

## The Facility Scope

We are determined to provide the most appropriate, challenging and complete training facility for the present day athlete. If speed and jumping is part of your needs then the WSTC is the place to be.

## Eligibility

All athletes over the age of 12 years old. No experience is at all necessary.

## The New “Willamette Striders Indoor Facility”

The Indoor Facility has every thing you need to reach your potential. A 200 foot straight-away, 1 pole vault pit, one high jump pit, gymnastics area, lifting area and many other tools for you to improve your performance.

The New “Willamette Striders” Indoor Facility is the place to be if you are interested in becoming a better Sprinter/jumper/hurdler.

## Programs with US Senior Coach Rick Baggett

A program for everyones needs!

Groups limited to 12 so sign up early

### Pole Vault Technique Schedule

(\$130/ month)

**Advanced: over 10’6 and 13’6**

Monday/Wednesday

Girls 4 to 6 pm

Boys 6 to 8 pm

**Beginner:**

Tuesday/Thursday

Girls 4 to 6 pm

Boys 6 to 8 pm

### Core Strength Training Schedule

(\$130/ month)

Monday/Wednesday 5-7

Tuesday/Thursday 5-7

### High Jump/Long Jump and Triple

(\$130/ month)

Tuesday/Thursday

4 to 6 pm

All training to be at the newly remodeled

**WSTC LLC Indoor Facility**

**14388 So. Maplelane Road**

**Oregon City, Or 97045**

**971-207-1422**

## Coming in Soon!!

### KidSports

**\$100 per month**

For Children 3-6 years of age

Classes limited to 10 children

Sports and sports-related activities play an integral part in almost every child's social, emotional, and physical development. Learning the basic motor development and sport skills, in an age appropriate manner, creates a foundation for positive experiences in all the different sports that your children may choose to participate.

The goal of our classes is to focus on age appropriate skills that create a foundation for positive sports experiences. Children build skills that give them the confidence and aids in the preparation that enables them to join in the fun of team sports as they grow. Throughout the duration of our activities your child will be introduced to the skills associated with the various sports covered by the program.

Monday/Wednesday

**9:45am-10:30am**

**As classes fill others will be created as needed.**

**WILLAMETTE STRIDERS TRACK CLUB LLC  
14449 WALNUT GROVE WAY  
OREGON CITY, OR 97045**

**Since 1992**