

Attention Athletes and Track Coaches
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 _____
Parents Phone number and Name _____
Personal Record _____ Other events with performances _____
Email Address _____ Facebook _____

Get all updates and latest social information from www.facebook.com/willamettestriders
More information on training, schedules, history and payments at www.willamettestriders.com

USATF Membership Number (req.) _____ 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.**
_____ Friday/Sunday 5 to 7 and 1 to 3 **Open to all.**

Cost: \$180 per Month
1/2 Month: \$120
Single Session if Open: \$50

_____ **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: \$220 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.

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