

IMPORTANT 2018-19 HIGH SCHOOL WINTER SPORTS INFO!!

WHO: Tomah **High School** student-athletes in the following Winter sports and their parents:

Boys Basketball, Girls Basketball, Gymnastics, Girls and Boys Bowling, Girls and Boys Hockey, Girls and Boys Powerlifting and Wrestling

WHAT: Winter Sports Parent/Player Orientation Meetings

WHEN: please arrive 20 minutes prior to your start time...

October 22 – 5:00 – Boys and Girls Bowling @ High School

October 22 – 6:00 – Boys Hockey @ High School

October 22 – 7:15 – Girls Basketball @ High School

October 22 – 8:00 – Gymnastics-Rec Park Exhibit Bldg

October 29 – 5:45 – Wrestling @ High School

October 29 – 6:30 – Boys Basketball @ High School

October 29 – 7:00 – Girls Hockey @ Lunda Center in Black River Falls

October 29 – 7:15 – Powerlifting @ High School

Concussion Impact Testing Schedule:

Oct 22 - Boys Hockey, Girls Basketball - immediately after your respective Parent/Player Orientations.

Oct 22 - Gymnastics & Girls Hockey - 7:00 PM at the high school PRIOR to your Parent/Player Orientation.

Oct 29 - Boys Basketball and Wrestling - immediately after your respective Parent/Player Orientations.

Testing takes 45-60 minutes. Please plan accordingly.

FIRST DAY OF PRACTICE: Boys and Girls Bowling – November 5
Boys & Girls Hockey – November 5
Gymnastics – November 5
Girls Basketball – November 5
Boys Basketball – November 12
Wrestling – November 12
Powerlifting – November 12

NOTE: Coaches will hand out practice and game schedules at this meeting, plus all rules and expectations of athletes will be explained. There will be tables set up that night to buy reduced ticket cards, HS Spirit Shirts, turn in paperwork, plus membership tables for Tomah Sports Booster Club.

Because cuts may be necessary in some high school sports, it is very important that players not miss the early season practices. Please attempt to arrange work schedules and family vacations as to not conflict with this commitment.

Physical and Alternate Year paperwork is now available on the district website. If they were in a fall sport, their paperwork is OK. If they need physical or alternate year paperwork, it must be turned in BEFORE their first practice. They cannot practice without the required paperwork turned in and signed by the Athletic Director at the High School. Any questions, please call 608-374-7359.