



A NETFLIX ORIGINAL DOCUMENTARY

# SISTERS ON TRACK

DISCUSSION GUIDE

**PG**

FOR THEMATIC ELEMENTS, BRIEF SEX-ED  
DISCUSSION, AND SOME LANGUAGE



## ABOUT THIS GUIDE

**Sisters On Track** touches upon relevant and powerful issues that affect our young people. The purpose of this discussion guide, created by the film's impact campaign, is to uplift and support the voices of the communities of women and girls the film represents.

The film focuses on the power of education; the dynamics and confidence building related to youth athletics; the importance of empowering underserved and under-resourced communities; the transformational impact of mentorship; gender diversity and equity in sports; the power of communal care and support for single mothers; and racial as well as economic justice. This guide aims to spark critical, impactful, thoughtful and action-oriented conversations around these important issues.

The hope is that through viewing the film and utilizing this discussion guide, ALL communities are inspired and motivated to evaluate the value of mentorship, education and youth athletics. The long-term goal is not only to give a greater understanding around these important issues, but to inspire concrete action and movement that will benefit this generation and many generations to come. The conversations that spark from this discussion guide should provide a space to reflect and be mindful of the kind of influence we can have on our youth and how we continue to build a world where they feel supported, heard, and empowered.

“For me, I always felt I could do whatever I put whatever my mind to. I can do whatever I want. These girls have to have that same feeling, that they can do whatever they want to do, but they have to understand that Education is the key.”

— COACH JEAN BELL



### ABOUT THE IMPACT CAMPAIGN

The **Sisters on Track** impact campaign is powered by Colgate Women's Games. Colgate Women's Games is the largest amateur track & field series in the United States open to all young women from elementary school through college and beyond. The program is sponsored by Colgate-Palmolive: a caring, innovative growth company that's reimagining a healthier future for all.

<https://colgatewomensgames.com>

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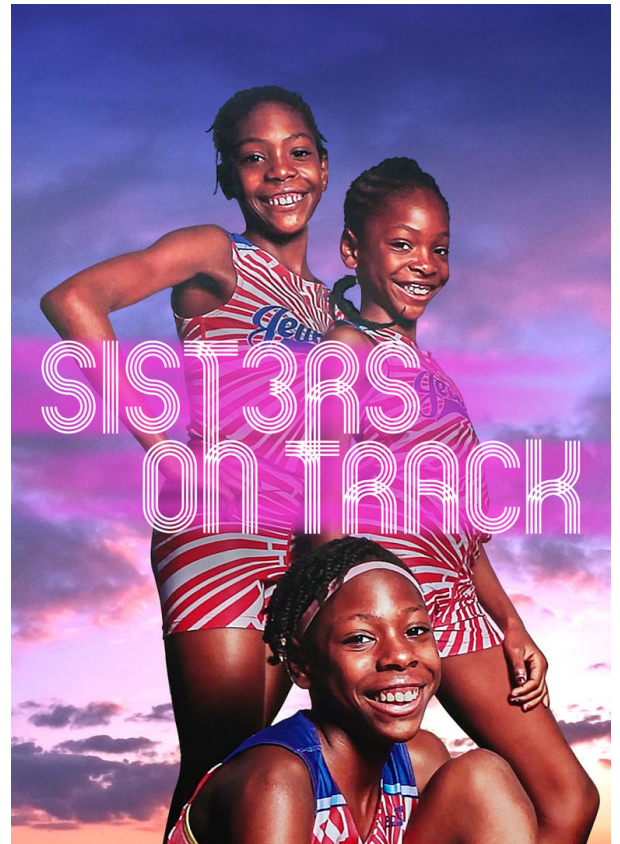
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## ABOUT THE FILM

The Netflix Original Documentary **Sisters on Track** is a coming-of-age story set in Brooklyn about hope, sisterhood and belonging, as three young sisters race against all odds towards a brighter future.

**Sisters on Track** follows 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. The film offers a rare intimate glimpse into a tight-knit Brooklyn family's journey to recover from trauma and tragedy moving away from their life in a shelter.

Guided by coach Jean Bell and her **Jeuness Track Club**, who inspires them to beat the odds, dream big and aim for higher education, the girls are finding their voices as athletes and as young adults. At the heart of the story is the bond between a family and a whole community of women, passing the baton of self-empowerment through track and field, from generation to generation of hopeful young girls.



