



BURNABY MOUNTAIN LACROSSE
MICRO BLOG
www.twitter.com/selectslacrosse

Burnaby Mountain Selects @ 2011 Adrenaline Challenge

Bby Mtn Selects Sophomore & Senior Elite teams to compete at the Adrenaline Challenge Jan 8-9 in San Diego, CA. Stay tuned for LIVE updates! 10:47 PM Jan 5th via web

Thursday, January 6, 2011

The Selects are off to an early start and on our way to San Diego, California for the 2011 Adrenaline Challenge... 5:11 AM Jan 6th 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... 5:12 AM Jan 6th 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... 5:41 AM Jan 6th via Twitter for BlackBerry®

Final Pick-up #3 at Campbell River Store is complete. Proceeding to the Pacific Highway Border Crossing to clear US Customs... 6:20 AM Jan 6th via Twitter for BlackBerry®

Selects have cleared US Customs and are now continuing on our way to Sea-Tac International Airport... 6:39 AM Jan 6th via Twitter for BlackBerry®

Passing the Space Needle on our way through downtown Seattle... January-06-11 8:37:19 AM via Twitter for BlackBerry®

Selects have arrived at Sea-Tac International Airport. Athletes are unloading the bus and preparing to check-in for our flight to San Diego January-06-11 8:54:50 AM via Twitter for BlackBerry®

Athletes have been checked-in for our flight and are now preparing to clear Airport Security... January-06-11 9:25:39 AM via Twitter for BlackBerry®

Selects have cleared Airport Security and are now enjoying breakfast before boarding our flight at 12:05pm... January-06-11 9:51:25 AM via Twitter for BlackBerry®

TRAVEL UPDATE: Flight to San Diego has been delayed until 1:02pm. Athletes are at the Gate & preparing for our new boarding time of 12:32pm. January-06-11 12:10:59 PM via Twitter for BlackBerry®

Selects have boarded Alaska Flight #AS488 to San Diego. ETA in to San Diego International Airport approximately 3:40pm PST... January-06-11 1:07:36 PM via Twitter for BlackBerry®

Selects have landed safely at San Diego International Airport. Athletes are preparing to deboard the plane... January-06-11 4:06:09 PM via Twitter for BlackBerry®

Athletes have deboarded the plane and are now grabbing a quick lunch-to-go before picking-up our bags at the luggage carousel... January-06-11 4:21:54 PM via Twitter for BlackBerry®

Athletes have picked-up their bags and are now boarding the Team Bus... January-06-11 4:46:19 PM via Twitter for BlackBerry®

Selects are on the bus and on our way to the Hotel... January-06-11 4:51:21 PM via Twitter for BlackBerry®

It is a nice afternoon in San Diego...weather is currently 16 degrees and sunny with part clouds. January-06-11 4:54:27 PM via Twitter for BlackBerry®

Selects have arrived at the Hotel. Athletes are unloading the bus and are being checked-in to their rooms... January-06-11 5:23:35 PM via Twitter for BlackBerry®

Athletes have been given their room assignments for the weekend and are now settling in to their rooms before Team Dinner... January-06-11 5:56:45 PM via Twitter for BlackBerry®

Photo: Dinner Day 1 - Rotisserie Chicken served with Mashed Potatoes, Corn on the Cob & French Bread
<http://yfrog.com/h8t80jj> January-06-11 8:54:34 PM via Twitter for BlackBerry®



Lights Out Day 1. Coaches are doing room checks... January-06-11 11:20:12 PM via Twitter for BlackBerry®

Friday, January 7, 2011

Adrenaline has posted some important updates re: Parking and Shuttle Services <http://bit.ly/eqxRAu>. Pls check email for further details... January-07-11 9:08:42 AM via web

Breakfast Day 2: Scrambled Eggs served with Hashbrowns, Pancakes, Corned Beef Hash, Fresh Fruit, Yogurt, Cereal and Toast. January-07-11 9:18:06 AM via Twitter for BlackBerry®

