



Basketball, Yoga and Nutrition Clinic with 6'5" Carolyn Moos USA Basketball, B.A. Stanford, FIBA/WNBA, M.A. USC, ACE

Date: July 2nd **Ages:** 6th-12th grade and 6th-8th & 9th-12th will be grouped according to skill level.

Time: 9-11:00 AM basketball skill work, position work, offensive/defensive sets, 11:00-11:45 AM lunch and talk, 11:45 AM-12:45 PM games/competitions, 12:45 AM-1:30 PM Yoga, 1:30-2:00 PM Nutrition.

Location: indicated at www.fitforlivinglife.com or e-mail

Cost: \$75 for individual participation and \$65 per athlete for a team of 5 or more players. Register online at www.fitforlivinglife.com
c.moos@stanfordalumni.org