

Track and Speed Training References:

Eric Dixon Tachyon T.C.

Name: Doug Smith
CEO, Speed Enhancement Training, (S.E.T.)

Coaches: On Track and Field Foundation, Inc.
Assistant Sprint Coach, San Clemente High School, CA

Years known: 8 + years

Phone #: 949-831-5935

Email: smitheld@cox.net

For the past eight years I have been a friend of Mr. Eric Dixon, and without hesitation or reservation I offer this letter of reference regarding him.

Eric always has exhibited the most positive character traits. He demonstrates that he is an individual who possess the highest integrity and honesty with unimpeachable morals, and one who treats others with respect. He possess the demeanor of remaining calm under pressure, and works exceedingly well with others.

Personally, I have been coaching youngsters in track and field for the past 40 years, mainly in high schools (Edison of Huntington Beach, CA and at San Clemente), but also on the collegiate level, elite level, Masters and in youth programs. I have witnessed Eric's outstanding abilities, as he coached youngsters on a voluntary basis in track and field, as well as donated his time in assisting me with coaching clinics, which we presented for youngsters, ages 13-19, throughout Orange and Los Angeles Counties. These clinics were provided at no charge to the kids, and were held at Saddleback College in Mission Viejo, Occidental College in Eastern Los Angeles County and at USC in Los Angeles. He was chosen by me to participate as a coach, because of his superior abilities, and his positive attitude when he works with kids. These clinics were sponsored by Youth On Track Foundation, Inc., a 501 C 3, Calif. Non-Profit Corporation, when I was the CEO/President.

Since the inception of the Triton Invitational Track and Field Meet four years ago at San Clemente, Eric has been the Clerk of the Course, which utilizes his exemplary organizational and management skills, as he keeps this meet running on time and efficiently, while he coordinates and communicates with the other meet officials, all the while maintaining the smooth flow of the more than 1,500 athletes to and from the various track events (100+) throughout the day. He ensures that these athletes are in their correct heat or flight, that they know their proper lane assignment and where and when they are to report for their event(s). His skills, knowledge and success are the reasons he is the first person we schedule to return each year as the Clerk of the Course for this track meet.

Also, he is noted for being a "World Class" sprinter in the Masters' Track and Field Program, and is ranked in the top 10 every year in his specialty events. Because he still participates in this sport he is able to more readily relate to the younger athletes, whom he coaches and trains.

If you desire additional information from me, I may be contacted through the phone number and/or email address I have listed.

Respectfully yours,

Doug Smith
Owner, Speed Enhancement Training (S.E.T.)

Sprint Coach, San Clemente High School (Volunteer)

Track and Speed Training References:

Name: Lorraine Jasper (Athena Track Club)

I am a member of the Athena Track Club a highly competitive elite women's masters USATF team

Coaches: Me

Years known: 4 + years

Phone #: 610-469-3165

Email: ljasper61@aol.com

Eric Dixon coached me to an 800 and 1500 meter win for the National Title in 2007 and then a 4th place win at the World Championships a month later.

I am very impressed with his dedication to the sport and his willingness to share valuable information to benefit a wide range of athletes.

Lorraine Jasper

Name: Julie Hayden (Athena Track Club)
USATF Level 1 Coach
B'Ed Physical Education

Coaches: Me

Years known: 2 + years

Phone #: 703-729-3074

Email: jahayden@aol.com

Eric is an experienced and knowledgeable coach. He is extremely professional both in the manner he presents himself and his coaching curriculum. Eric displays many qualities that make him an excellent instructor. His preparation includes both long and short term plans. He assists athletes under his guidance to set logical and achievable goals. Workouts are conducted in a safe and orderly manner through clear explanations and well executed demonstrations. Athletes coached by Eric appreciate his desire to help them achieve their best. He is a friendly, understanding, patient and approachable mentor who has a genuine desire to help runners of all ages and abilities and selflessly gives of his time.

Julie Hayden

Track and Speed Training References:

Name: Charmaine Roberts (Athena Track Club)
Teacher, Life Skills Surv., Special Ed. Dept. Asst. to RTSE Albert Einstein High School

Coaches: Me

Years known: 2 + years

Phone #: 301-346-2212

Email: Charmaine_C_Roberts@mcpsmd.org

Eric Dixon coached me, Jane Brooker (US Elite), Renee "The Jet" Henderson (US Elite), and Jeal Miles-Clark (US Olympian) to a world record time of 3:56.27 for the W40 4 x 400m at Penn Relays in Philadelphia on 04/25/08.

