



USING TRACK & FIELD TO ENHANCE CHARACTER & COLLEGIATE OPPORTUNITIES



TME, celebrating its' 21st year, is a program of YFDS, a unique year-around program that is designed to provide youth ages 8 to 18 years of age a platform to get or stay fit and develop their athletic talent into collegiate scholarships. TME athletes are regarded as some of the most highly competitive athletes in the nation and have received some of the highest honors including averaging 20+ National All American each year, 12+ MSHL State Champions and witnessing 90% of its' participants attend college.

The past 20+ years we have assisted hundreds of participants attend college and currently have over 50 alumni in college on athletic and academic scholarships. TME has 20+ experienced coaches and we offer all events except pole vault, including Sprints, Distance, Long, Triple & High Jumps, and throwing events. We have 2 options for our families: (1) Junior team for those new to track; (2) Varsity team for those who want to compete nationally. We also provide college recruiting programs for inspiring college attendees.

In relationship with our organizational mission, beyond athletics, TME objective is to increase participants wellness. Based upon research it has been proven that sports provide many lifelong benefits. Children are only one-tenth as likely to become obese, 15 percent more likely to go to college, and are more likely to be productive adults than children who do not play sports.

2019 Highlights

12 National AAU All Americans (Top 8 in the USA)
4 AAU National Champions
13 Honorable Mention AAU All Americans

- **38** Minnesota High School State Meet Medalist
- **16** Minnesota High School State Champions

2019 College Highlights

18 of 18

Seniors attending college on athletic & academic scholarships

52 total TME Alumni currently in college





Varsity Team

All participants ages 8 to 18 are eligible to participate on the Varsity team.
This team is targeted for experienced athletes or newer athletes wanting to compete on a national level.

Team Services:	Meets registration fees, facilities, coaching, food and drinks at the meets.
Parents Responsibility:	Purchase AAU & USATF membership, support team committees, Provide housing and travel for outstate meets, Pay fee, and volunteer at TME meets.
Uniforms:	Cost \$85. TME official top & bottom can only be worn.

PRE-SEASON TRAINING - May 4th to 27th

May Cost	\$60 Due Prior to First Practice		
Practices	Mon & Wed	7:30 to 8:30	YWCA Sports Ctr., 2121 E Lake St.

Note: Students running high school track are not eligible to participate with TME in May

SUMMER SEASON - JUNE 3 TO JULY 31

Base Team Fee	\$700 Due May 27 or before first practice	Sibling Cost: \$600
Practices	Mon to Thur 6:30 to 8:30	BC High School 6500 Humboldt Ave N

Optional Meets & Additional Cost

AAU Regional Meet (Due June 30 th)	\$50	(Coaching, Meet Food, & Meet Fee)
Outstate Invitational Meet: (Due July 7 th)	\$50	Athletes who travel with parent (Coaching, Meet Food, & Meet Fee)
	\$100	Athletes who travel with team (Coaching, Meet Food, & Meet Fee, transportation, housing)
AAU National Meet (Due July 9 th)	\$200	Athletes who travel with parent shared team cost (Coaching, Meet Food, & Meet Fee)
	\$600	Athletes who travel with team (Coaching, Meet Food, Meet Fee, Airline ticket, hotel)





2020 Varsity Team Schedule

June 7th	TME Invitational - Brooklyn Center HS
June 20-21	USATF Minnesota State Championship - Lakeville High School
June 27 - 28	AAU State Championship - Brooklyn Center HS
July 2 to 5 (Track Events 4 & 5)	AAU Regional Championship – Minnesota (TBD)
July 7	USATF Summer Meet Series (TBD)
July 11 or 18 (TBD)	Milwaukee Mustangs Invitational (Milwaukee, WI)
July 23	College Recruiting Seminar (10 th to 12 th Grade) YFDS Facility
Aug 3 to Aug 8	AAU Junior Olympics – Norfolk State University, Norfolk VA
July 28	USATF Summer Meet Series (TBD)
Aug 4	USATF Summer Meet Series (TBD)
Aug 16	Team Banquet
Aug 27	College Recruiting Seminar (10 th to 12 th Grade) YFDS Facility





Junior Team

All participants ages 8 to 18 are eligible to participate on the Junior Team.
This team is a more affordable option and targeted for newer athletes wanting to compete locally only.

Team Services	Meets registration fees, facilities, coaching, food, snack and drinks at the meets		
Parents Responsibility	Pay fee, Purchase AAU & USATF membership, Join team committee		
Additional Cost	Uniforms:	New \$90	Used: (Free Rental \$20 Deposit) (Due at ordering)

PRE-SEASON TRAINING - May 4th to 27th

May Cost	\$60 Due Prior to First Practice		
Practices	Mon & Wed	7:30 to 8:30	YWCA Sports Ctr., 2121 E Lake St.

