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BOYS & GIRLS CLUBS  
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

THURSDAY, AUGUST 27, 2020

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff <a href="#">Click Here</a>
Sports & Recreation	Soccer	Join Coach Bruno from the US Soccer Foundation for this week's Soccer for Success at Home session focused on offensive attacking and the nutritional benefits of proteins! <a href="#">Click Here</a>
Health & Wellness	The Power of Sleep & Meditation	Kobe Bryant was always more than a legendary basketball player. Here, Bryant, who felt strongly that well-being is critical for peak performance, shares how prioritizing sleep and meditation benefited his game. <a href="#">Click Here</a>

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Arts	Music - Splice Beatmaker	Want to learn how to make your own beats? Try this free online beatmaker through Splice sounds. <a href="#">Click Here</a>
College	College Workshop	College Workshop on the “Myths about College.” Take a look at this video from BGCC’s own Ms. Natalie on entering post secondary education. <a href="#">Click Here</a>
Leadership	Personality Test	Are you a Leader or a Follower? Watch this video choose A or B and count all your points at the end to find out your result! <a href="#">Click Here</a>