Athletes are relaxing in their rooms before boarding the Team Bus and leaving to head to the practice fields at 12:30pm... January-07-11 11:00:34 AM via Twitter for BlackBerry®

Selects are on the Bus and on our way to Target to pick-up Water and Gatorade before practice... January-07-11 12:55:14 PM via Twitter for BlackBerry®

Hoagie Sandwiches and Granola Bars are being served for lunch on the Team Bus... January-07-11 12:57:23 PM via Twitter for BlackBerry®

Selects have arrived at Target. Athletes to pick-up Water and Gatorade to stay hydrated this weekend... January-07-11 1:04:21 PM via Twitter for BlackBerry®

Selects are back on the bus and continuing on our way to Del Mar Polo Fields for BMS Team Practice... January-07-11 1:37:15 PM via Twitter for BlackBerry®

It's another nice day in San Diego. Weather is currently 17 degrees and sunny with a few clouds. Perfect weather for lacrosse! January-07-11 1:39:29 PM via Twitter for BlackBerry®

Burnaby Mountain Selects Sophomore and Senior Elite teams have arrived at Del Mar Polo Fields for BMS Team Practice from 2:30-4:30pm... January-07-11 2:02:06 PM via Twitter for BlackBerry®

Photo: Selects getting ready for Team Practice at Del Mar Polo Fields. <http://yfrog.com/h51qhcj> January-07-11 2:07:15 PM via Twitter for BlackBerry®



Photo: Selects starting Warm-up... <http://yfrog.com/h85jxsj> January-07-11 2:20:27 PM via Twitter for BlackBerry®



Selects have finished practice and are now on the bus, heading back to the Hotel... January-07-11 4:37:16 PM via Twitter for BlackBerry®

Selects have arrived back at the hotel. Athletes are hitting the showers before Team Supervised Study Hall at 6:00pm... January-07-11 5:01:37 PM via Twitter for BlackBerry®

Athletes are doing their homework and keeping up with their studies in Supervised Team Study Hall from 6:00-7:30pm... January-07-11 6:37:18 PM via Twitter for BlackBerry®

Athletes have finished Study Hall and are now getting ready to enjoy Team Dinner... January-07-11 7:35:29 PM via Twitter for BlackBerry®

Photo: Dinner Day 2 - Chicken & Italian Sausage Alfredo Spaghetti w/ Sweet Onion Salad & Dinner Roll
<http://yfrog.com/h7sk6ij> January-07-11 7:41:03 PM via Twitter for BlackBerry®



Photo: Happy 16th Birthday to BMS Sophomore Jonah Sahota!!! <http://yfrog.com/gzx68xj> January-07-11 9:39:55 PM via Twitter for BlackBerry®



SCHEDULE UPDATE: Revised schedule for BMS Sophomores was emailed out earlier tonight. Schedule still being updated on Adrenaline website... January-07-11 9:50:13 PM via Twitter for BlackBerry®

BMS Sophomore Schedule: All games on Field #15 - 9am vs. South Sound Starz (WA); 12pm vs. FCA SoCal Blue (CA); 3pm vs. Fog City Jays (CA). January-07-11 9:54:42 PM via Twitter for BlackBerry®

BMS Senior Schedule: 8am Field #12 vs. QC Elite (CA); 11am Field #12 vs. Golden Gate U18 (CA); 2pm Field #11 vs. LA Lazers Pink (CA). January-07-11 9:56:46 PM via Twitter for BlackBerry®

Lights Out Day 2. Coaches are doing room checks... January-07-11 10:41:55 PM via Twitter for BlackBerry®

Saturday, January 8, 2011

Breakfast Day 3: Scrambled Eggs served with Hashbrowns, Fresh Fruit, Yogurt, Cereal and Toast. January-08-11 6:05:54 AM via Twitter for BlackBerry®

Selects are on the bus and on our way to Del Mar Polo Fields... January-08-11 6:38:29 AM via Twitter for BlackBerry®

San Diego Weather Report for Saturday, January 8: Sunny with a few clouds; High of 14, Low of 8. Currently 10 degrees with scattered clouds. January-08-11 6:41:16 AM via Twitter for BlackBerry®

