POUGHKEEPSIE CITY STRIDERS TRACK CLUB

2026 – 2027 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 Indooe 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 2026 – 2027 Winter Indoor Track Season

Club Fees Include USATF (USA Track and Field) and AAU - Membership For 26 – 27 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