



[Burnaby Mountain Selects @ the University of Denver Team Camp](#)

Day 1 - Thursday, July 8, 2010

Burnaby Mountain Selects Sophomore and Junior Elite teams on our way to Denver, Colorado... 9:35 AM Jul 8th via Twitter for BlackBerry®

Pick-up #1 at Port Moody Ice Arena is complete. On our way to Pick-up #2 at Burnaby 8 Rinks... 9:37 AM Jul 8th via Twitter for BlackBerry®

Pick-up #2 at Burnaby 8 Rinks is complete. On our way to final Pick-up #3 at Campbell River Store... 10:07 AM Jul 8th via Twitter for BlackBerry®

Final Pick-up at Campbell River Store is complete. Proceeding to the Pacific Border Crossing to clear US Customs... 11:04 AM Jul 8th via Twitter for BlackBerry®

Selects have cleared US Customs and are on our way to SeaTac International Airport... 11:53 AM Jul 8th via Twitter for BlackBerry®

Bby Mtn Selects have arrived at SeaTac International Airport. Unloading the bus and preparing to check-in for our flight to Denver... 1:50 PM Jul 8th via Twitter for BlackBerry®

Athletes have checked-in and are preparing to clear Security... 2:24 PM Jul 8th via Twitter for BlackBerry®

Selects have cleared Security. Athletes are enjoying lunch at the airport... 2:49 PM Jul 8th via Twitter for BlackBerry®

Flight to Denver is currently delayed until 4:11pm. Athletes have finished lunch and are now hanging out and relaxing at our Gate... 4:05 PM Jul 8th via Twitter for BlackBerry®

Selects have boarded Alaska Airlines Flight #AS0674 to Denver. ETA into Denver approx. 7:38pm MDT. Next update will be upon landing... 5:20 PM Jul 8th via Twitter for BlackBerry®

Bby Mtn Selects have landed safely at Denver International Airport. Athletes are preparing to deboard the plane... 7:52 PM Jul 8th via Twitter for BlackBerry®

Selects have deboarded the plane and are on our way to get our bags from the luggage carousel... 8:09 PM Jul 8th via Twitter for BlackBerry®

Athletes have picked up their bags and are now on our on our way to board the Team bus... 8:32 PM Jul 8th via Twitter for BlackBerry®

Selects have arrived at the hotel. Athletes have been checked-in to their rooms and are getting ready for Team Dinner... 9:37 PM Jul 8th via Twitter for BlackBerry®

Dinner Day 1: BBQ Pulled Pork Sandwiches 10:20 PM Jul 8th via Twitter for BlackBerry®

Lights Out Day 1. Coaches are doing room checks... 11:18 PM Jul 8th via Twitter for BlackBerry®

Day 2 - Friday, July 9, 2010

Breakfast Day 2: Scrambled Eggs, Hashbrowns and Waffles served with Yogurt, Fruit, Cereal, Bagels and Toast. 8:36 AM Jul 9th via Twitter for BlackBerry®

Lunch Day 2: Spaghetti with a creamy bolognese sauce. 11:38 AM Jul 9th via Twitter for BlackBerry®

Denver Weather Report for Friday, July 9: Sunny with cloudy periods. High of 27, low of 19. Currently 20 degrees, sunny with a few clouds. 11:43 AM Jul 9th via Twitter for BlackBerry®

Selects are on the bus and on our way to Walmart to pick-up Water and Gatorade before heading to Dick's Sporting Goods Park... 12:57 PM Jul 9th via Twitter for BlackBerry®

Selects have arrived at Walmart Supercenter. Athletes are picking up Water and Gatorades in order to stay hydrated in the Denver heat! 1:29 PM Jul 9th via Twitter for BlackBerry®

Bby Mtn Selects have arrived at DSG Park for the NCAA Coaches Clinic and Day 1 of the University of Denver Team Camp... 2:38 PM Jul 9th via Twitter for BlackBerry®

Day 1 Schedule: 3-5pm NCAA Coaches Clinic; 6pm BMS Sophomore vs. Creek (Co) Field #7; 7pm BMS Junior vs. MN Gold (MN) Field #10... 2:42 PM Jul 9th via Twitter for BlackBerry®

Photo: University of Denver Team Camp - NCAA Coaches Clinic at Dicks Sporting Goods Park <http://twitpic.com/23ucr7> 3:14 PM Jul 9th via Twitpic

NCAA Coaches Clinic has wrapped up. Athletes are eating a snack and refueling before our first game at 6pm. Weather is 26 degrees and sunny. 5:18 PM Jul 9th via Twitter for BlackBerry®

