



STOWMARKET = STRIDERS =



Stowmarket Striders Juniors Try-out Application Form

Stowmarket Striders run an organised coaching session with UK Athletics qualified coaches specifically for Juniors aged 9 to 15 years old. We meet every Tuesday from 6pm to 7pm. Our 'Clubhouse' is in the Conference Room at Mid Suffolk Leisure Centre to the rear of reception. If you would like to 'try' out for a couple of weeks before joining then please complete this form before the session and bring it with you.

All children should be signed in and out of the session by a responsible adult, please introduce yourself to one of our Coaches at the start of the session. Our Coaches will advise where the session will be held and parents are more than welcome to accompany the session if they so wish. Membership for Juniors is £15.00 per annum, if after your try-out you would like to join us you can sign up and pay online. More information about Junior sessions and up-coming events and races can be found on our website.

For the safety and enjoyment of all members, please read and abide by our Club's Codes of Conduct at all times, these can be found on the membership page of our website. Happy Running!

Name of Child	
Age of Child	
Does the child participating has recently had any illness or injury recently that the Coaches should be made aware of	
Does the child participating have any allergies that we should be made aware of	
What level of exercise is the child used to (school and extra-curricular sport – frequency and duration)	
Parents/Carers Name	
Parents/Carers Phone Number in case of emergencies	
Parents/Carers email address	
(for completion by a Club Coach) Review of the above (tick)	
(for completion by a Club Coach) Confirmation of session location (tick)	