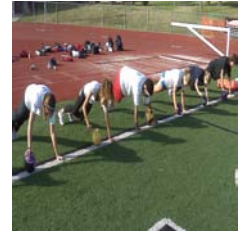




Coach Dixon  
World Masters Italy 07

## Youth Sports Performance Training Speed & Agility Training!

By Coach Dixon  
Sprint Coach & Speed Trainer



Speed/Agility 2010



Beach Runs 2010

### Certified:

USA Track & Field Level 2 Sprints/Hurdles/Relays Coach  
USA Track & Field Youth Level 2 Sprint Coach  
Specialist in Sports Conditioning Training  
CIF Track Coach



Speed/Agility practice



Beach Runs 2010

If you need speed; we'll get you there.  
The difference between Coach Dixon and others who coach speed is...  
Coach Dixon is certified by USA Track & Field to coach it!



Speed/Agility practice

- Proper Sprinting form
- Dynamic warm-up drills
- Agility Training
- Strength Training drills
- Nutritional values
- Pure Speed Training
- Three Point Stance/Start drills
- Medicine ball/Core drills
- Visualization skills

For information or to register, please stop by the Club Desk at the Club Sports or call (949) 330-5560.

Monday/Wednesday  
Tuesday/Thursday

[Renaissance Club Sports](#)  
[Wingspan Park \(Aliso Viejo\)](#)

4:00 - 5:00pm  
4:00 - 5:30pm

### For additional information contact:

Eric K Dixon

Cell: 949-636-9234

E-Mail: [Tachyontc@cox.net](mailto:Tachyontc@cox.net)

Web: [www.TachyonTC.net](http://www.TachyonTC.net)

*Got Speed?*

**Caution:** I'm a Certified Track Coach with USA Track and Field with over 30 years of experience. I've trained youths and adults in Football, Soccer, Baseball, Basketball, Gymnastic (vaults and floor), and Track. In addition, I currently, compete as a Masters Track Athlete in the 60m to 800m sprints. I've competed in various National and World events for the USA Masters Track and Field Team.

*Come Correct!!!*

## Youth Sports Performance Training – YSPT / Speed & Agility Training

Ages: 6-14 (coed)

Locations: [Renaissance Club Sports](#) and [Wingspan Park \(Aliso Viejo\)](#)

**Renaissance Club Sports** and **Tachyon Training Center** has merged together to provide the best Speed and Agility Training program available for the months of August and September.

### **Class description** (*Sprinting skill is a learned activity*):

This is the perfect camp for those who want to get faster. The camps will focus on the fundamentals of Sprinting and proper sprinting form, Speed/Agility, Reaction time, and the three point stance position. This class is perfect for multi-sport athletes who need speed and agility for their sport. The camps will also focus on Nutritional values and Explosive Strength Training and Strength/Conditioning exercises with a medicine ball.

Coach Dixon will head this camp which will include:

1. Proper Sprinting form
2. The fundamentals of sprinting; building the Five Bio Motor Skills:
  - a. **Speed:** Acceleration/drive phase, Absolute Speed/Maximum velocity, Three Point Stance/Start drills
  - b. **Strength/Power:** Core lifts, Strength endurance, Plyometrics (medicine-ball, hopping, jumping and bounding)
  - c. **Mobility:** Dynamic warm-ups, Flexibility drills, Cool down drills
  - d. **Coordination:** Sequence of movements/Technical Execution, Balancing exercises, Agility drills, Mobility drills
  - e. **Endurance:** Tempo runs, Speed endurance, Special endurance (type I and type II)
3. Central Nervous System (CNS) drills
4. Reaction to First Step drills
5. Visualization skills
6. Strength Training
7. And much more

### **Lead Instructor:**

Coach Dixon; is a Certified “*USA TRACK & FIELD Level II Sprints/Hurdles/Relays*” and “**Youth Level II**” Coach who still competes for USA Track & Field in the Masters Division and Head Coach of Tachyon Track Club (Aliso Viejo).

### **Materials:**

Class participants will need good running shoes and cleats, Jump rope/Medicine ball (if you have them) and plenty of water.

**Visit:** [www.renaissanceclubsport.com](http://www.renaissanceclubsport.com) for information on this camp and [www.TachyonTC.net](http://www.TachyonTC.net) for coach Dixon.

**Registration:** please call: (949) 330-5560 (YSPT)

Monday/Wednesday

[Renaissance Club Sports](#)

4:00 - 5:00pm

Tuesday/Thursday

[Wingspan Park \(Aliso Viejo\)](#)

4:00 - 5:30pm

**Cesar Martinez** | Wellness Director

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**Renaissance ClubSport Aliso Viejo**

50 Enterprise

Aliso Viejo, CA 92656

p. 949.643.6700

f. 949.643.7950

e. [cesar.martinez@clubsports.com](mailto:cesar.martinez@clubsports.com)

w. [renaissanceclubsport.com](http://renaissanceclubsport.com)