Bby Mtn Selects have arrived at the Del Mar Polo Fields for Day 1 of the Adrenaline Challenge. Over 80 teams, across 4 Div. in attendance... January-08-11 6:59:22 AM via Twitter for BlackBerry®

BMS Seniors win 6-5 over QC Starz (CA). Next game 11:00am Field #12 vs. Golden Gate U18 (CA). January-08-11 9:00:39 AM via Twitter for BlackBerry®

BMS Sophomores win 8-5 over South Sound Starz (WA). Next game 12:00pm Field #15 vs. FCA SoCal Blue (CA). January-08-11 10:00:26 AM via Twitter for BlackBerry®

BMS Seniors win 7-4 over Golden Gate U18 (CA). Next game 2:00pm Field #11 vs. LA Lazars Pink (CA). January-08-11 12:01:55 PM via Twitter for BlackBerry®

BMS Sophomores lose 8-4 to FCA SoCal Blue (CA). Next game 3:00pm Field #15 vs. Fog City Jays (CA). January-08-11 12:58:43 PM via Twitter for BlackBerry®

BMS Seniors win 7-4 over LA Lazars Pink (CA). Finish Day 1 with a 3-0 record. January-08-11 3:00:46 PM via Twitter for BlackBerry®

BMS Sophomores win 13-2 over Fog City Jays (CA). Finish Day 1 with a record of 2-1. January-08-11 4:02:31 PM via Twitter for BlackBerry®

Selects are on the bus and on our way back to the hotel after an action packed day of lacrosse... January-08-11 4:14:51 PM via Twitter for BlackBerry®

Selects have arrived back at the hotel. Athletes are heading to their rooms to shower and relax before dinner... January-08-11 5:08:15 PM via Twitter for BlackBerry®

Dinner Day 3 - The famous BMS Burrito Bar: Beef, Chicken, Spanish Rice, Refried Beans, Roasted Corn, Guacamole, Salsa, Sour Cream & Cheese January-08-11 6:58:27 PM via Twitter for BlackBerry®

Photo: The BMS Burrito! <http://yfrog.com/hs4mvfj> January-08-11 7:01:42 PM via Twitter for BlackBerry®



Congratulations to BMS Athletes Quinton Bradley and Tyler Buchan for being named to the Elite All-Star Game (11am Field #1) January-08-11 8:00:25 PM via Twitter for BlackBerry®

Congrats to BMS Athletes Kyran Clarke, Riley Glemnitz and Aaron Madaisky for being named to the High School All-Star Game (11am Field #3) January-08-11 8:02:56 PM via Twitter for BlackBerry®

Schedule for tomorrow has been released: 8:00am Adrenaline Elite Quarterfinals - #5 BMS Seniors vs. #4 Seattle Starz (WA) on Field #10... January-08-11 8:12:29 PM via Twitter for BlackBerry®

BMS Sophomores are eliminated from the HS Top 8 on a tie-breaker; play 1st Challenge Match at 10:00am Field #8 vs. Golden Gate U16 Gold (CA) January-08-11 8:18:15 PM via Twitter for BlackBerry®

Lights Out Day 3. Coaches are doing room checks... January-08-11 10:48:10 PM via Twitter for BlackBerry®

Sunday, January 9, 2011

Breakfast Day 4: Scrambled Eggs served with Hashbrowns, French Toast, Fresh Fruit, Yogurt and Cereal. January-09-11 5:57:52 AM via Twitter for BlackBerry®

Selects are on the bus and on our way to the Del Mar Polo Fields... January-09-11 6:46:22 AM via Twitter for BlackBerry®

San Diego Weather Report for Sunday, January 9: Sunny with variable clouds; High 14, Low 6. Currently 12 degrees and sunny with a few clouds January-09-11 6:50:13 AM via Twitter for BlackBerry®

Bby Mtn Selects have arrived at the Del Mar Polo Fields for Day 2 of the Adrenaline Challenge... January-09-11 7:05:38 AM via Twitter for BlackBerry®

