



TME, has its own training facility and 20 coaches, including several TME alumni coaching. 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. We also provide college recruiting programs for inspiring college attendees and life skills programs to address youth's social development.

<b>18 of 18</b>	Seniors Attending College
<b>1.2 Million+</b>	College Athletic & Academic Scholarships Earned
<b>12</b>	National AAU All Americans (Top 8 in the USA)
<b>4</b>	AAU National Champions
<b>13</b>	Honorable Mention AAU All Americans
<b>38</b>	Minnesota High School State Meet Medalist
<b>16</b>	Minnesota High School State Champions

<b>Team Zoom Meeting</b>	6:30 April 19 <sup>th</sup>	<a href="https://us02web.zoom.us/join/9178290208?pwd=QkZkdjVlYUJwZWdScDZkdzRnTGZkdz09">https://us02web.zoom.us/join/9178290208?pwd=QkZkdjVlYUJwZWdScDZkdzRnTGZkdz09</a>
(Choose 1)	6:30 April 25 <sup>th</sup>	<a href="https://us02web.zoom.us/join/9178290208?pwd=QkZkdjVlYUJwZWdScDZkdzRnTGZkdz09">https://us02web.zoom.us/join/9178290208?pwd=QkZkdjVlYUJwZWdScDZkdzRnTGZkdz09</a>



**YFDS**  
Youth & Families Determined To Succeed  
Fitness. Nutrition. Wellness.

**701 Plymouth Ave North, Minneapolis 55411 612-486-6730 YFDS.org**



## Varsity Team

The varsity team is ideally for participants 8yrs to 18yrs that track & field is one of their primary sports 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)**

[Register](#)

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

#### Practices

W & F 6:00 to 7:30 YWCA Sports Ctr., 2121 E Lake St.  
Sun 3:30 to 5:00 YFDS Impact Center, 701 Plymouth Ave. N

### TRAVELING TEAM

**Team Base Fee \$1,000 (Due Prior to First Practice)**

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

#### Ala Carts Meets Participation Fees

*Team pays for travel, housing, fees and responsible for chaperoning at out-state meets.*

1 Day Out State Invitational	<b>\$150</b>
2 Day Regional Invitational	<b>\$225</b>
AAU West Coast JO Games (Air Travel)	<b>\$650</b>
6 Day AAU Junior Olympics (Air Travel)	<b>\$800</b>

### PARENT TRAVEL TEAM

**Team Base Fee \$1,000 (Due Prior to First Practice)**

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

#### Ala Carts Meets Participation Fees

*Parents pays for all travel, housing, fees and responsible for chaperoning at out-state meets.*

1 Day Out State Invitational	<b>\$60</b>
2 Day Out State Invitational	<b>\$100</b>
3 Day Out State Invitational (Air Travel)	<b>\$150</b>
6 Day AAU Junior Olympics (Air Travel)	<b>\$250</b>

**Register**

[Trackminnesota.org](http://Trackminnesota.org)

### Schedule of Events

#### Practices

**June 3<sup>rd</sup> – Aug 7<sup>th</sup> Mon to Thur 6:30- 8:30**  
**Brooklyn Center HS**

June 6 <sup>th</sup>	TME Invitational - Brooklyn Center HS
June 13 <sup>th</sup>	TME Invitational - Brooklyn Center HS
June 26 <sup>th</sup> & 27 <sup>th</sup>	AAU State Championship & Senior Recognition - Brooklyn Center HS
July TBD	USATF State Championship – TBD
July 9-12	AAU West Coast JO Games Las Vegas, NV
July 17 & 18	AAU Regional Championship MN (TBD)
July 23 - 25	Regional Invitational? TBD
Aug 2 to 7	AAU Junior Olympics – Humble High School, Humble TX
Aug 14 or 22	Team Banquet

### COVID

*Practices protocols will be based upon CDC standards. Outstate Meets ideally, we are looking to attend the smaller and shorter options versus the big nationals in TX.*

**Compression Uniforms** Tops \$50      Shorts \$50

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

**Scholarship Request**

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



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## Junior Developmental 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, strength training, coaching, facilities

#### Practices

W & F	6:00 to 7:30	YWCA Sports Ctr., 2121 E Lake St.
Sun	3:30 to 5:00	YFDS Impact Center, 701 Plymouth Ave. N

### SUMMER SEASON - JUNE 3<sup>RD</sup> TO JULY 9<sup>TH</sup>

**Team Fee** \$200 (Due Prior to First Practice)

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

**Register**

[Trackminnesota.org](http://Trackminnesota.org)

**Scholarship Request**

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

### Schedule of Events

#### Practices

June 3<sup>rd</sup> – July 15<sup>th</sup>  
Tues & Thur 4:30 - 6:00  
Brooklyn Center HS

May 23 <sup>rd</sup>	TME Track Camp – TBD
June 6 <sup>th</sup>	TME Invitational - Brooklyn Center HS
June 13 <sup>th</sup>	TME Invitational - Brooklyn Center HS
June 26 <sup>th</sup> & 27 <sup>th</sup>	AAU State Championship & Senior Recognition - Brooklyn Center HS
July TBD	USATF Invitational – Minnesota (TBD)
July TBD	USATF Invitational – Minnesota (TBD)
Aug 14 <sup>th</sup> or 22 <sup>nd</sup>	Team Banquet

**Compression Uniforms** Tops \$50      Shorts \$50

**Lose Fit Uniforms**      Tops \$25      Shorts \$15

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## Coaches

<p>Mel Anderson Founder &amp; Head Coach Sprints / Relays 22 Years University of Minnesota – Football &amp; Track &amp; Field</p>		<p>Antwain Hollie Jumps 5 Years Butler University – Track &amp; Field</p>
<p>Tara Watson Hurdles / High Jump 19 Years Seton Hall – Track &amp; Field</p>		<p>Corey &amp; Eric Mensaw <b>(TME Alumni)</b> Sprints / Relays 3 Years University of Minnesota – Track &amp; Field</p>
<p>Dawn Johnson Sprints / Relays 13 Years Purdue University – Track &amp; Field</p>		<p>Tyler Blanchard <b>(TME Alumni)</b> Sprints 5 Years Crown College – Football &amp; Track &amp; Field</p>
<p>Samantha Bailey Distance 17 Years Concordia University</p>		<p>Josh Gilipsie <b>(TME Alumni)</b> Sprints 5 Years Northwestern College</p>
<p>Steve Downey Throws 15 Years Mankato State University - Football</p> <p>Gabriel Brown Hurdles 3 Years University of St. Thomas</p> <p>Keke Burkys Throws 7 Years University of Minnesota</p>		<p>Josh Robinson <b>(TME Alumni)</b> High Jump 3 Years Mankato State University – Track &amp; Field</p> <p><b><u>Coaching Interns</u></b></p> <p>Kaylynn Blanchard - 3yrs <b>(TME Alumni)</b></p>

