



March
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SUN	MON	TUE	WED	THU	FRI	SAT
No Practice	AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:30-8:00	1 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	2 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	3 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	4 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	5 IMANI Track meet No Track Practice! No Weight Training! USATF Masters Indoor championships!
No Practice	7 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	8 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	9 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	10 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	11 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	12 AM: TPAH1: 9:00 - 11:00 WT1: 11:30-1:30 PM:
No Practice	14 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	15 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	16 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	17 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	18 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	19 AM: TPAH1: 9:00 - 11:00 WT1: 11:30-1:30 PM:
No Practice	21 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	22 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	23 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	24 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	25 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	26 AM: TPAH1: 9:00 - 11:00 WT1: 11:30-1:30 PM:
No Practice	28 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	29 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	30 AM: PT:5:45-6:50 OTS: 7:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	31 AM: PT:6:00-7:00/9:00-10:00 OTS: 7:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	1 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	2 AM: TPAH1: 9:00 - 11:00 WT1: 11:30-1:30 PM:



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.
PT = Private Training Or Closed Session	These Sessions are closed to the public.
TPAH1: 9:00-11:00 AM TPAH2: 6:00-8:00 PM Open Session	Track Practice (Aliso Niguel High School) Call to register.
TPIH: 6:00 -7:30 PM Speed Training for MDR. Open Session	Track Practice (Irvine High School) Call to register.
SAT: 4:00-5:30PM Open Session	Speed/Agility Training (For all sports) (Wingspan Park) Call to register.
YSPT RCS: 4:00-5:00PM YSPTWP: 4:00-5:30PM Closed Session Renaissance Club Sport (YSPT)	Speed/Agility Training (For all sports) (Renaissance Club Sport) (Wingspan Park) Call to register.
WT1: 11:30-1:30 PM WT2: 6:00-8:00 PM Open Session	Weight Training Class (Tachyon Center GYM) Call to register.
THHS: Time Varies Trabuco Hills HS Track Team	Track Practice/ Weight Training (Trabuco Hills HS)
TPLA1: 4:30-6:30 PM Open Session	Track Practice LA Group Fri:(Aviation Park / Mira Costa HS or Sun: Irvine) Call to register.

*** HB All Comers Track meet:**

Coach Perez will be at this meet. I will be hosting the USATF level 1 school therefore, there will be no practice sat (Feb 19).

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 & WT2A/B (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.

SAT/Speed & Agility Training (for all sports)

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

YSPT/Youth Sports Performance Training Renaissance Club Sports
 Mon/Wed [Renaissance Club Sport \(Aliso Viejo\)](#) 4:00 -5:00PM
 Tues/Thurs [Wingspan Park \(Aliso Viejo\)](#) 4:00 -5:30PM

(Aliso Viejo)

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