



Coach Dixon  
World Masters Italy 07



Coach Dixon  
Track Clinic 08

## Track/Speed & Agility Camp!

Aliso Niguel High School (Track) Aliso Viejo, CA

By Coach Dixon  
Sprint Coach & Speed Trainer

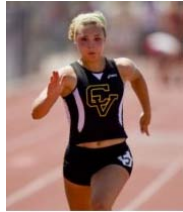
### Certified:

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

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



Devallee Pedrogo  
(Senior)  
110m Hurdler 2<sup>nd</sup> in the Nation.  
UCLA Signing 2010



Gianna Lowery  
(Sophomore)  
200m OC Record holder.  
100m 2nd best in county  
history 2010.

## Track and Field (Sprints 60m - 800m)

- Proper Sprinting form
- Phases of Sprinting
- Strength Training drills
- Dynamic warm-up drills
- Nutritional values
- Medicine ball/Core drills
- Blocks /Three point Stance
- Visualization skills
- & Much more

**Sign up now, space is limited!**

**Registration website:** <http://community-ed-capousd-ca.schoolloop.com/>

**Class Schedule:**

M - F Aug 9-13 8:00 – 10:00AM

**Course #:**

9112912

**Course Heading:** [Aliso Niguel HS Athletic & Youth Camps](#)

Track & Field Coed Mini Camp Aug

### For more information contact:

Eric K Dixon

Cell: **949-636-9234**

E-Mail: [Tachyontc@cox.net](mailto:Tachyontc@cox.net)

Web: [www.TachyonTC.net](http://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 Football, Soccer, Baseball, Basketball, Gymnastic (vaults and floor), 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!!!*

## Track /Speed & Agility Mini Camp

### Sprints 60m to 800m

Fee: \$175/5 Days

Ages: 12-17

Grades: 6-12

Location: Aliso Niguel High School (Track)

2800 Wolverine Way Aliso Viejo, CA

### Class description:

This is the perfect camp for kids new to track or those who want to learn the fundamentals of Sprinting. The class will focus on Form work, Block technique (for those who have spikes) or the three point stance, and the phases of sprinting. This class is also good for multi-sport athletes who need speed/ agility and proper running mechanics for their sport. The class will also focus on nutritional values and strength/conditioning exercises with a medicine ball.

Coach Dixon will head this camp which will include:

1. Proper Sprinting form
2. The fundamentals of sprinting; building the Five Bio Motor Skills:
  - a. **Speed:** Acceleration, Maximum velocity, Speed endurance, Special endurance/Strength endurance
  - b. **Strength/Power:** Core lifts, Plyometrics (medicine-ball, hopping, jumping and bounding)
  - c. **Mobility:** Dynamic warm-ups
  - d. **Coordination:** Block starts, Three Point Stance, Speed drills, Drive phase
  - e. **Endurance:** Tempo runs
3. Acceleration drills
4. Dynamic warm-up drills
5. Cool down drills
6. Block work/Start drills
7. Speed drills
8. Visualization skills
9. Strength Training (varies with age)
10. Phase Distribution (when to shift gears)
11. And much more.

### Lead Instructor:

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

### Materials:

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

Visit [www.TachyonTC.net](http://www.TachyonTC.net) for detailed information on this camp and coach Dixon.

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USA TRACK & FIELD Level II Sprints/Hurdles/Relays Coach

