



June 2010

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SUN	MON	TUE	WED	THU	FRI	SAT
30 No Practice	31 AM: OTS PM: No Practice	1 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	2 AM: OTS PM: TPNH 6:15-7:30PM	3 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	4 AM: OTS PM: OTS	5 AM: TPAH1: 7:30 - 9:30AM Pasadena Senior Olympics (The Coach) PM:
6 No Practice	7 AM: OTS PM: TPAH2 6:00-8:00PM	8 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	9 AM: OTS PM: TPNH 6:15-7:30PM	10 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	11 AM: SCA USATF Youth JO's T&F Champs Day 1 We will meet at the event.	12 AM: (NO PRACTICE) SCA USATF Youth JO's Day 2 Cerritos, CA Master SC Championships OCC
13 SCA USATF Youth JO's Day 3	14 AM: OTS PM: TPAH2 6:00-8:00PM	15 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	16 AM: OTS PM: TPNH 6:15-7:30PM	17 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	18 AM: OTS PM: OTS	19 AM: TPAH1: 7:30 - 9:30AM OTS PM: OTS/ SAT1 no location
20 No Practice	21 AM: OTS PM: TPAH2 6:00-8:00PM	22 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	23 AM: OTS PM: TPNH 6:15-7:30PM	24 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	25 AM: SCA USATF Region15 JO T&F Champs Day 1 We will meet at the event.	26 AM: (NO PRACTICE) SCA USATF Region15 JO T&F Champs Day 2
SCA USATF Region15 JO T&F Champs Day 3	28 AM: OTS PM: TPAH2 6:00-8:00PM	29 AM: OTS USATF Youth Outdoor T&F Champs Day 1 PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	30 AM: OTS USATF Youth Outdoor T&F Champs Day 2 PM: TPNH 6:15-7:30PM	1 AM: OTS USATF Youth Outdoor T&F Champs Day 3 PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	2 AM: OTS USATF Youth Outdoor T&F Champs Day 4 PM: OTS	3 AM: TPAH1: 7:30 - 9:30AM OTS USATF Youth Outdoor T&F Champs Day 5 PM: OTS/SAT1 no location



Schedule of Events/Clinics

Track Clinic: ANHS July 12-16 and Aug 9-13
Football: No events scheduled at this time.
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. Call to setup appoint-
C = Closed Session PS = Private Session	These Sessions are closed to the public.
TPAH1: 7:30-9:30 AM TPAH2: 6:00-8:00 PM Open Session	Track Practice (Aliso Niguel High School) Call to register.
TPNH: 6:15 -7:30 PM Speed Training for LDR. Open Session	Track Practice (Northwood High School Irvine) Call to register.
SATAH: 5:00-6:30 PM Open Session	Speed/Agility Training (For all sports) (Aliso Niguel High School) Call to register.
SATIH: 4:30-6:15 PM Open Session	Speed/Agility Training (For all sports) (Irvine High School) 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: For Private Training	Renaissance Club Sport Speed and Agility

Beach Runs:

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

Location: [Colors Hair International](#) **Web site:** www.colors4beauty.com

3315 Newport Blvd.
 Newport Beach, CA. 92663
 949-675-6750

Directions: 55 Fwy South; 55 Fwy ends on Harbor Blvd. merge onto 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. 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.

SAT (Speed/Agility Training):

Classes are forming now for Spring – Summer!!! Please, call to schedule a training time slot.
(For all sports)

Track & Field Mini Camps

Class description:

This is a perfect camp for kids new to track or those who want to learn the fundamentals of Sprinting. The class will focus on Block technique (for those who have spikes) or the three point stance, the three phases of sprinting, sprinting form vs. running/jogging form and how to pace yourself when sprinting. This class is also good for multi-sport athletes who need speed and agility for their sport. The class will also focus on nutritional values and strength/conditioning exercises with a medicine ball.

For details: Please see [Special Events/Camps](#)