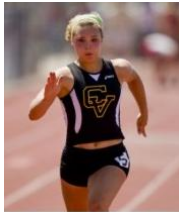




Coach Dixon
Masters Worlds 07



Gianna Lowery
(Sophomore)
200m OC Record
holder.
100m 2nd best in
county history
2010.



Coach Dixon
Track Clinic 08



Devallee Pedrogo
(Senior)
110m Hurdler 2nd
in the Nation.
UCLA Signing
2010

Running Biomechanics/Form Training

Sprint Coach & Speed Trainer

Certified:

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

The difference between me and others who coach Track is... I'm certified by USA Track and Field to coach it!

Training Sessions:

Private/Group Training

By appointment

- Track and Field (Sprints 60m-800m)
- Cross Country/form
- Road Racing/form
- Middle Distance/form
- Biomechanics
- Speed Training
- Core Training
- Running Mechanics
- Agility/Balance Training
- Strength Conditioning

Tachyon Track Club is a fully certified USA Track and Field Club: # 33-0494.

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

For more information contact

Eric K Dixon

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 Baseball, Football, Soccer, 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!!!

Specialized Training program(s):

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

This is the perfect training platform for athletes who are new to sprinting or those who want to learn the fundamentals of Sprinting. The training will focus on Form Work, Running Mechanics, Neuromuscular Physiology (CNS, Neuromechanics of the Stretch Shortening Cycle), Biomotor Abilities (Speed, Strength, Endurance, Flexibility) the phases of sprinting or working on your kick. This training program is also good for multi-sport athletes who need linear speed and proper running mechanics for their sport. The training will also focus on Core Conditioning, and Strength/Conditioning exercises.

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

1. Proper Sprinting /Running form
2. The fundamentals of sprinting/running; building the Five Bio Motor Skills:
 - a. **Speed:** Acceleration/drive phase, Absolute Speed/Maximum velocity, Start drills, Phases of Sprinting
 - b. **Strength/Power:** Core building, Strength endurance, Plyometrics
 - c. **Mobility:** Dynamic warm-ups, Flexibility drills, Cool down drills
 - d. **Coordination:** Sequence of movements/Technical Execution, Balancing exercises, Agility drills
 - e. **Endurance:** Tempo runs, Speed endurance, Special endurance (type I and type II)
3. Central Nervous System (CNS) drills: Learning to talk and listen to your body
4. Form Work
5. Reaction to First Step drills
6. Visualization skills
7. Acceleration drills
8. Dynamic warm-up drills
9. Cool down drills
10. Speed drills
11. Strength Training (varies with age)
12. Phase Distribution (when to shift gears)
13. And much more.

Lead Instructor:

Coach Dixon; is a certified “*USA TRACK & FIELD Level II Sprints/Hurdles/Relays*” Coach and a certified “*USA/IAAF Track & Field Level 2 Sprints/Youth Specialization/Talent Identification*” Coach.

Coach Dixon also, competes for USA Track & Field in the Masters Division and CEO/Head Coach of Tachyon Track Club (Aliso Viejo). Club: # 33-0494

In addition, Coach Dixon is also the Director of [USA Track & Field Level 1 Coaches Clinics](#) for High School, Sports clubs, Track clubs and College coaches for Orange County, CA.

Materials:

Class participants will need good running shoes, Jump rope/Medicine ball (if you have them) and plenty of water. Visit www.TachyonTC.net for detailed information on Tachyon Track Club, Tachyon Training Center and coach Dixon.

Thank you,

USA TRACK&FIELD Level II Sprints/Hurdles/Relays Coach

USA TRACK&FIELD Level II Youth Specialization Coach

RCS Speed/Agility Trainer & Sports/Strength Conditioning Trainer

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W: www.TachyonTC.net

