



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

TPNWH: 6:15 -7:30 PM Track Practice
 Speed Training for LDR. [\(Northwood High School Irvine\)](#)
Open Session
Call to register.

TPSCH1: 2:00-4:00 PM Track Class
TPSCH2: 3:00-5:00 PM (San Clemente High School)
TPSCH3: 1:00-3:00 PM
Closed Session

TPIH1: 4:30-6:30 PM Track Practice
Open Session [\(Irvine High School\)](#)
Call to register.

TPAH1: 7:30-9:30 AM Track Practice
TPAH2: 6:00-8:00 PM [\(Aliso Niguel High School\)](#)
Open Session
Call to register.

SAT1: 5:00-6:30 PM Speed/Agility Training
Open Session (For all sports)
Call to register.

WT1: 10:00-12:00 AM Weight Training Class
WT2: 7:00-8:30 PM [\(Tachyon Center GYM\)](#)
Open Session
Call to register.

RCS: 3:30-5:30 PM Renaissance Club Sport
For Private Training Speed and Agility

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

SUN	MON	TUE	WED	THU	FRI	SAT
No Practice	AM: OTS PM: TPAH2 OTS	AM: OTS PM: TPIH1 WT2/OTS	AM: OTS PM: TPNWH	AM: OTS PM: SAT1/RCS WT2/OTS	AM: OTS PM: OTS	1 AM: TPAH1: OTS PM: OTS/ SAT1 no location
2 No Practice	3 AM: OTS PM: TPAH2 OTS	4 AM: OTS PM: TPIH1 WT2/OTS	5 AM: OTS PM: TPNWH	6 AM: OTS PM: SAT1/RCS WT2/OTS	7 AM: OTS PM: OTS	8 AM: TPAH1: OTS PM: OTS/ SAT1 no location
9 No Practice	10 AM: OTS PM: TPAH2 OTS	11 AM: OTS PM: TPIH1 WT2/OTS	12 AM: OTS PM: TPNWH	13 AM: OTS PM: SAT1/RCS WT2/OTS	14 AM: OTS PM: OTS	15 AM: Beach Run (see attach) PM: OTS/ SAT1 no location
16 No Practice	17 AM: OTS PM: TPAH2 OTS	18 AM: OTS PM: TPIH1 WT2/OTS	19 AM: OTS PM: TPNWH	20 AM: OTS PM: SAT1/RCS WT2/OTS	21 AM: OTS PM: OTS	22 AM: TPAH1: OTS PM: OTS/ SAT1 no location
23 No Practice	24 AM: OTS PM: TPAH2 OTS	25 AM: OTS PM: TPIH1 WT2/OTS	26 AM: OTS PM: TPNWH	27 AM: OTS PM: SAT1/RCS WT2/OTS	28 AM: OTS LA Jets Invitational Day 1 PM: OTS	29-30 AM: (NO PRACTICE) LA Jets Invitational Day 2-3 We will meet at the event. PM:

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)