#5 BMS Seniors win 8-4 over #4 Seattle Starz (WA) to advance to the Adrenaline Elite Semi-Finals. Stay tuned for game time and match-up... January-09-11 9:00:26 AM via Twitter for BlackBerry®

SCHEDULE UPDATE: 12:00pm Field #1 - Adrenaline Elite Semi-Finals: #5 BMS Seniors vs. #1 Brady's Bunch (AZ). January-09-11 9:21:57 AM via Twitter for BlackBerry®

BMS Sophomores win 12-2 over Golden Gate U16 Gold (CA). Stay tuned for any further schedule updates... January-09-11 10:58:45 AM via Twitter for BlackBerry®

#5 BMS Seniors lose 12-2 to #1 Brady's Bunch in the Elite Semi-Finals. Finish the 2011 Adrenaline Challenge with a 4-1 record. January-09-11 1:04:32 PM via Twitter for BlackBerry®

BMS Sophomores to face All Idaho (ID) in their final Challenge Match-up of the weekend. Game time is 2:00pm on Field #8. January-09-11 1:38:32 PM via Twitter for BlackBerry®

Photo: It's a nice afternoon in SD...weather is currently 16 degrees and sunny with a few clouds. <http://yfrog.com/h370melj> January-09-11 1:48:51 PM via Twitter for BlackBerry®



BMS Sophomores win their final game of the weekend 12-4 over All Idaho (ID). Finish the tournament with a record of 4-1. January-09-11 3:08:14 PM via Twitter for BlackBerry®

Selects are on the bus and on our way to In-N-Out Burger to cap off a great weekend of lacrosse... January-09-11 3:22:27 PM via Twitter for BlackBerry®

Selects are enjoying a late lunch at In-N-Out Burger... January-09-11 3:56:37 PM via Twitter for BlackBerry®

Selects are back on the bus and continuing on our way back to the Hotel... January-09-11 4:45:19 PM via Twitter for BlackBerry®

Selects have arrived back at the hotel. Athletes are heading to their rooms to shower and relax before dinner... January-09-11 5:15:11 PM via Twitter for BlackBerry®

Selects are having fun in the hotel pool and enjoying our last night in San Diego... January-09-11 7:05:01 PM via Twitter for BlackBerry®

Dinner Day 4: Homemade Macaroni and Cheese with fresh Dinner Rolls. January-09-11 8:37:38 PM via Twitter for BlackBerry®

Athletes are packing their bags and getting their rooms ready for Room Inspection... January-09-11 11:37:00 PM via Twitter for BlackBerry®

Room Inspection is complete. Lights Out Day 4. January-10-11 12:05:58 AM via Twitter for BlackBerry®

Monday, January 10, 2011

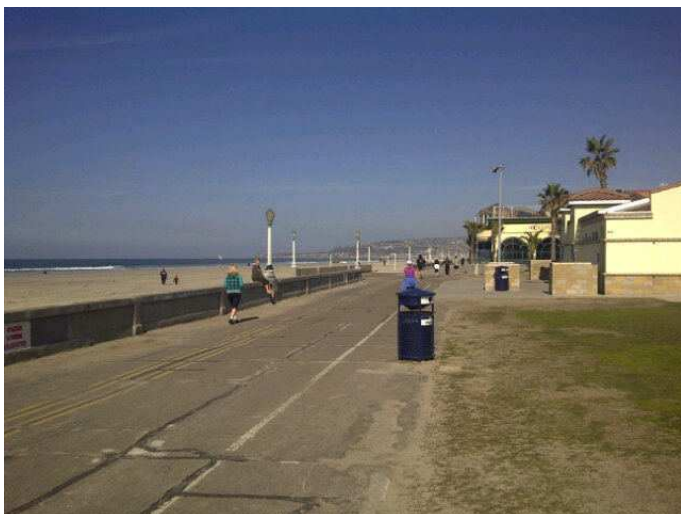
Breakfast Day 5: Scrambled Eggs served with Hashbrowns, Bacon, Ham, Pancakes, Fresh Fruit, Yogurt, Cereal and Toast. January-10-11 9:45:14 AM via Twitter for BlackBerry®

