CENTRAL	12/16/2023 GYMNASTICS HOME
12/17/2023 GIRLS EARLY WEEK BOYS LATE WEEK	12/18/2023 GIRLS 3:45-6:00	12/19/2023 GIRLS VS ARCADIA 2 LEVELS BOYS @ REEDSBURG	12/20/2023 GIRLS 3:45-5:45	12/21/2023 GIRLS @ GET 2 LEVELS WRESTLING HOME	12/22/2023 GIRLS 3:45-5:45	12/23/2023
12/24/2023 BOYS EARLY WEEK GIRLS LATE WEEK	12/25/2023	12/26/2023 GIRLS TBD	12/27/2023 GIRLS TBD	12/28/2023 GIRLS TBD BOYS @ MEMOMONIE	12/29/2023 GIRLS VS BRF 2 LEVELS ALUMNI NIGHT? BOYS @ MEMOMONIE	12/30/2023

