

In Their Words...

"When I first came here in high school, I had no idea I'd be able to do what I'm doing right now. This place is like a family. I've gained great life experience here - how to endure, how to keep going even when it hurts or when I didn't want to. I've gotten a tremendous amount from it".

- Ryan Peters, University of San Diego

"It's taught me discipline and responsibility. It's taught me how hard I'll have to work in the real world, how to train smart so I don't ruin my legs, how to be supportive of my teammates. Basically, the program here is for athletes who want to be champions".

- Ola Adeniji, University California Los Angeles



"The words 'I can't' aren't here. People come here with dreams and goals, and they reach those dreams. That positive influence has helped me a lot. Now I'm not afraid to ask for or work for what I want.

- Andre Ammons, University of Southern California

"As a testament to Curtis' far reaching contribution to community, both public and private school track athletes learn athletic and life strategies. Curtis inspired me to seek my academic and collegiate athletic career. Currently a U.C. Berkeley alum, I sustain myself in the guidance Curtis continues to provide me. My motivation and strong work ethic is owed to his track coaching philosophies. Curtis' track program enhances extraordinary athletes and demonstrates track and field as a life changing experience.

- Shalaya A. Shipman, UC Berkeley

About EOYDC.....

Founded in 1973, the East Oakland Youth Development Center (EOYDC) is a community-based 501(c)(3) nonprofit agency dedicated to developing our children and youth into healthy, self-supporting and aware citizens and adults. Since 1978 the Center's **FREE** comprehensive programs have been coordinated to meet our clients' emotional, physical, intellectual, and economic needs. The Center is open Monday through Friday and is located in the Elmhurst District of East Oakland. While our primary focus are the residents of the East Oakland community, all youth and their families are welcome to participate in the services offered at the EOYDC.

EOYDC offers programs in the following areas:

Art

Photography
Ceramics
Painting
Dance Class
Music Class

Project J.O.Y. (Job Opportunities for Youth)

Job Training
G.E.D. Prep Class
Homework Center
Pathway-to-College Program
Summer Cultural Enrichment Program

Physical Development

Track
10 & Under Basketball League
Black College League
Invitational Tournaments
Adult Fitness
Rowing
Karate Class
Mountaineering Courses



EAST OAKLAND YOUTH DEVELOPMENT CENTER



TRACK CLUB



For More Information:

Phone: (510) 569-8088 Fax (510) 632-6942

Website: www.eoydc.org

8200 International Blvd. Oakland, CA 94621

Mission of EOYDC Track Club

The East Oakland Youth Development Center Track Club commits itself to the comprehensive development of the student-athlete. In addition to physical development, EOYDC track promotes principles of character development within the framework of an abiding and broadened commitment to community. Our track club has become a big part of the commitment that EOYDC has to the community we serve.



General Workout Schedule

Monday and Friday (EOYDC Gym)

4:00pm—6:00pm

Tuesday and Wednesday (Merritt College Campus)

4:00pm—6:00pm

Overview

The club has athletes ranked nationally each year. In keeping with our commitment to sound minds and bodies, all participants must maintain at least a 2.5 grade point average. However, most student-athletes carry a 3.0 or better. There are approximately 32 participants on the track team, ranging in ages from 12 to 25. The training activities include: Weight Training, Running, Sprinting, Jumping Exercises, Speed Development Exercises, Flexibility and Coordination Exercises, and Skill Acquisition Exercises that are specific to each event.

The major events and competitions include: Simplot Games, National Scholastic Indoor Championships, Golden West Invitational, USA Track and Field Junior and Senior Championships, and the USA Track and Field Junior Olympics.

Participation in meets will be determined by performances and/or qualifying times. The entire track club will not travel to all of the competitions. The selection and final decision will be made by the coach. Travel in some instances may require financial sponsorship especially in out of state meets.



A Look at the Coach



Our volunteer coach, Curtis Taylor, is one of the best coaches in the sport of track and field. Coach Taylor supports his high school students with practice SAT tests to make sure that they are qualified to receive college scholarships. Coach Taylor is not only a coach of running, but a teacher of life as well. He is totally committed to his student-athletes; his dedication and love come through in everything that the team accomplishes. His coaching philosophy is simple, if an individual works hard, he or she will be as successful, as their mind and body will allow. Participate because you like/love the sport, not for what it can give you. If you do this, success will follow.

