

Kokanee Kodiaks Cross Country Fall 2026
(3rd through 5th Grade)
Registration Information

You may register with the paper packet for Cross Country. Paper Packets are in the gym or the office. If you would like to register online, please see the info below.

- FEE: \$45 per student
- [Online Registration](#) 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](#), then [register for Track](#).
- Read, sign & return **Emergency Information Card** to Kokanee Office (**students bring home**)

NO PARTICIPATION UNTIL REGISTERED ONLINE & EMERGENCY INFO CARD TURNED IN

Practice: Mondays and Tuesdays (unless there is a meet on Tuesday) from 4-5 pm. 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 5 pm.**

Meets: On AWAY MEETS, no early school dismissal please, go home at regular dismissal time and then arrive at the location of the meet by 4:45 p.m. to allow time for traffic, parking, to stretch as a team, and receive last minute instructions. At our HOME MEET (10/20) Students will stay at school after dismissal and meet outside of the gym. **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 lightweight).

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 10/27/26.**

Practice and Meet Schedule:

Monday, Sept. 21	Practice	4-5 pm
Tuesday, Sept. 22	Practice	4-5 pm
Monday, Sept. 28	Practice	4-5 pm
Tuesday, Sept. 29	Meet @ Fernwood	5 pm
Monday, Oct. 5	Practice	4-5 pm
Tuesday, Oct. 6	Meet @ Woodin	5 pm
Monday, Oct 12	Practice	4-5 pm
Tuesday, October 13	Meet @ Wellington	5 pm
Monday, October 19	Practice	4-5 pm
Tuesday, October 20	Meet @ Kokanee	5 pm

Coaches: Feel free to contact Mr. Martin at gmartin@nsd.org and Mrs. Fagundes at afagundes@nsd.org or through Parent Square, 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](#) and then contact coaches through Parent Square or email Mr. Martin at gmartin@nsd.org and Mrs. Fagundes at afagundes@nsd.org