



## 2022 TEAM INFO PACKET



## 23 YEARS LATER

*TME a program of Youth & Families Determined To Succeed (YFDS) a501c3 nonprofit organization that provides a year-around vehicle for youth to get fit, compete in local and national track meets, along with personal development and college prep programs to ultimately enhance their opportunities to attend college. 23 years later, TME athletes are regarded as some of the most highly competitive athletes in the nation averaging 20+ National All Americans annually and TME has assisted hundreds of participants earn athletic and academic scholarships worth millions of dollars.*

*Currently TME has over 50+ Alumni in college.*

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. TME, annually averages 100 participants ages 7yrs to 18yrs and 15+coaches, including several TME alumni coaching.

### 2021 Season Highlights

<b>7 of 7</b>	Seniors Attending College
<b>8</b>	Honorable Mention AAU All Americans
<b>26</b>	Minnesota High School State Meet Medalist
<b>14</b>	Minnesota High School State Champions
<b>4</b>	Hosted Track Meets For 1,800 Athletes





## Varsity Team

The varsity team is ideally for participants 8yrs to 18yrs that track & field is one of their primary sports and looking to further develop their track skills and those looking to compete in college.

### PRE-SEASON TRAINING - May 2<sup>nd</sup> to 26<sup>th</sup>

**Cost: \$75 (Due Prior to First Practice)**  
**Pays for** Track training, coaching, facilities

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

### VARSITY TEAM

**Team Base Fee \$1,000 (Due Prior to First Practice)**  
*Team Pays For: Facility Rentals, Coaching, Team Shirt*  
*Local Track Meets: Registration Fees, Food & Drinks*

**Practices**  
Starting June 1 Mon to Thurs 6:30 to 8:30  
Brooklyn Center High School Stadium, 6500 Humboldt Ave. N.

**Travel Meets Participation Team Fees (Optional Meets)**  
*Covers: Coaches Expenses/ Meet food/ Track Equipment & Tents Transportation*

<u>Milwaukee Mustangs Invitational</u>	<b>\$75</b>
<u>SPEED CAPITAL NATIONAL CHAMPIONSHIP</u>	<b>\$200</b>
<u>USATF National Championship</u>	<b>\$250</b>

**Parents Responsibilities:** Pay for all travel, housing, and responsible for chaperoning your child.

#### Compression Uniforms

Tops \$55      Shorts \$55

**Contact Lisa With Questions**

[uniforms@trackminnesotaelite.com](mailto:uniforms@trackminnesotaelite.com)

### Schedule of Events

- June 5                      TME Invitational 1 - Brooklyn Center HS
- June 18 & 19      [USATF State Championship Lakeville South HS](#)
- June 25                      TME Invitational 2 - Brooklyn Center HS
- July 9 & 10                      USATF Regional Championship  
Lakeville South HS
- July 16                      [Milwaukee Mustangs Invitational](#)  
Wauwatosa West HS, Wauwatosa WI
- July 15 & 17                      [International Youth Championship](#)  
Prince George's Sports Complex Landover MD
- July 25 - 31                      [USATF National Championship](#)  
Sacramento, CA
- Aug 14                      Team Banquet





## Junior Team

Our developmental team is ideally for participants ages 6yrs to 18yrs who are new to track & field and a great starting place to learn the fundamentals of Track & Field.

### PRE-SEASON TRAINING - May 2<sup>nd</sup> to 26<sup>th</sup>

**Cost:** \$75 (Due Prior to First Practice)

**Pays for** Track training, coaching, facilities

**Practices:**

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

### SUMMER SEASON - JUNE 2ND TO JULY 14<sup>TH</sup>

**Team Fee** \$500 (Due Prior to First Practice)

*Team Pays For: Facility Rentals, Coaching, TME Shirt  
Local Track Meets: Registration Fees, Food & Drinks.*

**Practices**

Tues & Thurs 5:15 to 6:30  
Brooklyn Center High School Stadium, 6500 Humboldt Ave. N.

