



July 2010

Last updated (7/05/2010)

Contact us:

Email: TachyonTC@cox.net

Web: www.TachyonTC.net

Phone: 949-636-9234

SUN	MON	TUE	WED	THU	FRI	SAT
4 No Practice	5 AM: OTS PM: TPAH2 6:00-8:00PM	6 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	7 AM: OTS PM: TPNH 6:15-7:30PM	8 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	9 AM: Cal State Games We will meet at the event. PM: OTS	10 AM: Cal State Games We will meet at the event. PM: OTS
11 Cal State Games We will meet at the	12 AM: OTS PM: TPAH2 6:00-8:00PM	13 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	14 AM: OTS PM: TPNH 6:15-7:30PM	15 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	16 AM: OTS PM: OTS	17 AM: TPAH1: 7:30 - 9:30AM OTS PM: OTS/ SAT1 no location
18 No Practice	19 AM: OTS PM: TPAH2 6:00-8:00PM	20 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	21 AM: OTS PM: TPNH 6:15-7:30PM	22 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	23 AM: OTS PM: OTS	24 AM: Beach Runs (See Below) 7:30 - 9:30AM OTS PM: OTS/ SAT1 no location
25 No Practice	26 AM: OTS PM: TPAH2 6:00-8:00PM	27 AM: OTS PM: SATIH 4:30-6:15PM WT2 7:00-8:30PM	28 AM: OTS PM: TPNH 6:15-7:30PM	29 AM: OTS PM: SATAH 5:00-6:30PM WT2 7:00-8:30PM	30 AM: OTS PM: OTS	31 AM: TPAH1: 7:30 - 9:30AM OTS PM: OTS/ SAT1 no location
1 No Practice	2 AM: OTS PM: No Practice Coach at USATF Youth Training Level II	3 AM: OTS PM: No Practice Coach at USATF Youth Training Level II	4 AM: OTS PM: No Practice Coach at USATF Youth Training Level II	5 AM: OTS PM: No Practice Coach at USATF Youth Training Level II	6 OTS PM: OTS	7 AM: TPAH1: 7:30 - 9:30AM OTS 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 appointment.
C =Closed 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 MDR. 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.
YSPT: 4:00-5:30PM Closed Session	Speed/Agility Training (For all sports) (Renaissance Club Sport) 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:

Saturday's 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 7:30 am to hit the beach. DON'T BE LATE you will be left!!!

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

TachyonTC GYM (Aliso Viejo)

These are Weight Training sessions not a class.

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

Youth Sports Performance Training (YSPT)/Speed & Agility Camps

Renaissance Club Sports (Aliso Viejo)

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

Track/Speed 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](#)