

My name is Nathan Schroeder, and I live in Seattle's District 5. I'm the proud father of four wonderful Seattle public school children and small business owner. I am committed to ensuring the best possible city for my children, my neighbors, and for the next generation of Seattleites.

I studied Literature and Business at Washington State University before completing my bachelor's degree in Integrated Social Sciences at the University of Washington. For the past 15 years, I've owned and operated Ballard Barbell and Boxing Club, located near the Ballard Brewery District. Our gym isn't just a place to work out; it's a third space where people from all walks of life find structure, support, and connection. We've served everyone from teens needing direction to older adults managing Parkinson's. When the pandemic hit, I led a full operational and software transformation to keep the doors open, preserve jobs, and emerge stronger and more efficient than before.

In addition to parenting, coaching, mentoring, and running the gym, I'm an avid reader, a lifelong athlete, and someone who enjoys lifting, hiking, camping, cooking, and honest dialogue. I care deeply about public safety, small business resilience, youth development, and ensuring that our city works for the people who live and raise families here. I am seeking this appointment because I believe my lived experience, deep community ties, and practical leadership can help move Seattle forward with accountability, compassion, and a clear connection to the people we serve.

My priorities are rooted in lived experience. I believe every resident deserves to feel safe, at home, at work, on the bus, and in their neighborhood. That starts with fully staffing and supporting public safety services while also expanding mental health response and community-based outreach.

As a small business owner, I've seen how complex and slow city systems can make it harder to stay open, hire, and grow. I support making permitting and licensing more efficient, responsive, and transparent so that local businesses can succeed, not just survive.

I also believe we need a compassionate and accountable approach to homelessness and behavioral health. People should have access to services, and our public spaces, including parks and sidewalks, should be safe, clean, and welcoming for people and families to enjoy and interact with their community. I also believe that we should first make better use of the resources we already have before introducing new taxes.

If appointed, I'll bring a grounded, hands-on perspective to Council. I'll work to improve public safety by supporting well-staffed patrols and expanding crisis response options. I'll prioritize making our parks and open spaces safe and welcoming for everyone. I'll advocate for small business policies that reflect real-world needs, including faster permitting, simpler communication, and a more collaborative relationship between the city and the people trying to build something in it.

I'll show up, I'll listen, and I'll work hard. I'm not coming in with ideology. I'm coming in with experience, a commitment to service, and a belief that Seattle works best when we focus on the fundamentals and take care of each other.

Nathan Schroeder

REDACTED

Local Business Owner | Community Leader | Advocate for Public Health and Youth Development

Professional Summary

Lifelong Seattle resident, father, and small business owner with nearly two decades of hands-on experience serving local youth, families, and seniors through community-based fitness and mentorship programs. Founder and operator of a neighborhood boxing gym that functions as both a training space and a support system for people from all walks of life. Experienced navigating city permitting, small business challenges, and public health outreach. Brings a grounded, real-world perspective shaped by working directly with residents and building programs that meet them where they are.

Experience

Owner & Head Coach *Ballard Boxing – Seattle, WA*

June 2010 – Present

- Founded and operates a community-based boxing gym serving youth, adults, and seniors across Seattle.
- Led the business through the COVID-19 pandemic, maintaining operations and adapting services to support clients' mental and physical health.
- Implemented new gym management and point-of-sale software that streamlined operations, improved client experience, and increased profitability.
- Coach group and private boxing lessons, manage day-to-day operations, and mentor clients through discipline-based training.
- Build partnerships with local teams and schools for youth training sessions and strength programs.
- Developing a non-contact boxing and mobility program for older adults and people living with Parkinson's.
- Responsible for managing, hiring, vendor management, programming, and community outreach.

Coach & Sales Lead *Northwest CrossFit – Seattle, WA*

2009 – 2010

- Led daily group classes and personal training sessions, including boxing instruction.
- Created sports conditioning programming, with adaptations for seniors and injured clients.
- Achieved highest new member enrollments for six consecutive months.
- Developed and taught internal sales program and coach onboarding processes.
- Conducted nutritional consultations and managed member engagement.

Software QA Engineer (Contract & Full-Time) *Microsoft, RealNetworks, Klir Technologies, Digeo – Seattle, WA*
2001 – 2009

- Led QA efforts across multiple teams, including Media Foundation, RealArcade, Pocket PC, and Vista Shell UI.
- Created and executed test plans, ran BVTs, and managed reporting on live and test builds.
- Automated processes and scripted tools to improve QA efficiency.
- Mentored junior testers and collaborated with cross-functional product teams.

Education

University of Washington: Bachelor of Integrated Social Sciences, *High Distinction*

Washington State University: Coursework in Literature & Business Administration
Collegiate Extra Curricular: WSU Rugby Captain, Sigma Chi Fraternity

Certifications & Seminars: CrossFit Level 1 Trainer, Certified Kettlebell Instructor, USA Boxing Coach (pending), Robb Wolf Nutrition Seminar, CrossFit Movement & Mobility Certification

Interests: Boxing, Strength Training, Magic: The Gathering, Camping, Cooking, Reading



City of Seattle

FINANCIAL INTEREST STATEMENT AND ADDRESS VERIFICATION CANDIDATES FOR COUNCIL DISTRICT 5

All City of Seattle officials and employees are subject to the provisions of Seattle Municipal Code (SMC), Chapter 4.16, (the "Ethics Code"). The purpose of the Ethics Code is to ensure that no public office is used for personal gain; and that the public have confidence in the integrity of its government. An individual with certain financial interests may be prohibited from participating in City business, as specified in the Ethics Code. Please click [HERE](#) to see SMC 4.16.070, a list of prohibited conduct.

The City Council is interested in knowing whether you have any financial interests that could be an issue with your service on the Council. Please answer the following questions to the best of your ability. Answering "Yes" does not necessarily disqualify you from consideration:

1. Do you, or any member of your family, **receive compensation** from any person or entity that engaged in any transactions or activities with Seattle City government in the past five years? ☒ No ☐ Yes, please complete item 1 on page 2.
2. Do you, or any member of your family, have a **direct financial interest** in any person or entity that engaged in any transactions or activities with Seattle City government in the past five years? ☒ No ☐ Yes, please complete item 2 on page 2.
3. Have you, or any member of your family, served in the past five years as an officer, director, trustee, or employee of an entity that engaged in any transactions or activities with Seattle City government? ☒ No ☐ Yes, please complete item 3 on page 2.
4. After referencing SMC 4.16.070, do you have any other relationships, employment history or financial interests that you feel could be an issue with your service on the Council under the Ethics Code? ☒ No ☐ Yes, please complete item 4 on page 3.

In order to be eligible for appointment to Council Position 5, you must be a resident of District 5 for at least 120 days (City Charter Article IV, Sec. 2; Article XIX). Please confirm your eligibility by clearly printing your current residential address and affirming the length of your residency at that address:

Street Address: [REDACTED]
Zip Code: [REDACTED]
Resident at this address since: _____

Name of Candidate (as registered with King County Elections): Nathan Schroeder

I certify under penalty of perjury under the laws of the State of Washington that the information provided on this page and on page 2 and on all attached sheets is true and correct and that I have made reasonable inquiry to determine the truth, accuracy, and completeness of my responses.

Signature: 

Signed at Seattle, Washington

(City or other location must be filled in.)

Date: 7/9/2025

Note: If you are appointed to the City Council, you will be required to complete a "Personal Financial Affairs Statement" on a form provided by the Seattle Ethics and Elections Commission (SEEC). You can see SEEC Form F1 by clicking [HERE](#).