

POUGHKEEPSIE CITY STRIDERS TRACK CLUB

2025/2026 WINTER INDOOR TEAM REGISTRATION FORM

Name _____
Address _____ City _____ State _____ Zip _____

Parent's Cell Phone _____ / _____

Parent's Email _____ Age _____

Date of Birth _____ Returning Member _____

Please List Any Physical Handicaps, Injuries,
Allergies _____

Date of Athlete's Last Physical _____
Grade and School Attending _____

Athlete Will Be Participating On:

Competition Team ____ - **Competing In at least three Outdoor Meets this season**

Non-Competition ____ - **Staying in shape, Speed and Technique training**

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Name of Parent or Guardian of Athlete _____

Address _____ City _____ State _____ Zip _____

Relationship to Athlete (mother, father, guardian, etc.) _____

As the parent or legal guardian of the above athlete

_____, I fully understand that participation in athletics, in this case, track and field, could result in both minor and serious injury and even death. I further understand that to minimize the risk of injury or harm, the athlete should have had a physical within the past year. I assume any and all risks associated with the above athlete's participation as a member of the Poughkeepsie City Striders Track Club and I hereby waive and release the Poughkeepsie City Striders Track Club, its coaches, and representatives, of any and all rights for damages or injuries suffered while participating with the Poughkeepsie City Striders Track Club during a scheduled practice, conditioning session or competition; while traveling to or from a scheduled practice, conditioning session or competition; or during any other Club related activity.

Parent or Guardian Signature _____

Date _____

CLUB FEES - \$135 for 2025/2026 Winter Indoor Track Season

Club Fees Include USATF (USA Track and Field) and AAU - Membership For 25/26 Indoor Season

NEW MEMBERS: PLEASE INCLUDE A PHOTOCOPY OF BIRTH CERTIFICATE

UNIFORMS FOR SEASON WILL BE PURCHASED SEPARATELY (details to PC

Striders Online Store will be sent out in the coming weeks)

Team Spirit Wear is available on

<https://teamlocker.squadlocker.com/#/lockers/poughkeepsie-city-striders>