



**GETTING IT DONE FOR A QUARTER CENTURY**

**25<sup>TH</sup> SEASON**

**Track Minnesota Elite (TME)**

*Minnesota's leading club team and nationally recognized.*

**TME a program of Youth & Families Determined To Succeed (YFDS)**

nonprofit organization, is a college development program that has been an instrumental to assisting hundreds of youths on pathways to long-term success.

Since 2006, 90% of our alumni attended college and hundreds have graduated college.

**Our Primary Objective**

To enhance youth's confidence and track abilities into collegiate opportunities and lifelong success, which we have done for a quarter century!

**What We Do Works!**

- Average 8 to 12 National All-Americans the Past 18 Years
- Average 50+ alumni collectively in college annually the past 10+ years
- Team of 100+ youth ages 6 to 18 years
- Compete in national & international track meets
- World Champions & Olympic Bound Alumni
- College Prep and recruiting components
- Host AAU Championship Track Meets

**WHO WE ARE**



**Value Proposition**



- Corrective training system > That increases performance
- Behavioral change > In confidence and inspiration to attend college
- The best coaching staff
- Diverse team > Participants from 25+ cities
- What We Do Works!



- Junior Team for those new to track
- Varsity Team for the experienced athletes.
- Events Offered: Sprint & Distance / All Jumps / All Throws
- Elite – Coaching. Brand. Travel.
- To Better Your Personal Records
- Better prepared for college
- Year-around training opportunities and winter season

**What To Expect**





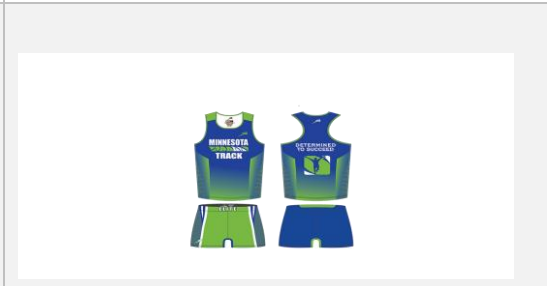
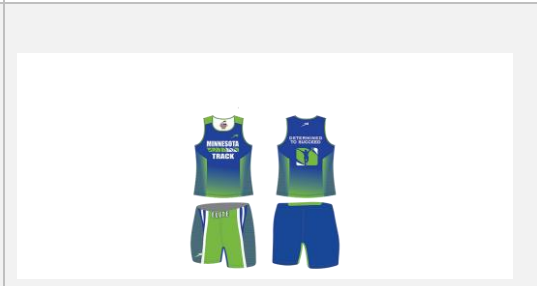


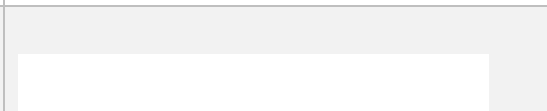


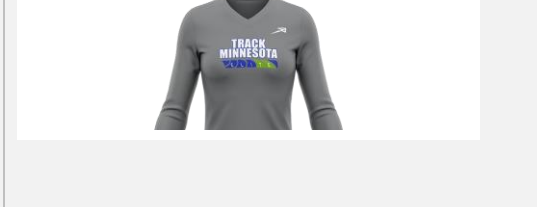
YFDS.ORG



### 2024 Uniforms & Gear

Please visit the 2024 TME Store to purchase the updated Uniform and new gear, including sweats, back pack and parent gear. The primary change to the uniform includes updated logo and the placement of elite in the shorts and package deals!

