

2011/2012 WSTC Training Entry Form

Please return this Page for Entry Application

Rick Baggett (Director/Senior Coach)
Willamette Striders Track Club
14449 Walnut Grove Way
Oregon City, Or 97045

Name _____ Gender M F Age _____

Address _____ City _____ State _____ Zip _____

Phone # _____ School _____ Date of Birth _____

Event Personal Record _____

Other events with performances _____

Email Address _____ www.Facebook.com/ _____

Get all updates on training and schedules from www.facebook.com/baggettpv

USATF Membership Number (req.) _____ www.usatf.org for membership

Your Personal Goal for participation in the WSTC Athletic training: _____

Please check choice:

Recreational Group: Meets for 1 hour, 2 times a week for some enjoyable Jumping. Designed to give the inexperienced athletes a chance to have some fun and start their process for success.
\$80 per month (limit 12 kids/ group)

Intermediate Level: Training in 2 hour blocks/ twice per week. Goals are to prepare for District and State level competitions.
\$150 per month (limit 12 kids/ group)

Advanced Level: For the 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 National and International Level. Entry is by application only
\$200 per month (limit 12 kids/ group)

Check which Event you are applying for:

Pole Vault

Long Jump/Triple Jump

High Jump

Speed Development, Core Strength, Agility and Coordination for other sports.

Decathlon/Heptathlon