


<b>Coach DIXON, Eric (Track/Speed-Agility Bio)</b>									<b>Events:</b> 60m, 100m, 200m, 400m, 800m	<b>Sports:</b> Basketball Football Baseball Cycling
<b>Events:</b>	50m	55m	60m	100m	100m	200m	400m			
<b>PRs: Masters (45-50)</b>	6.63	6.66	7.48	(1979-1980) <b>10.05 / 10.02</b>	(2011) 11.52	(2011) 23.29	(2007) 53.80			
<b>Born:</b> Philadelphia, PA (1959)	<b>Weight:</b> 175		<b>Current Residence:</b> Aliso Viejo, CA				<b>Photo:</b> 100m World Masters Championships <b>07</b>			

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, American masters record holders, and World record holders. He is certified to coach Elite Youth and Adult athletes for International level competition via USATF. In addition, he is a spokesperson for the USA Track & Fields [Win With Integrity Program](#).

In recent years, his educational focus has been on Sport Specific Speed Training and Sports/Strength Conditioning Training. He's trained youths and adults in Baseball, Football, Soccer, Gymnastic (vaults and floor), Tennis, Volleyball, Skeleton, Cross Country and Track.

### Coaching Highlights:

- **CEO of Tachyon Training Center in Aliso Viejo. Speed, Agility and Strength Training.**
- **Head coach of Tachyon Track Club in Aliso Viejo. A USA Track & Field Youth, Open, Elite and Masters Club.**
- **Director of USA Track & Field; Level 1 school for coaches (Orange County): Where we coach the coaches!**
- **Gia Trevisan:** (Soccer, 100m, 200m) 2011-Orange County Champion 100m. Signed with Cal Berkley in 2011. *Track/Speed Agility Coach and Strength Trainer (2010-present)*
- **Gianna Lowery:** (Soccer, 100m, 200m) 2010-Orange County Champion 100m & 200m. Set the Orange County record in the 200m as a High School sophomore (2010). In addition, holds the Orange County's second fastest time in the 100m. *Track/Speed Agility Coach and Strength Trainer (2009-2011)*
- **Brierra Winfrey:** (200m, 400m) Signed with Arizona State in 2011. *Track Coach and Strength Trainer (2010-present)*
- **Patrick Calder:** (Olympic Skeleton-USBSF) US National team member. *Speed Coach and Strength Trainer (2011)*
- **Devalle Pedrogo:** (110Hurdler) nationally ranked #2 and #3. Signed with UCLA in 2010. *Track Coach and Strength Trainer (2008-2010)*
- **Kathy Bergen:** (71 years old) age group World recorded holder (Indoor; 60m, 200m, and HJ), World record holder (Outdoor; 100m, and HJ), American record holder (Outdoor; 200m). *Track Coach and Strength Trainer (2010-present)*
- **Athena Track Team:** A National Masters Women's Track and Field club ages 40 and above. The club currently holds five World and American Records in the 4 x 200m, 4 x 400m and 4 x 800m relays in the 40-49 age groups. Coach the sprints: 60m-800m, 1500m and relays. *Track/Sprints Coach/Biomechanics, Form and Strength Trainer (2000-present)*
- **AYSO Coaches Training Camp (Aliso Viejo-889):** *Speed, Agility, Strength, Conditioning, Biomechanics, Plyometrics (2011)*
- **Members of the Southern California Blues Soccer club:** *Speed, Agility, Strength, Conditioning Trainer (2009- present)*
- **Canyon High School Varsity Basketball Team:** *Speed, Agility, Strength, Conditioning Coach (2008-2009)*
- **North Irvine Soccer Club-** NISC GU13 team-Fall/Winter: *Speed, Agility, Strength, Conditioning Coach (2007-2008)*
- **West Football Camp:** *Speed, Agility, Strength, Conditioning Coach (Mission Viejo Camp):* Speed and Agility clinics for football players ages 12-19. NFL-Rodney Gatlin Camp-Administrator. (2006-present)
- **North East Santa Ana Little League-AAA Cubs Baseball team :** *Speed, Agility, Strength, Conditioning Coach (2006)*

