



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
4 No Practice	5 AM: OTS PM: TPSCH TPAH2 OTS	6 AM: OTS PM: TPSCH TPIH1 WT2	7 AM: OTS PM: TPSCH TPBH	8 AM: OTS PM: TPSCH/Track Meet RCS: WT2/OTS	9 AM: OTS PM: TPSCH OTS	10 AM: TPAH: WT1 PM: OTS/ SAT1 no location
11 No Practice	12 AM: OTS PM: TPSCH TPAH2 OTS	13 AM: OTS PM: TPSCH TPIH1 WT2	14 AM: OTS PM: TPSCH TPBH	15 AM: OTS PM: TPSCH/Track Meet RCS: WT2/OTS	16 AM: OTS PM: TPSCH OTS	17 AM: TPAH: (photo Shoot) WT1 PM: OTS/ SAT1 no location
18 No Practice	19 AM: OTS PM: TPSCH TPAH2 OTS	20 AM: OTS PM: TPSCH TPIH1 WT2	21 AM: OTS PM: TPSCH TPBH	22 AM: OTS PM: TPSCH/Track Meet RCS: WT2/OTS	23 AM: OTS PM: TPSCH OTS	24 AM: TPAH: WT1 PM: OTS/ SAT1 no location
25 No Practice	26 AM: OTS PM: TPSCH TPAH2 OTS	27 AM: OTS PM: TPSCH TPIH1 WT2	28 AM: OTS PM: TPSCH TPBH	29 AM: OTS PM: TPSCH/Track Meet RCS WT2/OTS	30 AM: OTS PM: TPSCH OTS	1 AM: (NO PRACTICE) Long Beach Sprinters. Day 1 We will meet at the meet. PM:
2 L B S Day 2	3 AM: OTS PM: TPSCH TPAH2 OTS	4 AM: OTS PM: TPSCH TPIH1 WT2	5 AM: OTS PM: TPSCH TPBH	6 AM: OTS PM: TPSCH/Track Meet RCS: WT2/OTS	7 AM: OTS PM: TPSCH OTS	8 AM: Beach Run (see attach) PM: OTS/ SAT1 no location

Beach Runs:

We will meet Saturday's at 7:30 am. Bring water and your medicine ball!!!

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 you will be left!!!

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)