**RELEASE DATE:** June 24, 2021 on Netflix  
**DIRECTED BY:** Corinne van der Borch and Tone Grøttjord-Glenne  
**PRODUCED BY:** Anita Rehoff Larsen and Tone Grøttjord-Glenne

**PG** FOR THEMATIC ELEMENTS, BRIEF SEX-ED DISCUSSION, AND SOME LANGUAGE

**LENGTH:** 93 MIN/96 MIN WITH CREDITS

**▶ WATCH THE TRAILER**

### WATCH THE FILM ON NETFLIX

<https://netflix.com/sistersontrack>

If you are an educator and community organizer and need special access to the film, please contact us at [info@sistersontrack.com](mailto:info@sistersontrack.com).

### HOST A WATCH PARTY

If you are interested in hosting a watch party for the film, take a look at our watch party guide.

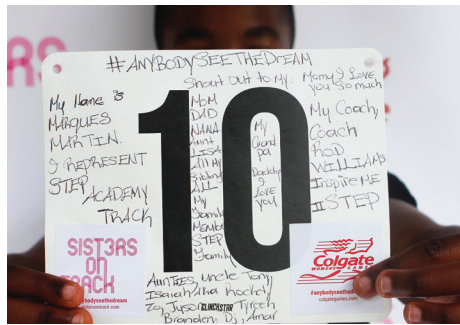
**GET WATCH PARTY GUIDE ▶**

# #anybodyseethedream

## SOCIAL IMPACT CAMPAIGN

Powered by Colgate Women's Games

Sisters on Track will uplift and support the voices of communities of women and girls educated and empowered through sports and mentorship. Via a targeted impact campaign, our hope is that the film will give people a greater understanding of the value of mentorship and coaching through sports, inspiring more people to fulfill this role in their communities, participate in clubs like Jeunesse Track Club and events like Colgate Women's Games and play a role in enabling a brighter future for our children.



COACH KAREL LANCASTER-WILLIAMS

### TRACK BIB CHALLENGE

Do you have a mentor, a family member, friend, or someone in your life that you look up to? 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.

- Write out/type out this story on the downloadable bib
- Print it out and share on social media.
- Share on social and tag our handles: **@sistersontrackfilm** and use **#anybodyseethedream**
- Now, thank this person for supporting you and think about how you can do the same for someone else.

[DOWNLOAD YOUR BIB](#) ▶



THE SHEPPARD SISTERS



# COLGATE WOMEN'S GAMES

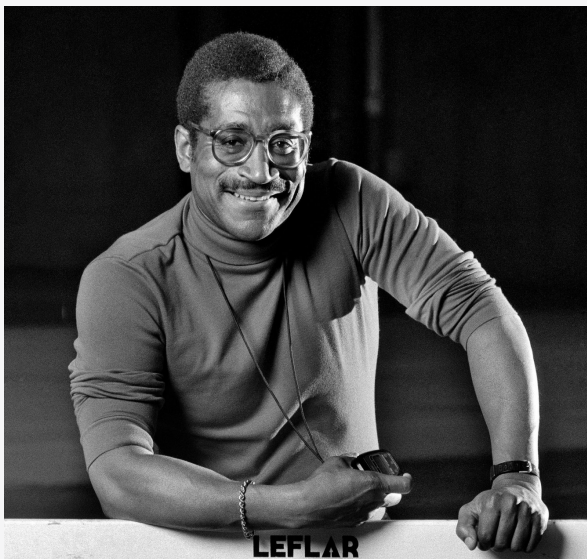
To learn more, visit: <https://colgatewomensgames.com>



Colgate Women's Games is the nation's largest amateur track series open to all girls from elementary school through college and beyond. Competitors participate in preliminary meets and semi-finals to determine finalists who will compete for trophies and scholarships from Colgate-Palmolive Company.

**PARTICIPATION IS FREE. THERE ARE NO ENTRY FEES OF ANY KIND.**

Through Colgate Women's Games, the Company strives to inspire athletes to develop a strong sense of personal achievement and self-esteem. The Company supports the coaches who serve as positive role models and mentors to the girls. And ultimately, Colgate wants to create pathways for more young women to pursue their educational goals and achieve their dreams.



## ABOUT FRED THOMPSON

"A lawyer and former New York State assistant attorney general, Mr. Fred Thompson founded the Atoms Track Club of Brooklyn in a Bedford-Stuyvesant community center, mostly out of frustration with New York City public schools that, for budgetary and other reasons, limited the participation of girls, but not necessarily of boys, in physical education and high school sports.

