

Tomah High
School
Timberwolves
Volleyball

Parent/Player Meeting 2023

Commit...Grind...Win



Packet Includes:

- Team Handbook for 2023
- Event Schedule
- Parent/Player/Coach expectations

Electronic QR codes to:

- Parent/Player/Coach expectations
 - Clothing Order Form (all online)
 - Remind App
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Coaching Staff

- C-Squad Coach- Makayla Martin
- JV Coach-
- Varsity Assistant- Kate Mathison
- Varsity Assistant- Shane Harris
- Bobbi Jo Ulrich (Head Coach):
 - Cell: (608) 567-1369
 - Email:
bobbi_plueger12@yahoo.com



Commit...Grind...Win

- **Commitment:** being dedicated to a cause or activity
 - *dedication, allegiance, loyalty, faithfulness, sacrifice*
- **Grind:** to instill or teach by persistent repetition and effort
 - *an exertion of effort*
- **Win:** to achieve success in an effort or venture
 - An attitude with a positive mindset

Priorities, Effort, and Attitude



Personal Conduct

- The athletic and eligibility rules and policies established by the WIAA and Tomah Area School District apply.
 - Players are responsible for maintaining their academic eligibility.
 - We all represent Tomah Volleyball throughout the season. Our words and actions reflect on this program, school, and community.
 - Hazing/Bullying will not be tolerated by players, coaches, parents or anyone connected to this program. This applies to settings such as school, community and social media.
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Discipline Referrals

- Players receiving minor discipline referral will have team discipline as follows:
 - 1st referral- player will have a meeting with the coach.
 - 2nd referral- player will have a meeting with the coach and teacher.
 - 3rd referral- player will not start in the next game.
 - 4th referral- player will not play in the next game.
 - Additional restrictions may be enforced by coach's decision.
- This is determined from the time the referral is received by Coach Bobbi Jo
- Minor referrals:
 - Cell phone, class conduct, unexcused absences, tardies...



Practice Expectations

- Be on time and present to every practice.
- Players must be in attendance the last half of the school day (11:30-3:20) to participate in practice.
- All absences can result in a loss of playing time.
- Required equipment: Spandex shorts, T-shirt, Socks (white or black), Ankle Braces and Kneepads.



Game Expectations

- Home Games- We will dress nice and look good. Dress shirt or sweater with dress pants. Dresses and/or Skirts. No Jeans or Sweatshirts. Seniors will oversee any special dress nights.
 - Away Games- Athletes can wear Tomah Apparel and be comfortable for the ride.
 - Dress code for games: All Athletes must wear white socks for games. Jerseys please remember to bring! (Varsity BOTH) Any arm sleeves and kneepads must be white all for everyone.
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Team Player Selection

- The worst part of being a coach is telling kids they did not make the team. If your daughter is not selected, be assured she was heavily considered, and her efforts are respected and appreciated.
 - All players will get 8 practice sessions to earn a spot on a 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 your team.
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Personal Communication with Coaches

- 24 hour rule- if you are unhappy, do not contact a coach until 24 hours after a game.
- Face-to-face meetings will last no longer than 15 minutes.
- All parent/coach contact will remain confidential by the coach

Procedure to follow:

1. Parent and player talk.
 2. Player contacts their coach.
 3. Parent/Player contact to coach requesting a meeting
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Lettering Policy

- Players receiving an Athletic Code violation during the season will not be eligible for a varsity letter or post-season award.
- All seniors who finish in good standing will receive a letter.
- Underclassmen must start one game or dress for half of varsity games
- Coach's discretion applies when players make significant contributions to the team.



Healthy Habits

- Bring fruit or a snack bar, not candy.
- Establish a regular bedtime. Plan your day and include time for homework to meet this goal.
- No soda.
- Players need to provide their own water/water bottle.



