



## Tryout Process

**\$25 Per Family**

We appreciate your interest in joining our track program, we will be in contact soon to set up a zoom introductory meeting. Please complete the following to start the process.

### **Step 1**

- Complete [Tryouts Application](#)
- Review information packet below
- Prepare questions for Zoom introductory meeting

### **Step 2**

Attend 1 Zoom Introductory Meeting

April 2<sup>nd</sup> <https://us02web.zoom.us/j/81003036061>

May 9th: <https://us02web.zoom.us/j/85930893045>

May 16th: <https://us02web.zoom.us/j/85341625926>

May 23rd: <https://us02web.zoom.us/j/83465497322>

### **Step 3**

- **Attend** In-Person Information Meeting (TBD)
- **Pay** Tryout Fee \$25 in Person: Credit Card, Cash, Check

## Questions

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



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



## Info Package



*TME a program of Youth & Families Determined To Succeed (YFDS) a unique nonprofit organization that provides a vehicle for youth to get or stay fit and develop their athletic talent into collegiate scholarships. 22 years later, Track Minnesota Elite, continues using track & field to develop youth's character and collegiate opportunities.* 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, 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.

### Most Recent Season Highlights (2019)

<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

*In relationship with YFDS organizational mission, beyond athletics TME objectives 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 they are more likely to be productive adults than children who do not play sports.*





## 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)**

**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.*

#### 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.*

#### 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>

### 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)



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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.*

#### 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>Coaching Interns</b></p> <p>Kaylynn Blanchard - 3yrs <b>(TME Alumni)</b></p>