Mr. Thompson was also the founding organizer of the annual Colgate Women's Games, the nation's largest amateur track series for women. Since 1974, the games, open to girls and women from elementary school through college (and with a competitive division for women over 30), have attracted thousands of participants, mostly from East Coast states, to various venues from Boston to Virginia." [source]

<https://www.youtube.com/watch?v=y9wkLhC8JWs>

## KEY FACTS AND FIGURES

Key Facts and Figures about the issues discussed in the film

### MENTORSHIP

"Research has shown that 71% of Fortune 500 companies have mentoring programs, and they've proven to be pretty successful, too. In fact, of those with a mentor, 97% say they are valuable, and 55% believe mentoring can help them succeed." ([source](#), January '21)

"1 in every 3 young people will grow up without a mentor." ([source](#))

"Young adults with a mentor are.... 55% less likely than their peers to skip a day of school, 78% more likely to volunteer regularly, 90% are interested in becoming a mentor, and 130% more likely to hold leadership positions." ([source](#), unknown)

VIDEO: [https://www.youtube.com/watch?v=1t0\\_D7UcfigU&t=127s](https://www.youtube.com/watch?v=1t0_D7UcfigU&t=127s)

89% of those mentored, go on to mentor themselves contributing to a culture of learning and mentoring ([source](#))

In a five year study of 1000 employees (Gartner 2006): Retention rates were higher for both mentees (22% more) and mentors (20% more) than for employees who did not participate in a mentoring program ([source](#))

### YOUTH EMPOWERMENT

"Empowerment theory social work involves using intervention methods to guide people toward achieving a sense of control." ([source](#))

"Youth empowerment focuses on creating a better community which is centered on creating a strong independent individual." ([source](#))

"Enhanced leadership skills, less alcohol or drug use, and better performance in school are all outcomes of empowered youth. ([source](#))

### EDUCATION

"Black and Latino students, who make up almost 70% of the city school system, received 9% of offers for the 2021-22 school year. That is down from 11% the year before, according to education department data released Thursday." ([source](#))

73.0 percent of students in the NYC school system are economically disadvantaged ([source](#))

There were approximately 111,600 students experiencing homelessness attending district and charter schools in New York City during the 2019-20 school year ([source](#))

Teens Take Charge - [source](#)

### ATHLETICS (YOUTH SPORTS)

"Did you know that female high school athletes are: 92% less likely to get involved with drugs, 80% less likely to get pregnant, 3 times more likely to graduate than non-athletes." ([source](#))

"Sport helps youths to become better contributors to society. Research shows a child's involvement in sport helps them to improve their social interaction, increase their confidence, and improve their listening skills and health. Participation in sport is linked to higher grades, lower dropout rate, reduced truancy and lower crime rates." ([source](#))

"There are disparities in participation: girls, racial and ethnic minorities, youth from households of low socioeconomic status, youth living in rural areas, and youth with disabilities are less likely to be physically active and play sports." ([source](#))

"The benefits for youth who engage in regular physical activity are clear: they have improved bone health, cardiorespiratory and muscular fitness, cardiometabolic health, and cognitive function and a reduced risk of depression." ([source](#))

### HOMELESSNESS AND RACIAL EQUITY

"In April 2021, there were 53,199 homeless people, including 16,390 homeless children, sleeping each night in the New York City municipal shelter system. A near-record 20,410 single adults slept in shelters in March 2021." ([source](#))

"Over the course of City fiscal year 2020, 122,926 different homeless men, women, and children slept in the New York City municipal shelter system. This includes more than 39,300 homeless children." ([source](#))

"Research shows that the primary cause of homelessness, particularly among families, is lack of affordable housing." ([source](#))

"Black and Hispanic/Latinx New Yorkers are disproportionately affected by homelessness. Approximately 57 percent of heads of household in shelters are Black, 32 percent are Hispanic/Latinx, 7 percent are White, less than 1 percent are Asian-American or Native American, and 3 percent are of unknown race/ethnicity." ([source](#))

"There were approximately 111,600 students experiencing homelessness attending district and charter schools in New York City during the 2019-20 school year." ([source](#))



## DISCUSSION PROMPTS + ACTIVITIES

The following discussion questions can be utilized as discussion prompts for dialogue after screening the film to your classroom, group, club, or team.

- What are some of your biggest takeaways from the film? What surprised you?
- Who did you relate to the film and why? In what ways did you see yourself reflected in this story? How does your reality differ?
- What are your thoughts about mentorship? Are you a mentor? Do you have a mentor? What is your understanding of mentorship? Where do you see it in others, and where, if so, do you see it in yourself?
- What are your thoughts about athletic programs in schools? Do you feel they are necessary?
- Did you learn anything from this movie? If you did, what was it?
- What is the message of this movie? Do you agree or disagree with it? What are the themes being brought to the surface through this film?
- Was there something you didn't understand about the film? What was that?
- What were you thinking as you finished watching the film? What did you feel compelled to do after watching the film? Were you inspired to take action? If so, how and why?
- What did you learn about track and field after watching the film?
- What motivates you to get active and stay engaged in your school? In your community?



