



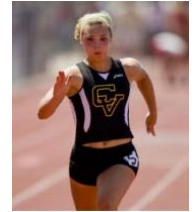
Devallee Pedrogo
110m Hurdler
2nd in the Nation.



Coach Dixon
World Masters
Italy 07



Beach Runs



Gianna Lowery
200m OC Record
100m 2nd best in county
history 2010.



Speed/Agility practice



Beach Runs

Track Club Speed & Agility Training!

By Coach Dixon
Sprint Coach / Speed Trainer
Strength Conditioning Trainer

Certified:

NFHS/CIF Track Coach
Specialist in Sports Conditioning Training
USA Track & Field Level 2 Sprints/Hurdles/Relays Coach
USA Track & Field Level 2 Youth Specialization Sprints Coach
International Association of Athletics Federations Level 2 Youth Sprints Coach
International Association of Athletics Federations Level 5 Elite Sprints Coach

If you need speed; I'll get you there.

The difference between Coach Dixon and others who coach speed is... Coach Dixon is certified by USA Track & Field and the IAAF to coach it!

Got Speed?

Tachyon Training Center : **Explosive Strength, Conditioning & Speed Training**

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

Tachyon Track Club: **Track & Field** A fully certified USA Track and Field Club: # 33-0494.

We offer training in all divisions: Youths, High School, Collegiate, Open, Masters and Elite.

- Sprints 60m-800m (Coach Dixon)
- Cross Country
- Race Walking
- Hurdling (Coach Dixon)
- Road Racing
- Throws
- Jumps
- Middle Distance
- Strength Conditioning

For additional information contact: Eric K Dixon

Cell: **949-636-9234**

E-Mail: Tachyontc@cox.net

Web: www.TachyonTC.net

Caution: Coach Dixon has competed and coached Track, Speed and Agility for over 30 years, concentrating mainly on sprinting events. He has coached many; Nationally ranked youth Athletes plus World and American Masters record holders. He is certified to coach Elite Youth and Adult athletes for International level competition via USA Track & Field (USATF) and the IAAF. ***Come Correct!!!***

Track, Speed & Agility Training

Training description (*Sprinting skill is a learned activity*):

This is the perfect training platform for multi-sport athletes who need speed and agility for their sport or those who just want to get faster. We focus on the fundamentals of Sprinting, proper sprinting form, Speed/Agility, Reaction time, and the three point stance position. We also focus on Nutritional values and Explosive Strength Training, Strength/Conditioning exercises, Core work, etc...

Coach Dixon will head the training sessions which will include but not limited to:

1. Proper Sprinting form
2. The fundamentals of sprinting; building the Five Bio Motor Skills:
 - a. **Speed (linear)**: Acceleration/drive phase, Absolute Speed/Maximum velocity, Three Point Stance/Start drills
 - b. **Strength/Power**: Core lifts, Strength endurance, Plyometrics (medicine-ball, hopping, jumping, bounding, etc...)
 - 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. **Lateral /Angular** movements: Shifting weight, Force Production, Force Absorption drills
4. **Strength Training**: Weight Training, Explosive Weight Training/Power (**yes there is a difference; depends on your sport and position!**)
5. Central Nervous System (CNS) drills (**this is the governor of the speed component**)
6. Reaction to First Step drills
7. Visualization drills/Listening skills: (**your body talks to you; it knows more than you do. You have to learn to listen to it!**)
8. Combine Testing: **40-yard dash, Three cone drill, Broad jump, 20/60yard shuttle, Vertical leap, & Bench press (on testing days)**
9. And much more

Note: For additional training programs plus Weight Training info: please see: "Elite Training Programs" for your sport.

Training Sessions: *Track = Linear speed training * Speed Agility = Lateral/Angular speed training

Tachyon Track Club & Speed Agility Training: All Sports (A Certified USA Track & Field Club) Mon/Wed; 5:30-7:30PM Sat; 7:30-9:00AM Open Sessions at (Orange Coast College) To register Call: TTC 949-636-9234	Explosive Weight Training: All Sports (South County) Tachyon Training Center Group 0 5:00-6:00pm or Group 1 6:00-7:00pm To register Call: TTC 949-636-9234.
	Private Group/Team Training: Your location Private Training: By Appointment. To register Call: TTC 949-636-9234.

Coaching Highlights (2012):

- **IAAF Level 5 ELITE COACH Sprints/Hurdle:** 1 of only 26 Track Coaches in the USA accepted into The International Association of Athletics Federations (IAAF) Academy; US Olympic Training Center (01/01-07/2012)
- **Orange Coast College:** Sprints/Hurdles/Relays Coach (2012-present)
- **Director USA Track & Field Level 1& 2 school for coaches:** Where we coach the coaches! Orange County, CA (2011/2012)
- **Co-writer with several leading health and fitness experts *the fitness book*:** "The Definitive Guide to Youth Athletic Strength, Conditioning and Performance" (release date 03/29/2012-[Amazon.com best-seller lists](#) 03/31/2012)

Coming Soon:

Tachyon TC Website 2.0 The new Tachyon website (**Patent Pending**) will offer members /coaches a National network of USA/IAAF Track & Field Coaches, Sports Experts/Coaches of all sports and College recruiters of all sports. This site will allow you to post your Profile, Game Statistics, Combine testing scores, etc... Youth through High School for college recruiters to view. Plus video clips of Dynamic Warm-ups, Weight Training exercises, Track drills, Speed drills, etc... Estimated implementation date 03/13. Keep checking for updates for 2.0!!!

Welcome to the Speed Continuum!!!

IAAF Level 5 Elite: Sprints/Hurdles Coach

USATF Level 3: Sprints/Hurdles/Relays Coach

USATF Level 2: Youth Specialization/Talent Identification Coach

USATF - Southern California Association: Coaches Education Chair

Renaissance Club Sports: Speed/Agility/Sports Strength Conditioning Trainer

Co-author BSB: The Definitive Guide to Youth Athletic Strength, Conditioning and Performance

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