### Background in Speed and Agility Training:

- **Renaissance Club Sport (Speed, Agility, Strength, Conditioning Trainer:** [Renaissance Club Sport: Aliso Viejo, CA](#)
  - **Program director,** Lead Trainer, developer of the Youth, Sports, Performance, Training Program (Y.S.P.T.). The Y.S.P.T. program focuses on improving agility, condition, power, speed, strength and sports nutrition education for kids ages 6-14 in all sports. Also, the Sports Strength Conditioning Trainer for adult club members which includes designing individual training programs based on their current fitness levels and goals. (2010-present)

- **USATF/IAAF (Youth Specialization) Level II Track Coach:** The Youth Level 2 Course prepares coaches to train youth athletes for International level competition while adhering to the sound principles of growth and development both physically and mentally of the youth athlete. The program is designed to address the needs of coaches who want an advanced course of coaching the youth athlete to their full potential. The program covers advanced sport science pedagogy in four broad event areas as well as training in the areas of growth and development, nutrition, training theory, sport psychology, and event specific sport science with special emphasis placed on outreach/talent identification and ethics. [USATF Youth Level II Certification](#). Sacramento, CA (08/2010)
  - The Youth Specialization Level II program involved training in:
    - **Sports Science segment:** Growth & Development, Developing Coaching Skills, Developing the Athlete, Developing Physical Fitness, Developing Technical Skills, Sports Psychology, Nutrition, Motor Learning, Biomechanics, Physiology, Endurance Training, Training Theory, Planned Approach to Training, Annual Planning and Training Inventory, Coaching Philosophy and Ethics, Administration-Management, and Outreach, and Talent Identification.
- **USATF (Sprints/Hurdles/Relays) Level II Track Coach:** The Level 2 Course prepares an individual to coach at the Collegiate, Elite, Olympic level. [USATF Level II Certification](#). University of Colorado - Boulder (2009)
  - The Level II program involved training in:
    - **Sports Science segment:** Philosophy of USATF, Psychology, Physiology, Training Theory, Biomechanics, Spatial and Directional Terminology, Musculoskeletal System, Principles of Mechanics, Linear/Angular Kinematics, Linear/Angular Kinetics, Objects in Flight and Projectile Motion, and Kinesiological Concerns for Athletics.
    - **Event Training segment:** Technical Training Design for Sprint Events, Analytic Description of Absolute Velocity Sprinting, Acceleration, Neuromuscular Physiology (Nervous System, Neuromechanics of the Stretch Shortening Cycle, Energy System Physiology, Neuroendocrine System), Biomotor Abilities (Speed, Strength, Endurance, Flexibility), Video Analysis, and Annual Planning and Training Inventory.
- **USATF Level I Track Coach:** The Level 1 Course prepares an individual to coach at the junior high school, high school, club, and junior age division level. The program covers all events in a rudimentary manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. [USATF Level I Certification](#). Fresno, CA (2008)
  - The Level I program involved training in:
    - **Sports Science segment:** Philosophy, Ethics, Risk Management, Psychology, Physiology, Biomechanics, Training Theory, and Biomotor Training for the Speed and Power Events.
- **CIF Certified Coach:**  
**NFHS/CIF Fundamentals of Coaching Certification:** Completed all required training courses and examinations per the NFHS's National Standards for Athletic Coaches and Level III National Council for the Accreditation of Coaching Education (NCACE) guidelines and the CIF's State association requirements for coaching. (2008-present)
- **Sports/Strength Conditioning Trainer:**  
**ISSA Specialist in Sports Conditioning Certification:** Currently enrolled in Specialist in Sports Conditioning curriculum with emphasis on Sports Specific: **Strength Training and Conditioning**, Speed-Agility, Quickness, Weight Training, Physiology, Sports/Fitness Assessment, Nutritional Preparation, Sport Psychology and Injury Prevention via the International Sports Sciences Association (ISSA). (est. 09/2011)

**Eric K Dixon**

**USATF/IAAF Level II Sprints/Hurdles/Relays Coach**

**USATF/IAAF Level II Youth Specialization Coach**

**RCS Speed/Agility Trainer & Sports/Strength Conditioning Trainer**

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