Charmaine Roberts

Name: Caren Ware (Athena Track Club)
USA Masters National Decathlon American Record Holder
12 Time National Masters Champion (Pentathlon, Heptathlon, Steeple Chase, Triple Jump, 400m hurdles)

Coaches: Me and has also conducted a Sprint Clinic for Rim of the World High School Track & Field while I was head coach- Spring 2008

Years known: 2 + years

Phone #: 909-337-3509 / PRIME TIME

Email: carenware@aol.com

Eric Dixon teaches, coaches, and mentors with the same focused work ethic that has made him a World Class Runner. He has a gifted ability to take all the elements that go into excellent performance and apply them to the track. He is a great instructor by example and can precisely demonstrate the talents needed to run well and run fast.

He can mix determination with good humor and makes the tedious task of training day after day interestingly motivating. I have learned a great deal about timing, stride, relaxed drive and consistency from him as a personal sprint coach. It is something that does not occur naturally for me, but is needed in the multi-events I have tackled.

I know that Eric Dixon is made for track and anything to do with track will benefit from his input. If you are considering building a strong track program he would definitely be the place to start.

We are all in it 'for the long run'. Track is the perfect tool to build traits that succeed in all aspects of life. And it is a great arena for pouring oneself out for excellence. Our big nation needs track arenas for those that strive to develop and hone their skills. Eric is wired to win and produce winners. Thank you for considering opening a venue to build current and future athletic heroes!

Always Racing!

Caren Ware

Track and Speed Training References:

Name: Sue Quintana

Coaches: Me

Years known: 1 + years

Phone #: 949-533-2646

Email: sue.quintana@sheapartments.com

I met Eric six months ago through a reference from a fellow Masters Track athlete. In the relatively short time I've trained with him, I have known him to be a person who practices what he preaches and who expects nothing less from his athletes than he expects from himself. He is knowledgeable, experienced, and has a good disposition. He has been able to work with a number of athletes with different goals in a group training session and to adapt the workout to accommodate each one's individual goals. He is always prepared to participate in the training session (i.e., run with the athletes) if he feels that it would better serve the athletes. Eric demonstrates consideration of others' time; he is punctual and is very organized. He understands that athletics is just as much a mental exercise as it is a physical one and strives to include components of both in each training session. He has a watchful eye and works with each athlete to develop and correct their form in order to perform to their full potential. I consider myself fortunate to have his guidance and expertise to assist me in reaching my athletic goals.

Sue Quintana

Name: Stephen Kaczynski
Head Coach of the Southern California Striders Track Team

Coaches: Assistant Coach for the Southern California Striders Track Team

Years known: 7 + years

Phone #: 949-521-0636

Email: kaczynskikompond@cox.net

Eric ran for the Southern California Striders while I was the teams' coach.
He was also the assistant coach for the team and team captain of the Relay teams.
Eric has much experience as a sprinter and would do a good job for anyone in their/his program.

Stephen Kaczynski

Track and Speed Training References:

Name: Stephanie Ciulla

Coaches: My daughter

Years known: 1 + years

Phone #: 949-498-5476

Email: Sciulla33@msn.com

My fourteen year old daughter Shelby is currently being trained by Eric Dixon two times per week. The conditioning and the skills she has learned are excellent. Eric is not only preparing her physically for the upcoming Track season but also mentally. She has gained confidence in her abilities and it is specifically because of the training expertise of Eric Dixon. His knowledge of the sport is evident and my daughter continues to improve. Please feel free to contact me with any questions.

Stephanie Ciulla

Name: Aide Alba

Coaches: My daughter (12-16)

Years known: 6 + years

Phone #: 949-812-1818

Email: Alba2716@yahoo.com

Mr. Dixon's training is one of the best that I have seen, he is thorough with his regimen, he always makes sure that safety of the child or trainee comes first. He is patient and very knowledgeable and is a great person all around.

Aide Alba

Name: Shaharom Stripling

Coaches: My daughter (9) and son (8)

Years known: 6 + years

Phone #: 949-742-4201

Email: sdstripling@gmail.com

My kids have seen improvement in their overall running and core strength since working with Eric. He keeps the sessions fun while giving them a good workout. Both of our kids look forward to their training sessions with Eric.

Shaharom Stripling