

Orange Crush

Distance & Speed Camp

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

June 10– July 19, 2019 7:00am-9:00am

www.orangecrushrunning.com

Location: Seven Lakes High School Katy, TX

- \$175.00 Six Weeks of Morning Training
- \$90.00 Three Weeks Summer School
- \$50.00 Discount for any siblings

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/distance running as well as track athletes 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.

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/Marvin Rathke



COACHES

SCOTT KENNEY

MARVIN RATHKE

DAVID POLLACK

JESSICA CALVO

JEFF KACHEMEYER

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/Girls 800-Cross Country

_____ Boys/Girls Sprints (100-400m, Hurdles, Vaulter)

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

_____ Experienced (3-4 years) _____ Other _____

T-shirt Size

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

*Current Physical and Consent to Treat Card on file at your school of enrollment for the upcoming 2019-2020 school year: ___ Yes ___ No

*Have you enrolled as a member of AAU and signed up with AAU insurance coverage? AAU Club Code is WY7D5F ___ Yes ___ No

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

I have medical insurance coverage for the above name applicant.

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 2019 Orange Crush Running Team from June 10th –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 Crushing 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