

WELCOME TO LIGHTNING TRACK CLUB

“PRACTICE MAKES PERMANENT”

Our Mission

Lightning Track Club of New Jersey is dedicated to the development of the elite youth athletes. While our primary focus is track, we mentor our athletes through our coaching philosophies emphasizing teamwork, self-discipline, hard work, personal responsibility, respect for self and others. We believe in getting a sound and good education and hope that through training and development of our athletes that they will become future leaders.

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The Club was created in the winter of December 2005 to provide a high quality track and field program for youth girls between the ages of seven and thirteen. The program consists of two district seasons Indoor: December-February; and Outdoor: March-July. Training is provided by experienced volunteer coaches and parents, of whom some are USA Track & Field (USATF) certified. We participate in local and out-of-state competitions. Lightning athletes are serious about their training. Character is what the sport develops within each great athlete. All athletes are required to register with USA Track and Field and AAU (Amateur Athletic Union) and to have a updated physical and complete a club waiver. Final decisions on new club members are decided by the LTC coaching staff.

Again, welcome to our track family.

Coaching Staff and Assistants

Albert Johnson, Coach
Paula Dickson-Taylor (Coach “grandma”)