



GETTING IT DONE FOR A QUARTER CENTURY 25TH SEASON

[Track Minnesota Elite \(TME\)](#), is Minnesota's leading club and a nationally ranked program.

A program of [Youth & Families Determined To Succeed \(YFDS\)](#) a 501c3 nonprofit organization, TME has been an instrumental program to putting youth on pathways to long-term success. More than 90% of our alumni attends college and thousands have graduated college and move on to become successful business professionals.

TME, is a college prep program and in partnership with its sister company Maximum Impact offers year around strength and track training, college recruiting programs, indoor track meets and participates in national and international meets.

TME offers all events except pole vault, including Sprints, distance, Long & Triple and High Jump , Shot, Discus and Javelin. In addition, we provide two team options, a Junior Team for those new to track and a Varsity Team for the experienced athletes.

Our greatest value is our coaching staff, all 14 whom all played college sports and the training programs we have developed the past 24 years. Our primary objective is to enhance the youth's confidence and track abilities into collegiate opportunities and lifelong success.





VARSITY TEAM

The Varsity team practices 4 days per week. This team is not based on talent, but the choice of parents to determine which team is the best fit. The Varsity Team fees includes participation in local: Invitationals and Championship meets only. They should participate in the AAU Championship meets & some extra ala carte travel meets outlined below.

Team Fee **\$1,000** **Due:** May 1st
Payments: Via Invoice or Team App or Cash or Check
Pays For: Facility Rentals, Coaches, Team T Shirt,
Equip, Banquet, Local Meets: Registration Fee, Food & Drink

Practices

June 1st – July 28th Mon to Thurs 6:30 to 8:30
Brooklyn Center High School Stadium, 6500 Humboldt Ave. N.

OTHER FEES

Travel Meets Fees (Optional)

Pays For: Coaches Expenses/ Meet Registration
Meet Food & Drinks / Track Equip. Transportation

AAU Regional Championship	\$125
USATF Regional Championship	\$125
International Youth Championship	\$200
AAU Jr. Olympics National Championship	\$250
Uniform: Top & Bottom	\$120
Uniform Package: Top & Bottom, Sweats, Back Pack	\$175

PRE-SEASON TRAINING - May 7th to 31st

For athletes who are not participating in
high school track only

Cost: \$50 **Due Prior to First (Check or Cash Only)**

Pays For: Track training, Coaching, Facilities.

Practices:

Mon & Wed 7:00-8:30 YWCA Indoor Track 2121 E Lake St.

TME VARSITY 2024 Schedule

TRACK MINNESOTA

"OBESITY PREVENTION" INVITATIONAL

JUNE 2

BROOKLYN CENTER HS
BROOKLYN CENTER, MN

USATF STATE CHAMPIONSHIP

JUNE 16 & 17

LAKEVILLE HS
LAKEVILLE, MN

AAU STATE CHAMPIONSHIP

JUNE 22 & 23

BROOKLYN CENTER HS
6500 HUMBOLDT AVE. N.

AAU REGIONAL CHAMPIONSHIP

JULY 27 / 28 / 29 / 30 MINNESOTA OR WISCONSIN

July Track Meets

INTERNATIONAL YOUTH CHAMPIONSHIP

JULY 12 To 14

Prince George Learning & Sports Center
LANDOVER MARYLAND

USATF REGIONAL CHAMPIONSHIP

JULY 4 To 7

Northern State University,
Aberdeen, SD,

AAU JUNIOR OLYMPICS CHAMPIONSHIP

JULY 29 – AUG 3

North Carolina A & T
GREENSBORO, NC

NOTE: TEAM PRIORITY TRACK MEETS ARE IN RED



Team Banquet

August 11





JUNIOR TEAM

The Jr. team only practices 2 days per week and has limited baseline schedule. This team is not based on talent, but the choice of parents to determine which team is the best fit. The Jr. Team can participate in ala carte meets outside their base schedule for extra cost outlined below. Jr. team can move up to varsity team by paying balance of varsity team cost.

Team Fee **\$500.00** **Due:** May 1st
Payments: Via Invoice or Team App or Cash or Check
Pays For: Facility Rentals, Coaches, Team T Shirt, Equip, Banquet, Local Meets: Registration Fee, Food & Drink

Practices

June 1st – July 28th Mon to Thurs 6:30 to 8:30
 Brooklyn Center High School Stadium, 6500 Humboldt Ave. N.

