


Coach DIXON, Eric (Track/Speed-Agility Bio)									Events: 60m, 100m, 200m, 400m, 800m	Sports: Football Baseball Basketball Cycling Track
Events:	50m	55m	60m	100m	100m	200m	400m			
PRs: Masters (45-50)	6.63	6.66	7.48	(1979 - 1980) 10.05 - 10.02a	(2011) 11.52	(2011) 23.29	(2007) 53.80			
Born: Philadelphia, PA (1959)			Weight: 175	Current Residence: Aliso Viejo, CA			Photo: 100m World Masters Championships 07			
Cell: 949-636-9234			Email: TachyonTC@cox.net			Web: www.TachyonTC.net				

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, World and American masters record holders. He is certified to coach Elite Youth and Adult athletes for National/International/Olympic level competition via **USA Track & Field (USATF)** and the **International Association of Athletics Federations (IAAF)**. In addition, he is a spokesperson for the USA Track & Fields [Win with Integrity Program](#) and Director of USA Track & Fields [Level 1 Schools](#) for the Southern California area.

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:

- **IAAF Level 5 ELITE COACH for Sprints/Hurdles:** Via USATF accepted into The International Association of Athletics Federations (IAAF) Academy; US Olympic Training Center (01/01-07/2012)
- **USATF-SCA Coaches Education Chair:** Appointed the Education Committee Chair person for the USA Track & Fields Southern California Association (2012)
- **CEO Tachyon Training Center Orange County, CA:** Speed, Agility and Strength Training (2009-present)
- **Head coach Tachyon Track Club Orange County, CA:** USA Track & Field Youth, Open, Elite, Masters Club (2008-present)
- **Orange Coast College:** Sprints/Hurdles/Relays Coach (2011-present)
- **Director of USA Track & Field [Level 1 school](#) for coaches:** Where we coach the coaches! Orange County, CA (2011/2012)
- **Co-writer with several leading health and fitness experts *the fitness book*:** "The Definitive Guide to Youth Athletic Strength, Conditioning and Performance" (release date 03/29/2012-**Amazon.com best-seller lists** 03/31/2012)
- **USA Track & Field Win with Integrity Program:** Spokesperson/Coaches perspective (2011-present)
- **Gia Trevisan:** (Soccer, 100m, 200m) 2011-Orange County Champion 100m. Commitment-Cal Berkley-Track-2011. *Track Coach/Speed Agility and Strength Trainer (2010-2012)*
- **Gianna Lowery:** (Soccer, 100m, 200m) 2010-Orange County Champion 100m & 200m. Set the Orange County record in the 200m as a High School sophomore and second fastest time in the 100m. Also, qualified in the 100m and 200m; for the US Area Youth Olympic Selection Trials; Arlington, Texas, April 2010. Commitment-Harvard University-Track-2011. *Track Coach/Speed Agility and Strength Trainer (2009-2010)*
- **Brierra Winfrey:** (200m, 400m) Commitment-Arizona State-Track-2011. *Track Coach and Strength Trainer (2010-2012)*
- **Patrick Calder:** (Olympic Skeleton-[USBSF](#)) US National team member. *Speed Coach and Strength Trainer (2011-present)*
- **Devalle Pedrogo:** (110Hurdles) nationally ranked #2 and #3. Commitment-UCLA-Track-2010. *Track Coach and Strength Trainer (2008-2010)*
- **Kathy Bergen:** (USATF Masters-[Wikipedia](#)) 73 years old female age group World record holder (Indoor; 60m, 200m, and HJ), World record holder (Outdoor; 100m, 200m and HJ). "**The oldest/fastest woman in the world!**" Oldest woman in the world to break 15s in the 100m and 32s in the 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)*
- **OC Xtreme Training Academy (Baseball):** *Speed, Agility, Strength, Conditioning, Biomechanics, Plyometrics (2011-present)*
- **AYSO Coaches Training Camp (Aliso Viejo-889):** *Speed, Agility, Strength, Conditioning, Biomechanics, Plyometrics (2011)*
- **Southern California Blues Soccer club:** *Speed, Agility, Strength, Conditioning Trainer (2009- present)*
- **NFHS/CIF Fundamentals of Coaching Certification:** (2008-present)

