

## Staff

---

### Head Coach

Tony Dunning – Over 14 years track experience

1996 – 2001 Gazelle Track Club

2002 – Present First Light Track Club

Has coached State, Regional & National Champions.

### Asst Head Coach

Sterling Lester – Avid Coach and mentor

### Middle Distance

Marcelo Dunning – Current 5A record holder at 800 meters

### Sprints

Priscilla Gaines – High School State Champion and AAU National Champion

### Horizontal Jumps & Hurdles

### Registrar

Jacqui Collins [jacquicyd@bellsouth.net](mailto:jacquicyd@bellsouth.net)

### Contact: Coach Tony Dunning

[adunning@itsmarta.com](mailto:adunning@itsmarta.com)

404.427.6658

## RELEASE & WAIVER FORM

In consideration of my child's/dependent's participation with the First Light Track Club spring 2008 season, I do hereby, for myself, my child/dependant, my heirs and executors, waive, release and forever discharge all rights and claims for damages and/or injuries for which I or my child/dependant may have, or which may hereafter occur to me against the First Light Track club, it's agents and Marietta High School, for any and all injuries/and or damages which may be suffered by my child's/dependant's participation. Additionally, I hereby provide FLTC and its agents or representatives grant of license and release to use the name and photograph of my child/dependant as required publicizing the club for a period of five years from the date of this release. I have read and understand the release of waiver of claims statement and fully agree with the provisions of this document.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Child/Dependent

The law requires that parental permission be obtained for the operative procedures on minors. The following consent form should be signed by the parents so that such procedures may be promptly carried out, and so that no unnecessary delays will occur with operative procedures. However, no operation will be performed, except for emergency, without parents being fully contacted.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Relationship



**Summer 2009**

Practice begins officially –  
April 6, 2009 – 6:00pm –  
7:30pm Marietta High School

Head Coach: Tony Dunning  
404.427.6658

[adunning@itsmarta.com](mailto:adunning@itsmarta.com)

Asst. Head Coach: Sterling Lester  
404-294-1342

Asst. Coach: Marcelo Dunning  
404-824-2763

The early bird gets the worm.  
We're bustin' anything in the way of  
seeing **FIRST LIGHT** of the day.

We're the **FIRST** track club on the  
track for the gold, and the last one's  
to go home.

## Mission

The mission of First Light Track Club is to promote the life qualities of the great sport of track & field to kids of all ages. Track is like life; you have to set goals, you work to achieve those goals and you measure your accomplishments against those goals while continuing to improve.

## Who should run?

First Light is open to all kids 7 to 18 years of age who are serious about the sport of track & field. If you are someone who just wants to have fun then this may not be the club for you. The coaching staff takes the training and competition seriously and will work with goal setting and a complete understanding of what and why you are working.

## Cost

\$450 – Covers all Meet entry fees and charges. Does not cover cost of travel T-Shirt is included, balance due upon registration.

**Be a winner, join First Light and let your real light shine through!**

## Registration thru May 8, 2009 Summer 2009 Schedule

May 16-17 Pebblebrook HS	Boys & Girls Invitational Mableton, GA
May 23-24 Landmark Christian	Mark Trail Memorial Day Meet Fairburn, GA
May 30 Pebblebrook High	Track Phi Track Invite Mableton, GA
June 6 Carrollton HS	USATF Preliminary Meet Carrollton, GA
June 11-14 Lucy Laney Stadium	AAU District Championships Augusta, GA
June 18-21 Westlake HS	USATF Association Championships Atlanta, GA
June 25-28 Lucy Laney Stadium	AAU Area 6 National Qualifier Augusta, GA
June 30-July 5 Eastern Michigan	USATF Youth Nationals Ypsilanti, MI
July 5-10 Disney Complex	AAU National Club Championships Orlando, FL
July 9-12 Prince George Cty	USATF Region III Championships Landover, MD
July 24-26 Duke University	Russell E. Blunt / ECI Durham, NC
July 28-Aug 2 North Carolina A&T	USATF National Junior Olympics Greensboro, NC
Aug 1-8 Drake Univ.	AAU Junior Olympics Des Moines, IA

\*Must Qualify

## Application

Name\_\_\_\_\_

Age\_\_\_\_\_ Birth Date \_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_

Zip\_\_\_\_\_

Parent/Guardian

\_\_\_\_\_

Home Phone\_\_\_\_\_

Cell Phone\_\_\_\_\_

Emergency Contact\_\_\_\_\_

Emergency Phone\_\_\_\_\_

E-mail Address

\_\_\_\_\_

Events/Personal Bests\_\_\_\_\_

T-Shirt size \_\_\_\_\_

Speed` suit size\_\_\_\_\_