
LIVE LONG BASKETBALL AAU LIGHTNING TRAVEL TEAM

Congratulations on being selected to the Ontario Lightning Elite AAU Travel Team for this upcoming season. The Ontario Lightning Elite Travel Teams are a stepping stone for serious basketball athletes to take the next step in playing at the college level and professionally across the world. The Ontario Lightning Elite Travel Teams consists of the hardest working, most talented and deserving Live Long Athletes.

Being a member of the Lightning Travel team is a commitment and we expect basketball to be near the top of your priorities. It is important that all athletes maintain good academic standing in school and high performance in league play alongside Travel/Rep games to ensure their spot on the team. Once committing to the Live Long Lightning Roster it is imperative that all athletes attend ALL PRACTICES ROUTINELY & ON-TIME. Any player not abiding will be released from the roster and replaced.

This travel team season consists of a **US tournament** and 8 practices. The travel tournament is the 16th Annual Adidas Slam Fest on **Apr 15th -16th in Pittsburgh, PA USA**. The cost of the program is \$185.00 and is due **online** at the latest by **Saturday March 4th 2023**. This fee includes all the practices and the tournament fee. This does not include travel to the tournament. If you would like to take a seat in the chartered private bus for the travel team it is approximately sixty dollars per seat round trip including taxes per trip. The bus will have Wi-Fi. The bus fee is due the week before the tournament. Each member of the Ontario Lightning Elite AAU team is required to have a customized official Ontario Lightning Elite jersey that they will wear in all future tournaments, the one-time fee for the jersey with the player's last name is approximately forty-fifty dollars. This fee only applies to new travel players. If you already have an Ontario Lightning Elite jersey this does not apply.

Each practice is vital for all players as we build on everything from the season. We have built offensive and defensive systems and we will look to perfect them in practice in addition to improving on skill development. It is imperative we remind all team members to remain on the AAU Lightning Travel Team you must play in our Live Long Basketball program (Rising Stars League, Junior League or High School League) or be enrolled in our academic programs at the Elite Institute. Please also understand **all playing time is earned** in practice and league/in-game play. Mistakes by players will be disciplined by coaches, the goal of the tournament will always remain to maximize team success. Please fill out the form online at www.eliteinstitute.ca/rep-aau-player by the deadline. Should you choose to pass up the opportunity we thank you for participating in the house league program and we will replace your spot with the next candidate on the list on March 5th 2023. We wish you the best of luck and look forward to having you our travel team family.

Live Long Basketball
est. 2013

Rep Season Schedule:

Practice Sat. March 4, 2023 – 2PM
Practice Sat. March 11, 2023 – 2PM
Practice Sat. March 18, 2023 – 2PM
Practice Sat. March 25, 2023 – 2PM
Practice Sat. April 1st 2023 – 2PM

Rep Season Schedule:

Practice Sat. April 8th, 2023 – 2PM
Saturday April 15th, 2023
USA TOURNAMENT
Practice Sat. April 22nd, 2023 – 2PM
Practice Sat. April 29th 2023 – 2PM