

*"I know that hard work got me here. And the day I stop working hard, this can all go away." -KD*



Cal Lutheran Presents:

## The Breakfast Club

After four years of Princeton basketball & three years of overseas professional play, Cal Lutheran Assistant Coach Annie Tarakchian is hosting The Breakfast Club.

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The Breakfast Club is for male and female high school athletes looking to thrive at the next level. Training will entail speed and agility drills, basketball IQ tactics, and high intensity skill work.

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**WEEK ONE:** Oct 22, 23, 25 (Tuesday, Wednesday, Friday)

**WEEK TWO:** Oct 29, 30, Nov 1 (Tuesday, Wednesday, Friday)

**WHO:** 9TH - 12TH GRADE ATHLETES

**WHEN:** 6AM TO 7:15AM

**WHERE:** GILBERT SPORTS & FITNESS CENTER

**COST:** \$100 / WEEK

Recovery snacks will be provided.

For more information, email [atarakchian@callutheran.edu](mailto:atarakchian@callutheran.edu) or call 818-395-7070

- For payment and registration, visit CashNet Registration -

<https://commerce.cashnet.com/clubskt?itemcode=BSKT-BBC>