

Willmar Senior High School



**Track & Field Handbook
2026**

Program Goals

- Learn the sport of track & field - the training, competition, personal commitments, and lifestyle requirements.
- Foster and encourage a positive team culture of hard work, respect, and lasting friendships.
- Improve overall fitness and performance level through the commitment of training and racing.
- Developing student athletes to carry themselves in a manner in which they better themselves as individuals, co-workers, family members, men and women, mothers and fathers, and husbands and wives.

Coaches

- Coaches will help shape student athletes by clearly communicating the goals and expectations of the Willmar Senior High School Track & Field Program.
- Coaches will guide student athletes to a mature view of competition that embraces an appropriate perspective of both victory and defeat.
- To encourage students to become life long athletes and understand proper health, nutrition, and body maintenance.

Coaching Staff

Kody Fossum - Boys Head Coach

Brady Krupa - Girls Head Coach

Trent Molacek - Throws

Tyler Kowalczyk - Throws

Brian Heinen - Distance

Aaron Watland - Jumps/Sprints

Eli Jorgenson - Sprints

Cody Shaffer - Volunteer - Throws

Corey Dingels - Volunteer - All Around

Willmar Track & Field Code of Conduct

PURPOSE

This Code of Conduct outlines the expectations for behavior, participation, and sportsmanship for all students representing the school in team activities. As members of this team, students represent the school district, the community, and the state of MSHSL. Participation in track & field is a privilege, not a right.

WILLMAR SENIOR HIGH SCHOOL ACTIVITIES HANDBOOK

All track & field athletes must follow the rules and policies outlined in the activities handbook provided by Willmar Senior High School. These rules and policies can be found at:

<https://whs.willmar.k12.mn.us/athletics/athletic-information/handbook>

ATTENDANCE POLICY

Attendance at practices is mandatory for participation in meets. Athletes are allowed **ONE** unexcused absence per year. Examples of excused absences include: Court appointment, funerals, doctor appointment, pre-discussed drivers test, pre-discussed college visits, and family emergencies. Sleeping in is not an excusable absence! Repeated absence from school for “medical/sick/personal” reasons may require documentation. Any athlete who has two excused absences will NOT be allowed to participate in school meets. Athletes will be given the opportunity to make up unexcused absence by attending non-mandatory practices with a member of the coaching staff present.

ATHLETE EXPECTATIONS

It is the athletes responsibility to be included in team communication such as Remind. The Remind code will be made available to all athletes and parents of the team. Remind will be the primary form of communication for our team updates, meet details, and other team related news. It is the athlete and parents responsibility to ensure proper notifications are set up as well as proper settings are set for coach and athlete/parent conversations can occur.

Athletes are responsible for their uniform throughout the season. All athletes must ensure their uniforms are properly maintained and washed before meet days. If an athlete’s uniform is damaged or lost during the season, the athlete will be responsible for replacement of that uniform. Replacement costs of uniforms are: **Uniform tops: \$55.00, Uniform bottoms: \$40.00.**

PRACTICE EXPECTATIONS

Attendance is mandatory for participation in any meet - see Attendance Policy. Practice will begin at 3:15PM at the High School or Hodapp Field and practice Ends at 5:00PM. Athletes can practice longer with approval of parent and event coach, otherwise please plan to pick your student athlete up by 5:15PM. School appropriate attire is mandatory and sweatpants are required for all warmups.

MEET EXPECTATIONS

Attendance for the whole duration of the meet is mandatory. Athletes are expected to look ahead at the weather and dress accordingly. Athletes will keep their sweatpants on until the conclusion of their events. We will not be stopping after every meet, pack food and water for each meet. Signout Sheet with Coach Fossum if you chose to take your student athlete home. Remind Messages will be sent out with the Teams ETA to the HS and a 20minutes out Reminder.

DISPLINARY ACTIONS

Student athletes are expected to carry themselves in such a manner with grace and dignity. The highest level of Sportsmanship will be shown at all times. Congratulating your competition and supporting them off the track is expected. Negative talk, slandering, bullying, etc. shall be dealt with in a way consistent with the Head Coaches and Athletic Directors Discretion. This can include but is not limited to inability to compete at certain meets or dismissal from the team.

CARDINAL TRACK AND FIELD CONTACT

Remind Class: WHS Track and Field 2026

Text: 81010

Class Code: @cards-hstf

Boys Head Coach - Kody Fossum - 320.444.9806 willmartf@willmar.k12.mn.us

Girls Head Coach - Brady Krupa - 320.262.2015 willmartf@willmar.k12.mn.us

Athletic Director - Ryan Blahosky - blahoskyr@willmar.k12.mn.us

Willmar Track & Field 2026 Schedule

03/12/2026 - 5PM TC Running Company

3/23/2026 - 3/27/2026 - Spring Break - Practice Still Occurs

03/31/2026 CLC Indoors - St. Johns University @ 9AM

04/14/2026 Ed Babcock Mem. - Rocori High School

04/16/2026 Spartan Invite - Orono High School

4/21/2026 Cardinal Invite - Home Meet

4/24/2026 Hamline Elite - Hamline - Invite Only

4/28/2026 - Willmar Middle School Home Meet - All High School Students Work

4/30/2026 Essler Invite - New London High School

5/1/2026 - Prom - Early Morning Shake Out Practice

5/6/2026 True Team Sections - Willmar MN

5/12/2026 Alex Invite - Alexandria High School

5/16/2026 True Team State - Location TBD

5/19/2026 CLC Championships - Brainerd High School

5/22/2026 JV CLC Championships - Alexandria High School

5/27/2026 Section Prelims - Thief River Falls High School

5/30/2026 Section Finals - Rocori High School

6/4/2026 - 6/6/2026 MSHSL State Track Meet - St. Michael/Albertville