**Kokanee Kodiaks Cross Country 2022**

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

**Registration Information**

• FEE: $35 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** to Kokanee Office **(students brings home)**

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

**Practice**:

Mondays and Tuesdays(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, meet your athletes at parent pick-up area **at 5pm.**

**Meets**:

Tuesdays. On AWAY MEETS, no early school dismissal please, go home at regular dismissal time and then arrive at the location of the meet by 4:45pm to allow time for traffic, parking, to stretch as a team, and receive last minute instructions. At our HOME MEET (10/25) Students will stay at school after dismissal and meet outside of the gym. All meets start at 5pm and will end at approximately 6:00pm. **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 Elementary Track.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 11/1/22.**

**Practice and Meet Schedule:**

(Meets start at 5pm; arrive at 4:45pm)

**UPDATED ON 10/21**

Monday, September 26 Practice 4-5pm

Tuesday, September 27 Practice 4-5pm

Monday October 3 Practice 4-5pm

**Tuesday, October 4 Meet @ NCHS 4:45-6pm**

 **Hosted by FW**

Monday, October 10 Practice 4-5pm

**Tuesday, October 11 Meet @ Woodin 4:45-6pm**

Monday, October 17 Practice 4-5pm

**~~Tuesday, October 18 Meet @ Wellington 4:45-6pm~~ Postponed to Oct 25**

 **Due to Smoke**

Monday, October 24 Practice 4-5pm

**Tuesday, October 25 Meet @ Wellington 4:45 – 6pm**

Monday, October 31 NO Practice - Halloween

**Tuesday, November 1 FINAL Meet @ Kokanee 4:45-6pm**

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