

# Tomah High School

## Timberwolves



# BASEBALL 2024

**Contact Information:**

- Tomah High School Main Office: 374-7359
- Brad Plueger (Athletic Director): 374-7976
- Ryan Brookman (Head Coach): W: 374-7006 C: (608) 344-0040

Varsity Assistant- Bill Carney  
Varsity Reserve Head Coach- Seth Yarco  
Varsity Reserve Assistant- Tony Vitcenda  
JV Coach- Cody Renfro  
JV Assistant- Matt Oliver

**Commitment:** being dedicated to a cause or activity

- dedication, allegiance, loyalty, faithfulness

**Grind:** to instill or teach by persistent repetition and effort

- An exertion of effort

**Win:** to achieve success in an effort or venture; to reach with difficulty

- An attitude with a positive mindset

### **Priorities, Effort, Attitude**

### **Important Season Dates:**

- February 27-March 17: Open Gyms
- March 11: Pitcher/Catcher only practice begins
- March 18: First day of full squad practice
- March 28: First games
- Clothing Order Closes?
- March 22: Fundraiser due back to Coach Brookman
- April 16: Fundraiser delivery

### **Personal Conduct:**

- The co-curricular code and eligibility rules and policies established by the WIAA and school levels apply.
- Players are solely responsible for maintaining their academic eligibility.
  - Third semester grading ends March 22.
- We all represent Tomah Baseball 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.
- Players receiving a discipline referral will have team discipline as follows:
  - 1st referral- player will have a meeting with the coach.
  - 2<sup>nd</sup> referral- player will have a meeting with the coach and teacher.
  - 3<sup>rd</sup> referral- player will not start in the next game.
  - 4<sup>th</sup> 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 Brookman

## **Practice:**

- Be on time and present to every practice.
- Call Coach Brookman or the coach at your level before if you will be late or miss practice. No call is unexcused.
- Players not in attendance at least the last half of the school day cannot participate in practice. An unexcused school absence is also unexcused from practice
- 3 unexcused practices will result in removal from the program. Players will be notified when an absence is unexcused.
- Excused absences may also result in a loss of playing time.
- Be courteous to all other athletes and adults around the school and playing fields.
- Required practice equipment: team shirt, glove, hat, long pants, sweatshirt, tennis shoes, cleats,

## **Games:**

- Teams can individually decide how they would like to dress for school. All players are expected to participate.
- Your uniform needs to be clean for all games.
- Players will be dressed in game pants, socks, belt and a Tomah shirt before boarding the bus for a game.
- Coaches may collect cell phones when boarding the bus for the game. They will be returned at the completion of the game.
- All players are encouraged to ride home with the team week nights when there is school the next day. A few rare exceptions may arise. Let the coach know as soon as possible if you request an exemption to this policy.
- Players may only ride home with their parents who will need to sign a form after the game for the coach to release them.
- Coaches, parents, players and fans:
  - Win with class, lose with dignity.

## **Team Rosters/Placement:**

- The primary factor in determining cuts is lack of skill or effort.
- Players will be informed personally by the head coach if they are cut from the program during individual meetings.
- Players may be removed from the program for lack of commitment.
- Repeated violations of personal conduct may be grounds for removal.

- Players who remove themselves from the team will need to return their hat or pay \$20
- Decisions will be made for the best interest of the long-term success of the player and the program.

### **Lettering Policy:**

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

### **Healthy Habits:**

- Eat a good breakfast, lunch and dinner. Bring fruit or a snack bar to provide for energy.
- Establish a regular bedtime. Plan your day to meet this goal.
- No soda. Soda will not be provided or allowed by athletes at any time.
- Water is the preferred drink at practices and games.
- Lifting time has been built into the schedule. Use your time wisely.

### **Fundraising:**

- All players are expected to ask at least 10 people if they would like to support our program.
- Sell meat and cheese in cooperation with two local businesses.
- Any player selling 30+ items will receive a cage jacket.

### **Communication:**

- All documents can be located on the Tomah High School Baseball webpage.
    - [www.tomah.education...Athletics...Acitivities...AthleticTeams...SpringAthletics...Baseball](http://www.tomah.education...Athletics...Acitivities...AthleticTeams...SpringAthletics...Baseball)
  - Coaches will communicate schedule changes to players and parents as soon as schedule changes are finalized.
  - rSchool site and companion rST phone app- sign up for notifications.
  - Remind App- used when schedule changes are finalized. Contains a character limit for messaging.
  - Infinite Campus school email- for group communication, longer messages
-