OTHER FEES

Travel Meets Fees (Optional)

Pays For: Coaches Expenses/ Meet Registration
 Meet Food & Drinks / Track Equip. & Tents Transportation

USATF State Championship	\$100
AAU Regional Championship	\$125
USATF Regional Championship	\$125
International Youth Championship	\$200
AAU Jr. Olympics National Championship	\$250
Uniforms	\$120

Parents Responsibilities: Pay for child's travel, housing, and responsible for chaperoning your child.

PRE-SEASON TRAINING - May 7th to 31st

For athletes who are not participating in high school track only

Cost: \$50 **Due Prior to First (Check or Cash Only)**

Pays For: Track training, Coaching, Facilities.

Practices:

TME Jr. Team 2024 Schedule

TRACK MINNESOTA OBESITY PREVENTION INVITATIONAL
JUNE 2

BROOKLYN CENTER HS
 BROOKLYN CENTER, MN

USATF INVITATIONAL
JUNE 18

Armstrong HS
 PLYMOUTH, MN

AAU STATE CHAMPIONSHIP
JUNE 22 & 23

BROOKLYN CENTER HS
 6500 HUMBOLDT AVE. N.

July Track Meets

USATF INVITATIONAL

JULY 10

EAGAN HS
 EAGAN, MN

USATF INVITATIONAL

JULY 17

Armstrong HS
 PLYMOUTH, MN

USATF INVITATIONAL

JULY 31

Armstrong HS
 PLYMOUTH, MN



Team Banquet

August 11





Expectations

Participants

1. Behavior: No Privilege acting, No Ghettoism, Get Along With Teamates, Follow Coaches Instructions
2. Do your best everyday and all track meets
3. Get along with others and respect coaches at all times
4. Participate: Community volunteering projects, other YFDS/TME programs (Life Skills & College Prep Programs)
5. Be Determined To Succeed

Parents

1. Pay team fees on time
2. Complete all compliance items on time (Application, Team App, USATF Membership)
3. Support 1 fundraiser and/or secure 1 sponsorship (Fundraising Goal \$50,000)
4. Volunteer at 1 TME hosted track meets (June 4 / 24 & 25)
5. Help at practice as needed (Ex. Move Hurdles & HJ Matts)
6. Behavior: No Privilege Acting, No Ghettoism, Get Along With Other Parents, Support Coaches

Traveling Meets

- TME will RSVP 30 - 50 rooms for each outstate Regional or Invitational Meet
- Athletes must travel with parent or chaperone (No team travel)
- Families share the cost of coaches to travel to outstate track meets

Relays

- Athletes who do not plan to attend the National Meet, will not be able to compete on "A" relays
- There will be 2 to 4 relays run offs to determine final "A" relay teams. The fastest 4 will make relay unless the coaches choose someone else because of experience and participants attitude.
- Developmental Level Relays will only be contested at invitational meets

Refunds

- There will be no refund if participants is dismissed from team because of their or parent negative behavior.
- Refunds will be provided less \$100 if participant is hurt and can no longer participate prior to June 15.





Coaches

Mel Anderson Founder & Head Coach Sprints / Relays 25 Years University of Minnesota – Football & Track & Field NFL – Pittsburgh Steelers Receiver		Jovan Thompson Sprinters / Jr. Team 2 Years University of Minnesota Current hurdles coach at Augsburg College
Tara Watson Hurdles / High Jump 23 Years Seton Hall – Track & Field		Eric Mensaw (TME Alumni) Sprints / Relays 7 Years University of Minnesota – Track & Field
Dawn Johnson Assistant Head Coach / Sprints / Relays 17 Years Purdue University – Track & Field		Shaheed Hickman (TME Alumni) Sprinters / Jr. Team 4 Years Mankato State University – Track & Field
Samantha Bailey Distance 21 Years Concordia University		Josh Gillespie (TME Alumni) Head Coach Jr. Team 8 Years Northwestern College
Antwain Hollie Long & Triple Jump/ Hurdles 9 Years Butler University – Track & Field Josh Robinson (TME Alumni) High Jump 7 Years Mankato State University – Track & Field Scott Stedman Long & Triple Jump 4yrs University of Sioux Falls SD – Track & Field Current Jumps coach at The Blake HS		Lauryn Samuels (TME Alumni) Sprinters 4yr Concordia University – Track & Field Sydney Jackson (TME Alumni) Distance 2yr Concordia University – Track & Field





DETERMINED TO SUCCEED