[Click Here To Purchase](#)

<p><b>Team Package:</b>           <b>\$175.00</b></p> <p>Uniform Sweat Suit Team Shirt Back Pack That Includes "Youth Name"</p>		
<p><b>Uniform Only</b>           <b>\$100.00</b></p>		
<p><b>Sweat Suit Only</b>       <b>\$100.00</b></p>		
<p><b>Back Pack Only</b>       <b>\$60.00</b></p>		
<p><b>Team Shirt</b>           <b>\$25.00</b></p>		





## Youth Participants

1. Do your best at every practice and track meets
  2. Respect coaches and other adults at all times
  3. Participate: Community volunteering projects, team fundraisers and other YFDS personal development programs: Life Skills & College Prep Programs
  4. Behavior:
    - No privilege acting & No ghettoism
    - Get along with teammates
    - Follow coaches Instructions
    - Positive behavior and want to be great mentality
- 

## Parents

1. **Pay team fees by deadlines:**
  - Deposit: 50% > 10 Days from completing team application
  - Base Fee Balance > May 15<sup>th</sup>
  - Travel Meet Fees > 10 Days prior to meet
2. **Complete all compliance items within 7 days of completing application**
  - Starting June 1 must be completed same day as application
  - Compliance components: Application / Download Team App / Purchase AAU & USATF Membership
3. **Volunteer if needed at hosted track meets** > TME invitational, AAU State & Regional Meets
4. **Help at practice as needed** > Ex. Move Hurdles & HJ Mats
5. **Behavior:** No Privilege Acting, No Ghettoism, Support Coaches and Be Congenial With Other Parents

## Help Raise Funding

*Help raise capital for organizational capacity & scholarship* fund for under resourced participants fees.

**The past 25 years we have never turn away a child because of fees** which has resulted in many success stories that would not have happened without TME scholarship funds. The YFDS model is unique and there are limited grants that support YFDS programming, the YFDS Center and General Operation.

**Each parent is asked** to share the **“Team Sponsor Package”** with a prospective individual or organization or make prospect introductions.

**Contacts to make introductions or questions?**



**Coach Mel 763-227-0783**

**612-486-6730**

**YFDS Center 4371 Winnetka Avenue North New Hope, MN 55428**

**YFDS.org**

## VARSITY TEAM

Varsity team is for inspiring college athletes and youth looking for extensive & expedited track development . **Parents' choice.**

The Varsity team practices 4 days per week Mon - Thur.

Youth should plan to participate in the AAU Championship meets & 1 ala carte travel meet and Jr. Olympics.

### *Pre-Season Training May 6<sup>th</sup> to 30<sup>th</sup>*

#### Training Sessions

May 6<sup>st</sup> – May 29<sup>th</sup>

Mon & Wed 6:30 to 8:00 YWCA Indoor Track 2121 E Lake St

Sundays 3:00 to 4:30 Brooklyn Center High School Stadium

#### Cost

*\$50 Due at first practice. Cash or Check Payable (TME).*

*Submit in envelope with kids names on it*

***Only for athletes who are not participating in HS track***

<b>Team Fee</b>	<b>\$1,000</b>	<b>All Due: May 15<sup>th</sup></b>
<b>Sibling Fee</b>	<b>\$700</b>	
<b>Payments:</b>	Via Invoice or Team App or Cash or Check	
<b>Pays For:</b>	Facility Rentals, Coaches Pay, Team T Shirt, Equip, Banquet, Local Meets: Registration Fee, Food & Drink	

#### Practices

June 1<sup>st</sup> – July 28<sup>th</sup> 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. Transportation

**Due:** 10 Days Prior to Meet

USATF Regional Championship	<b>\$125</b>
International Youth Championship	<b>\$175</b>
AAU Jr. Olympics National Championship	<b>\$250</b>

