

Philosophy Statement

Dear Parent(s):

I would like to take this opportunity to put in writing my coaching philosophy and my goals for your child. First off; I love sprinting it is a passion of mine to run fast. I currently compete as a Masters (50-54) Track Athlete in the 60m to 800m sprints. I've also competed in various National and World events for the USA Masters Track and Field Team. In addition, I'm a certified Level Two Coach with USA Track and Field with over 30 years of experience, concentrating mainly on the sprint events (60m-800m). Because, I love track so much I would like to pass this passion on to you and your child.

Coaching Philosophy

- **Education First:** I believe in education first and track second! Your child may be the Junior World record holder in their event, however, that is no guarantee that they will make it to Olympic status. While running in the US Air force I was offered a Track Scholarship at the University of Maryland. Unfortunately, I was hit by a car and shattered my left leg, subsequently, I lost the scholarship. Nothing is guaranteed... In addition, the more educated and informed an athlete is the better the decision(s) they will be able to make in their adult life.
- **Communication:** I feel that communication is a must in providing positive feedback to the kids. Kids gain confidence and a love for competing through positive feedback from coaches, parents, and teammates. I strive to talk with all kids 1 on 1 to find out how they feel and what they have to say. This relates to practices, life experiences, and competition. It's important for them to express themselves. I also want them to know that they are liked as a person.
- **Buy In:** I think it's important to have kids and parents to buy into the training program. I encourage the kids and parents to ask questions. If you or your child doesn't understand why we are doing it, please, ask me. My training sessions are planned ahead of time; therefore I have a plan for the athletes. If I can't explain what I'm doing or why we are doing it, then I'm not doing a very good job as a coach.
- **Training Types:** I do not take the cookie cutter program approach. To run fast the athlete must develop the five biomotor abilities. However, athletes evolve at their own pace; therefore some will progress quicker or slower than others in one or all of the five biomotor abilities. I may have two kids who run the same times but perform different training routines at practice. I'm not picking on or favoring one over the other just training them based on their adaptable timetable.
- **Athlete Expectations:** I will talk with each athlete and together we will set attainable goals for practice and competition. These goals will include short-term and long-term throughout the session(s). I expect them to:
 1. Always show respect for the coaches, parents, officials, volunteers, and other athletes.
 2. Have fun and always give their best effort at practice and at meets/competition.
- **Parent Expectations:** It is our responsibility to mold the kids into responsible adults, therefore we must set the correct examples:
 1. Please try to get your child to practice and meets on time. If you know your child will be late or will not be able to make practice or a meet, please call in advance if possible.
 2. Get involved in your child's activities. This may be helping out with meets, practices, volunteer opportunities, or just walking/jogging around the track during practices. You are more than welcome to join us in a Core workout. Kids love for me to pick on the parents!!!
 3. Please encourage good sportsmanship by demonstrating positive support for all athletes.
 4. Safety is the utmost importance. If you see a safety concern, please let me know.
- **Edification:** I will strive to stay current with new training philosophies, coaching techniques, and technology changes within our sport. The reason why my athletes continue to get better over time is because my program continues to evolve as I continue to evolve. The reason(s) why I still compete is because I love running, fast! However, I also, think it's important for the kids to see the coach do it as well as preach it at practice and in competition. In addition, it helps me to be able to run beside the kids while coaching them.

Sincerely,

Eric K Dixon
(949) 636-9234
TachyonTC@cox.net