## DISCUSSION #1 : EDUCATION

The following section includes selected scene breakdowns along with additional discussion questions and activities that can be utilized and modified for classroom discussions with students and young people after screening the film. The scenes are time stamped for your reference when viewing the film. Some clips are available below to show separately.



Brooklyn, 2019 | 8th Grade Graduation: Rainn Sheppard, Tonia Handy, Jean Bell, Brooke Sheppard, Karel 'Missy' Williams, Tai Sheppard

“ The whole purpose of education is to turn mirrors into windows.”

— SYDNEY J. HARRIS

### FOR INSTRUCTOR

#### ACTIVITY

Break down each scene with the students. Break them up into small groups utilizing the questions provided to start the discussion.

Deconstruct the quote above about education. Have the students discuss what they value about education and what they would like to see improve within education. Have students create a list of reasons why education matters and why people should invest in the education system.

## DISCUSSION #1 : EDUCATION

### SCENE 1 | 00:09:35

"EDUCATION IS THE KEY." - COACH JEAN



This scene begins at a Jeuness Track Club practice. Coach Jean talks through her process as a coach, the story of the Sheppard Sisters, and her own personal journey.

She says this, "For me, I always felt like I can do whatever I put my mind to. I can do whatever I want. These girls have to have that same feeling that they can do whatever they want to do, but they have to understand that education is the key."

#### QUESTIONS

- What were your thoughts about Coach Jean's personal journey and how she compared that to the journey of the Sheppard Sisters?
- What do you think about her saying that education is the key? Do you believe that education is the key to success, to your dreams? Do you disagree? Why?

### SCENE 2 | 00:12:22

RAINN HAS TO GET BACK ON TRACK



In this scene Rainn has a discussion with Coach Karel about missing work and her behavior in class. They pull her from practice, so she can learn a lesson. Coach Karel talks to her about getting humble and getting her act together in school because it is the most important thing. Rainn accepts the decision and gets to work on her homework.

#### DISCUSSION PROMPTS

- What are your thoughts about Coach Karel's talk with Rainn?
- How do you feel Rainn took what Coach Karel had to say?
- What would you do if you were in Rainn's shoes?
- Can you relate more to Rainn's situation or to what Coach Karel was saying to her?

### SCENE 3 | 00:20:24

RAINN LEARNS A HARD LESSON



In this scene the girls are competing at the AAU Junior Olympics. Coach Jean explains that Rainn is there with high expectations having won a gold medal and coming in first place the year before. She doesn't quite have the same success this time around. Coach Jean has a talk with her about how her grades had an affect on her and her training.

#### DISCUSSION PROMPTS

- How did you feel about Rainn's performance and what Coach Jean had to say about it?
- Do you feel her performance was affected by her grades?
- How could she improve upon it for the next competition?
- Do you feel she was supported? If so, in what way? If not, how else could she have been supported?

## DISCUSSION #2 : MENTORSHIP

The following section includes selected scene breakdowns along with additional discussion questions and activities that can be utilized and modified for classroom discussions with students and young people after screening the film. The scenes are time stamped for your reference when viewing the film. Some clips are available below to show separately.



Tai Sheppard and Coach Jean Bell in her house

“ Show me a successful individual and I’ll show you someone who had real positive influences in his or her life. I don’t care what you do for a living—if you do it well I’m sure there was someone cheering you on or showing the way. A mentor.”

— DENZEL WASHINGTON

### FOR INSTRUCTOR

#### ACTIVITY

Breakdown the quote about mentorship. Put students into small groups to discuss.

Have students think about who their role models are. Have them draw, or describe them, and list all the qualities they possess.



#### WATCH COACH JEAN TALK MENTORSHIP

Watch the Big Brothers Big Sisters of America Little Big Chat about mentorship with Coach Jean Bell.

<https://www.youtube.com/watch?v=91CW9rnv3UY>

## DISCUSSION #2 : MENTORSHIP

### SCENE 1 | 00:16:00

STARTING THE JEUNESS TRACK CLUB



In this scene Coach Jean talks about starting the track club and her realization that it was more than just coaching based on the experience of past members.

#### DISCUSSION PROMPTS

- Coach Jean says that the most important thing she gives the girls is a sense of empowerment and being a part of something bigger than themselves. Mentorship is a big piece of that. What are your initial thoughts about this?
- What does a sense of empowerment mean to you?
- What does being a part of something bigger than yourself mean to you?
- Being a mentor means you have to set an example and make some tough decisions. How do you think Coach Jean does that with her track team? What does setting an example mean to you? What are examples of tough decisions a mentor has to make?
- Do you have a mentor? What have they meant to you in your life?
- Are you looking for a mentor? What are you looking to learn from a mentor?
- Are you a mentor? What have you learned about being a mentor?

