



Hello,

First I would like to thank you for allowing me the opportunity to introduce myself and help you achieve your athletic goals.

My name is Eric Dixon; I'm a certified **USA Track & Field Level II (Sprints/Hurdles/Relays) Coach** via [USA Track and Field](#) with over 30 years of experience, concentrating mainly on the sprint events (60m-800m). I'm also a Certified **USA Track & Field (Youth Specialization) Level II Coach**. I am certified to coach Elite Youth for International/Olympic level competition. I have coached many; Nationally ranked youth athletes, American Masters record holders, and World record holders in events from the 60m to the 1500m. In addition, I'm also a spokesperson for the USA Track & Fields [Win With Integrity Program](#).

In recent years, my focus has been on sport specific/event(s) **Speed Training** and **Sports/Strength Conditioning Training**. I've trained youths and adults in speed for; Baseball, Football, Soccer, Gymnastic (vaults and floor), Tennis, Volleyball, Cross Country and Track. In addition, I currently compete as a Masters Track Athlete in the 60m to 800m sprints. I've also competed in various National and World events for the USA Masters Track and Field Team.

I would welcome the opportunity to meet with you to discuss further how I can help you, or your athletic programs achieve your goals.

Please feel free to contact me to arrange a meeting.

I look forward to talking with you soon.

Eric K Dixon

USATRACK&FIELD Level II Sprints/Hurdles/Relays Coach


USATRACK&FIELD Level II Youth Specialization Coach

RCS Speed/Agility Trainer & Sports/Strength Conditioning Trainer

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ERIC DIXON								
Events:	50m	55m	60m	100m	100m	200m	400m	
PRs: Masters (45-50)	6.63	6.66	7.48	(1980) 10.02	11.52	23.29	53.80	
Born: Philadelphia, PA (1959)								
Weight: 175								World Masters Championships 07
Current Residence: Aliso Viejo, CA								
E-Mail: TachyonTC@cox.net				Cell Phone: 949-636-9234		Web Site: www.TachyonTC.net		
High School: ML King Philadelphia, PA						yr: 1978		
College: University of Phoenix								
Coach: Self								
Agent: None at this time.								
Sponsor: None at this time.								
<u>PROFESSIONAL BACKGROUND</u>								
Coaching Experience:	<ul style="list-style-type: none"> • <i>Tachyon Track Club (CEO/President and Head Coach):</i> Club#: 33-0494 Tachyon TC The club is a mixture of Elite, Open, High School, Youths and Masters athletes. Our members compete in all disciplines of track and field from the Sprints, Jumps to Distance events. Coordinate and conduct clinics, practices, meets, and training programs with members and coaches. The club is an official USA Track and Field club. Membership number: 33-0494. Coach the sprints: 55m-800m, relays and speed training for the jumps and distance events. (2009-present) • <i>Director of USA Track & Fields; Level 1 school:</i> Orange County, CA USATF Level 1 clinics The Level 1 Directors duties include; coordination of the coaches' registration and instructor's curriculum for the USATF Coaching Education Level 1 School. Recruitment of Certified Instructor Training Course (ITC) instructional staff, determining the school site, dates and designing class Schedules. Duties also included, designing school brochure, devising and implementation of a marketing plan and budget for the school. Setting up online registration, and declaring students eligible to take the exams. School hosted 61 Club, High School and College coaches. (Feb, 2011) • <i>Renaissance Club Sport (Speed, Agility, Strength, Conditioning Trainer)</i> Renaissance Club Sport Lead Trainer and developer of the RCS Youth, Sports, Performance, and 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) • <i>Athena Track Team (Track/Sprint Coach and Trainer):</i> Athena Track Club The Athena track team is a National Masters Women's Track and Field club ages 45 and above. The club currently holds five Indoor and Outdoor World and American Records in the 4x2, 4x4 and 4x8 relays in the 40-49 age groups. Coach the sprints: 60m-800m, 1500m and relays. (2007-present) 							