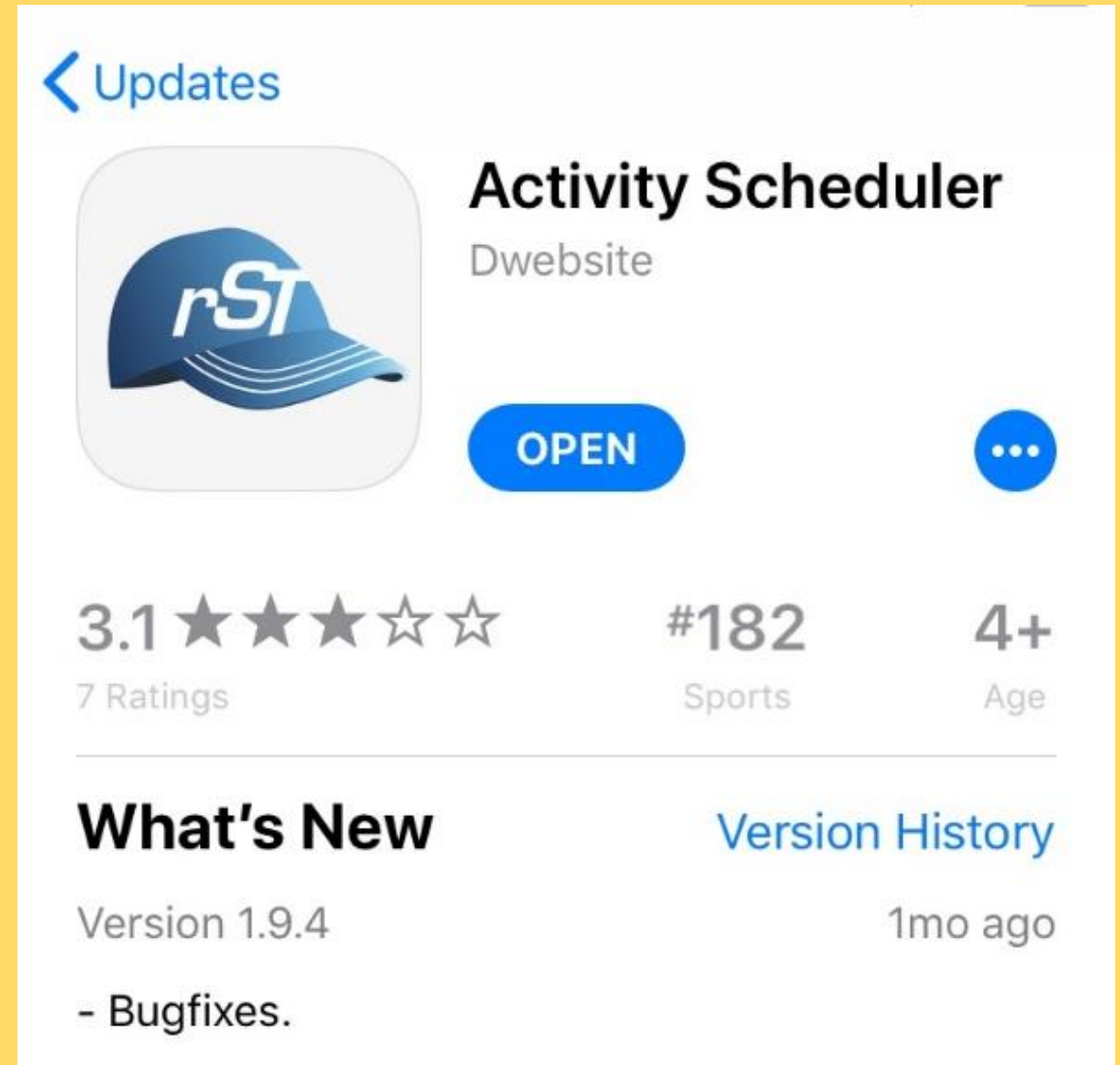
Program Conduct Expectations

- This program exists for the players, we all support them
- Game conduct
 - Coaches have a right to ask disruptive parents to leave.
- Facebook/Twitter/Instagram/Snapchat Etc.- Support the program.
- We all have families...Please keep them out of issues
- Don't judge your player by their success or lack thereof on the court.
- During games, find a way to cheer for our team and not against the opponent.




Schedule Communication


- rSchool site www.tomah.education and companion app (Activity Scheduler)
- Tomah Volleyball Facebook/Instagram Website- open gyms, other important dates, documents
- Remind App- text to sign up
 - Enter **81010** send this message **@tomahvo**



The screenshot shows the App Store page for the 'Activity Scheduler' app. At the top, there is a back arrow and the word 'Updates'. Below this is the app's icon, which is a blue baseball cap with 'rST' written on it. To the right of the icon is the app name 'Activity Scheduler' and the developer 'Dwebsite'. There is a blue 'OPEN' button and a three-dot menu icon. Below the icon and name, the app has a rating of 3.1 stars based on 7 ratings, is ranked #182 in the Sports category, and is suitable for ages 4 and up. The 'What's New' section shows version 1.9.4, released 1 month ago, with bugfixes.

< Updates

 **Activity Scheduler**
Dwebsite

OPEN 

3.1 ★★☆☆☆
7 Ratings

#182
Sports

4+
Age

What's New [Version History](#)

Version 1.9.4 1mo ago

- Bugfixes.

Thank you for
attending...let' have a
great season