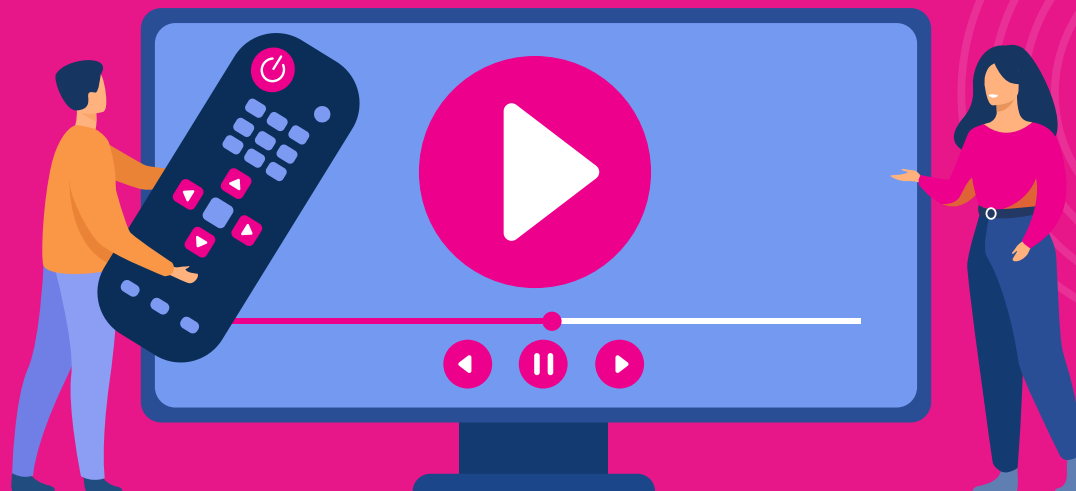


A NETFLIX ORIGINAL DOCUMENTARY

SISTERS on TRACK

TELEWATCH PARTY GUIDE

*ANYBODY SEE
THE DREAM?*



PG

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

A NETFLIX ORIGINAL DOCUMENTARY

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.

Sisters On Track touches upon critical themes that affect our youth including: the power of education, and sports building confidence in girls. Furthermore, the film touches upon the importance of empowering youth and communities, the transformational impact of mentorship, access to education, gender diversity in sports, and the power of communal care and support for single mothers as well as racial and economic justice. Through the #anybodyseethedream social impact campaign, the film aims to support the voices of women and girls, who are educated and empowered through sports and mentorship. Powered by Colgate Women's Games, our hope is that the film will give the audience a greater understanding of the value of mentorship and coaching through sports. The film works to inspire more people to fulfill these roles in their communities, participate in clubs like the Jeuness Track Club, and essentially find the role they can play in enabling a brighter future for the young people around them.



DIRECTED BY: CORINNE VAN DER BORCH & TONE GRØTTJORD-GLENNE

FEATURING:

TAI SHEPPARD
 RAINN SHEPPARD
 BROOKE SHEPPARD
 TONIA HANDY
 JEAN E. BELL
 KAREL LANCASTER-WILLIAMS
 DIANN DUNN
 JESSICA ORAPULLO

DR. SEYMOUR M. GOLDSTEIN
 CHIOMA EZIKE
 MAYA GOMES
 MS DESTINE
 SHARON DAVIS
 SARIANI ROGERS
 FATIMA MUHAMMAD
 KAYLAH HILL

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

LENGTH: 93 MIN/96 MIN WITH CREDITS

HOW TO WATCH IT

1 Set up the virtual watch party. To host a virtual watch party download Teleparty* <https://www.teleparty.com/>

2 Send out a virtual invitation (include date, time, and important links) Invite your team, your classmates, friends, colleagues, and family to join in the fun.

3 Pick out a fun activity you can all do together pre-screening (ex. Pop some popcorn, share snack recipes, etc...)

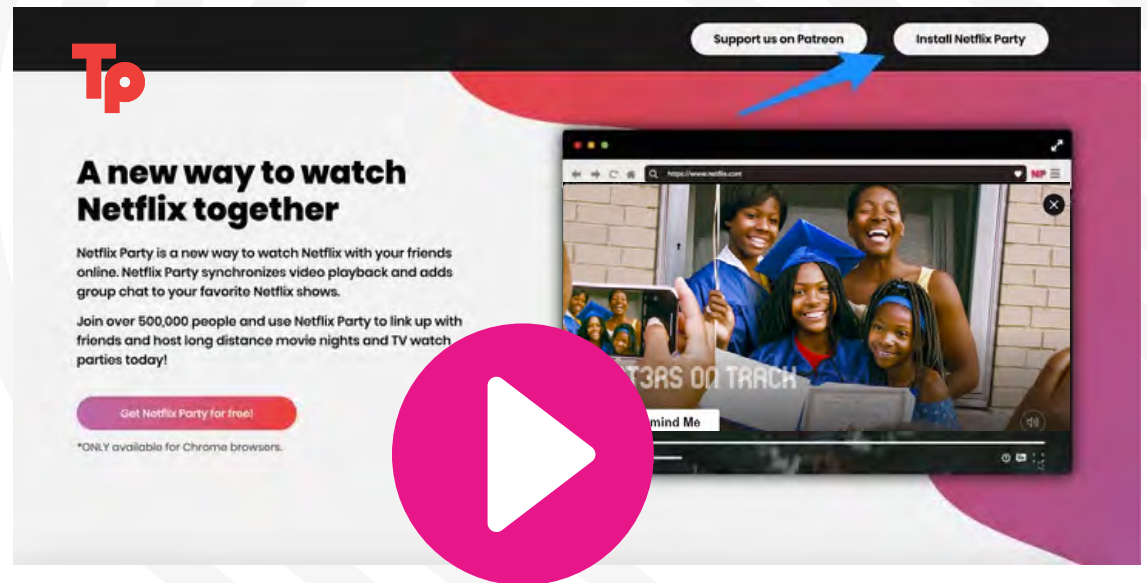
4 Start the group chat for everyone to talk during the watch party.