### SCENE 2 | 00:41:00

TAI GETS A DOSE OF TOUGH LOVE



In this scene Coach Jean and Coach Karel talk to Tai about her behavior in school. After having a tough discussion with her, they decide to suspend her for the rest of the indoor season.

#### DISCUSSION PROMPTS

- Part of being a mentor is knowing and understanding your responsibility as a role model to your mentee. Do you think that Coach Karel and Coach Jean did the right thing?
- How do you think Tai handled the situation? How would you feel if you were in her shoes?
- What do you think Tai could learn from this opportunity?

### SCENE 3 | 01:10:00

THE GIRLS TALK ABOUT JEAN'S INFLUENCE IN THEIR LIVES



In this scene Coach Jean and the girls reflect on their relationship as mentor/mentees.

Tai talks about how Coach Jean has taught her about the obstacles in life and how they can affect your future.

- What are your reactions to that? How do you think Coach Jean has helped Tai and other young women who she has mentored?
- Coach Jean talks about her grandmother and how she learned how to take care of others through her- how kids need an extra person outside of their parents in their lives. How important is it to have someone outside of your parents to talk to and understand you? What does it feel like to be understood and heard? What does it feel like when someone believes in you the way Coach Jean believes in the girls?

## DISCUSSION #3 : YOUTH ATHLETICS

The following section includes selected scene breakdowns along with additional discussion questions and activities that can be utilized and modified for classroom discussions with students and young people after screening the film. The scenes are time stamped for your reference when viewing the film. Some clips are available below to show separately.



AAU Greensboro 2019 Brooke Sheppard

“ I know what I have to do, and I’m going to do whatever it takes. If I do it, I’ll come out a winner, and it doesn’t matter what anyone else does.”

— FLORENCE GRIFFITH JOYNER

### FOR INSTRUCTOR

#### ACTIVITY

Breakdown the quote from Florence Griffith Joyner. Put the students into small groups for discussion.

#### ADDITIONAL CONTENT FOR THIS SECTION

Talk to students about the brief history of track & field (in this guide) and make reference to present day athletes (i.e. Allyson Felix, Athing Mu - Colgate Women’s Games Alumni, Dalilah Muhammed - Colgate Women’s Games Alumni) to show how the sport has changed with the times.

Have them research female athletes and write a brief reflection piece on them and their influence on the sport (and society).

#### WATCH CLIPS

 Colgate Women’s Games, Coach Jean on Fred Thompson  
<https://youtu.be/aZNdlw47zAg>

 The History of Colgate Women’s Games  
<https://youtu.be/i4xH8DSwta0>

## DISCUSSION #3 : YOUTH ATHLETICS

### SCENE 1 | 00:28:00

TAI TALKS TO HER COUNSELOR ABOUT SCHOLARSHIPS



This scene starts off with Tai and her school counselor, Ms. Orapallo, about her grades, attendance and getting scholarships for high school. The scene transitions into Tai at track practice where Coach Jean talks about Tai's talent and potential, and how she should funnel her energy in the right direction.

#### DISCUSSION PROMPTS

- What were your initial thoughts about the conversation Tai was having with her counselor about her grades and attendance in schools?
- Are you aware of scholarships and other opportunities available to you?
- What do you think Coach Jean meant about Tai funneling her energy in the right direction? Do you think being part of the track club, and the training that comes with it, can help Tai use her talent and potential?
- What are some advantages of being part of a team, or participating in athletics?
- How can teammates support one another during, before and after the competition(s)?
- What are your thoughts on the current events with sports and mental health (e.g. Naomi Osaka, Simone Biles)? How important is it to be mentally healthy as well as physically?
- Are there counselors like Ms. Orapallo available to you at school? Do you know the counselor? Do you think having someone at school is necessary? If not, what in school support would you think could help you the most?

### SCENE 2 | 00:33:40

JEUNESS TRACK CLUB HEALTH CLASS



**CONTENT WARNING:** Scene contains a detailed discussion of women's bodies and reproductive health.

In this scene Coach Jean has a discussion with the Jeuness Track Club about women's health and reproductive system. She talks about the changes in young girls' bodies and how the world will view them as they change.

#### DISCUSSION PROMPTS

- Did this conversation make you feel uncomfortable? If so, why? (How did watching this conversation make you feel?)
- Do you feel this was an important conversation to have?
- Have you ever participated in this type of conversation with a peer or an adult in your life?
- What are some health concerns and challenges do you think that athletes face? What are some advantages of being an athlete?

