



Coach Dixon
World Masters Italy 07



Beach Runs 2010



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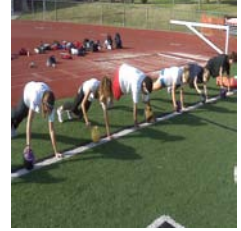
Youth Sports Performance Training Y.S.P.T Speed & Agility Training!

By Coach Dixon
Sprint Coach & Speed Trainer

Certified:

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

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 2010



Speed/Agility practice



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

[Renaissance Club Sports](#)

4:00 - 5:00pm

Tuesday/Thursday

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

Park on Eastwing

4:00 - 5:30pm

For additional information contact:

Eric K Dixon

Cell: **949-636-9234**

E-Mail: Tachyontc@cox.net

Web: 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 speed for; Football, Soccer, Baseball, Basketball, Gymnastic (vaults and floor), Volleyball, 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 Class

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.

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

This is the perfect class for those who want to get faster. The classes 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 classes will also focus on Nutritional values and Explosive Strength Training and Strength/Conditioning exercises with a medicine ball.

Coach Dixon will head the classes 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 Certified “*USATF/IAAF Youth Level II Specialization*” 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 for information on this class and 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)	Park on Eastwing	4:00 - 5:30pm

Cesar Martinez | Wellness Director

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