

EVENT: Power yoga 9:30-10:30AM , B-Ball Skills 10:30-11:30, Nutrition 11:30-12:00PM. Tuesday July 12th – RSVP below by Monday 5PM or earlier

Who: -6'5" USA Basketball -B.A. Stanford -FIBA/WNBA Professional Athlete -ACE Certified Personal Trainer, Nutrition Consultant and Yoga Instructor –M.A. USC Health Communication Management. This event is for student-athletes 12-18 years of age. Boys and Girls are welcome. For the July 12th event girls ages 12-18 years. **Where:** Barrington Recreation Center. 333 S. Barrington Ave., Los Angeles, CA 90049. Please bring Water, Sunscreen, Outdoor B-Ball, yoga matt if you have one- Carolyn will provide them if you need one as well. Please indicate when you RSVP. **Register:** \$75/player includes video e-mail of yoga session, nutrition session and sample nutrition menu plan with Carolyn Moos call **(310) 600-3320** RSVP c.moos@stanfordalumni.org w TITLE “FITT4Life BB-Yoga-Nutrition Clinics”

Sport-Specific Nutrition, Cross-Training: Injury prevention, improve body composition and reach your full potential!

Nutrition, sport-specific training and overall lifestyle serve as the foundation to attain your ideal body composition to perform at your best mentally in the classroom and physically on the court or field. Carolyn will help you start to understand the power of meal-timing, macronutrient profiling, Glycemic Index and Glycemic Load, importance of rest and sleeping patterns, and manipulation of intensity, duration and mode of sport-specific training. To find more information on dates and location visit URL: www.fitt4life.org. Contact Carolyn c.moos@stanfordalumni.org

\$75 Yoga 1 hour full session, Basketball Skills 1 Hour and Nutrition presentation.

9:30AM-10:30AM Yoga- reduce risk of injury, improve performance with power yoga from Carolyn Moos

10:30AM-11:30AM B-BALL Skills- emphasis: Basketball

is a game of Mismatches- post players face up shots, nail the 3, guards take a smaller match-ups down low and learn all post moves- be versatile! This is the modern basketball player. Offensive team concepts- plays and basketball IQ- know the court and don't react- dictate as a smart basketball player will do! Intuition along with structure.

11:30-12:00PM Nutrition – Menu overview, nutrition analysis, lifestyle choices, sample meal plan and question and answer with Carolyn Moos!

**All aspects of clinic will be filmed and can be e-mailed to your parents for your benefit. Work hard, improve, learn new skills and HAVE FUN! -Carolyn C: 310-600-3320
c.moos@stanfordalumni.org SUBJECT "FITT4Life Clinics" www.fitt4life.org**