



Schedule of Events/Clinics

**Track:** No events scheduled at this time.  
**Football:** Los Al HS 3 wk's.  
**Soccer:** No events scheduled at this time.  
**Baseball:** No events scheduled at this time.

Legion:

**TP** Track Practice

**OS = Open Session** Open Time slots for: Track, Weight, or Speed Agility Training

**C = Closed Session** These Sessions are closed to the public.  
**PS = Private Session**

**TPBH: 6:30 -7:30 PM** Track Practice (Beckman High School)  
 Speed Training for Long Distance Runners.  
**Call to register.**  
**Open Session**

**TCDH1: 1:00-3:00 PM** Track Class (Dana Hills High School)  
**TCDH2: 2:00-3:00 PM**  
**Closed Session**

**TPDH1: 4:00-6:00 PM** Track Practice (Elite) (Dana Hills High School)  
**Elite: Private Session**

**TPSAC: 1:00-3:00 PM** Track Practice (Santa Ana Collage)  
**Closed Session**

**TPIHS1: 4:30-6:30 PM** Track Practice (Irvine High School)  
**Open Session**  
**Call to register.**

**TPAHS1: 7:30-9:30 AM** Track Practice (Aliso Niguel High School)  
**TPAHS2: 6:00-8:00 PM**  
**Open Session**  
**Call to register.**

**SAT1:** Speed/Agility Training (For all sports)  
**Open Session**  
**Call to register.**

**WT1: 10:00-12:00 AM** Weight Training Class (Tachyon Center GYM)  
**WT2: 7:00-9:00 PM**  
**Open Session**  
**Call to register.**

Phone: 949-636-9234  
 Fax:  
 E-mail: TachyonTC@cox.net

SUN	MON	TUE	WED	THU	FRI	SAT
No Practice	<b>AM:</b> <b>PS: 8:30-9:30 AM</b> <b>OS: 9:30-11:00 AM</b>  <b>PM:</b> <b>TCDH2</b> <b>TPAHS2</b> <b>SAT1 no location</b>	<b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPBH</b>	<b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>1</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPDH1</b> <b>SAT1 no location</b>	<b>2</b> <b>AM:</b> <b>TPAHS1</b> <b>WT1</b>  <b>PM:</b>  <b>SAT1 no location</b>
No Practice	<b>4</b> <b>AM:</b> <b>PS: 8:30-9:30 AM</b> <b>OS: 9:30-11:00 AM</b>  <b>PM:</b> <b>TCDH2</b> <b>TPAHS2</b> <b>SAT1 no location</b>	<b>5</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>6</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPBH</b>	<b>7</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>8</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPDH1</b> <b>SAT1 no location</b>	<b>9</b> <b>AM:</b> <b>TPAHS1</b> <b>WT1</b>  <b>PM:</b>  <b>SAT1 no location</b>
No Practice	<b>11</b> <b>AM:</b> <b>PS: 8:30-9:30 AM</b> <b>OS: 9:30-11:00 AM</b>  <b>PM:</b> <b>TCDH2</b> <b>TPAHS2</b> <b>SAT1 no location</b>	<b>12</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>13</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPBH</b>	<b>14</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>15</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPDH1</b> <b>SAT1 no location</b>	<b>16</b> <b>AM:</b> <b>TPAHS1</b> <b>WT1</b>  <b>PM:</b>  <b>SAT1 no location</b>
No Practice	<b>18</b> <b>AM:</b> <b>PS: 8:30-9:30 AM</b> <b>OS: 9:30-11:00 AM</b>  <b>PM:</b> <b>Holiday</b> <b>TPAHS2</b> <b>SAT1 no location</b>	<b>19</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>20</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPBH</b>	<b>21</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>22</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1???</b> <b>TPDH1</b> <b>SAT1 no location</b>	<b>23</b> <b>AM:</b> <b>TPAHS1</b> <b>WT1</b>  <b>PM:</b>  <b>SAT1 no location</b>
24/31	<b>25</b> <b>AM:</b> <b>PS: 8:30-9:30 AM</b> <b>OS: 9:30-11:00 AM</b>  <b>PM:</b> <b>TCDH2</b> <b>TPAHS2</b> <b>SAT1 no location</b>	<b>26</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>27</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPBH</b>	<b>28</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TPSAC</b> <b>TPIHS1</b> <b>WT2</b>	<b>29</b> <b>AM:</b> <b>OS</b>  <b>PM:</b> <b>TCDH1</b> <b>TPDH1</b> <b>SAT1 no location</b>	<b>30</b> <b>AM:</b> <b>TPAHS1</b> <b>WT1</b>  <b>PM:</b>  <b>SAT1 no location</b>

Beach Runs: **Bring water and your medicine ball!!!**

**We will meet Saturday's at 7:30 am.**

Location:

Colors Hair International

3315 Newport Blvd.

Newport Beach, CA. 92663

949-675-6750

Web site: [www.colors4beauty.com](http://www.colors4beauty.com)

Location: <http://www.mapquest.com/maps?city=Newport+Beach&state=CA&address=3315+Newport+Blvd&zipcode=92663-3815>

Directions:

Going on 55 Fwy West; 55 Fwy ends on Harbor Blvd. and merge on Newport Blvd. Drive about a mile and go over PCH Bridge and as soon you start going down into the Peninsula look for Finley St.....is Before 32nd St. The business is located on the right hand side across from Newport Beach City Hall.

**For parking:** I think It's best if you park on 32<sup>nd</sup> St. in front of the supermarket. Make a right on 32<sup>nd</sup> the meters are on the left side. Of course I use the meter parking. Estimate: 2-1/2 hours. Bring quarters...

**We will leave at 7:45 am to hit the beach. DON'T BE LATE or you will BE LEFT!!!**

### **WT1 & WT2 (Weight Training Sessions):**

TachyonTC GYM

**These are Weight Training sessions not a class.**

**Space is limited. Please, call to schedule a training time slot.**

### **SAT1 (Speed/Agility Training):**

**Classes are forming now for January-March!!! Please, call to schedule a training time slot.**

**(For all sports)**