

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](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 **Open to all**
- \_\_\_\_\_ Monday/Wednesday 6 to 8 **Open to all**
- \_\_\_\_\_ Monday/Wednesday 6 to 8 **Advanced Athletes only, Application only**
- \_\_\_\_\_ Tuesday/Thursday 4 to 6 **Open to all**
- \_\_\_\_\_ Tuesday/Thursday 6 to 8 **Advanced Athletes only, Application only**
- \_\_\_\_\_ Friday/Sunday 5 to 7 and 1 to 3 **Open to all. Coach Scott McCoy**

Cost: \$200 per Month  
1/2 Month: \$120  
Single Session if Open: \$60

\_\_\_\_\_ **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. Monday through Thursday from 6 to 8.

Cost: \$250 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