- **Canyon High School Varsity Basketball Team: (CIF Champs 2008-2009) Speed, Agility, Strength, Conditioning Coach** with Sequoia Physical Therapy in Orange (2008-2009)
- **North Irvine Soccer Club- NISC GU13 team-Fall/Winter: Speed, Agility, Strength, Conditioning Coach (2007-2008)**
- **West Football Camp: Speed, Agility, Strength, and 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)**

Coaching Background Sprints/Hurdles, Speed, and Agility Training:

- **IAAF Level 5 Sprints/Hurdles (Elite Coach) and USATF Level 3(Sprints/Hurdles) Coach Certifications:** A USATF grassroots program to build more Elite Track clubs in the US. “The IAAF Academy Diploma is the highest recognized achievement awarded through the IAAF Coaches Education and Certification System (CECS). It is recognized around the world and indicates that a coach is not only highly experienced but has the knowledge to coach or instruct at the highest international levels of the track & field profession.” One of only 26 USA Track Coaches accepted into the IAAF Academy’s Elite Coaches program. **“This is the equivalent to having your PhD in Track and Field!”** US Olympic Training Center training (01/01-07/2012). IAAF Level 5 and USATF Level 3 Certifications (10/2012)
- **USATF Level 3 (Endurance) Coach Certification:** The Level 3 seminar’s prepares Coaches to coach and train athletes at the national/international/Olympic level. The USATF Level 3 program (Endurance) is a scientific, knowledge-based seminar. One of the objectives of the Level 3 program is to provide coaches with comprehensive knowledge in a specific event group, including sport science and training theory. The Level 3 program covers "cutting edge" sport science concepts and event-specific knowledge from a scientific perspective. Orange Coast College (2013)
- **ISSA 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). (Estimated completion of final: 06/2013)
- **USATF Win With Integrity program:** Spokesperson/Coaches perspective.
“In 2004, USATF and Team USA athletes initiated an outreach program that was aimed at educating youth, parents, educators, and coaches about the positive results that come from leading a physically active, drug-free lifestyle while living with integrity. Track and Field champions from every discipline visited schools and community centers all over the country to work directly with young people. The *Win With Integrity* program includes the introduction of the participating athletes by a USATF emcee, who also provides background on the goals and themes of USA Track & Field and of Win With Integrity, stressing the importance of active, drug-free lifestyles and good decision-making.” (2010-present)
- **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 Level 2 (Youth Specialization) 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 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 Athletes Physical Fitness, 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 Level 2 (Sprints/Hurdles/Relays) 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 Track and Field events 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.

Professional Background:

- **Systems Programmer Analyst II:** County of Orange Health Care Agency Santa Ana, CA
Principally involved in the writing and maintaining of Application programs for the agency's Health Care Systems including state reporting, Project management, Overseeing the planning, development, coding/programming, database designing, coordinating, implementation and maintenance of HIPAA compliant software applications. Design specifically customized in-house programs directed to company use. Received several letters of commendation and job well done. (1988-2009)
- **Telecommunication Operations Specialist:** United States Air Force
Handled the transmission, receipt, maintenance and security of cryptic military messages. Directly involved in telecommunication and computer operations using system application software. Provided documentation used by programming, operation and entire support staff. Coordinated and instructed user training and equipment operation classes. Received various letters of commendation and **handpicked** (one of five) for special duty assignment as the Air Force liaison to the National Security Agency (NSA). **Honorable Discharge** (1978-1982)

Published Material:

February 22, 2012

Sport Specific Speed Trainer Eric Dixon Signs Publishing Deal with CelebrityPress to release New Youth Fitness Book. Eric Dixon, Track, Speed and Agility coach, has recently signed a publishing deal with CelebrityPress, a leading fitness and health book publishing company, along with several leading health and fitness experts to release the book, The Definitive Guide to Youth Athletic Strength, Conditioning and Performance (March 2012).

USA Track and Field Coaches Background and Screening Check:

- **USATF Track & Field Southern California Association:** Background Screening (2008)

CPR, AED, First Aid Certifications:

- **American Safety & Health Institute:** First Aid/CPR/AED (11/11/2014)

Masters World performances:

- 400m: 8th in the world
- 200m: 7th in the world
- 100m: 4th in the world- missing 1st by less than 0.56