5 Plan a chat/discussion after the screening. See the questions we've included.

6 Do the **#anybodyseethedream** Track Bib challenge on social media.





*FREE GOOGLE CHROME EXTENSION REQUIRED. ACTIVE NETFLIX ACCOUNTS REQUIRED FOR YOUR PARTY PARTICIPANTS.



DISCUSSION QUESTIONS AND ACTIVITIES



- ▶ 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?
- ▶ 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?
- ▶ Walk/Run/Jog with people that inspire you.
- ▶ Share your story with us   [@sistersontrackfilm](https://www.instagram.com/sistersontrackfilm)

ANYBODY SEE THE DREAM?



"The Dream" song featured in the film by Tarriona "Tank" Ball and Mark Batson will be released on Spotify soon!

TRACK BIB CHALLENGE

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.

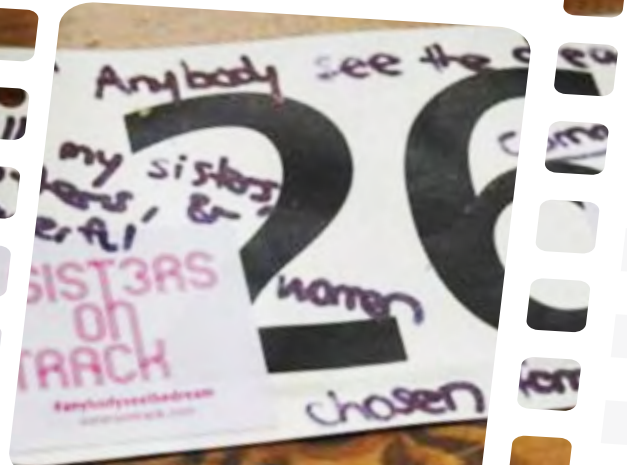
- 1 Write out/type out this story on the **downloadable bib**. Print it out and share on social media.
- 2 Share on social and tag our handles on Instagram or Facebook: **@sistersontrackfilm** and use the hashtag **#anybodyseethedream**
- 3 Now, thank this person for supporting you and think about how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

DOWNLOAD YOUR BIB ▶

https://www.sistersontrack.com/downloads/SistersOnTrack_BibChallenge.pdf



COACH KAREL LANCASTER-WILLIAMS



“THE DREAM”

Lyrics by: Tarriona “Tank” Ball, Music by Mark Batson

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



“The Dream” song featured in the film, written by Tarriona “Tank” Ball and Mark Batson, will be released on Spotify.

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’m a 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 Ima 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

*ANYBODY SEE
THE DREAM?*



KEY FACTS AND FIGURES

MAJOR THEMES

“1 in every 3 young people will grow up without a mentor.”

(MENTOR, UNKNOWN.)

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.” ([Directemployers Association](#), January ‘21)

“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.” ([Mentor](#), unknown)

A video made by [Mentor](#) - https://www.youtube.com/watch?v=1t0_D7UcfcU&t=127s

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.”

“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.”

([Athletic Assessment](#), unknown)

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.” ([Chalkbeat](#), April ‘21)

YOUTH EMPOWERMENT

“Empowerment theory social work involves using intervention methods to guide people toward achieving a sense of control.”

([Virginia Commonwealth University](#), January ‘21)

HOMELESSNESS & 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.”

“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.**”

“Research shows that the primary cause of homelessness, particularly among families, is **lack of affordable housing.**”

“**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.”

([Coalition for the Homeless](#), June ‘21)

COLGATE WOMEN'S GAMES

The Colgate Women's Games is the nation's largest amateur track series and proud sponsor of the Sisters on Track Social Impact Campaign.

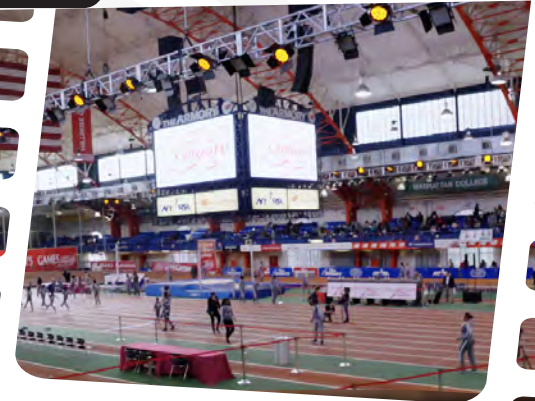
The competition is open to all girls from elementary school through college and beyond. Competitors participate in preliminary meets and a semi-finals to determine finalists who will compete for trophies and educational grants-in-aid from Colgate-Palmolive Company.

The goal of Colgate Women's Games is to provide an athletic competition that helps the participating young girls and women develop a strong sense of personal achievement, self-esteem, instill the importance of education and provide a training ground for those who might not otherwise participate in an organized sport.

Participation is FREE. There are NO ENTRY FEES OF ANY KIND.



<https://colgatewomensgames.com>



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A SANT & USANT PRODUCTION