



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 For Private Training	Open Time slots for: Track, Weight, or Speed Agility Training
C =Closed Session PS = Private Session	These Sessions are closed to the public.
TPBH: 6:30 -7:30 PM Speed Training for Long Distance Runners. Open Session	Track Practice (Beckman High School Irvine) Call to register.
TPSCH1: 2:00-4:00 PM TPSCH2: 3:00-5:00 PM TPSCH3: 1:00-3:00 PM Closed Session	Track Class (San Clemente High School)
TPIH1: 5:00-6:30 PM Open Session	Track Practice (Irvine High School) Call to register.
TPAH1: 7:30-9:30 AM TPAH2: 6:00-7:30 PM Open Session	Track Practice (Aliso Niguel High School) Call to register.
SAT1: Open Session	Speed/Agility Training (For all sports) Call to register.
WT1: 10:00-12:00 AM WT2: 7:00-8:30 PM Open Session	Weight Training Class (Tachyon Center GYM) Call to register.
RCS: 3:30-5:30 PM	Renaissance Club Sport

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

SUN	MON	TUE	WED	THU	FRI	SAT
No Practice	1 AM: OTS PM: TPSCH TPAH2 OTS	2 AM: OTS PM: TPSCH TPIH1 WT2	3 AM: OTS PM: TPSCH TPBH	4 AM: OTS PM: TPSCH/Track Meet RCS WT2/OTS	5 AM: OTS PM: TPSCH OTS	6 AM: TPAH: WT1 PM: OTS/ SAT1 no location
No Practice	7 AM: OTS PM: TPSCH TPAH2 OTS	8 AM: OTS PM: TPSCH TPIH1 WT2	9 AM: OTS PM: TPSCH TPBH	10 AM: OTS PM: TPSCH/Track Meet RCS WT2/OTS	11 AM: OTS PM: TPSCH OTS	12 AM: Irvine Asics Invitational PM: OTS/ SAT1 no location
No Practice	13 AM: OTS PM: TPSCH OTS	14 AM: OTS PM: TPSCH TPAH2 OTS	15 AM: OTS PM: TPSCH TPIH1 WT2	16 AM: OTS PM: TPSCH TPBH	17 AM: OTS PM: TPSCH/Track Meet RCS WT2/OTS	18 AM: Triton Asics Invitational Sorry I have to Clerk this meet.
No Practice	19 AM: OTS PM: TPSCH OTS	20 AM: OTS PM: TPSCH TPAH2 OTS	21 AM: OTS PM: TPSCH TPIH1 WT2	22 AM: OTS PM: TPSCH TPBH	23 AM: OTS PM: TPSCH/Track Meet RCS WT2/OTS	24 AM: LA Jets Relay Domingues HS We will meet at the meet.
No Practice	25 AM: OTS PM: TPSCH TPAH2 OTS	26 AM: OTS PM: TPSCH TPIH1 WT2	27 AM: OTS PM: TPSCH TPBH	28 AM: OTS PM: TPSCH/Track Meet RCS WT2/OTS	29 AM: OTS PM: TPSCH OTS	30 AM: TPAH: WT1 PM: OTS/ SAT1 no location
No Practice	31 AM: OTS PM: TPSCH TPAH2 OTS	1 AM: OTS PM: TPSCH TPIH1 WT2	2 AM: OTS PM: TPSCH TPBH	3 AM: OTS PM: TPSCH/Track Meet RCS WT2/OTS	4 AM: OTS PM: TPSCH OTS	

Beach Runs: **Will start back up next month**

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

WT1 & WT2 (Weight Training Sessions): \$80.00 per month

TachyonTC GYM

These are Weight Training sessions not a class.

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

SAT1 (Speed/Agility Training):

Classes are forming now for Spring – Summer!!! Please, call to schedule a training time slot.

(For all sports)