



BURNABY MOUNTAIN LACROSSE

MICRO BLOG

www.twitter.com/selectslacrosse

[Burnaby Mountain Selects Boy's Elite @ 2011 Dave Cottle Fall Lax Invitational](#)

Bby Mtn Selects Senior Elite team to compete at the Fall Lax Invitational, Nov. 5-6 in Baltimore, Maryland. Stay tuned for LIVE updates!

Wednesday, November 2, 2011

Bby Mtn Selects Senior Elite team is arriving at Vancouver International Airport to check-in for our flight to New York...

Athletes have been checked-in for our flight and are now preparing to clear Airport Security...

Selects have cleared Airport Security and are now enjoying a bite to eat before meeting at our Gate at 10:00pm...

Selects are at the Gate and preparing to board our flight at 10:30pm...

Selects have boarded Cathay Pacific flight #CX888 to New York. ETA into JFK International Airport 7:10am EDT. Good night from Vancouver!

Thursday, November 3, 2011

Selects have landed safely at JFK International Airport in New York. Athletes are preparing to deboard the plane...

Selects have deboarded the plane and are now preparing to clear US Customs and pick-up our bags from the luggage carousel...

Selects have cleared customs and picked-up our bags. Athletes are now enjoying a quick breakfast at the Airport before boarding the Team Bus

Selects have loaded the Team Bus and are on our way to Baltimore, Maryland...

It's a beautiful morning in New York! Weather is currently 8 degrees and sunny with a few clouds.

Driving by the site of the 1964 New York World's Fair, Arthur Ashe Stadium, home of the US Open and Citi Field, home of the MLB's NY Mets...

Driving through Queens on the Brooklyn-Queens Expressway...

Can now see the Empire State Building and Manhattan skyline in the distance...

Photo: View of Manhattan out of the Bus window (Empire State Building on left). yfrog.com/kgv0egmj



Photo: Brooklyn Bridge yfrog.com/nxay0aqj



Photo: View of Manhattan and the Financial District from across the Hudson River... yfrog.com/ob60114047j



Passing the Statue of Liberty in the distance as we prepare to cross the Verrazano-Narrows Bridge from Brooklyn to Staten Island...

Photo: Driving across the Verrazano-Narrows Bridge, the longest bridge span in the Americas. yfrog.com/nwy7yfaj



Bus is now on the New York State Route 440 and we are continuing on our way to Baltimore, through the states of New Jersey and Delaware...

Selects have arrived at Harford Mall in Bel Air, Maryland to eat lunch and shop at LAX World...

Passports have been collected by Team Staff for safe keeping.

Selects have finished eating lunch and shopping at LAX World and are now back on the bus, on our way to Dick's Sporting Goods...

Selects have finished shopping at Dick's Sporting Goods and are now back on the bus and on our way to Walmart Supercenter...

Selects have arrived at Walmart Supercenter. Athletes to pick-up water and Gatorade to stay hydrated this weekend...

Selects have finished shopping at Walmart Supercenter and are now back on the bus, on our way to the hotel...

Sun is still shining on what is a warm afternoon in Maryland! Weather is currently 14 degrees & sunny with blue skies & only a few clouds...

Driving past Downtown Baltimore and the Baltimore Inner Harbor as we approach the Fort McHenry Tunnel on the I-95 South...

Passing M&T Bank Stadium, home of the NFL's Baltimore Ravens and Oriole Park at Camden Yards, home of the MLB's Baltimore Orioles...

Selects have arrived at the hotel. Athletes are being checked-in to their rooms and given their room assignments for the weekend...

Athletes have been checked-in and are now settling in to their rooms before Team Dinner...

Photo: Dinner Day 2 - Maple Glazed Ham with Cheesy Scallop Potatoes, Roasted Corn and French Bread. yfrog.com/h7e64rjj



Lights Out Day 2. Coaches are doing room checks...

Friday, November 4, 2011

Breakfast Day 3 - Scrambled Eggs served with Ham, Hashbrowns, Waffles, Fresh Fruit, Yogurt, Bagels and Assorted Cereal.

Selects are on the Team Bus and on our way to the University of Maryland...