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

## TME VARSITY 2024 Schedule

### MN FLYERS INVITATIONAL

JUNE 1

Armstrong HS  
Plymouth, MN

### USATF STATE CHAMPIONSHIP

JUNE 15 & 16

Lakeville South HS  
Lakeville, MN

### AAU STATE CHAMPIONSHIP

JUNE 22 & 23

BROOKLYN CENTER HS  
Brooklyn Center MN

### AAU REGIONAL CHAMPIONSHIP

June 27 / 28 / 29 / 30

Mounds view HS  
Arden Hills

### July Track Meets

### USATF REGIONAL CHAMPIONSHIP

JULY 6 - 7

Northern State University,  
Aberdeen, SD,

### USATF INVITATIONALS

JULY 10 - Eagan HS

JULY 17 - Armstrong HS

### INTERNATIONAL YOUTH CHAMPIONSHIP

JULY 12 To 14

Prince George Learning & Sports Center  
LANDOVER MARYLAND

### AAU JUNIOR OLYMPICS CHAMPIONSHIP

JULY 29 - AUG 3

North Carolina A & T  
GREENSBORO, NC

GETTING IT DONE  
25 YEARS LATER  
YFDS  
Youth & Families Persevered To Succeed

NOTE:  
TEAM PRIORITY TRACK MEETS  
ARE IN RED

## Team Banquet

### August 11

## JUNIOR TEAM

Junior team is a great fit for developmental youth or those who can only practice twice per week. **Parent Choice.** The Jr. team only practices on **Tues & Thur** and has limited baseline schedule. The Jr. Team can participate in ala carte meets outside their base schedule for extra cost outlined below. Jr. team youth can move up to Jr. or Varsity team by paying balance of the team cost.

### *Pre-Season Training May 6<sup>th</sup> to 30<sup>th</sup>*

#### Training Sessions

May 6<sup>st</sup> – May 29<sup>th</sup>  
 Mon & Wed 6:30 to 8:00 YWCA Indoor Track 2121 E Lake St  
 Sundays 3:00 to 4:30 Brooklyn Center High School Stadium

#### Cost

*\$50 Due at first practice. Cash or Check Payable (TME). Submit in envelope with kids names on it*

*Only for athletes who are not participating in HS track*

**Team Fee \$500 All Due: May 15<sup>th</sup>**  
**Sibling Fee \$300**  
**Payments:** Via Invoice or Team App or Cash or Check  
**Pays For:** Facility Rentals, Coaches, Team T Shirt, Equip, Banquet, Local Meets: Registration, Food & Drink

#### Practices

June 1<sup>st</sup> – July 28<sup>th</sup> Tue & 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

USATF State Championship	\$100
USATF Regional Championship	\$125
International Youth Championship	\$175
AAU Jr. Olympics National Championship	\$250

**Due:** 10 Days Prior to Meet

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

### Jr Team 2024 Schedule

#### MN FLYERS INVITATIONAL

**JUNE 1** Armstrong HS  
Plymouth, MN

#### USATF INVITATIONAL

**JUNE 18** South HS  
Minneapolis

#### AAU STATE CHAMPIONSHIP

**JUNE 22 & 23** BROOKLYN CENTER HS  
6500 HUMBOLDT AVE. N.

#### AAU REGIONAL CHAMPIONSHIP

**JUNE 27 / 28 / 29 / 30** Mounds view HS  
Arden Hills

#### July Track Meets

#### USATF INVITATIONAL

**JULY 9** Eagan HS  
Eagan, MN

#### USATF INVITATIONAL

**JULY 16** Coon Rapids HS  
Coon Rapids MN

#### USATF INVITATIONAL

**JULY 30** Forrest Lake HS  
Forrest Lake MN

GETTING IT DONE  
25 YEARS LATER  
YFDS  
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NOTE:  
TEAM PRIORITY TRACK MEETS  
ARE IN RED

**Team Banquet**

**August 11**

## Mini-Me TEAM

The Mini-Me team only practices on **Mon & Wed** and has limited baseline schedule.

This team is primarily for 5yrs to 8yrs.

A Mini-Me youth can move up to Jr or varsity team by paying balance of the team cost.

### Pre-Season Training

May 6<sup>th</sup> to 30<sup>th</sup>

#### Training Sessions

May 6<sup>st</sup> – May 29<sup>th</sup>

Mon & Wed 6:30 to 8:00 YWCA Indoor Track 2121 E Lake St

Sundays 3:00 to 4:30 Brooklyn Center High School Stadium

#### Cost

\$50 Due at first practice.

Cash or Check Payable (TME).