BMS Sophomore lose first game 13-8 to Cherry Creek (Co) 7:03 PM Jul 9th via Twitter for BlackBerry®

BMS Junior down 11-1 to a very strong Minnesota Gold team at the break. Play a much better. Second half for a 16-1 final. 8:04 PM Jul 9th via Twitter for BlackBerry®

Selects are on the bus and heading back to the hotel... 8:06 PM Jul 9th via Twitter for BlackBerry®

Selects have arrived back at the hotel. Athletes are heading to their rooms and hitting the showers before dinner... 8:50 PM Jul 9th via Twitter for BlackBerry®

Dinner Day 2: Maple Glazed Country Ham served with French Classic Potato Salad, Glazed Carrots and Garlic Bread. 9:43 PM Jul 9th via Twitter for BlackBerry®

Day 3 - Saturday, July 10, 2010

Breakfast Day 3: Scrambled Eggs with Honey Ham and Onions served with Buttermilk Pancakes and Yogurt. 6:14 AM Jul 10th via Twitter for BlackBerry®

Selects are on the bus and on our way to Dick's Sporting Goods Park... 7:39 AM Jul 10th via Twitter for BlackBerry®

Denver Weather Forecast for Saturday, July 10: Sunny; High of 31, Low of 17. Currently 17 degrees and sunny. Everyone is wearing sunscreen! 7:42 AM Jul 10th via Twitter for BlackBerry®

Bby Mtn Selects have arrived at DSG Park for Day 2 of the University of Denver Team Camp. Each team is scheduled to play 3 seeding games... 8:13 AM Jul 10th via Twitter for BlackBerry®

BMS Sophomore Schedule: 9am Field #7 vs. Denver Elite (CO); 11am Field #8 vs. Team One (IL); 12pm Field #10 vs. Monarch (CO) 8:17 AM Jul 10th via Twitter for BlackBerry®

BMS Junior Schedule: 10am Field #8 vs. Trilogy (TX); 12pm Field #11 vs. Idaho (ID); 1pm Field #10 vs. Regis (CO) 8:19 AM Jul 10th via Twitter for BlackBerry®

BMS Sophomore lose 9-4 to Denver Elite (CO). Next game 11am Field #8 vs. Team One (IL).

BMS Junior lose 9-7 to Trilogy (TX). Next game 12pm Field #11 vs. Idaho (ID). 10:59 AM Jul 10th via Twitter for BlackBerry®

BMS Sophomore tie Team One (IL) 6-6. Play back-to-back...next game 12pm Field #10 vs. Monarch (CO).

BMS Junior lose a close one 10-8 to Idaho (ID). Play back-to-back...next game 1pm Field #10 vs. Regis (CO). 12:59 PM Jul 10th via Twitter for BlackBerry®

BMS Sophomores lose last game of the day 16-3 to Monarch (CO). Stay tuned for tomorrow's play-off schedule... 1:03 PM Jul 10th via Twitter for BlackBerry®

BMS Juniors tied 5-5 with Regis (CO). Game is currently postponed due to Thunder and Lightening. Stay tuned for further updates... 1:54 PM Jul 10th via Twitter for BlackBerry®

2pm games have been called...BMS Junior vs. Regis (CO) ends in a 5-5 tie. Stay tuned for tomorrow's play-off schedule... 2:27 PM Jul 10th via Twitter for BlackBerry®

Selects are on the bus and heading back to the hotel... 2:28 PM Jul 10th via Twitter for BlackBerry®

Selects have arrived back at the hotel. Athletes are heading to their rooms to shower and relax before dinner... 3:03 PM Jul 10th via Twitter for BlackBerry®

Congratulations to Bby Mtn Selects athletes James Rahe, Taylor Stuart and Alex Thomson who have been selected to play in the All-Star game! 3:40 PM Jul 10th via Twitter for BlackBerry®

Photo: University of Denver Team Camp All-Star Game. L-R Alex Thomson, Taylor Stuart and James Rahe. <http://twitpic.com/247bax> 6:10 PM Jul 10th via Twitpic

Dinner Day 3: Beef and Sauteed Vegetable Burritos with Roasted Corn, Beans, Salsa, Sour Cream, Guacamole & Cheese served with Spanish Rice 6:48 PM Jul 10th via Twitter for BlackBerry®

Athletes have finished eating dinner and are now relaxing in their rooms after an action packed day lacrosse. 7:55 PM Jul 10th via Twitter for BlackBerry®

Sunday Sched. has been released. BMS So. will compete in the consolation bracket, while BMS Jr. will compete for the Bracket 2 Championship 9:01 PM Jul 10th via Twitter for BlackBerry®