### SCENE 3 | 00:50:00

COLGATE WOMEN'S GAMES



Coach Karel talks about Colgate Women's Games to the Jeuness Track Club and all the opportunities that come with participating. The scene transitions into Coach Jean talking about all the opportunities that opened for her as a young athlete.

#### DISCUSSION PROMPTS

- Did you know about Colgate Women's Games? What did you learn from watching this scene?
- As Coach Jean referenced: Fred Thompson, the founder of Colgate Women's Games, started the games to put women at the forefront of track and field and give them the opportunity to go to college. What are your thoughts about this? How do you think it has affected many young women to this day?
- How do you think things have changed for female athletes over the years? Do you think it has opened more doors for opportunities like education? What are some challenges you think female athletes face in the present day?

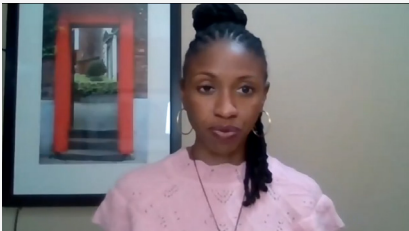
## VIRTUAL / PANEL DISCUSSIONS

As part of our social impact campaign, we hosted a number of virtual and in-person panels, powered by **Colgate Women's Games**. Live streamed events were moderated intergenerational conversations that included former and current Track and Field Athletes.



### Virtual Panel Series #1

Bridging the Gap with LaVonna Floreal  
<https://youtu.be/WJNedd0667k>



### Virtual Panel Series #2

Education with Moushaumi Robinson  
<https://youtu.be/HI3yGOcoDDU>



### Virtual Panel Series #3

Mentoring with Alicia D. Guevara  
<https://youtu.be/t4tvrKqTBxo>



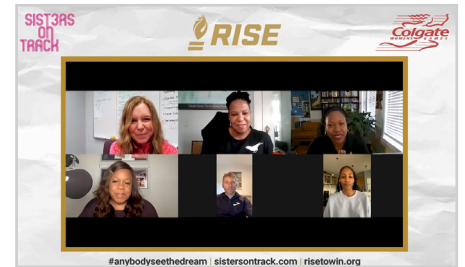
### Virtual Health & Wellness Panel

Featuring Jerrica Thomas - USA Track & Field, Mackenzie White - USA Track & Field, and Kori Carter (World Champion/Hurdles)  
<https://youtu.be/Y2ogNUfyc1M>



### Brooklyn Public Library

Q&A moderated by Dailisha Rodriguez Featuring Coach Jean Bell and guests  
<https://youtu.be/wXW6RA3vSZQ>



### RISE Panel

Critical Conversation on Racial Inequities in Youth Sports  
<https://youtu.be/tbdDNNrj4SE>



### The Resilience Project

In collaboration with Sole Train: Boston Runs Together and the Jeuness Track Club, The Resilience Project hosted a virtual discussion of the film  
[https://youtu.be/\\_4sXh6\\_wHdw](https://youtu.be/_4sXh6_wHdw)

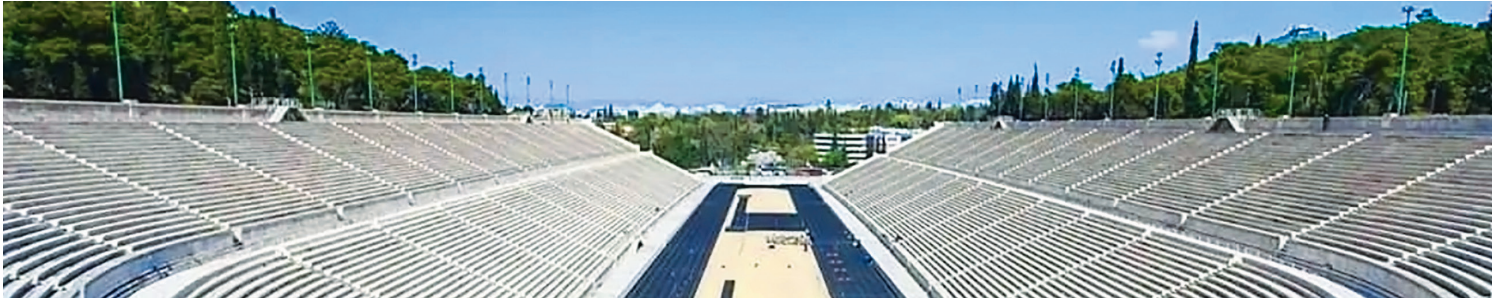
Watch the panels on the *Sisters on Track* YouTube channel.



