



April
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SUN	MON	TUE	WED	THU	FRI	SAT
No Practice	AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	AM: PT: 9:00-10:00 OTS: 10:00-12:00 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:
No Practice	4 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	5 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	6 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	7 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	8 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	9 Bay Cities Track meet No Track Practice! No Weight Training!
Bay Cities Track Meet	11 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	12 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	13 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	14 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	15 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	16 AM: 7:30 - 9:30 BEACH RUN (see page 2 for details) WT1: 11:30-1:30 PM:
No Practice	18 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	19 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	20 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: TBA	21 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	22 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	23 AM: TPAH1: 9:00 - 11:00 WT1: 11:30-1:30 PM:
No Practice/ 1 Long Beach TM	25 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPAH2: 6:00-8:00	26 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	27 AM: OTS: 6:00-12:00 PM: OTS: 12:00-2:00 THHS: 2:30-4:30 YSPTRCS: 4:00-5:00 TPIH: 6:00-7:30	28 AM: PT: 9:00-10:00 OTS: 10:00-12:00 PM: OTS:12:00-3:00 YSPTWP/SAT: 4:00-5:30 WT2A: 6:00-7:00 WT2B: 7:00-8:00	29 AM: OTS: 7:00-12:00 PM: OTS:12:00-3:00	30 Long Beach Sprinters Track meet No Track Practice! No Weight Training!



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 YSPT WP: 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	Weight Training Class (Tachyon Center GYM)
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.

Track Meets this month:

- **Bay Cities Track Meet: 4/09-10/2011**
- **Long Beach Sprinters: 4/30-5/1/2011**

Beach Runs:

Saturday's 7:30-9:30 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!!!

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 (Aliso Viejo)

Mon/Wed	Renaissance Club Sport (Aliso Viejo)	4:00 -5:00PM
Tues/Thurs	Wingspan Park (Aliso Viejo)	4:00 -5:30PM

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