**Kokanee Kodiaks Cross Country Fall 2025**

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

**Registration Information**

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

• Payment FEE: $45 per student

• REGISTRATION HERE Link: <https://schoolsales.nsd.org>, with $1.95 convenience fee, contact Kokanee @ 425-408-4900 for username 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.

• EMERGENCY CARD HERE Read, sign & return [**Emergency Information Card**](https://www.nsd.org/fs/resource-manager/view/8abf34f7-f30d-4178-b8fb-52be146f171f) to Kokanee Office

**NO PARTICIPATION UNTIL REGISTERED ONLINE & EMERGENCY INFO CARD TURNED IN**

**Practice**: Monday and Tuesday(unless there is a meet on Tuesday) from 4-5pm**.** We will meet outside of the GYM, then head out to the playground. **At the end of practice, promptly 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.

**Behavior:** Cross Country 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 Cross Country.Running shoes are most important and should be made specifically for running (good arch support, flexible, and light weight).

**Cross Country 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 10/28/25.**

**Practice and Meet Schedule:**

Monday, September 22 Practice 4-5pm

Tuesday, September 23 Practice 4-5pm

Monday, September 29 Practice 4-5pm

**Tuesday, September 30 Meet @ Fernwood 5pm**

Monday, October 6 Practice 4-5pm

**Tuesday, October 7 Meet @ Woodin 5pm**

Monday, October 13 Practice 4-5pm

**Tuesday, October 14 Meet @ Wellington 5pm**

Monday, October 20 Practice 4-5pm

**Tuesday, October 21 Meet @Kokanee 5pm**

**Coaches:** Feel free to contact Mr. Martin [gmartin@nsd.org](mailto:gmartin@nsd.org) or through ParentSquare 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, fun guaranteed!** 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 contact through ParentSquare