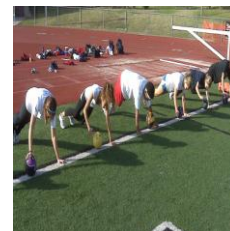




Coach Dixon
World Masters Italy 07

Speed & Agility Training!

By Coach Dixon
Sprint Coach & Speed Trainer



Speed/Agility 2010



Beach Runs 2010

Certified:

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



Speed/Agility practice



Beach Runs 2010

If you need speed; I'll get you there.
The difference between Coach Dixon and others who coach speed is...
Coach Dixon is certified by USA Track & Field to coach it!



Speed/Agility practice

- Proper Sprinting form
- Dynamic warm-up drills
- Agility Training
- Strength Training drills
- Nutritional values
- Pure Speed Training
- Three Point Stance/Start drills
- Medicine ball/Core drills
- Visualization skills

Training Sessions:

Tuesday/Thursday
Friday

[Wingspan Park \(Aliso Viejo\)](#)
[OCX Training Academy \(RSM\)](#)
Indoor facility

Park is on right side of Eastwing
23031 Arroyo Vista Suite A
Rancho Santa Margarita, CA 92688

4:00 - 5:30pm
4:00 - 5:00pm
6:00 - 7:00pm

For additional information contact:

Eric K Dixon

Cell: **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 speed for; Football, Soccer, Baseball, Basketball, Gymnastic (vaults and floor), Volleyball, 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!!!

Speed & Agility Training Class

Ages: 6-17 + (coed)

Location: [Wingspan Park \(Aliso Viejo\)](#) or [OCX Training Academy \(RSM\)](#)

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

This is the perfect class for those who want to get faster. The classes will focus on the fundamentals of Sprinting and proper sprinting form, Speed/Agility, Reaction time, and the three point stance position. This class is perfect for multi-sport athletes who need speed and agility for their sport. The classes will also focus on Nutritional values and Explosive Strength Training and Strength/Conditioning exercises with a medicine ball.

Coach Dixon will head the classes which will include:

1. Proper Sprinting form
2. The fundamentals of sprinting; building the Five Bio Motor Skills:
 - a. **Speed:** Acceleration/drive phase, Absolute Speed/Maximum velocity, Three Point Stance/Start drills
 - b. **Strength/Power:** Core lifts, Strength endurance, Plyometrics (medicine-ball, hopping, jumping and bounding)
 - c. **Mobility:** Dynamic warm-ups, Flexibility drills, Cool down drills
 - d. **Coordination:** Sequence of movements/Technical Execution, Balancing exercises, Agility drills, Mobility drills
 - e. **Endurance:** Tempo runs, Speed endurance, Special endurance (type I and type II)
3. Lateral movements: Shifting weight, Force Production/Force Absorption drills
4. Central Nervous System (CNS) drills
5. Reaction to First Step drills
6. Visualization skills
7. Strength Training
8. Combine Testing: 40-yard dash, Three cone drill, Broad jump, 20/60yard shuttle, Vertical leap, & Bench press (on testing days)
9. And much more

Lead Instructor:

Coach Dixon; is a Certified “**USA TRACK & FIELD Level II Sprints/Hurdles/Relays**” and a “**USA Track & Field Level 2 Youth Specialization Sprints**” Coach who still competes for USA Track & Field in the Masters Division and Head Coach of Tachyon Track Club (Aliso Viejo).

In addition, Coach Dixon also hosts [USA Track & Field Level 1 clinics](#) for High School and College coaches.

Materials: Class participants will need good running shoes, spikes/cleats, Jump rope and Medicine ball (if you have them) and plenty of water.

Visit www.TachyonTC.net for detailed information on this class and coach Eric Dixon.

Visit www.OCXTA.com for detailed information on OCX Baseball Training and coach Ruben Corral.

Registration: please call: (949) 636-9234-Tachyon TC or 949-709-5501-OCX TA

Training Sessions:

Tuesday/Thursday	Wingspan Park (Aliso Viejo)	Park is on right side of Eastwing	4:00 - 5:30pm
Friday	OCX Training Academy (RSM)	23031 Arroyo Vista Suite A	4:00 - 5:00pm
	Indoor facility	Rancho Santa Margarita, CA 92688	6:00 - 7:00pm

Coming Soon:

Tachyon TC Website 2.0

The new Tachyon website will offer members and coaches a National network of USA/IAAF Track & Field Coaches and College recruiters of all sports. This site will allow you to post your Profile, Game Statistics, Combine testing scores, etc... now through High School for college recruiters to view. Keep checking for updates for 2.0!!!

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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