

Attention Athletes and Track Coaches

# 2018/2019 WSTC Training Entry Form

\*\*\*Please return this portion\*\*\*

Willamette Striders Track Club  
14388 So Maplelane Rd  
Oregon City, Or 97045

Name \_\_\_\_\_ Gender    M    F    Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone # \_\_\_\_\_ School \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Personal Record \_\_\_\_\_ Other events with performances \_\_\_\_\_  
Email Address \_\_\_\_\_ Facebook \_\_\_\_\_

*Get all updates and latest social information from [www.facebook.com/willamettestriders](http://www.facebook.com/willamettestriders)  
More information on training, schedules, history and payments at [www.willamettestriders.com](http://www.willamettestriders.com)*

USATF Membership Number (req.) \_\_\_\_\_ [www.usatf.org](http://www.usatf.org) for membership

Please check choices (Each Pole Vault group is limited to 12 athletes. First come, first served basis)

- \_\_\_\_\_ Monday/Wednesday 4 to 6 **Athletes with no WSTC experience.**
- \_\_\_\_\_ Monday/Wednesday 6 to 8 **Athletes with no WSTC experience.**
- \_\_\_\_\_ Tuesday/Thursday 4 to 6 **Athletes with 1 year or more of Club experience.**
- \_\_\_\_\_ Tuesday/Thursday 6 to 8 **Athletes with 1 year or more of Club experience.**

Cost: \$160 per Month  
1/2 Month: \$120  
Session if Open: \$30

\_\_\_\_\_ **Advanced Level:** For the very serious competitor! Training in 2 hour blocks/ four times per week Training to include Technique, Speed, strength, Coordination and Power. The goals for this group are for preparation to compete at the State, National or International Level. Entry is by application only.

Cost: \$200 per month

Please send in this Entry Form and first month payment to reserve a spot.  
or just pay with Paypal from the programs page on the website.

Training Facility located at:  
14388 So Maplelane Road  
Oregon City Or 97045