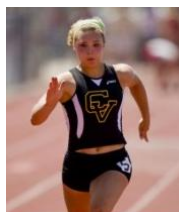




Coach Dixon
Masters Worlds 07



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

Track Season starts now!!!

Sprint Coach & Speed Trainer

Certified:

IAAF Level 5 Sprints/Hurdles Elite Coach
USA Track & Field Level 3 Sprints/Hurdles/Relays Coach
USA Track & Field Level 2 Youth Specialization Sprints Coach
Specialist in Sports Conditioning Training
CIF Track Coach

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

Training Sessions: Fall 2012

Monday	Orange Coast College (Track)	5:30 - 7:30PM
Wednesday	Orange Coast College (Track)	5:30 - 7:30PM
Friday	Orange Coast College (Track)	5:30 - 7:30PM
Sat (blocks/speed)	Orange Coast College (Track)	7:30 - 9:30AM
Private Lessons	By appointment	

• Track and Field (Sprints 60m-800m) by Coach Dixon

- Hurdling
- Cross Country
- Throws
- Jumps
- Road Racing
- Race Walking
- Middle Distance
- Speed/Agility 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!!!



Coach Dixon
Track Clinic 08



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

Track Sprints 60m to 800m

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

This is the perfect training for kids new to track or those who want to learn the fundamentals of Sprinting. The practices will focus on Form Work, Block Technique (spikes only), Four/Three Point Stance, and the phases of sprinting. These practices are also good for multi-sport athletes who need linear speed and proper running mechanics for their sport. The practices will also focus on nutritional values and strength/conditioning exercises with a medicine ball.

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

1. Proper Sprinting form
2. The fundamentals of sprinting; 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 (medicine-ball)
 - c. **Mobility:** Dynamic warm-ups, Flexibility drills, Cool down drills
 - d. **Coordination:** Block starts, 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
4. Reaction to First Step drills
5. Visualization skills
6. Acceleration drills
7. Dynamic warm-up drills
8. Cool down drills
9. Block work/Start 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: **IAAF Level 5 Elite Sprints/Hurdles, USA TRACK & FIELD Level 3 Sprints/Hurdles/Relays** and **USA/IAAF Track & Field Level 2 Sprints/Youth Specialization/Talent Identification** Coach who 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 clinics](#) for High School, Sports/Track Clubs and College coaches.

Materials:

Class participants will need good running shoes, spikes/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,

Eric K Dixon

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 Assisocation: 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

C: 949-636-9234 E: TachyonTC@cox.net W: www.TachyonTC.net