



**Feb**  
**Last updated: 2/4/2011**

Contact us:  
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Web: [www.TachyonTC.net](http://www.TachyonTC.net) Phone: 949-636-9234

SUN	MON	TUE	WED	THU	FRI	SAT
No Practice	<b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPAH2: 6:00-8:00</b>	<b>1</b> <b>AM: PT:6:00-7:00</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>2</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPIH: 6:00-7:30</b>	<b>3</b> <b>AM: PT:6:00-7:00/9:30-10:30</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>4</b> <b>AM: OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>TPLA1: 4:30-6:30</b>	<b>5</b> <b>AM: TPAH1: 9:00 - 11:00</b> <b>WT1: 11:30-1:30</b>  <b>Trabuco Hills All-Comers CA</b> <b>Indoor State Meet Qualifier</b>
No Practice	<b>7</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPAH2: 6:00-8:00</b>	<b>8</b> <b>AM: PT:6:00-7:00</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>9</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPIH: 6:00-7:30</b>	<b>10</b> <b>AM: PT:6:00-7:00/9:30-10:30</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>11</b> <b>AM: OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>TPLA1: 4:30-6:30</b>	<b>12</b> <b>AM: TPAH1: 9:00 - 11:00</b> <b>WT1: 11:30-1:30</b>  <b>PM:</b>
No Practice	<b>14</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPAH2: 6:00-8:00</b>	<b>15</b> <b>AM: PT:6:00-7:00</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>16</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPIH: 6:00-7:30</b>	<b>17</b> <b>AM: PT:6:00-7:00/9:30-10:30</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>18</b> <b>AM: OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>TPLA1: 4:30-6:30</b>	<b>19</b> <b>AM: USATF Level 1 School</b> <b>No Track Practice!</b> <b>No Weight Training!</b>  <b>*HB Track Meet:</b>
No Practice <b>USATF Level 1 School</b>	<b>21</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPAH2: 6:00-8:00</b>	<b>22</b> <b>AM: PT:6:00-7:00</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>23</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPIH: 6:00-7:30</b>	<b>24</b> <b>AM: PT:6:00-7:00/9:30-10:30</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>25</b> <b>AM: OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>TPLA1: 4:30-6:30</b>	<b>26</b> <b>AM: TPAH1: 9:00 - 11:00</b> <b>WT1: 11:30-1:30</b>  <b>PM:</b>
No Practice	<b>28</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPAH2: 6:00-8:00</b>	<b>1</b> <b>AM: PT:6:00-7:00</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>2</b> <b>AM: PT:5:45-6:50</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS: 12:00-2:00</b> <b>THHS: 2:00-4:00</b> <b>YSPTRCS: 4:00-5:00</b> <b>TPIH: 6:00-7:30</b>	<b>3</b> <b>AM: PT:6:00-7:00/9:30-10:30</b> <b>OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>YSPTWP/SAT: 4:00-5:30</b> <b>WT2A: 6:00-7:00</b> <b>WT2B: 7:00-8:00</b>	<b>4</b> <b>AM: OTS: 7:00-12:00</b>  <b>PM: OTS:12:00-3:00</b> <b>TPLA1: 4:30-6:30</b>	<b>5</b> <b>AM: TPAH1: 9:00 - 11:00</b> <b>WT1: 11:30-1:30</b>  <b>PM:</b>



### Schedule of Events/Clinics

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

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

## \* 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](http://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 32<sup>nd</sup> St. in front of the supermarket.

Make a right on 32<sup>nd</sup> 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** Mon/Wed [Renaissance Club Sport \(Aliso Viejo\)](#) 4:00 -5:00PM

Tues/Thurs [Wingspan Park \(Aliso Viejo\)](#) 4:00 -5:30PM

Sports (Aliso Viejo)

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