**Kokanee Kodiaks Track and Field 2025**

**(3rd through 5th Graders)**

**Registration Information**

**To like to register online, please see the info below.**

• FEE: $45 per student

• Online Registration Link: <https://schoolsales.nsd.org>, with $1.95 convenience fee, contact Kokanee @ 425-408-4900 for user name and pin if you need it.

• Those who qualify for Free or Reduced Lunch should register online at:  [https://www.nsd.org/schools/get-started/food-services/free-and-reduced-price-breakfast- lunch](https://www.nsd.org/schools/get-started/food-services/free-and-reduced-price-breakfast-%20lunch), then register for Track.

• Read, sign & return [**Emergency Information Card**](https://www.nsd.org/fs/resource-manager/view/82ad0251-2024-47c1-aac9-1a579dbc9134) to Kokanee Office **(students brings home)**

**NO PARTICIPATION UNTIL REGISTERED ONLINE &** [**EMERGENCY INFO CARD**](https://www.nsd.org/fs/resource-manager/view/82ad0251-2024-47c1-aac9-1a579dbc9134) **TURNED IN**

**Practice**: Tuesday and Thursday(unless there is a meet on Thursday) from 4-5pm**.** We will meet outside of the GYM, then head out to the playground. **At the end of practice, meet your athletes at parent pick-up area at 5pm.**

**Meets**: On MEET DAYS, go home at regular dismissal time and then arrive at the location of the meet by 4:45pm, to allow time for traffic, parking, to stretch as a team, and receive last minute instructions. **Please Note: You may NOT drop your child(ren) off at the meet location. An adult MUST stay at the meet with their child(ren).**

**Attendance:** Kodiaks are expected to attend all practices. Please send an email if students are unable to attend practice. School District Policy: Students are not allowed to participate in the meets if they are absent from school on Meet days. **Please note: 5th Graders will be at Camp from May 14-16.**

**Behavior:** Track and Field is an extension of our school day.Our Kodiak Code behavior expectations apply during our practices and meets**.**

**Practice Attire:** Student clothing should allow for freedom of movement. Each athlete is responsible for having proper shoes**.** No cleats are allowed for Elementary Track.Running shoes are most important and should be made specifically for running (good arch support, flexible, and light weight).

**Track and Field Jersey:** A Kokanee Kodiak shirt will be provided for each team member. At the conclusion of our season, each athlete will be responsible for cleaning and returning their jersey. **Please return your shirt by 5/28/25.**

**Practice and Meet Schedule:**

Tuesday, April 15 Practice 4-5pm

Thursday, April 17 Practice 4-5pm

Tuesday April 22 Practice 4-5pm

Thursday April 24 Practice 4-5pm

Tuesday, April 29 Practice 4-5pm

**Thursday, May 1 Meet @ Leota MS 5pm**

Tuesday, May 6 Practice 4-5pm

**Thursday, May 8 Meet @ Canyon Pk MS 5pm**

Tuesday, May 13 Practice 4-5pm

**Thursday, May 15 Meet @Kenmore MS 5pm**

**Tuesday, May 20 Finals JO@ NCHS 5:30pm**

**Coaches:** Feel free to contact Mr. Martin [gmartin@nsd.org](mailto:gmartin@nsd.org) or Ms. Lee [slee@nsd.org](mailto:slee@nsd.org) if you have any further questions. ***Thank you for your participation and support, we are looking forward to a fun season!***

**Volunteers Needed**

**1. Practice/Meet Volunteers:**

**We are looking for parents to volunteer at practices, no experience necessary.** If interested please make sure you have filled out the required NSD background check [NSD background check](https://www.nsd.org/get-involved/volunteer/become-a-volunteer) and then email Mr. Martin [gmartin@nsd.org](mailto:gmartin@nsd.org) or Ms. Lee [slee@nsd.org](mailto:slee@nsd.org).