# HISTORY OF TRACK & FIELD

BY TOM JORDAN

PANATHENAIC STADIUM / ATHENS, GREECE



Track and field is one of the oldest of sports. Athletic contests were often held in conjunction with religious festivals, as with the Olympic Games of ancient Greece. For 11 centuries, starting in 776 B.C., these affairs – for men only – were enormously popular and prestigious events. The Romans continued the Olympic tradition until the time of the Emperor Theodosius I, a Christian, who banned the Games in A.D. 394. During the Middle Ages, except for a short-lived revival in 12th-century England, organized track and field all but disappeared. The true development of track and field as a modern sport started in England during the 19th century. English public school and university students gave the sport impetus through their interclass meets, or meetings as they are still called in Britain, and in 1849 the Royal Military Academy at Sandhurst held the first organized track and field meet of modern times.

Not until the 1860s, however, did the sport flourish. In 1866 the first English championships were held by the newly formed Amateur Athletic Club, which opened the competition to all “gentlemen amateurs” specifically, athletes who received no financial compensation for their efforts. This code has lasted to the present day and is the basis of the rules governing the sport. The Amateur Athletic Club gave way to the Amateur Athletic Association in 1880, which has conducted the annual national championships since that date. Although meets were held

on the North American continent as early as 1839, track and field first gained popularity in the late 1860s, after the formation of the New York Athletic Club in 1868. The Amateur Athletic Union of the United States (AAU), an association of track and field clubs, was formed in 1887 and has governed the sport in the United States since then.

In 1896 the first modern Olympic Games were staged. Although initially of limited appeal, the Olympics captured the imagination of athletes and grew steadily, making track and field an international sport for the first time. In 1913 the International Amateur Athletic Federation (IAAF) was formed by representatives from 16 countries. The IAAF was charged with establishing standard rules for the sport, approving world records, and ensuring that the amateur code was adhered to; it continues to carry out these duties today.

The participation of women in track and field is a relatively recent development. In 1921 representatives from six countries formed an athletic federation for women, which merged with the IAAF in 1936. Participation by women has grown rapidly in many countries in recent years, particularly in the United States, where many schools have added women’s track and field to their athletic programs. [\[source\]](#)



## HISTORY OF THE NEW YORK PIONEER CLUB

Founded in 1936 in Harlem, NY by Joseph Yancey, Bob Douglas and William Culbreath, the New York Pioneer Club was for Black and Jewish men and boys. It’s foundation was at least in part a reaction to the racist and anti-semitic policies of the athletics clubs already established in New York, some of whom already had decades of history behind them.

Coach Yancey believed that through athletics, discipline, pride in their appearance and camaraderie, the young men living in Harlem – which was a very underprivileged part of the United States at the time – could rise above the poverty and prejudice. But it was a long, hard road. [\[source\]](#)

Joe Yancey coached and mentored Fred Thompson, founder of Colgate Women’s Games and The Atoms Track Club in Brooklyn, NY.

### MORE INFORMATION

<https://tedcorbitt.com/new-york-pioneer-club/>

# MUSIC ACTIVITY: "THE DREAM" LISTEN ON YOUTUBE

WRITTEN AND PERFORMED BY MARK BATSON + TARRIONA "TANK" BALL

The #anybodyseethedream campaign was inspired by the original song (for the film), "The Dream." Below are the lyrics, discussion prompts and activity to discuss this powerful and moving musical piece. Suggested use: Utilize the song and the activity at the beginning of the discussion to get students motivated or at the end to close out the discussion with an inspiring footnote.

## LYRICS

### INTRO

Aye wait a minute  
Anybody see the dream  
Anybody see the dream  
Working hard like a green machine

Aye wait a minute  
Anybody see the dream  
Anybody see the dream  
Moving hard like a green machine

I gotta  
Breath  
Dream  
Work  
Hurt  
Inhale  
Team  
Grab the purpose

Breath  
Dream  
Work  
Hurt  
Inhale  
Team  
Grab the purpose

Breathe  
Stretch  
Track  
Get to the goal

Breathe  
Stretch

Track  
Get to the goal  
All grit  
All Self Control  
All grit  
All Self Control  
Work It

Aye wait a minute  
Anybody seen the dream  
Anybody see the dream  
Working hard like a green machine

### WERK IT

Aye wait a minute  
Anybody see the dream  
Anybody see the dream  
Working hard like a green machine

I'm Highly qualified  
Often put to the side  
But God owns my purpose  
I'm Highly qualified  
Often put to the side  
But God owns my purpose

