

# NFHS Certification



**Eric Dixon**  
has successfully completed

## **NFHS Fundamentals of Coaching** and the California State Component

**12/21/2008**  
Date of completion

**California**  
State of certification

*Robert F. Kaulby*  
NFHS Executive Director

**FOC5F84056400**  
Certification code

Take Part. Get Set For Life.™

# USATF Coaching Education Programs

The USATF Coaching Education Level 1 program is intended as a starting point for coaches. One of the objectives of the Level 1 program is to put all coaches on common ground (i.e., speaking the same language). The Level 1 program covers all events in a rudimentary manner by emphasizing fundamentals, rules, safety/risk management, and instruction techniques. The Level 1 Course prepares an individual to coach at the junior high school, high school, club, and junior age division level.



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.

**Event Training segment:** Sprints Events, Hurdle Events, Relay Events, Jumping Events, Throwing Events, Endurance Events, and Race walking.

# USATF Coaching Education Programs

The USATF Coaching Education Level 2 program is intended to give coaches more advanced, in-depth knowledge in one event group of their choosing. One of the objectives of the Level 2 program is to prepare coaches to go from the general body of knowledge provided in the Level 1 program to a specific body of knowledge covering a particular event group: **(Sprints/Hurdles/Relays--60 students per year)**. "The course focuses on the technical aspects of the chosen event group using video analysis, group projects, classroom instruction, and hands-on training. The course will also expand upon the Level 1 sport sciences, including the following areas: Biomechanics, Physiology of exercise, Psychology, Training theory. Attendance at all sessions is required. At the end of the course, participants will devise a training program and be tested on the material covered in their event group. The Level 2 program covers advanced sport science concepts and training principles. The Level 2 Course prepares an individual to coach at the collegiate level."

## LEVEL II TRACK AND FIELD COACH

**Eric Dixon**  
*Sprints / Hurdles / Relays*

is recognized as having completed all requirements of  
the USATF Coaching Education Level II Program,  
and is entitled to all the benefits and privileges appertaining thereto.

Date of Completion  
July 25, 2009

USATF Certificate #  
L2-09-159



*Darryl Shuford*  
USATF Coaching Education Program Chair

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 and Hurdle Events, Analytic Description of Absolute Velocity Sprinting, Acceleration, Short/Long Hurdles, 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 Coaching Education Programs

The **USATF/IAAF (Youth Specialization) Level II Track Coach** program “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.”



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.

**Event Training segment:** Sprints, Hurdles, Relays, Middle and Long Distance Training, Throws, Jumps, and Race Walking.

# 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.”

“The USATF Board of Directors, consistent with its efforts to foster a culture of ethical, transparent, and accountable behavior throughout the organization, has directed the USATF National Office to work with the pertinent committees to develop and implement the USATF Coaches Registry. The centerpiece of this program is a comprehensive Code of Conduct for Registered Coaches.”

“Being a Registered Coach will provide a designation to coaches around the country that will flag them as among the most ethical and respected in their field and will carry with it certain rights and privileges not available to those who are not Registered Coaches. Most immediate is that only USATF Registered Coaches will be eligible for obtaining a coaching credential at the 2010 USA Outdoor Track and Field Championships.”

## USA Track and Field Coaches Background and Screening Check



# USATF Win With Integrity program

"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."



# CPR, AED, First Aid Certifications

## EMS Safety Services

*Eric Dixon*

Has been certified in

# CPR/AED

Issue Date 11/4/2010 Expiration Date 11/4/2012  
 Instructor Hugh Robinson Cert. # CA 173

The holder of this card has been trained in the use of the AED and adult CPR.  
 Optional Training:  Child/Infant CPR Initials: ACI

Guidelines are based on the latest scientific findings, as well as the latest recommendations from ILCOR. The guidelines meet the requirements established by the Federal Occupational Safety and Health Administration (OSHA) for designated workplace responders.

Instructor Contact Information: **(949) 275-4804**

Training produced by EMS Safety Services  
 (800) 215-9555 www.emssafety.com

NOT VALID AFTER TWO YEARS Control Number: **29025**

CERTIFICATION CARD

AMERICAN SAFETY & HEALTH INSTITUTE

## Basic First Aid

for the Community and Workplace

**Eric Dixon**

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has successfully completed and competently performed the required knowledge and skill objectives for:

- Adult
- Pediatric
- Adult and Pediatric

Void if more than one box is checked.

## ASHI-approved Certification Card

**Jonathan Skipworth**

Authorized Instructor (Print Name)

*Eric H. Dixon*

Cardholder's Signature

01/30/2011

Date Completed

888.277.3143

Training Center Phone No.

01/30/2013

Renewal Date

66348

Training Center I.D.

Successful completion indicates cardholder has met required knowledge and skill objectives of the curriculum to the satisfaction of an ASHI-authorized Instructor. Certification does not guarantee future performance, or imply state licensure or credentialing.