Bby Mtn Selects Senior Elite team has arrived in College Park to tour the University of Maryland...

Photo: Outside the UMD Comcast Center to begin our tour with Terps Head Coach John Tillman... yfrog.com/gyntyjj



Photo: The Pavilion Gym inside the Comcast Center yfrog.com/j2su5bj

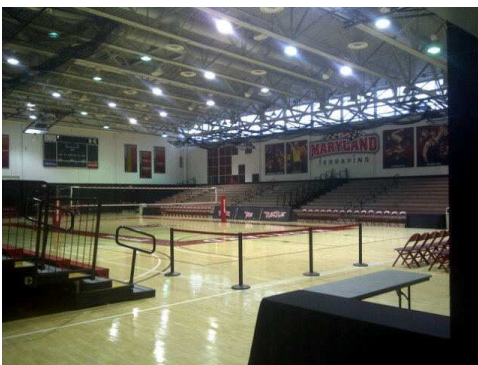


Photo: Selects walking out onto the court at Comcast Center... yfrog.com/h2dquatlj



Walking through Maryland's Academic Support and Career Development Unit for UMD student-athletes...

Photo: Selects heading inside the Varsity Team House... yfrog.com/gyvcvyfj



Photo: Terps Men's Lacrosse Locker Room yfrog.com/j2z54jsj



Photo: Maryland 2011 Team Goals Board "Be The Best" yfrog.com/oemp8pdj

A large board titled "MARYLAND LACROSSE 2011 GOALS BE THE BEST". The board lists various goals for the team, such as "ALLOW GOAL OR BETTER", "SCORE GOAL OR LESS", "END GOAL OR BETTER", "END GOAL OR LESS", "WIN HONORABLE MENTION", "FACEOFF: WIN GOAL OR BETTER", "FACEOFF: WIN GOAL OR LESS", "PENALTY: COMMIT A OR FEWER", "FORWARD: IN OR LESS", "ALLOW NO GOAL OR FEW BACKS", "ALLOW NO GOAL OR FEW POINT", "WIN THE MIDDLE OF THE FIELD", "BLOCK 3 GOALS OR LESS", "BLOCK 10 GOALS OR MORE", "SAVE GOAL OR BETTER", "SAVE GOAL OR MORE", "SAVE GOAL OR MORE", "DEFENSE: PREVENT PLAYER OF THE WEEK", and "DEFENSE: PREVENT PLAYER OF THE WEEK". The board is a grid with columns for different categories and rows for each goal, with red dots indicating progress.

Photo: Terps Strength and Conditioning Center yfrog.com/klzxrzj



Photo: Maryland Practice Field yfrog.com/kjtdmvmj



Photo: Outside Byrd Stadium... yfrog.com/klu0nesj



Photo: Selects walking through the Stamp Student Union Building... yfrog.com/h3enlij



Photo: Old Maryland Basketball Court now an Indoor Arena yfrog.com/kke6qekj



Photo: Field level at Byrd Stadium yfrog.com/khp8ycaj



Photo: Byrd Stadium Scoreboard yfrog.com/hvm54mgj



Coaches have finished speaking with the Selects about the College Recruitment process. Athletes are now shopping in the Terps Team Store...

Selects have wrapped up our tour of the University of Maryland and are now back on the bus, on our way to Washington, DC...

Driving by Nationals Park, home field of the MLB's Washington Nationals...

Deli sandwiches are being served for lunch on the Team Bus...

The Burnaby Mountain Selects are driving through Pennsylvania Avenue as we arrive at the White House in Downtown Washington, DC...

Photo: The Oval Office (back) side of the White House yfrog.com/nyj98tkj



Photo: Walking by the Eisenhower Executive Office Building... yfrog.com/nvv2yndj



Photo: Front of the White House yfrog.com/nyst9obj



Photo: View of the Washington Monument from the front lawn of the White House yfrog.com/nt5g7flj



Photo: The US Treasury Department yfrog.com/j25xpcj



Selects are back on the bus and on our way over to the Washington Monument...