Submit in envelope with kids names on it

**Only for athletes who are not participating in HS track**

### Summer Track Season

#### Practices

June 1<sup>st</sup> – June 31<sup>st</sup> Mon & Wed 6:30 to 8:30

Brooklyn Center High School Stadium, 6500 Humboldt Ave. N.

**Team Fee** \$250 **Due: May 31<sup>st</sup>**

**Sibling Fee** \$200

**Payments:** Via Invoice or Team App or Cash or Check

**Pays For:** Facility Rentals, Coaches, Team T Shirt, Equip, Banquet, Local Meets: Registration, Food & Drink

## TME Mini-Me Team 2024 Schedule



#### MN FLYERS INVITATIONAL

JUNE 1

Armstrong HS

#### USATF INVITATIONAL

JUNE 18

South HS



#### AAU STATE CHAMPIONSHIP

JUNE 22 & 23

BROOKLYN CENTER HS



#### AAU REGIONAL CHAMPIONSHIP

JUNE 29 & 30

Mounds View HS



End Of Season

GETTING IT DONE  
25 YEARS LATER  
YFDS  
Youth & Families Persevered To Succeed

Team Banquet

August 11



## General Team Information

### Refunds

- There will be no refund if participants are 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.

### Traveling Meets

- TME will RSVP 30 - 50 rooms for each outstate Regional or Invitational Meet
- Athletes must travel with parent (No team travel)
- Traveling team fees includes shared cost of coaches to travel to outstate track meets.
- Mini-Me Team does NOT do travel 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 participant's attitude.
- Developmental Level Relays will only be contested at invitational meets

### Difference Between AAU & USATF Meets

- AAU has sub age groups that youth participate in: 8 & Under / 9 / 10 / 11 / 12 / 13 / 14 / 15 & 16 / 17 & 18
- USATF has paired age groups that youth participate in: 8 & Under / 9 & 10 / 11 & 12 / 13 & 14 / 15 & 16 / 17 & 18
- Athletes participate in the age they will be in the current year regardless of when birthday is.

### Additional Training Services

- Parent Fitness Program – YFDS will be offering parent fitness training at practices (TBD)
- Strength Training & Recovery – YFDS will be offering summer strength training and after meets recovery training (TBD)
- College Prep – YFDS will be offering college prep for emerging Junior and senior participants throughout the year





## Coaches

<p><b>Mel Anderson</b>          Founder &amp; Head Coach          Sprints / Relays          25 Years          University of Minnesota – Football &amp; Track &amp; Field          NFL – Pittsburgh Steelers Receiver</p>		<p><b>Antwain Hollie</b>  <i>Long &amp; Triple Jump/ Hurdlers</i>          9 Years          Butler University – Track &amp; Field</p>
<p><b>Tara Watson</b>          Hurdles / High Jump          23 Years          Seton Hall – Track &amp; Field</p>		<p><b>Scott Stedman</b>  <i>Long &amp; Triple Jump</i>          4yrs          University of Sioux Falls SD – Track &amp; Field          Current Jumps coach at Edina High School</p>
<p><b>Dawn Johnson</b>          Assistant Head Coach / Sprints / Relays          17 Years          Purdue University – Track &amp; Field</p>		<p><b>Jovan Thompson</b>          Sprinters / Jr. Team          2 Years          St. Johns University, NY</p>
<p><b>Samantha Bailey</b>          Distance          21 Years          Concordia University</p>		<p><b>Alexandrea Hurst</b>  <i>Throws</i>          2yrs          University of Mankato State – Track &amp; Field          Current Throws coach at Armstrong High School</p>
<p><b>Josh Robinson</b>          High Jump          7 Years          Mankato State University – Track &amp; Field</p>  		<p><b>Lauryn Samuels (TME Alumni)</b>  <i>Sprinters</i>          4yr          Concordia University – Track &amp; Field</p> <p><b>Ruby Stauber (TME Alumni)</b>          Sprints / Distance          1 Year          LSU &amp; Vanderbilt – Track &amp; Field</p>





# DETERMINED TO SUCCEED

