

Orange Crush Track Club

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

June 9– July 23, 2021 7:00am-9:00am

www.orangecrushrunning.com

Location: Seven Lakes High School



COACHES
SCOTT KENNEY
MARVIN RATHKE
DAVID POLLACK
ALYSSA CROCKER
DAVID COOPER



Scan the QR Code to fill out the Google form

· \$130.00 Six Weeks of Morning Training with t-shirt

The Orange Crush Track Club is focused towards creating individual training plans for junior high & high school athletes who plan to compete in the sprints, throws, pole vault and as well as cross country/mid-distance runners that want to develop their **oxygen delivery system** during the off-season. The purpose is to develop running technique, core 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

David Pollack 832-607-3628 canecoach2007@gmail.com

Register online at www.orangecrushrunning.com or mail forms to: Scott Kenney

3238 Tynemeadow Ct. Katy, TX 77449

Contact person: Scott Kenney/Marvin Rathke

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/ 800m to Cross Country

____ Girls 800m to Cross Country

____ Boys Sprints Training– Feed the Cat

____ Girls Sprints Training–Feed the Cats

____ Throws with Coach Cooper _____ Pole Vault with Coach Kenney

____ 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 2021-2022 school year: ____ Yes ____ No

*Have you enrolled as a member of AAU and signed up with AAU insurance coverage? AAU Club Code is WYD5TA ____ Yes ____ No

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 2021 Orange Crush Track Club from June 9th –July 23rd. 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