



Girls Tennis 2023

Who:

The Tomah High School Girl's Tennis Team is open to all female students, 9-12th grade

Where:

Practice and home meets will be at La Grange Tennis Courts

Positions and Rankings

The top ten players will play on the Varsity team. Your rank will be based on coach evaluation and results of challenge matches against teammates.



Varsity lettering will be awarded to players who

- Play at least three Varsity matches in a season.
- Play 4 seasons of High School tennis, in good academic standing and no athletic code violations.

When:

- First day of practice is Tuesday August 8th.
- During the summer practices run early in the morning or later in the evening to avoid the heat of mid-day.
- Once the School year starts, practice will typically run after school from 3:45-5:45pm.
- Once school starts we will be released early from school for most away matches so prepare accordingly.
- Pay attention to announcements and the **Remind** messages for changes to practices, matches, or other events.

Howl at the Moon



The Hunt

- We set individual goals.
- Maximum effort everywhere we go.
- We have a positive attitude no matter what happens.
- Love to compete.
- Relentlessly pursue our goals with great attitude and effort.

The Pack

- We do what is needed, not what we want.
- Team is greater than any individual is.
- We will find joy in our team.
- Every individual has a place and a role.
- The strength of the wolf is the pack and, the strength of the pack is the wolf.

The Alpha

- Attention to detail.
- Be prepared and on time.
- Own a mistake and learn to forgive.
- Treat teammates, teachers, coaches, parents, and peers with utmost respect.
- We carry ourselves with a higher expectation than others.



Sign up for important updates from B. Bannan.

Get information for Tomah Girls HS Tennis right on your phone—not on handouts.


Pick a way to receive messages for Tomah Girls HS Tennis.

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/tomahg

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B If you don't have a smartphone, get text notifications.

Text the message @tomahg to the number 81010.

If you're having trouble with 81010, try texting @tomahg to (832) 804-2352.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/tomahg on a desktop computer to sign up for email notifications.

Tomah tennis apparel

Tomah Tennis Apparel



What to bring to Practice:

- Racquet
- Filled water bottle (think big – better to have too much water than not enough)
- Tennis Shoes
- Weather Appropriate Clothing
- Sunscreen
- A positive attitude

Addition items to bring to Meets:

- Snacks / food



Girls Tennis Schedule 2023 (as of 7/25/23)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 6	August 7 Practice 5:00-7:00 pm	August 8 First Day of Practice 8:00-10:00 am 5:00-7:00 pm	August 9 Practice 8:00-10:00 am 5:00-7:00 pm	August 10 Practice 8:00-10:00 am 5:00-7:00 pm	August 11 Practice 8:00-10:00 am 5:00-7:00 pm	August 12 <u>Varsity at Eau Claire North (9am)</u> (bus leaves 7am)
August 13	August 14 Practice 5:00-7:00 pm	August 15 Practice 5:00-7:00 pm	August 16 Fall Fest 12 - 6pm Go early Practice 5:00-7:00 pm	August 17 <u>Triangular at Rapids Lincoln with Assumption and Reedsburg (10am)</u> (bus leaves 8:15 am)	August 18 <u>Varsity Quad at Madison East (9am)</u> (bus leaves 6:30 am)	August 19 <u>JV Invite home (9am)</u>

August 20	August 21 Practice 5:00-7:00pm	August 22 Practice 5:00-7:00pm	August 23 <u>Home vs Baraboo</u> (2 pm) and <u>Portage (5pm)</u>	August 24 Practice 3:45-5:45pm	August 25 <u>Varsity Away at</u> <u>Baraboo Doubles</u> <u>invite (9am)</u> (bus leaves 7:15 am)	August 26
August 27	August 28 Practice 3:45-5:45	August 29 <u>Home vs. Logan</u> (4:30)	August 30 Practice 3:45-5:45	August 31 <u>At Onalaska</u> (4:30pm) (dismiss from class 3:00, Bus leaves 3:10)	September 1 Practice 3:45-5:45	September 2
Sept 3	September 4 Practice 3:45-5:45	September 5 <u>Home vs. Central</u> (4:30)	September 6 Practice 3:45-5:45	September 7 <u>At Holmen (4:30)</u> (dismiss from class 2:55, Bus leaves 3:05)	September 8 Practice 3:45-5:45	September 9 ?

Sept 10	September 11 Practice 3:45-5:45	September 12 <u>Home vs. Sparta</u> (4:30)	September 13 Practice 3:45-5:45	September 14 <u>Away at Aquinas</u> (4:30) (dismiss from class 2:50, Bus leaves 3:00)	September 15 Practice 3:45-5:45	September 16
Sept 17	September 18 <u>Away at Luther</u> (4:00) (dismiss from class 2:30, Bus leaves 2:40)	September 19 Practice 3:45-5:45	September 20 Practice 3:45-5:45	September 21 <u>At West Salem</u> (4:30) (dismiss from class 3:05, Bus leaves 3:15)	September 22 Cranfest Practice 3:45-5:45	September 23 Cranfest
Sept 24 Cranfest	September 25 <u>Varsity Conference Tournament</u> (9am) (Bus leaves 7:20 am)	September 26 <u>JV Conference Tournament</u> (10 am) (Bus leaves ?)	September 27 Practice 3:45-5:45	September 28 Practice 3:45-5:45	September 29 Practice 3:45-5:45	September 30

October 1	October 2 <u>Varsity</u> <u>Sub-Sectionals</u> <u>in La Crosse</u> (Start time TBD) Bus leaves ?	October 3 <u>Varsity</u> <u>Sub-Sectionals</u> <u>(Rain date)</u> Practice 3:45-5:45	October 4 <u>Varsity Sectionals</u> (Start time TBD) Bus leaves ?	October 5 <u>Varsity Sectionals</u> <u>(Rain date)</u> Practice 3:45-5:45 If we have state qualifiers. Otherwise optional	October 6 Practice 3:45-5:45 If we have state qualifiers. Otherwise optional	October 7
October 8	October 9 Practice 3:45-5:45 if we have state qualifiers. Otherwise optional	October 10 Practice 3:45-5:45 if we have state qualifiers. Otherwise optional	October 11 <u>Varsity</u> <u>Individual State</u> (Start time TBD) Bus leaves ?	October 12 <u>Varsity</u> <u>Individual State</u>	October 13 <u>Varsity</u> <u>Individual State</u>	October 14
October 15	October 16 Practice 3:45-5:45 if we qualified for team state.	October 17 Practice 3:45-5:45 if we qualified for team state.	October 18 Practice 3:45-5:45 if we qualified for team state.	October 19 Practice 3:45-5:45 if we qualified for team state.	October 20 <u>Varsity</u> <u>Team State</u>	October 21 <u>Varsity</u> <u>Team State</u>