



Jeremy Dixon

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An emerging senior international sprinter for New Zealand in the late 1990s / early 2000s, Jeremy developed substantial domestic and international track and field experience over his 10-year career that has helped inform his coaching. A highlight was touring with the New Zealand and Australian World Championships teams through Canada in 2001.

Jeremy's coaching philosophy looks to balance physical training with the mental resilience required for success in both sport and life. He brings a passion for developing athletes and a strong focus on injury prevention and efficient training for longevity that includes plyometrics and strength and conditioning for his athletes. Jeremy also understands that each athlete is unique and creates tailored training strategies and an atmosphere that responds to the needs of his athletes. In 2018 he created [Inner Speed and Power](#) to help achieve this which has grown to support over 30 local athletes.

Jeremy is motivated about ongoing learning and refining his own coaching toolbox through regular courses, professional development, and connecting in with his network of coaches both in Australia and New Zealand.

Disciplines Coached: 100m / 200m / 400m / 800m / Long / Triple / Relay / Sport Speed Development.

Outside of sport and coaching, Jeremy works full time and has a diverse corporate management background which includes General Manager of a Top 10 Australian Law Firm and various directorships. He is a graduate of the Australian Institute of Company Directors (GAICD) and Fellow of the Australian Institute of Managers and Leaders Australia (FIML).

Relevant Education / Work

Current	Level 3 Performance Development Coach Sprints, Jumps – Athletics Australia (13636); IAAF Kids Athletics Coach, Working with Children - E - (1475293A-01)
2019	ALTIS Horizontal Jumps Course; ALTIS Sprints Course; ALTIS Need For Speed Course
2002	Certificate IV in Fitness Industry Training (L5), Christchurch Institute of Technology, NZ, 1st in Class
2002	Fitness Instructor, Shoreline Fitness Centre, Christchurch, NZ

Current Coaching / Volunteering

- Weekly coaching sprinters and jumpers, Inner Speed & Power
- Head Coach, Warrnambool College athletics SPP program
- Previous South West Academy of Sport, Chair and Board member and athletics program coach
- Athletics South West, President

Recent Coaching Achievements

- 2024 National Representatives (Long Jump/800m – supported 3000m Steeple/Javelin)
- 2023 National Representatives (Long/Triple)
- 2023 Junior Stawell Gift Winner
- 2019 Athletics Victoria AVTTP assistant coach - Sprints
- 2019 South West Sports Awards Winner: Coach - Elite
- T20 U18 Australian Records in Long Jump and 200m
- Multiple State representatives including finalists in sprints, jumps and middle distance (LA)(SSV)
- State champion in 100m (LA), 4th Nationals (SSV)
- Australian INAS Global Games selection

Personal Athletic Achievements

2002	New Zealand 4x400m Relay Team, IAAF Grand Prix, Osaka, Japan
2002	2nd 200m, Oceania Track & Field Championships, Christchurch
2002	2nd 200m Senior Men New Zealand Track & Field Championships, Auckland watch video
2001	World University Games, Beijing, China (tore hamstring warming up), 5th 200m Singapore National Track and Field Champs, Singapore, 7th 300m World Championships Warm Up Meet, Montreal, Canada, 1st 4 x 100m Australian National Track and Field Champs, Brisbane, 3rd 200m B-Final Australian National Track and Field Champs, Brisbane watch video , 3rd 200m Senior Men, New Zealand Track & Field Championships, Hastings. watch video
2000	2nd 400m, 4th 200m Oceania Track & Field Championships, Adelaide, 5th 400m Zotapek, Melbourne
2000	2nd 400m U20 NZ Track & Field Championships watch video
1996	1st 200m Junior Boys New Zealand National Secondary Schools T & F Champs, Hamilton

Specific thanks to NZ coaches Trevor Bent*(6yrs), Kevin Hickman (3yrs) and Australian coaches Mark Ladbrook (1yr), Bryan J Neighbour*(1yr) *Deceased, RIP

(LA) = Little Athletics (SSV) = School Sports Victoria