



*District Champions 1981, 1993, 1994, 1996, 1997, 2001, 2003, 2004, 2017, 2018*

Prospective Track & Field Athletes,

I wanted to take this opportunity to introduce myself and provide you with some general information pertaining to the Willard High School Track & Field program. My name is Mark Larson and this is my 8th year at Willard and my 5th year as the Head Boys and Girls Track & Field Coach.

Each year Willard Track & Field athletes represent a long line of outstanding young people who have left their mark on our high school and community. Our program has produced 10 State Champions, one Olympian, and many State Medalists. Equally impressive is what our athletes have accomplished *after* high school. We are convinced that the best is yet to come!

This season you have the opportunity to compete in the most competitive sport in America. There are more athletes who compete in Track and Field than any other high school sport and the numbers are growing! This means that there is great competition out there and we would love to see how you and your prospective teammates measure up.

The following pages detail the general information you will need to know before we officially get started on Monday, March 2nd. This includes frequently asked questions, contact information, and the competition schedule.

We are looking forward to another great season and we are looking forward to meeting newcomers to the program! Please contact me or one of our coaches if you have any questions. Hope to see you Monday, March 2nd!

Best regards,

Mark Larson  
Head Track & Field Coach  
Willard High School  
marklarson@willardschools.net

*Follow us on Twitter! @willardtandf*

## Willard Track & Field Schedule 2020

Month	Day	Meet	Location	Bus Depart	Meet Start	Coach's Meeting
<b>March</b>						
<b>3-6</b>	Tues.-Fri.	Willard Octathlon	Home	X	2:50	X
<b>12-13</b>	Thurs.-Fri.	Willard Track & Field Inner-Squad	Home	X	2:50	X
<b>20</b>	Fri.	Throws Invitational	Home	X	3:00	X
<b>23</b>	Mon.	Central Missouri Indoor	Warrensburg	8:30	1:00	X
<b>24</b>	Tues.	Willard JV Meet	Home	TBD	TBD	TBD
<b>27</b>	Fri.	Marshfield	Marshfield	1:30	3:15	3:00
<b>30</b>	Mon.	Mac County 9/10	Anderson	TBD	TBD	TBD
<b>April</b>						
<b>2</b>	Thur.	Branson	Branson	1:30	3:30	3:30
<b>6</b>	Mon.	Marshfield Small School	Marshfield	1:30	3:15	TBD
<b>10</b>	Fri.	Pittsburg State	Pittsburg, KS	12:30	3:00	TBD
<b>13</b>	Mon.	Ozark JV	Ozark	2:00	4:00	3:45
<b>17</b>	Fri.-Sat.	KU Relays	Lawrence, KS	TBD	TBD	TBD
<b>20</b>	Mon.	Nixa JV	Nixa	TBD	TBD	TBD
<b>23</b>	Thur.	WHS Jason Pyrah	Home	X	4:00	3:20
<b>27</b>	Mon.	JV COC at Branson	Branson	TBD	TBD	TBD
<b>May</b>						
<b>1</b>	Fri.	Webb City	Webb City	1:30	4:00	3:45
<b>7</b>	Thur.	COC at Joplin	Joplin	1:00	TBD	TBD
<b>16</b>	Sat.	District	TBD	TBD	TBD	TBD
<b>23</b>	Sat.	Sectional	TBD	TBD	TBD	TBD
<b>29-30</b>	Fri.-Sat.	State	Jeff City	TBD	TBD	TBD

## **Track & Field Frequently Asked Questions:**

1. **What is required for the first practice?** You must have a current, completed, athletic physical on file with the Athletic Office in order to participate in the first practice. If you have played a sport this school year you have completed this requirement.
2. **When is the first practice?** The first practice will be Monday, March 2nd.
3. **How long is each practice?** We are typically done by 4:30. As the season progresses we will finish earlier.
4. **What do I do if my winter sport is still in-season on March 2nd?** Contact Coach Larson and let him know you plan to participate in Track & Field, but continue to practice with your winter sport and then come join us when your winter sport ends.
5. **What equipment do I need for Track & Field?** Event appropriate shoes are really the only necessity. If you are a sprinter you will need sprinting spikes. If you are a distance runner you will need running shoes or flats. If you are a thrower you may need throwing shoes.
6. **What do the first weeks of practice look like?** We begin the first day with a team meeting where we talk about our goals and expectations for the season. The next two days are an 8 Event Competition we call the "Octathlon." The winners of the Octathlon attend a Captain's Dinner and draft teams for our Inner-Squad Meet on Willard Track & Field Night.
7. **When are the Track & Field Meets?** Meet days vary from week-to-week. We never have Meets on Wednesday nights.
8. **Who gets to compete at Track & Field Meets?** Our schedule includes two meets per week. Most weeks, half of our team will go to one meet and the other half will go to the other meet. We do our best to assure every athlete goes to one meet each week.
9. **How will information be communicated?** We have two remind.com accounts. One is for athletes and the other is for parents. These are the same accounts as last year so if you have already signed up there is no need to sign up again.
  - a. *Athlete Remind:* text the code @8c89a to the phone number 81010
  - b. *Parent Remind:* text the code @4b82fe to the phone number 81010

# **Coaching Staff & Contact Information**

Bret Lovekamp, *Hurdles, High Jump, & Sprints*

Email: [bretlovekamp@willardschools.net](mailto:bretlovekamp@willardschools.net)

Dave Matthews, *Distance & Pole Vault*

Email: [davidmatthews@willardschools.net](mailto:davidmatthews@willardschools.net)

Jennifer Smith, *Distance & Javelin*

Email: [jmsmith@willardschools.net](mailto:jmsmith@willardschools.net)

Justin Harris, *Discus & Shot Put*

Email: [justinharris@willardschools.net](mailto:justinharris@willardschools.net)

Mark Larson, *Head Coach; Sprints & Relays*

Email: [marklarson@willardschools.net](mailto:marklarson@willardschools.net)

Tracy Mauschbaugh, *Horizontal Jumps & Sprints*

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