**Coaching
Experience
Continued:**

- ***Dana Hills High School (Assistant Track Coach):***
Sprints coach and instructor for the schools fall Track Class which also includes Strength, Condition for the track team. Instrumental in assisting the school to their 2008 to 2011-South Coast League championships. Coach the sprints: 100m-800m and relays. (2008-present)
- ***San Clemente High School (Assistant Jumps Coach):***
Assistant Jumps coach and Strength Condition Trainer for Boys and Girls Long Jump, Triple Jump and High Jumps. (2009-2010)
- ***Santa Ana Junior College, CA (Assistant Track Coach):***
Coach the Woman's Track Team in the Sprints: 100m-800m and relays. Also, the assistant coach for the Woman's Cross Country team. Duties include but not limited to athlete recruiting for various events, grade checks to ensure students are academically eligible, prepare and conduct training programs and practice plans throughout the year. (2009-2010)
- ***Wildcats Youth Track Club (Assistant Track/Sprint Coach):***
Coached the sprints (60m-400m and relays. The club has produced "All Americans" (14), National Titles (3), USATF Youth National Championship Medals (30), Junior Olympics Qualifiers (14), Junior Olympic Medalists (5), and Junior Olympic National Champions (2) in the 2008 Track & Field Season. Coach the sprints: 60m-400m and relays. (2007- 2010)
- ***S C Striders Track Club (Vice President, Assistant Coach/Relay Caption):*** SCStriders.org
The club is a mixture of Masters, Open and High School athletes. At present all of our High School athletes have received full or partial Track and Field College Scholarships. Coached the sprints: 60m-800m. (2004-2008)
- ***Canyon High School Varsity Basketball Team (Speed, Agility, Strength, Conditioning Coach):***
In conjunction with P5 Performance Training/Sequoia Physical Therapy prepared and trained the Canyon basketball team for the 2008-09 seasons. 2009-CIF-Southern Section Division III-AA champions. (2008-2009)
- ***North Irvine Soccer Club (Speed, Agility, Strength, Conditioning Coach):***
For the NISC GU13 team-Fall/Winter. (2007-2008)
- ***West Football Camp (Speed, Agility, Strength, Conditioning Coach):***
Worked with the WFC Mission Viejo Camp to conduct speed and agility clinics for football players ages 12-19. NFL-Rodney Gatlin Camp-Administrator. (2006-present)
- ***North East Santa Ana Little League (Speed, Agility, Strength, Conditioning Coach):***
For the AAA Cubs Baseball team. (2006)
- ***Youth On Track Foundations (Assistant Track Coach):***
For the Speed & Altitude 101 clinics. Assisted in coaching track clinics sponsored by Youth On Track Foundation, Inc. Setup, coordinated, and conducted Track Clinics for youths ages 13-19, and coaches throughout Orange and Los Angeles Counties. These clinics taught the coaches and youths the fundamentals of Track and Field. (2004-present)
- ***High School athletes (Track Coach):***
Coached or assistant coached various High School track athletes who have become CIF sectionals to CIF State Finalists in all sprint disciplines. In addition, I have coached sprinters who have competed in the USATF National Junior Olympic Track & Field Championships. [USAir Force, OC Wildcats, S.C. Striders and Tachyon Track Club]. (1980-present)

<p>Coaching Highlights (2009-11):</p>	<ul style="list-style-type: none"> • Gianna Lowery: (100m and 200m) set the Orange County record in the 200m as a High School sophomore (2010). In addition, she holds the Orange County's second fastest time in the 100m. • Devalle Pedrogo: (110Hurdler) nationally ranked #2 and #3 (2008-2010). Signed with UCLA in 2010. • Kathy Bergen: (71 years old) age group World recorded holder (Indoor; 60m, 200m, and HJ), World record holder (Outdoor; 100m, and HJ), Also the American record holder (Outdoor; 200m). • Athena Track Team (Track/Sprint Coach and Trainer): The Athena track team is a National Masters Women's Track and Field club ages 45 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. • Patrick Calder (Olympic Skeleton-USBSF) Speed and Strength training. • Gia Trevisan: (100m, 200m), Brierra Winfrey: (200m, 400m), Kristina Bugg: (100m, 200m) all Orange County Track & Field Championships 2011 High School qualifiers.
<p>Coaching Certification:</p>	<ul style="list-style-type: none"> • <u>USA Track and Field Coaching Education Program:</u> <ul style="list-style-type: none"> ○ <i>USATF/IAAF (Youth Specialization) Level II Track Coach:</i> 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. Completed all required training courses: <u>USATF Youth Level II</u> Certification. Sacramento, CA (08/2010). ○ <i>USATF (Sprints/Hurdles/Relays) Level II Track Coach:</i> The Level 2 Course prepares an individual to coach at the Collegiate/Elite level. <i>Only 60 coaches per year accepted into this USATF program.</i> Completed all required training courses and examinations: <u>USATF Level II</u> Certification. University of Colorado - Boulder (2009) ○ <i>USATF Level I Track Coach:</i> 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. Completed all required training courses and examinations: <u>USATF Level I</u> Certification. Fresno, CA (2008) • <i>CIF Certified Coach:</i> <i>NFHS/CIF Fundamentals of Coaching Certification:</i> 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) • <i>Sports/Strength Conditioning Trainer:</i> <i>ISSA Specialist in Sports Conditioning Certification:</i> Currently enrolled in Specialist in Sports Conditioning curriculum with emphasis on Strength, Quickness, and Speed via the International Sports Sciences Association. (est. 07/2011)

