

# july - dream journal

I am Erica Stanley-Dottin, Impact producer in charge of Marketing, PR, Events, Partnerships for the Sisters On Track Social Impact Campaign.

When I first saw Sisters On Track, there were so many moments that made me tear up. I saw myself in both the Sheppard Girls and of course Coach Jean. I ran track under the legendary Fred Thompson of the Atoms TC just like Coach Jean, and there was so much of him in the film - the workouts, Jean's tough love and of course the Colgate Women's Games which, when I ran, was the first time I'd ever raced on an indoor track.

At the Atoms TC, Freddie would take care of all the girls just like Coach Jean does, I remember him coming out of his pocket to buy us food even if we didn't need him to. He was such a kind man and with a huge heart but also tough - very deliberate and there wasn't a lot of grey area with Freddie. Strong sense of right and wrong that he passed on to all of us just like Coach Jean. I also related to the team of fierce girls. Atoms TC wasn't as big as Jeuness at the time, but we were very close and I appreciated my track teammates for helping me to always be my best self. They were and are like sisters to me forever.

The Sheppard sisters are so lucky to have the support from so many adults (coaches) AND peers at Jeuness. Both on and off the track, there is a family dynamic with Jeuness and they'll likely have these friendships for the rest of their lives. I also appreciated all of the Track & Field content in Sisters On Track and that a light is finally shining on the Colgate Games.

I remember my first Colgate, it was the first time that I ever saw so many girls in one place that looked like me! AND could run so fast. It was inspiring (still is) and I felt special just to be there and to have the ability to compete. The grit and determination that you had to have in order to excel at Colgate not only set me up for College track but also life. I am forever grateful.

Sincerely,

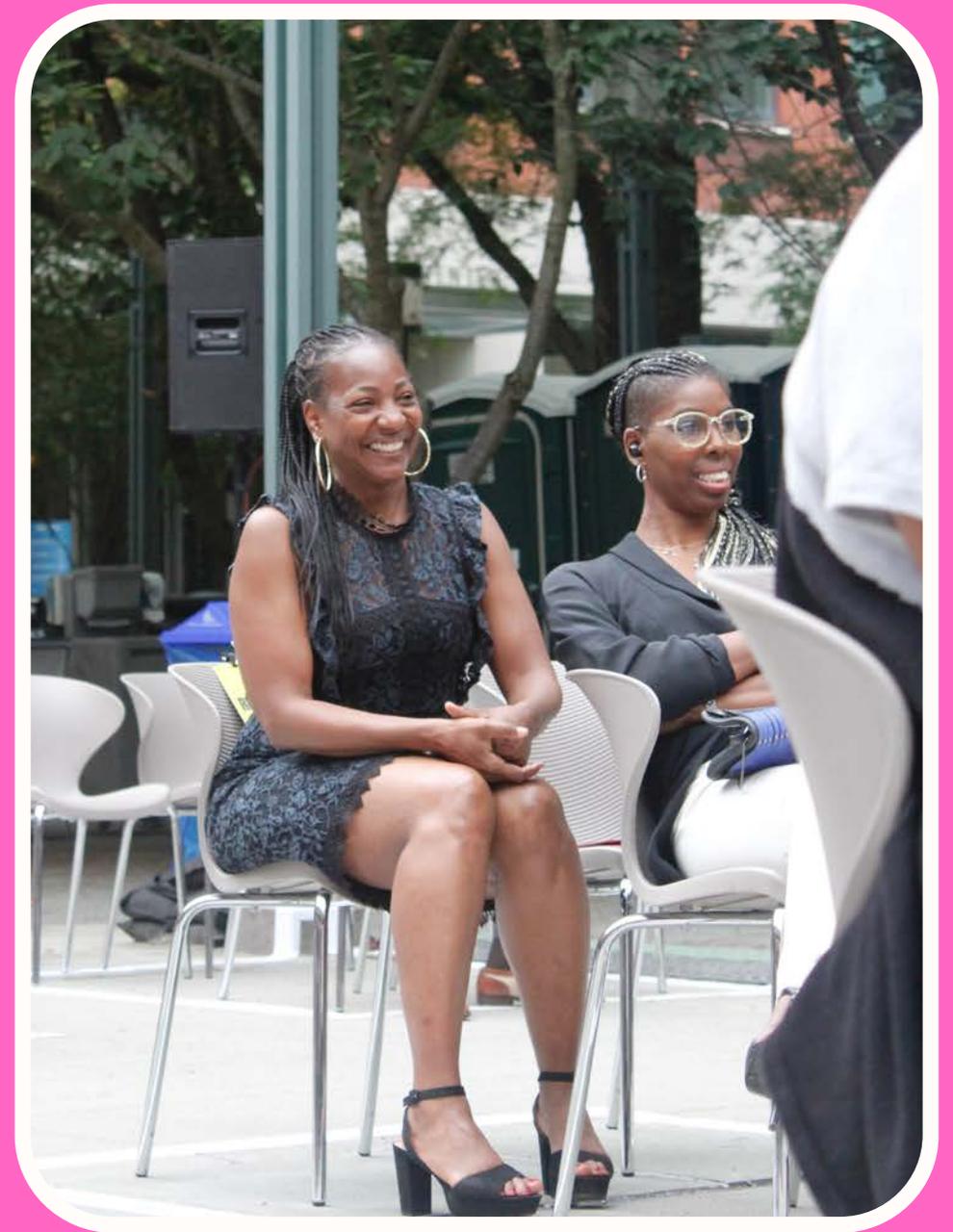
**ERICA STANLEY-DOTTIN**



# SISTERS ON TRACK

## about the film

Sisters on Track is a coming of age story following the three Sheppard sisters, Tai (12), Rainn (11) and Brooke (10) from the 2016 media storm that propels them into the national spotlight, when all three are chosen to be the Sports Illustrated Kids of the Year, into their final years of Junior High. [Read more...](#)



## updates for june

**July 31** | Sisters on Track Beacon event!

**All month** | Register for the [Colgate Women's Games](#) to help us meet our 1000 goal!

# #anybodyseethedream

Do you have a mentor? Is there someone who inspires you? Is there someone in your life that believes in you? Share a story about someone who has helped you see your dream.

Click [\*\*this link\*\*](#) to our website to participate in our Track Bib Challenge where you can share with us who your mentor is?

To the right is Derek Howard holding his #anybodyseethedream bib.

He writes,

**"Tonia 'supermom',  
Corinne + Tone  
'superdirector', Jean +  
Carrol 'supercoaches'"**



# SISTERS ON TRACK

Follow us on Instagram and stream the film on Netflix!



**NETFLIX**

Sign up for the Sisters on Track newsletter to stay up to date!

**Click this link**, scroll all the way to the bottom of the page. Under "Connect," click "Join our email list" and input your information!

# SISTERS ON TRACK