



Aug 2010

Last updated (7/28/2010)

Contact us:

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SUN	MON	TUE	WED	THU	FRI	SAT
1 No Practice	2 AM: PM: No Practice USATF Youth Level II	3 AM: PM: SATIH 4:30-6:15PM USATF Youth Level II	4 AM: PM: TPNH 6:15-7:30PM USATF Youth Level II	5 AM: PM: No Practice USATF Youth Level II	6 AM: OTS PM: OTS	7 AM: TPAH1: 7:30 - 9:30AM WT1 10:00-12:00PM PM: OTS/
8 No Practice	9 AM: OTS PM: TPAH2 6:00-8:00PM	10 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	11 AM: OTS PM: TPNH 6:15-7:30PM	12 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	13 AM: OTS PM: OTS	14 AM: TPAH1: 7:30 - 9:30AM WT1 10:00-12:00PM PM: OTS/
15 No Practice	16 AM: OTS PM: TPAH2 6:00-8:00PM	17 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	18 AM: OTS PM: TPNH 6:15-7:30PM	19 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	20 AM: OTS PM: OTS	21 AM: TPAH1: 7:30 - 9:30AM WT1 10:00-12:00PM PM: OTS/
22 No Practice	23 AM: OTS PM: TPAH2 6:00-8:00PM	24 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	25 AM: OTS PM: TPNH 6:15-7:30PM	26 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	27 AM: OTS PM: OTS	28 AM: Beach Runs (See Below) 7:30 - 9:30AM PM: OTS/ SAT1 no location
29 No Practice	30 AM: OTS PM: TPAH2 6:00-8:00PM	31 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	1 AM: OTS PM: TPNH 6:15-7:30PM	2 AM: OTS PM: YSPT/SAT 4:00-5:30PM WT2 7:00-8:30PM	3 OTS PM: OTS	4 AM: TPAH1: 7:30 - 9:30AM WT1 10:00-12:00PM PM: OTS/



Schedule of Events/Clinics

Track Clinic: ANHS July 12-16 and Aug 9-13
Football: ANHS July 12-16 and Aug 9-13
Soccer: ANHS July 12-16 and Aug 9-13
Baseball: ANHS July 12-16 and Aug 9-13

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
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.
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TPNH: 6:15 -7:30 PM Speed Training for MDR. Open Session	Track Practice (Northwood High School Irvine) Call to register.
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SAT: 4:00-5:30PM Open Session	Speed/Agility Training (For all sports) (Wingspan Park) Call to register.
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YSPT: 4:00-5:30PM Closed Session	Speed/Agility Training (For all sports) (Renaissance Club Sport) (Wingspan Park) Call to register.
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WT1: 10:00-12:00 AM WT2: 7:00-8:30 PM Open Session	Weight Training Class (Tachyon Center GYM) Call to register.
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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 phone: 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!!!
We meet at the Lifeguard station on 32nd street. Walk down 32nd street you will see us.

WT1 & WT2 (Weight Training Sessions): \$80.00 per month or \$50 with the Elite Training program.

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 Training
 Renaissance Club Sports (Aliso Viejo)

Mon/Wed	Renaissance Club Sport	4:00 -5:00PM	For details: Please see Special Events/Camps Classes are forming now for Summer/Fall!!!
Tues/Thurs	Wingspan Park (Aliso Viejo)	4:00 -5:30PM	

For registration please call (949) 330-5560/

Track/Speed Agility Camp (Aug 9– 13)

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 phases of sprinting, This class is also good for multi-sport athletes who need speed and agility for their sport. For details: Please see [Special Events/Camps](#)