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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

FRIDAY, JULY 10, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Full Body Workout	Chris Hemsworth's personal trainer, takes us to Hemsworth's home in Byron Bay Australia, where he puts Hemsworth's stunt double through the workout he designed for Hemsworth for the new Men In Black Movie. Click Here
Health & Wellness	Healthy Habits	In this Healthy Habits lesson Ms. Wendy discusses different types of exercises and the benefits of each workout. Click Here

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Arts	Music	Watch Damian 'Jr. Gong' Marley play "Slave Mill", "So a Child May Follow" and "Speak Life" at the Tiny Desk. Click Here
Academic Success	Habits of Successful Students	Some students just have everything together. They earn awesome grades, but they're also successful on other fronts. Opportunities always seem to find them, and they're always prepared for what's coming next. Here are 8 habits to start adopting for next school year. Click Here
Character and Citizenship	Interview Questions	In this interview training video, Richard McMunn gives you his top 21 interview questions, tips and answers you can use to get the job you want. Click Here