

Kokanee Kodiaks Track and Field 2026 (Grades 3-5)

Steps to register online:

1. [Print the emergency card](#): - complete, sign, & return Emergency Information Card to the Kokanee office.
2. **Track and Field fee:** \$45 per student, [to register and pay](#), with \$1.95 convenience fee, contact Kokanee @ 425-408-4900 for username and pin if you need it.
 - a. Those who qualify for Free or Reduced Lunch should [register](#).

NO PARTICIPATION UNTIL REGISTERED ONLINE & EMERGENCY INFO CARD TURNED IN

- **Practice:** Practices run from 4-5 pm. **Please see the attached schedule for dates.** We will meet outside the GYM, then head out to the playground. **At the end of practice, meet your athletes promptly at the parent pick-up area at 5 pm.**
- **Meets:** On MEET DAYS, go home at regular dismissal time and then arrive at the location of the meet by 4:45 pm, 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:** 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 lightweight).
- **Track and Field Jersey:** A Kokanee Kodiak shirt will be provided for each team member. **Note:** At the conclusion of our season, each athlete will be responsible for cleaning and returning their jersey. **Please return your shirt by 5/26/26.**

Practice and Meet Schedule:		
Tuesday, April 14	Practice	4-5 pm
Thursday, April 16	Practice	4-5 pm
Monday, April 20	Practice	4-5 pm
Thursday, April 23	Practice	4-5 pm
Monday, April 27	Practice	4-5 pm
Thursday, April 30	Meet @ Northshore MS	5 pm
Monday, May 4	Practice	4-5 pm
Thursday, May 7	Meet @ Skyview MS	5 pm
Monday, May 11	Practice	4-5 pm
Thursday, May 14	Meet @ Kenmore MS	5 pm
Monday, May 18	Practice	4-5 pm
Tuesday, May 19	JO @ NCHS	5:30 pm

Coaches: Feel free to contact Mr. Martin gmartin@nsd.org, Ms. Lee slee@nsd.org or contact us 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!

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](#) and then email Mr. Martin gmartin@nsd.org and slee@nsd.org