### WERK IT

Na na  
Skip to my loo  
Run to the goal  
And the crew eat too  
Brown girls win  
Positive attitude  
Came to here to win

I didn't come here to lose  
I gotta  
Breath  
Dream  
Work  
Hurt  
Inhale  
Team  
Grab the purpose  
Rest  
Leap  
Do it all again

Cause the dream don't stop  
Even in the AM  
I ain't never been perfect  
But I'm worth it  
I'm highly qualified  
Often put to the side  
But God knows my purpose

### WERK IT

Na na  
Skip to my loo  
Run to the goal  
And the crew eat too  
Brown girls win  
Positive attitude  
Came to here to win  
I didn't come here to lose

Aye wait a minute  
Anybody see the dream  
Anybody see the dream  
Going hard like a green machine

Aye wait a minute  
Anybody see the dream  
Anybody see the dream  
Working hard like a green machine

(drum line)  
Aye wait a minute  
Anybody see the dream  
Anybody see the dream  
Working hard like a green machine  
Aye

### WERK IT

Listen I'ma queen now  
All hail to the track queens  
All hail to the track tracks  
Got goals got mad green  
Aye wait a minute  
Anybody see the dream  
Anybody see the dream  
Working hard like a green machine

### (REPEAT)

### WERK IT

Listen I'ma queen now  
All hail to the track queens  
All hail to the track tracks  
Got goals got mad green

### INTERLUDE: POEM

I AM DIVINELY PURPOSED  
MY BODY A MACHINE  
AN ALIEN EXTERIOR OF  
WHAT LIES BENEATH MY SURFACE  
MOST ONLY THINK THEY KNOW ME  
A GHETTO SUPER STAR  
A NEW CAR  
A SHINY MEDAL IN CRADLED ARMS  
BUT TRUTH BE TOLD MY  
SOUL CENTURIES OLD  
I DUN DID THIS BEFORE  
THATS WHY I SPRINT THRU  
LIFELINES AND HURDLE THRU  
LIFETIMES  
I LEAVE ALL DOUBT IN DUST  
AND JOURNEY FORWARD IS A MUST  
THAT'S MY MISSION  
AND THAT'S MY VISION  
I AM MY ONLY COMPETITION

## ACTIVITY

Play the song and break down the lyrics.

Have students write, draw, or create a short reflection piece (drawing, poem, essay) about their own interpretation of the lyrics and how it ties in with the film's messages.

Have students create a playlist of songs that inspire and motivate them.

Create an inspiration wall using the track bibs from the BIB challenge. When students are having a tough day in school, have them reflect on the wall and the people that inspire them.

## STREAM IT NOW

Available now on Spotify, Apple Music and Amazon Music.



## BOOK CLUB READING LIST

In one scene of the film, Coach Jean hosts a book club for the Jeuness Track Club. She believes reading is a fundamental part of growth and learning. Below is a list of suggested books to share with your students and start a book club of your own:

### FROM COACH JEAN:

**The Hate U Give** by Angie Thomas

**My Mother's Daughter: A Memoir of Struggle and Triumph** by Perdita Felcian

**Survive and Advance** by Tianna Bartoletta

**Piecing Me Together** by Renée Watson

### OTHER SUGGESTED READING:

**Over It** by Lolo Jones

**Private Lessons** by Cynthia Salasay

**Ghost** by Jason Reynolds

**You Can't Touch My Hair: And Other Things I Still Have to Explain** by Phoebe Robinson

**The House on Mango Street** by Sandra Cisneros

Check out [our website](#) for more recommended reads!

## CALLS TO ACTION / GET INVOLVED

Now that you've seen and discussed the film, if you haven't already, please join the movement and take part in the **#anybodyseethedream BIB Challenge!**  
Here are other ways to get involved TODAY:



**Host** a community screening at your school, community center, or organization (fill out the form on our website)

DOWNLOAD TELEWATCH PARTY GUIDE ►



Visit the Colgate Women's Games website to learn more and **register for updates.**



Sign up to be a mentor at your local community organization



Invest in youth athletics in your school or local community



Walk/run with someone that inspires you OR start a track club

To get involved with and learn how you can support mentoring organizations, visit **Mentoring Organizations – NYC**, **Global Mentoring Resources** or **Mentor International.**

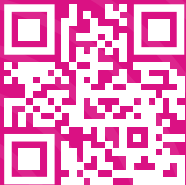
# NOTES



A NETFLIX ORIGINAL DOCUMENTARY

# SISTERS on TRACK

A SANT & USANT PRODUCTION



[SISTERSONTRACK.COM](https://sistersontrack.com)



[COLGATEWOMENSGAMES.COM](https://colgatewomensgames.com)