

Join Lilburn Lightning!

“A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more.”

-Steve Prefontaine

Requirements for participation

1. Pass 5 classes since the beginning of the previous semester
2. Live within the recognized school district
3. Have a valid physical within the last year - form on file with school
4. Have health insurance coverage
5. Have a signed permission slip on file with the coaching staff

Practice Starts Tuesday, September 4, 2018, 4:30pm—5:30pm

***Parents should pick up their children from practice no later than 5:35pm.**

What else do we need from you?.....COMMITMENT

100% participation in practices

100% payment of dues (\$15 or the entire season)

Demonstrate respect for all GCPS Staff

3 Strikes and You're Out

Strike = unexcused absence for practice or a race

late to practice or race

Disciplinary issue with a teacher, coach, or GCPS employee

More than 3 strikes = dismissed from the team with no refund of booster dues.

What does \$10 used for?

- practice shirt

-What are we training for?

-Mustang Mile Run October 27, 2018

-Stampede In the Park 5K Trail Run February 2, 2019 - Optional

Why should I join Lilburn Lightning ?

-get in or stay in shape

-get to know other students outside of school

-develop as an athlete and leader

-gain speed and endurance



UPCOMING DATES

Sept. 4, 2018

**1st day of Lilburn
Lightning Prac-
tice**

**Practice will be
Tuesdays and
Thursdays
4:30—5:30pm**

**Meets will be
September 22nd
October 2nd
and
October 4th**