BMS Sophomores play 3 games...Schedule: 10am Field #11 vs. Heritage (CO); 11am Field #7 vs. St. Louis (MO); 12pm Field #12 vs. Kent (CO) 9:06 PM Jul 10th via Twitter for BlackBerry®

BMS Juniors begin play-off round at 10am Field #9 vs. Denver Elite (CO). Stay tuned for LIVE updates throughout the day! 9:09 PM Jul 10th via Twitter for BlackBerry®

Lights Out Day 3. Coaches are doing room checks... 10:30 PM Jul 10th via Twitter for BlackBerry®

Day 4 - Sunday, July 11, 2010

Breakfast Day 4: Scrambled Eggs with Ham and Onions served with Bagels, Cream Cheese, Yogurt and Cereal. 7:45 AM Jul 11th via Twitter for BlackBerry®

Selects are on the bus and on our way to Dick's Sporting Goods Park... 8:39 AM Jul 11th via Twitter for BlackBerry®

Denver Weather Forecast for Sunday, July 11: Sunny; High of 30, Low of 17. Currently 17 degrees and sunny with blue skies. 8:41 AM Jul 11th via Twitter for BlackBerry®

Bby Mtn Selects have arrived at DSG Park for Day 3 of the University of Denver Team Camp. Looking forward to another exciting day of lax! 9:29 AM Jul 11th via Twitter for BlackBerry®

BMS Junior win Bracket 2 Quarterfinal 9-3 over Denver Elite (CO). Next game Bracket 2 Semifinal 11am Field #10 vs. Mount Vista (CO). 10:59 AM Jul 11th via Twitter for BlackBerry®

BMS Sophomores lose 7-6 in OT to Heritage (CO). Next game 11am Field #7 vs. St. Louis (MO). 11:04 AM Jul 11th via Twitter for BlackBerry®

BMS Sophomores win 5-3 over St. Louis Pride (MO). Next game 12pm Field #12 vs. Kent Denver. 11:59 AM Jul 11th via Twitter for BlackBerry®

BMS Juniors win Bracket 2 Semifinal 8-7 in OT over Mount Vista (CO). Advance to Bracket 2 Championship Final 12pm Field #8 vs. Monarch (CO). 12:01 PM Jul 11th via Twitter for BlackBerry®

BMS Sophomores win 6-5 over Kent (CO) to finish Day 3 with a 2-1 record. 1:12 PM Jul 11th via Twitter for BlackBerry®

BMS Juniors lose 7-4 to Monarch (CO) in the Bracket 2 Championship. Finish Day 3 with a 2-1 record. 1:18 PM Jul 11th via Twitter for BlackBerry®

Selects are on the bus and heading back to the hotel after a great day of lacrosse... 1:21 PM Jul 11th via Twitter for BlackBerry®

Selects have arrived back at the hotel. Athletes are hitting the showers before leaving at 3pm for the Outlets at Castle Rock... 1:59 PM Jul 11th via Twitter for BlackBerry®

Selects are back on the bus and on our way to the Outlets at Castle Rock... 3:08 PM Jul 11th via Twitter for BlackBerry®

Selects are enjoying shopping at the Outlets at Castle Rock... 4:06 PM Jul 11th via Twitter for BlackBerry®

Selects have finished shopping and are now back on the bus on our way back to the hotel... 5:40 PM Jul 11th via Twitter for BlackBerry®

Selects have arrived back at the hotel. Athletes are heading to their rooms to relax before dinner... 6:27 PM Jul 11th via Twitter for BlackBerry®

Athletes are having fun in the hotel pool. Coach Ripley and Coach Genereux have traded in their lax clipboards to be Lifeguards on duty! 7:28 PM Jul 11th via Twitter for BlackBerry®

Dinner Day 4 (by popular demand!): Sloppy Joes served with Veggies and Dip. 8:25 PM Jul 11th via Twitter for BlackBerry®

Photo: Happy 16th Birthday to BMS Athlete Andrew Buchanan...SURPRISE!!! <http://twitpic.com/24kdm8> 9:18 PM Jul 11th via Twitpic

Selects are eating Birthday Cake and enjoying our last night in Denver, CO 9:26 PM Jul 11th via Twitter for BlackBerry®

Athletes are packing their bags and cleaning their rooms for room inspection. Coaches are doing room checks... 11:08 PM Jul 11th via Twitter for BlackBerry®

Day 5 - Monday, July 12, 2010

Breakfast Day 5: Breakfast Burritos served with Bagels, Yogurt and Cereal. 8:15 AM Jul 12th via Twitter for BlackBerry®