**Note:** Jr Team is not eligible to participate in travel meets

### Schedule of Events

June 5	TME Invitational 1 - Brooklyn Center HS
June 25	TME Invitational 2 - Brooklyn Center HS
July TBD	USATF Invitational – Armstrong HS
July TBD	USATF Invitational – Armstrong HS
Aug 14	Team Banquet

**Compression Uniforms** Tops \$55      Shorts \$55

**Lose Fit Uniforms**      Tops \$30      Shorts \$20

**Contact Lisa With Questions**  
[uniforms@trackminnesotaelite.com](mailto:uniforms@trackminnesotaelite.com)





## **Expectations Parents**

- 1. Parents – Pay team fees in advance and complete all compliance items on time (Application, Team App, USATF Membership)**
- 2. Parents - support 1 fundraiser and/or secure 1 sponsorship (Goal \$50,000)**
- 3. Parents – Volunteer at 1 TME hosted track meets (June 5 & 26)**
- 4. Parents - No Privilege, No Ghettoism, Get Along With Other Parents & Participants, Support Coaches**

## **Expectations Student-Athletes**

- 1. Parents - No Privilege, No Ghettoism, Get Along With Other Parents & Participants, Support Coaches**
- 2. Youth - Do their best and attend 90% of practices**
- 3. Youth - Get along with others and respect coaches at all times**
- 4. Youth – Engage in YFDS/TME Life Skills & College Prep Programs**
- 5. Determined To Succeed Mentality**

## **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, attitude
- Developmental Relays will only be contested at invitational meets





## Coaches

<p>Mel Anderson          Founder &amp; Head Coach          Sprints / Relays          23 Years          University of Minnesota – Football &amp;          Track &amp; Field</p>		<p>Antwain Hollie          Jumps          7 Years          Butler University – Track &amp; Field</p>
<p>Tara Watson          Hurdles / High Jump          21 Years          Seton Hall – Track &amp; Field</p>		<p>Corey &amp; Eric Mensaw <b>(TME Alumni)</b>          Sprints / Relays          5 Years          University of Minnesota – Track &amp; Field</p>
<p>Dawn Johnson          Sprints / Relays          15 Years          Purdue University – Track &amp; Field</p>		<p>Tyler Blanchard <b>(TME Alumni)</b>          Sprints          7 Years          Crown College – Football &amp; Track &amp; Field</p>
<p>Samantha Bailey          Distance          19 Years          Concordia University</p>		<p>Josh Gilipsie <b>(TME Alumni)</b>          Sprints          7 Years          Northwestern College</p>
<p>Steve Downey          Throws          17 Years          Mankato State University - Football</p> <p>Gabriel Brown          Hurdles          5 Years          University of St. Thomas          Hurdle Coach at Macalister</p>		<p>Josh Robinson <b>(TME Alumni)</b>          High Jump          5 Years          Mankato State University – Track &amp; Field</p> <p>Kaylynn Blanchard - 5yrs <b>(TME Alumni)</b>          Sprinter Mid-America Nazarene</p> <p>Shaheed Hickman - 2yrs <b>(TME Alumni)</b>          Sprinter          Mankato State University – Track &amp; Field</p>





### Expectations

6. Youth do their best attend 90% of practices
7. Youth get along with others and respect coaches at all times
8. Parents - support 1 fundraiser and/or secure 1 sponsorship (Goal \$50,000)
9. Parents - No Privilege, No Ghettoism, Get along, Support coaches
10. All athletes treated the same and get the same attention
11. Determined To Succeed Mentality

### TEAM PARTICIPATION DETAILS

#### AAU Association Meet Information



- Offers Qualifying Championship Meets; State, Regional and Junior Olympic National Meet
- [Top 16 Athletes in each event at state meet qualify to Regional Meet](#)
- Athletes **who finish in the top 8 at Regional advance** to AAU Junior Olympic National Meet
- **Junior Olympics** competition against the 10,000 of the top athletes from all 50 states
- **All Americans** Athletes = a Top 8 finish at Junior Olympics (9 to 20 Honorable Mention All American)
- Participate in **single age groups** up to 15 years 8 & under / 9 /10/ 11 / 12/ 13 / 14 / 15&16 / 17 & 18

#### Traveling Meets

- TME will RSVP 30 rooms for each outstate Regional Meet // 50 Rooms for National Meet
- Team rooms will be allotted first and the rest will be release to parents 3 weeks prior to meets. Parents should make back up hotel arraignments (FYI we prefer all families stay in 1 hotel – but not mandatory)
- Team Travel is no longer offered

#### Relays Tryouts:

- 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, attitude





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