Photo: Selects have arrived at the Washington Monument... yfrog.com/h3i7hjrj



Driving over to the Lincoln Memorial...

Photo: Selects have arrived at the Lincoln Memorial... yfrog.com/odj88rj



Photo: Inside the Lincoln Memorial... yfrog.com/nz6b1drj



Photo: View of the Reflecting Pond (under construction) from the steps of the Lincoln Memorial... yfrog.com/kjaqbucj



Back on the bus and driving by the Arlington Memorial Bridge, on our way to the new Martin Luther King Jr. Memorial...

Photo: Martin Luther King Jr. Memorial "Out of the Mountain of Despair, a Stone of Hope" yfrog.com/oetorgbj

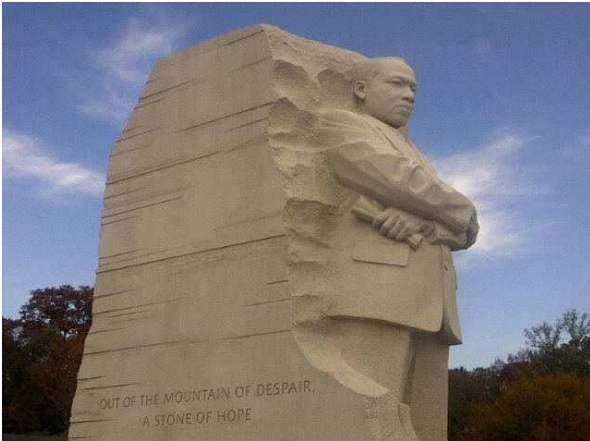
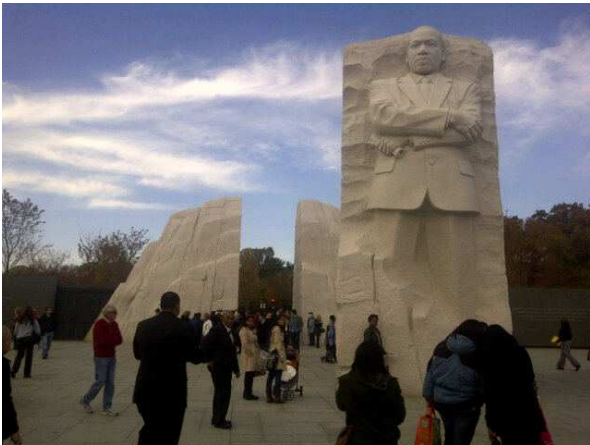


Photo: Front view of the Martin Luther King Jr. Memorial yfrog.com/g0larujj



Now driving over to the Jefferson Memorial...

Photo: Thomas Jefferson Memorial yfrog.com/o0ilmwnj



Photo: Selects inside the Thomas Jefferson Memorial... yfrog.com/h3fj8ebfj



Wrapping up our tour of the National Mall with a drive by Union Station and The Capitol Building...

Driving by the Department of Agriculture, Department of Transportation and Smithsonian Institution, on our way down Independence Avenue...

Photo: The Capitol yfrog.com/nyqgorij



Photo: Union Station yfrog.com/g0l56yxj



Selects have finished our tour of the US Capital and are now on our way back to the hotel...

Weather was great for our afternoon in Washington, DC. Temperature is currently 11 degrees with blue skies and only a few clouds.

Selects have arrived back at the hotel. Athletes are heading to their rooms before Supervised Team Study Hall from 5:00-6:30pm...

Selects have finished Study Hall and are now getting ready for Team Dinner...

Photo: Dinner Day 3 - Spaghetti Alfredo w/ Chicken & Italian Sausage and Baby Romaine & Apple Salad.
yfrog.com/nuaf5cbj



Athletes are relaxing in their rooms before curfew. Looking forward to tomorrow's games!

Lights Out Day 3. Coaches are doing room checks...

Saturday, November 5, 2011

Breakfast Day 4 - Scrambled Eggs served with Hashbrowns, Waffles, Fresh Fruit, Yogurt, Bagels and Assorted Cereal.

Selects are on the Team Bus and on our way to South River High School...

Baltimore Weather Report for Saturday, Nov. 5: Sunny and Clear. High of 9, Low of 2. Currently 8 degrees and sunny with blue skies.