ITINERARY UPDATE: Selects to visit Pacific Beach today to enjoy the Ocean Front Boardwalk and Crystal Pier instead of Coronado Beach. January-10-11 10:23:50 AM via Twitter for BlackBerry®

Selects are on the bus and on our way to Pacific Beach to enjoy our last day in San Diego... January-10-11 10:46:02 AM via Twitter for BlackBerry®

San Diego Weather Report for Monday, January 10: Sunny with a few clouds; High 17, Low 8. Currently 15 degrees and sunny with blue skies. January-10-11 10:49:33 AM via Twitter for BlackBerry®

Photo: Bby Mtn Selects have arrived at Pacific Beach for some fun in the sun! <http://yfrog.com/h7y4gyj> January-10-11 12:32:19 PM via Twitter for BlackBerry®



Selects are back on the bus and on our way to San Diego International Airport... January-10-11 2:08:24 PM via Twitter for BlackBerry®

Selects have arrived at San Diego International Airport. Athletes are unloading the bus and preparing to check-in for our flight to Seattle. January-10-11 2:17:48 PM via Twitter for BlackBerry®

Selects have checked-in for our flight and are now preparing to clear Airport Security... January-10-11 3:17:32 PM via Twitter for BlackBerry®

Selects have cleared Airport Security and are now relaxing at the Gate before boarding our flight at 4:35pm... January-10-11 3:31:40 PM via Twitter for BlackBerry®

Selects have boarded Alaska Flight # AS233 to Seattle. ETA in to Sea-Tac International Airport approximately 7:55pm (on-schedule)... January-10-11 4:46:20 PM via Twitter for BlackBerry®

Selects have landed safely at Sea-Tac International Airport. Athletes are preparing to deboard the plane... January-10-11 7:44:07 PM via Twitter for BlackBerry®

Selects have deboarded the plane and are now on our way to pick-up our bags from the luggage carousel... January-10-11 7:58:55 PM via Twitter for BlackBerry®

Selects have picked-up our bags and are now grabbing a quick snack at the Airport before boarding the Team Bus... January-10-11 8:32:55 PM via Twitter for BlackBerry®

Selects are on the bus and beginning the drive home from Sea-Tac Airport to Vancouver. Stay tuned for LIVE travel updates along the way... January-10-11 9:06:36 PM via Twitter for BlackBerry®

Bus is currently on-time for scheduled Drop-off locations: 11:45pm Campbell River Store; 12:30am Port Moody Ice Arena; 1am Burnaby 8 Rinks. January-10-11 9:10:17 PM via Twitter for BlackBerry®

Passing Safeco Field and Qwest Field on our way up the I-5, through downtown Seattle... January-10-11 9:27:38 PM via Twitter for BlackBerry®

TRAVEL UPDATE: Selects are approximately 45 minutes from the Canada-US Border (about 15 minutes ahead of schedule)... January-10-11 10:27:52 PM via Twitter for BlackBerry®

REVISED DROP-OFF TIMES: 11:30pm Campbell River Store; 12:15am Port Moody Ice Arena; 12:45am Burnaby 8 Rinks. Stay tuned for more updates... January-10-11 10:31:16 PM via Twitter for BlackBerry®

Passing Bellis Fair Mall on our way through Bellingham... January-10-11 10:51:56 PM via Twitter for BlackBerry®

Selects have arrived at the Pacific Highway Border Crossing. Athletes are preparing to clear Canada Customs... January-10-11 11:18:17 PM via Twitter for BlackBerry®

Selects have cleared Canada Customs and are now proceeding to Drop-off #1 at Campbell River Store... January-10-11 11:34:13 PM 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 approximately 12:35pm... January-10-11 11:55:30 PM 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 approximately 12:55am... January-11-11 12:35:38 AM via Twitter for BlackBerry®

Final Drop-off #3 at Burnaby 8 Rinks is complete. Thanks to the athletes for all of their hard work and a memorable experience in San Diego! January-11-11 1:07:38 AM via Twitter for BlackBerry®

-END-