

Orange Crush

Track Club

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

June 9– July 22, 2022 7:00am-9:00am

www.orangecrushrunning.com

Location: Seven Lakes High School Katy, TX



COACHES
SCOTT KENNEY
MARVIN RATHKE
DAVID POLLACK
ALYSSA CROCKER
DAVID COOPER

- \$150.00 Six Weeks of Morning Training
- \$15.00 Optional Singlet
- \$10.00 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/distance running, and sprinters 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/Marvin Rathke



Scan the QR Code to fill out the Google form

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, Vaulters, Throwers)
 Beginner (never trained) Intermediate (1-2 years)
 Experienced (3-4 years) Other _____

T-shirt Size and/or Singlet (10.00)

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 2022-2023 school year: Yes No

*Have you enrolled as a member of AAU and signed up with AAU insurance coverage? AAU Club Code is W35YBC 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 2022 Orange Crush Running Team from June 9th –July 22nd. 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