

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

- \$175.00 Mid-Distance & Cross Country Program– 6 weeks (t-shirt included)
- \$100 Sprint/Hurdles Sessions (Tues/Thurs)
- \$20.00 Optional Singlet or 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** this fall, and sprinters/hurdles in track & field that want to develop their **SPEED** and **SKILLS** 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

or bring registration to the first day of training.

Contact person: Scott Kenney/Marvin Rathke



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

____ Boys 100-400m, Hurdles ____ Girls 100-400m, Hurdles

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

____ Experienced (3-4 years) ____ Other

T-shirt Size and/or Singlet (20.00)

____ Sm ____ Med ____ Large ____ X-Large ____ XXL-Large

Singlet Size and/or Singlet (20.00)

____ 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 Track Club 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 Track Club 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 Crushing Track Club). 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