Bby Mtn Selects Senior Elite team has arrived at South River High School for Day 1 of the Dave Cottle Fall Lax Invitational...

BMS Sr Sched: 1pm Blue Field vs Chesapeake Rock 2013 (MD); 2:40pm Blue Field vs Headstrong 2012 (PA); 4:20pm White Field vs Edge Sr/Jr (ON).

BMS Seniors win 8-0 over Chesapeake Rock 2013 (MD). Next game 2:40pm Blue Field vs Headstrong 2012 (PA)...

BMS Sr lose thriller 5-4 to Headstrong (PA) as goalie makes 2 great saves with short clock. Next game 4:20pm White Field vs Edge Sr/Jr (ON).

BMS Seniors tie Edge Sr/Jr (ON) 6-6 in a battle between two of Canada's top travel programs. Post a win, a tie and a 1-goal loss on Day 1...

Selects are on the bus and on our way back to the hotel after an exciting afternoon of lacrosse!

Selects have arrived back at the hotel. Athletes are heading to their rooms to shower and relax before dinner...

Photo: Dinner Day 4 - Back by popular demand...the almost famous BMS Burrito Bar! yfrog.com/hwpylbhj



Lights Out Day 4. Coaches are doing room check...

Sunday, November 6, 2011

Breakfast Day 5 - Scrambled Eggs served with Ham, Hashbrowns, French Toast, Waffles, Fresh Fruit, Yogurt, Bagels and Assorted Cereal.

Selects are on the Team Bus and on our way to South River High School...

Baltimore Weather Report for Sunday, Nov. 6: Sunny and Clear. High of 12, Low of 1. Currently 3 degrees and sunny with mostly blue skies.

Bby Mtn Selects Senior Elite team has arrived at South River High School for Day 2 of the Dave Cottle Fall Lax Invitational Tournament...

BMS Sr Schedule: 8:50am Blue Field vs South Shore (NJ); 10:30am Blue Field vs Edge Sr/Jr (ON); 12:10pm JV Stadium vs Mesa Fresh 2012 (PA).

Photo: Selects warming-up for Day 2 yfrog.com/kjndopwj



BMS Seniors lose 9-2 to South Shore (NJ). Next game 10:30am Blue Field vs Edge Sr/Jr (ON)...

BMS Seniors win rematch 9-7 over Edge Sr/Jr (ON). Next game 12:10pm JV Stadium vs Mesa Fresh 2012 (PA)...

Photo: Lots of NCAA College Coaches watching the over 60 teams in attendance, on 8 fields at SRHS. yfrog.com/ntn5rdzj



BMS Seniors lose final game of the tournament 6-2 to Mesa Fresh 2012 (PA). Finish 2-3-1 on the weekend vs some of the East Coast's top teams

Selects are on the bus and heading back to hotel...

Photo: Selects are enjoying lunch at Five Guys Burgers and Fries after an action packed weekend. yfrog.com/h8wt5njj



Selects have arrived back at the hotel. Athletes are heading to their rooms to shower before Supervised Team Study Hall at 4:00pm...

After two days of competition, BMS STUDENT-Athletes are hitting the books in Supervised Team Study Hall from 4:00-5:30pm...

Athletes have completed Study Hall and are now relaxing in their rooms before Dinner...

Photo: Dinner Day 5 - Baron of Beef Dip with Au Jus and Horseradish Cream. yfrog.com/nv1n9dtj



Athletes are relaxing in their rooms and enjoying our last night in Baltimore...

Athletes are packing their bags and cleaning their rooms for room inspection...

Coaches have completed room inspections. Athletes are winding down for the night and looking forward to spending tomorrow in Manhattan, NY!

Monday, November 7, 2011

Breakfast Day 6 - Scrambled Eggs served with Bacon, Hashbrowns, French Toast, Waffles, Fresh Fruit, Yogurt, Bagels and Assorted Cereal.

Selects have loaded the Team Bus and are on our way to Manhattan, New York!

Driving through the Baltimore Harbor Tunnel onto the I-95 North to New York...