Note: Students running high school track are not eligible to participate with TME in May

SUMMER SEASON - JUNE 3 TO JULY 31

Summer Season Cost	\$250 Due Prior to First Practice	Sibling Discount Cost \$200
Track Practices	Tues – Wed - Thur 6:30 to 8:30	BC High School 6500 Humboldt Ave N.
• Junior team does NOT practice on Mondays		





2020 Junior Team Schedule

June 7th	TME Invitational - Brooklyn Center HS
June 27 - 28	AAU State Championship - Brooklyn Center HS
July 7	USATF Summer Meet Series (TBD)
July 23	College Recruiting Seminar (10 th to 12 th Grade) YFDS Facility
July 28	USATF Summer Meet Series (TBD)
Aug 4	USATF Summer Meet Series (TBD)
Aug 16	Team Banquet
Aug 27	College Recruiting Seminar (10 th to 12 th Grade) YFDS Facility





TME Families Complete the following steps to secure your student-athlete roster spot

1. **Purchase Memberships** *No need to purchase If you have any current AAU or USATF membership. Memberships expire August 31st each year*

● **AAU (\$14)** <http://www.aausports.org/> Add TME club number to membership **#WY93A8**

● **USATF (\$20)** <http://usatfmn.org/> Add TME club number to membership **#30-0371**

1. **[Click Here to Complete Online Application](#)**

Add both AAU and USATF membership numbers to the application where designated

2. **Register athlete** on New “Team App” system. Download “Free” Team Click here (<http://teamapp.com/app>)

3. **Pay team fee by May 29th** Through “Team App” system (All online payments will incur a 4% service fee)

\$250 Junior Team base fee	Siblings base fee is \$200
\$700 Varsity Team base fee	Siblings base fee is \$600

Questions

- | | | |
|---------------------------|-------------------|--|
| ● Team sign up questions: | Athelgra Williams | athelgraw@gmail.com |
| ● Payment questions: | Jeanee Allen | jallen@trackminnesotaelite.com |
| ● Scholarships | Athelgra Williams | athelgraw@gmail.com |
| ● Uniforms | Dawn Johnson | dlbj42@gmail.com |

Athlete & Parent Expectations



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



*TME, the past 20 years has built a great reputation and family culture.
We charge all families to adhere to the following expectations.*

Student-Athlete

- Hard work ethic
- Good training mannerism
- Respect for: peers, coaches & parents
- Attend 75% of practices (Be on time)
- The ability to follow directions
- Good character & behavior
- Maintain good grades

Parents

- Review and Complete all team documents in a timely manner
- Pay all fees on time
- Support team committees
- Support team fundraising efforts
- Volunteer at 2 TME hosted track meets
- Willingness to be respect & cordial to coaches, athletes and parents.
- Attend parent meetings





The team participates in both AAU and USATF meets but only the AAU National meet
TME registers athletes for all meets. (Parents responsible for AAU & USATF memberships registration)

AAU Association Meet Information



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



USATF Association Meet

Information

- o Offers Qualifying Championship Meets; State, Regional and National Meets
- o **Top 8 in each event** at state meet qualify to Regional Meet
- o **Top 4 at Regional Meet** advance to National Meet (TME does not participate in this meet as a team)
- o Participate in **double age groups** - 8 & under/ 9&10 /11&12 /13&14 /15&16 / 17 & 18

TME Relays Rules:

- 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
- Juniors who are striving for recruit level marks in individual events may be held out of relays for state & regional meets to strategically be fresh for individual events, but inserted in relays for nationals (There individual times must be better than others to be added)





Traveling Meets Protocols

- **Hotels**

- Team will RSVP Team hotel room block for each outstate meet
- "Team Hotel" Fee amount (Fee due by deadline or athletes cannot travel with team)
- Team travel rooms include 3 to 4 athletes per room
- Team will post hotel room information on TME website for parents RSVP
- Be sure to RSVP rooms before block deadlines
- We encourage families to stay at team hotel, but not mandatory

- **Transportation**

- Team will set up a 50-seat block with airline to travel to AAU National Meet
- Parents are responsible to RSVP and pay for their child airfare
- Athletes must be 12-yrs plus to travel alone with team
- Parents can also, RSVP one of the TME Airfare block if desired





Varsity Coaches

Mel Anderson Founder & Head Coach Sprints / Relays 21 Years University of Minnesota – Football & Track & Field	Keke Buryks Throws 5 Years University of Minnesota
Tara Watson Hurdles / High Jump 18 Years Seton Hall – Track & Field	Antwain Hollie Long & Triple Jump 3 Years Butler University
Samantha Bailey Distance 15 Years Concordia University	Steve Downey Throws 13 Years Mankato State University - Football
Dawn Johnson Sprints / Relays 11 Years Purdue University – Track & Field	





Junior Coaches

Trey Blanchard Concordia University TME Alumni 3 Years	Tyler Blanchard TME Alumni 4 Years
Kaylynn Blanchard TME Alumni 3 Years	Josh Gilipsie Northwestern College TME Alumni 4 Years
Shiv Jhanje University of Colgate TME Alumni 2 Years	Aaron Jackson Long Jump 2 Years
Gabriel Brown Hamline University 2 Years	

