

# POUGHKEEPSIE CITY STRIDERS TRACK CLUB

## 2026 SPRING/SUMMER OUTDOOR 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 any other Club related activity.

Parent or Guardian Signature  
\_\_\_\_\_

Date \_\_\_\_\_

CLUB FEES - \$135 for 2026 Spring/Summer Outdoor Track Season

Club Fees Include USATF (USA Track and Field) and AAU - Membership For 26 Outdoor 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>