<p>Coaching Certification Continued:</p>	<ul style="list-style-type: none"> • Cardiopulmonary Resuscitation and Automated External Defibrillator: CPR/AED Certifications: Certified CPR, AED and First Aid via EMS Safety Services (2012) • USATF Registered Coaches Program: “The USATF Coaches Registry was originally conceived by the Coaches Advisory Committee to set standards for coaches affiliated with USATF. It includes a four-pronged process, which will create a registry of coaches who have demonstrated the ethics, honesty and trustworthiness necessary for endorsement by the national governing body of the sport.” USA Track and Field Coaches Background and Screening Check (2008-present).
<p>Career Highlights:</p>	<ul style="list-style-type: none"> • U.S. National Masters Indoor Championships 60m – 3rd (2005) • U.S. National Masters Indoor Championships 200m – 3rd (2005) • U.S. National Masters Outdoor Championships 100m – 6th (2002), 3rd (2005) • U.S. National Masters Outdoor Championships 200m – 4th (2005), 7th (2009) • U.S. National Masters Outdoor Championships 400m – 5th (2009) • World Masters Championships 100m – 4th (2003) • World Masters Championships 200m – 7th (2003) • World Masters Championships 400m – 8th (2007) • California State Senior Olympics 100m – 1st (2010) Qualified for 2011 National Senior Games • California State Senior Olympics 200m – 3rd (2010) Qualified for 2011 National Senior Games

Supplemental Information:

- **County of Orange Health Care Agency (Systems Programmer Analyst II):**
Principally involved in the writing and maintaining of Application programs for the agency's Health Care Systems. This also includes state reporting and data entry systems.
Duties Included: Project management, Development, and Operations.
Oversee day-to-day operations, planning, development, coding/programming, database designing, coordinating, implementation and maintenance of HIPAA compliant software applications and other various multiple language/platform solutions developed in-house. Provide system analysis, design, coding, testing, debugging and program development support in COBOL, SPSS, RPG, Access, Visual Basic and Visio. Also, provided the same functions via Microsoft's Visual Studio 2005 in C#.Net 2005, ADO.Net 2005, ASP.Net 2005, Crystal Reports 9 & 10 and SQL 2000/2005. In addition to, the designing, writing and development of Systems, Operational and Client documentation. Design specifically customized programs directed to company use. Acquired applicable knowledge of business through practical application and completion of numerous related courses. Received several letters of commendation and job well done. (1988 to 2009)
- **United States Air Force (Telecommunication Operations Specialist):**
Duties Included: Handling the transmission, receipt, maintenance and security of cryptic military messages. Directly involved in telecommunication and computer operations using system applications software on mainframe. Provided documentation used by programming, operation and entire support staff. Coordinated and instructed user training and equipment operation classes. Honorable Discharge. Received various letters of commendation and was handpicked (one of five) for special duty assignment as the Air Force liaison to the National Security Agency (NSA). (1978 to 1982)
- **Educational Background (Bachelor of Science):**
University of Phoenix (UOP) Fountain Valley, CA
BS Information Systems/Business (09/06)
- **University California Irvine (UCI)/County of Orange Project Management**
PMP Project Management Team Member Certificate (08/06)

Training Equipment

Training Equipment:

- ***SPARQ's***
 - XLR8 Digital Timing system
 - Parachutes
 - Speed Ladders
 - Speed Discs
 - Power Balls
 - Agility Hurdles
 - Agility Web System
- ***Vertec***
 - Speedtrap II Wireless Timing System
 - Vertical Jump Testing Device (on order)
- ***Video Equipment***
 - Sony HD Camcorder
 - Portable DVD player
- ***AED***
 - Defibtech Lifeline AED
- ***Hoist Equipment***
 - PTS-ENS3
 - PTS1000 Dual Action Smith
 - PTS-Hilo
 - PTS-Lat
 - Leg Press Hack Combo
 - HF 4000-Leg Extension/Preacher Curl
 - HF-4664 Ab/Back Roman Hyper
- ***PaceMaster (Tachyon Training Center/Gym)***
 - Gold Elite VR-Fold Up Treadmill



***Tachyon
Training
Center/(Gym)***