



Sept 2010
Last updated (9/3/2010)

Contact us:
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SUN	MON	TUE	WED	THU	FRI	SAT
29 No Practice	30 AM: OTS PM: YSPTRCS: 4:00-5:00PM TPAH2: 6:00-8:00PM	31 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	1 AM: OTS PM: YSPTRCS: 4:00-5:00PM TPNH: 6:15-7:30PM	2 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	3 AM: OTS PM: OTS	4 AM: TPAH1: 7:30 - 9:30AM WT1: 10:00-12:00PM PM: OTS
5 No Practice	6 AM: PS:8:00-9:00AM OTS PM: YSPTRCS: 4:00-5:00PM TPAH2: 6:00-8:00PM	7 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	8 AM:PS:8:00-9:00AM OTS PM: DHHS:2:00-3:30PM YSPTRCS: 4:00-5:00PM TPNH: 6:15-7:30PM	9 AM: OTS PM: DHHS:2:00-3:30PM YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	10 AM: OTS PM: DHHS:2:00-3:30PM OTS	11 AM: TPAH1: 7:30 - 9:30AM WT1: 10:00-12:00PM PM: OTS
12 No Practice	13 AM: PS:8:00-9:00AM OTS PM: DHHS:2:00-3:30PM YSPTRCS: 4:00-5:00PM TPAH2: 6:00-8:00PM	14 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	15 AM: PS:8:00-9:00AM OTS PM: DHHS:1:00-3:30PM YSPTRCS: 4:00-5:00PM TPNH: 6:15-7:30PM	16 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	17 AM: OTS PM: DHHS:1:00-3:30PM OTS	18 AM: TPAH1: 7:30 - 9:30AM WT1: 10:00-12:00PM PM: OTS
19 No Practice	20 AM: PS:8:00-9:00AM OTS PM: DHHS:2:00-3:30PM YSPTRCS: 4:00-5:00PM TPAH2: 6:00-8:00PM	21 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	22 AM: PS:8:00-9:00AM OTS PM: DHHS:1:00-3:30PM YSPTRCS: 4:00-5:00PM TPNH: 6:15-7:30PM	23 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	24 AM: OTS PM: DHHS:1:00-3:30PM OTS	25 AM: TPAH1: 7:30 - 9:30AM WT1: 10:00-12:00PM PM: OTS
26 No Practice	27 AM: PS:8:00-9:00AM OTS PM: DHHS:2:00-3:30PM YSPTRCS: 4:00-5:00PM TPAH2: 6:00-8:00PM	28 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	29 AM: PS:8:00-9:00AM OTS PM: DHHS:1:00-3:30PM YSPTRCS: 4:00-5:00PM TPNH: 6:15-7:30PM	30 AM: OTS PM: YSPTWP: 4:00-5:30PM SAT: 4:00-5:30PM WT2: 6:30-8:30PM	1 AM: OTS PM: DHHS:1:00-3:30PM OTS	2 AM: Beach Runs (See Below) 7:30 - 9:30AM PM: OTS



Schedule of Events/Clinics

Track: ANHS Completed
Football: ANHS Completed
Soccer: ANHS Completed
Baseball: ANHS Completed

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 Niquel 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.

SAT: 4:00-5:30PM
Open Session
 Speed/Agility Training
 (For all sports)
 (Wingspan Park)
Call to register.

YSPTRCS: 4:00-5:00PM
YSPWP: 4:00-5:30PM
Closed Session
Renaissance Club Sports (YSPT)
 Speed/Agility Training
 (For all sports)
 (Renaissance Club Sport)
 (Wingspan Park)
Call to register.

WT1: 10:00-12:00 AM
WT2: 6:30-8:30 PM
Open Session
 Weight Training Class
 (Tachyon Center GYM)
Call to register.

DHHS: Time Varies
Dana Hills High School Track Team
 Track Practice and-Weight Training

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 (See [website](#) for details).

TachyonTC GYM (Aliso Viejo)

These are Weight Training sessions not a class.

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

YSPT/Youth Sports Performance Training Renaissance Club Sports (Aliso Viejo)

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

Mon/Wed [Renaissance Club Sport \(Aliso Viejo\)](#) 4:00 -5:00PM **Classes are forming now for Summer/Fall!!!!**
Tues/Thurs [Wingspan Park \(Aliso Viejo\)](#) 4:00 -5:30PM **For registration please call (949) 330-5560**

SAT/Speed & Agility Training (for all sports)

Tues/Thurs [Wingspan Park \(Aliso Viejo\)](#) 4:00 -5:30PM **For registration please call (949) 636-9234**

Track/Speed Agility Camp ()

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, and 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](#)