Selects have checked-out of the hotel and are now on the bus on our way to the University of Denver... 9:29 AM Jul 12th via Twitter for BlackBerry®

Bby Mtn Selects have arrived at the University of Denver. Starting our tour with Coach Brown, Assistant Coach and Offensive Coordinator... 9:59 AM Jul 12th via Twitter for BlackBerry®

Touring the Ritchie Athletic Center including the brand new Bowlen Weight Training facilities and Film Room... 10:23 AM Jul 12th via Twitter for BlackBerry®

Passing Sturm Hall and Denver Law School on our way to the Quad and Student Services building... 10:26 AM Jul 12th via Twitter for BlackBerry®

Athletes are inside the DU School of Business talking with Coach Brown about Academics, Lacrosse and the NCAA College Recruitment process... 11:02 AM Jul 12th via Twitter for BlackBerry®

Continuing our walk around campus...passing the new DU Music Building, Science Complex and student residences... 11:10 AM Jul 12th via Twitter for BlackBerry®

Selects have finished our tour of the University of Denver. Athletes are now shopping for souvenirs at the DU Bookstore... 11:43 AM Jul 12th via Twitter for BlackBerry®

Athletes are enjoying lunch on DU campus along University Drive... 12:22 PM Jul 12th via Twitter for BlackBerry®

Denver Weather Report for Monday, July 12: Sunny with cloudy periods; High of 33, Low of 19. Currently 27 degrees & sunny with a few clouds 11:36 AM Jul 12th via Twitter for BlackBerry®

Selects have finished our morning at the University of Denver and are now back on the bus, on our way to Denver International Airport... 12:08 PM Jul 12th via Twitter for BlackBerry®

Selects have arrived at Denver International Airport. Athletes are unloading the bus and preparing for check-in... 12:42 PM Jul 12th via Twitter for BlackBerry®

Selects have checked-in for our flight and are preparing to clear Security... 1:12 PM Jul 12th via Twitter for BlackBerry®

Athletes have cleared Security and we are now proceeding to our Gate... 1:20 PM Jul 12th via Twitter for BlackBerry®

Selects have boarded Alaska Airlines Flight #AS0673 to Seattle. ETA into SeaTac International Airport is approx. 6:46pm PDT. 3:52 PM Jul 12th via Twitter for BlackBerry®

Selects have landed safely at SeaTac International Airport. Athletes are preparing to deboard the plane... 6:51 PM Jul 12th via Twitter for BlackBerry®

Selects have deboarded the plane and are now on our way to pick-up our bags from the luggage carousel... 7:17 PM Jul 12th via Twitter for BlackBerry®

Athletes have picked-up their bags and we are now on our way to grab a snack and board the Team bus... 7:32 PM Jul 12th via Twitter for BlackBerry®

Selects are on the bus back home to Vancouver, BC. ETA to Drop-off #1 at Campbell River Store approx. 11pm. Stay tuned for travel updates... 8:08 PM Jul 12th via Twitter for BlackBerry®

Passing Safeco Field and QWest Stadium on our way through Downtown Seattle... 8:25 PM Jul 12th via Twitter for BlackBerry®

Passing Husky Stadium and the University of Washington... 8:29 PM Jul 12th via Twitter for BlackBerry®

Athletes are watching a movie on the bus and enjoying the drive home... 8:49 PM Jul 12th via Twitter for BlackBerry®

UPDATE: 45 minutes from the Pacific Border Crossing. ETA to Campbell River Store approx. 10:30pm (1 hour)... 9:27 PM Jul 12th via Twitter for BlackBerry®

Passing Western Washington University and Bellis Fair Mall... 9:47 PM Jul 12th via Twitter for BlackBerry®

Selects have arrived at the Pacific Boarder Crossing and are preparing to clear Canada Customs... 10:19 PM Jul 12th via Twitter for BlackBerry®

Selects have cleared Canada Customs and are proceeding to Drop-off #1 at Campbell River Store... 10:35 PM Jul 12th via Twitter for BlackBerry®

Drop-off #1 at Campbell River Store is complete. On our way to Drop-off #2 at Port Moody Ice Arena ETA approx. 11:25pm... 10:53 PM Jul 12th via Twitter for BlackBerry®

Drop-off #2 at Port Moody Ice Arena is complete. On our way to final Drop-off #3 at Burnaby 8 Rinks ETA approx. 12:00am... 11:44 PM Jul 12th via Twitter for BlackBerry®

Final Drop-off is complete. Thanks to the athletes for all of their hard work and a memorable experience in Denver, Colorado! 12:12 AM Jul 13th via Twitter for BlackBerry®

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