

Orange Crush Track Club

"Working Hard in the Summer to Crush the Competition in the Fall"

June 5– July 19, 2024 7:00am-9:00am

www.orangecrushrunning.com

Location: Seven Lakes High School Katy, TX

- **\$150.00 Six Weeks of Training**
- **\$15.00 Optional Singlet**
- **\$15.00 Optional T-shirt**

The Orange Crush Running Club is focused towards creating individual training plans for junior high & high school athletes who plan to compete in **CROSS COUNTRY** running, and mid-distance in track & field that want to develop their **SPEED** and **STRENGTH** during the off-season. The purpose is to develop running technique, strength training, racing strategies and gain more competitive experiences in the summer in order to have higher levels of success in the athlete's competitive seasons. Our program also includes a character development.

** Not Affiliated with Katy ISD*

For more information, contact one of the following coaches:

Scott Kenney: 281-658-3835 scottkenney76@gmail.com

Marvin Rathke: 281-435-5280 marvrathke@yahoo.com

Mail Forms to: Scott Kenney
3238 Tynemeadow Ct. Katy, TX 77449
payable to: Scott Kenney

Contact person: Scott Kenney



COACHES
SCOTT KENNEY
MARVIN RATHKE
ALYSSA CROCKER



Name: _____

Parent Name: _____

Address: _____

City: _____ State: _____

Home Phone: _____

Parent Email: _____

Emergency Phone: _____

What are your athlete's athletic interests and goals? _____

_____ : Age _____ Date of Birth (mm/dd/yyyy)

Events You are Interested In (Check all that apply):

_____ Boys-800-Cross Country _____ Girls-800-Cross Country

_____ Beginner (never trained) _____ Intermediate (1-2 years)

_____ Experienced (3-4 years) _____ Other _____

T-shirt Size and/or Singlet (15.00)

_____ Sm _____ Med _____ Large _____ X-Large _____ XXL-Large

Singlet Size and/or Singlet (15.00)

_____ Sm _____ Med _____ Large _____ X-Large _____ XXL-Large

*Current Physical and Consent to Treat Card on file at your school of enrollment for the upcoming 2024-2025 school year: _____ Yes _____ No

*Have you enrolled as a member of AAU and signed up with AAU insurance coverage? AAU Club Code is W3D3E3 _____ Yes _____ No

***These are required before you can participate**

Release Form

Parents Release and Indemnity Agreement to: Orange Crush Running Team

We, (or I) hereby request that you accept the application for enrollment in the 2024 Orange Crush Running Team from June 5th –July 19th. On dates set forth in this application, and in consideration of your acceptance of the application, we (or I) hereby release the Orange Crush Running Team and all of their employees and agents from all claims on account of any injuries which may be sustained by our (or my) daughter/son while attending the Orange Crush Running Team practices and competitions now and in the future and its employees and agents for any claim may be hereafter presented by our (or my) minor daughter/son. I understand that medical coverage is the sole responsibility of the parent/guardian (not provided by Orange Crush Running Team). I certify I am the parent/guardian of the above named applicant; that the above information is true in all aspects.

Signature of Parent or Legal Guardian

Date