



DECADES OF GETTING IT DONE 24TH 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.



What We Do Works!

Determined To Succeed

Still Getting It Done



PARTICIPATION

- 24 In College Prep Program
- 68 In Fitness & Sports Training
- 92 Track Minnesota Program (51 Girls/41 Boys)
- 21 Staff Positions Created/Sustained

COLLEGE

I'Tanna Salam	Minnesota Gophers
Demarion Watson	Iowa State Cyclones
Luke Johnson	North Carolina A&T
Stephine Kemo	Morgan State Univ.
Jeremiah Chanzu	Iowa Western
Ian Jeffrey	Univ. Wisconsin River Falls

9 Alumni Graduated College In 2022

51 Alumni Currently In College

WELLNESS



12,735 Annual Social Health Engagement Hours

9,935 Annual Fitness Training Hours

Youth Travel Adventures

- 24 To Maryland (Track Meet & College Tours)
- 35 To Sacramento (Track Meet & College Tours)
- 46 To Milwaukee (Track Meet)
- 14 Youth travelled outside MN for The 1st Time Ever

TRACK PROGRAM RESULTS



USATF NATIONAL CHAMPIONSHIP Sacramento, California

- 6 National All-Americans
- 16 Honorable Mention All-Americans



USATF REGION 8 CHAMPIONSHIP

- 8 Champions
- 10 Silver Medalist
- 11 Bronze Medalist



USATF MN STATE CHAMPIONSHIP

- 18 Champions
- 17 Silver Medalist
- 12 Bronze Medalist



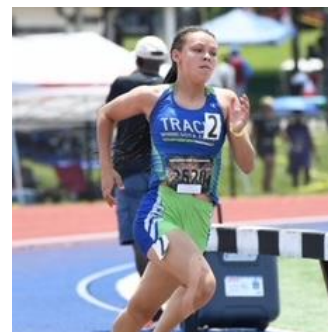
INTERNATIONAL YOUTH CHAMPIONSHIP Landover, Maryland

- 7 Champions
- 4 Silver Medalist
- 5 Bronze Medalist



MINNESOTA HIGH SCHOOL STATE CHAMPIONSHIP

- 11 Champions
- 4 Silver Medalist
- 8 Bronze Medalist





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 Annual Base Fee \$1,000

Due: June 2nd
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

Starting 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

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 8th 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 2023 Schedule

MN FLYERS INVITATIONAL

JUNE 3 Armstrong Highschool
 Plymouth, MN

USATF STATE CHAMPIONSHIP

JUNE 17 & 18 LAKEVILLE HS
 LAKEVILLE, MN

AAU STATE CHAMPIONSHIP

JUNE 24 & 25 BROOKLYN CENTER HS
 6500 HUMBOLDT AVE. N.

AAU REGIONAL CHAMPIONSHIP

JULY 1 & 2 GRAND VIEW UNIV.
 DES MOINES IOWA

July Track Meets

INTERNATIONAL YOUTH CHAMPIONSHIP

JULY 14 to 16 Prince George Learning & Sports Center
 LANDOVER MARYLAND

USATF REGIONAL CHAMPIONSHIP

JULY 15 & 16 La Crosse, WI

AAU JUNIOR OLYMPICS CHAMPIONSHIP

JULY 29 - AUG 5 DRAKE STADIUM,
 DES MOINES IA

NOTE: TEAM PRIORITY TRACK MEETS ARE IN RED



Team Banquet

August 12 or 13





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 Annual Base Fee \$500

Due: June 2nd

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 & Drinks

Practices

Starting June 1st – July 28th **Mon & Wed Only** 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 8th 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 Jr. Team 2023 Schedule

MN FLYERS INVITATIONAL

JUNE 3 Armstrong HS
PLYMOUTH, MN

USATF INVITATIONAL

JUNE 20 Armstrong HS
PLYMOUTH, MN

AAU STATE CHAMPIONSHIP

JUNE 24 & 25 BROOKLYN CENTER HS
6500 HUMBOLDT AVE. N.

July Track Meets

USATF INVITATIONAL

JULY 11 EAGAN HS
EAGAN, MN

USATF INVITATIONAL

JULY 18 Armstrong HS
PLYMOUTH, MN

USATF INVITATIONAL

AUG 1 Armstrong HS
PLYMOUTH, MN



Team Banquet

August 12 or 13





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 24 Years University of Minnesota – Football & Track & Field NFL – Pittsburgh Steelers Receiver	Kim Golding Hurdles 6 Years University of Minnesota Current hurdles coach at Augsburg College
Tara Watson Hurdles / High Jump 22 Years Seton Hall – Track & Field	Eric Mensaw (TME Alumni) Sprints / Relays 6 Years University of Minnesota – Track & Field
Dawn Johnson Assistant Head Coach / Sprints / Relays 16 Years Purdue University – Track & Field	Shaheed Hickman (TME Alumni) Sprinter 3yrs Mankato State University – Track & Field
Samantha Bailey Distance 20 Years Concordia University	Josh Gillespie (TME Alumni) Head Coach Jr. Team 8 Years Northwestern College
Steve Downey Throws 18 Years Mankato State University - Football KeKe Burks Throws 8 Years University of Minnesota Current Throws coach at Univ of St. Thomas Sydney Jackson (TME Alumni) Distance 1yr Concordia University – Track & Field	Antwain Hollie Long & Triple Jump/ Hurdles 8 Years Butler University – Track & Field Josh Robinson (TME Alumni) High Jump 6 Years Mankato State University – Track & Field Scott Stedman Long & Triple Jump 3yrs University of Sioux Falls SD – Track & Field Current Jumps coach at The Blake HS





DETERMINED TO SUCCEED

