



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 Track Practice

OTS = Open Time Slot 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 Irvine)
 Speed Training for Long Distance Runners.
Open Session **Call to register.**

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)
Open Session

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

TPI1: 4:30-6:00 PM Track Practice (Irvine High School)
Open Session **Call to register.**

TPA1: 7:30-9:30 AM Track Practice (Aliso Niguel High School)
TPA2: 6:00-7:30 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	1 AM: PS: 8:30-9:30 AM OTS PM: TPSAC TPA2 SAT1 no location	2 AM: OTS PM: TPSAC TPI1 / WT2	3 AM: OTS PM: TPSAC TPBH	4 AM: OTS PM: TPSAC TPI1	5 AM: OTS PM: TPSAC SAT1 no location	6 AM: TPA1/ WT1 OTS PM: OTS SAT1 no location
No Practice	7 AM: PS: 8:30-9:30 AM OTS PM: TPSAC TPA2 SAT1 no location	8 AM: OTS PM: TPSAC TPI1 / WT2	9 AM: OTS PM: TPSAC TPI1 / WT2	10 AM: OTS PM: TPSAC TPBH	11 AM: OTS PM: TPSAC TPI1	12 AM: OTS PM: TPSAC SAT1 no location
No Practice	13 AM: TPA1 OTS PM: OTS SAT1 no location	14 AM: PS: 8:30-9:30 AM OTS PM: TPSAC TPA2 SAT1 no location	15 AM: OTS PM: TPSAC TPI1 / WT2	16 AM: OTS PM: TPSAC TPDH1 TPBH	17 AM: OTS PM: TPSAC TPI1	18 AM: OTS PM: TPSAC TPDH1 SAT1 no location
No Practice	19 AM: PS: 8:30-9:30 AM OTS PM: TPSAC TPA2 SAT1 no location	20 AM: OTS PM: TPSAC TPI1 / WT2	21 AM: OTS PM: TPSAC TPDH1 TPBH	22 AM: OTS PM: TPSAC TPI1	23 AM: OTS PM: TPSAC TPDH1 SAT1 no location	24 AM: TPA1/ WT1 OTS PM: OTS SAT1 no location
No Practice	25 AM: PS: 8:30-9:30 AM OTS PM: TPSAC TPA2 SAT1 no location	26 AM: OTS PM: TPSAC TPI1 / WT2	27 AM: OTS PM: TPSAC TPDH1 TPBH	28 AM: OTS PM: TPSAC TPI1	29 AM: OTS PM: TPSAC TPDH1 SAT1 no location	30 AM: TPA1/ WT1 OTS PM: OTS SAT1 no location
No Practice	31 AM: PS: 8:30-9:30 AM OTS PM: TPSAC TPA2 SAT1 no location	1 AM: OTS PM: TPSAC TPI1 / WT2	2 AM: OTS PM: TPSAC TPDH1 TPBH	3 AM: OTS PM: TPSAC TPI1	4 AM: OTS PM: TPSAC TPDH1 SAT1 no location	5 AM: TPA1/ WT1 OTS PM: OTS SAT1 no location

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

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 32nd St. in front of the supermarket. Make a right on 32nd 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)