Athletes have been enjoying movies during the drive from Baltimore. Manhattan skyline is now in sight!

Driving through the Lincoln tunnel into Manhattan...

Passing Chelsea Piers on our way to Battery Park and Ground Zero. Just saw the Trump Helicopter land!

Driving through the Meat Packing District...

Selects have arrived at Battery Park...

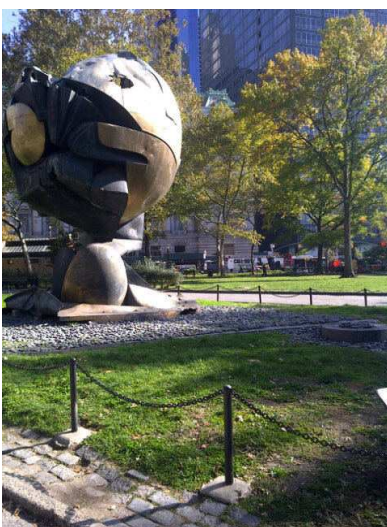
Photo: View of the new Freedom Tower at Ground Zero from Battery Park... yfrog.com/owc5rj



Photo: View of the Statue of Liberty from Battery Park... yfrog.com/nxkpsntj



Photo: The remains of "The Sphere" from the plaza between the Twin Towers and 911 Memorial Flame
yfrog.com/h780bmxj



Selects are back on the bus and on our way to Ground Zero...

Photo: Outside the 9/11 Memorial at Ground Zero yfrog.com/khnzyjzj



Photo: Construction of the new Freedom Tower at Ground Zero yfrog.com/ob8kahvj



Selects are enjoying a New York Pizza lunch...

Selects have finished lunch and are now back on the bus, on our way to Macy's...

Driving through the SoHo District down the Avenue of the America's...

Photo: Madison Square Garden yfrog.com/nult4nxj



Photo: Empire State Building yfrog.com/h0p3uahj



Photo: Selects have arrived at Macy's, the largest Department Store in the World with over 9 floors! yfrog.com/hs1pfmqj



Selects have finished shopping at Macy's and are now back on the bus, on our way to Rockefeller Plaza...

It's been a beautiful afternoon in Manhattan. Weather was 19 degrees and sunny with blue skies!

Photo: Driving down 8th Avenue, towards the Theater District... yfrog.com/h0n8kruj



Photo: Radio City Music Hall yfrog.com/nu1okjvj



Photo: Famous Outdoor Ice Rink at Rockefeller Plaza yfrog.com/h6x2tqhj



Photo: NBC Studios at "30 Rock" yfrog.com/gz86feqj



Athletes are checking out the NBC Experience Store...

Selects are back on the bus and on our way to Times Square!

Photo: Selects have arrived in Times Square! yfrog.com/oe450uj



Photo: New Year's Eve Ball in Times Square yfrog.com/gzxaugnj



Photo: Selects on the Big Red Stairs in Times Square yfrog.com/gyn4buwj



Selects are back on the bus and on our way to the airport after a great day in Manhattan!

Driving through the Midtown Tunnel into Queens...

Selects have arrived at JFK International Airport. Athletes are unloading the Team Bus and preparing to be checked-in for our flight...

Athletes have been checked-in for our flight and are now preparing to clear Airport Security...

Selects have cleared Airport Security and are now enjoying dinner at the Airport before boarding our flight home to Vancouver...

Selects are at the Gate, preparing to board our flight...

Selects have boarded Cathay Pacific flight #CX889 to Vancouver. ETA into YVR approx 12:55am. PICK-UP REMINDER 1:30am. Good night from NYC!

Tuesday, November 8, 2011

Selects have landed safely at Vancouver International Airport. Athletes are preparing to deboard the plane...

Selects have deboarded the plane and are now preparing to clear Canada Customs...

Selects have cleared Canada Customs and are now picking-up our bags from the luggage carousel...

Selects have collected our bags and are now proceeding to International Arrivals for Athlete Pick-up...

Pick-up is complete. Thanks to the athletes for all of their hard work and a memorable experience in Baltimore, Washington, DC & Manhattan!

-END-