

May 15, 2009

## Alysha Clark - World University Games Trials Diary Day 1

All-American keeping fans updated on her progress in Colorado Springs, Colo.

*Alysha Clark*



Alysha Clark (MT) 

[http://www.usabasketball.com/women/2009/09\\_wwug\\_photos/09\\_wwug\\_trials\\_01/index.ht](http://www.usabasketball.com/women/2009/09_wwug_photos/09_wwug_trials_01/index.ht)

Thursday

**5:30 am** - Wake up and get ready to head to the airport. TOO early to be getting up

**6:35 am** - I thank Brandan (Wright) for volunteering to wake up so early to come pick me up and take me to the airport so I wouldn't have to park my car and pay \$900 for 4 days haha. I get my bags checked and get through security surprisingly quick!

**7:00 am** - Enjoy some green tea from Starbucks and a blueberry muffin...that's pretty healthy for me! Then I got a nice phone call from Chelsia (Lymon) and a lovely text from Jackie (Pickel)...made my morning! :-)

**7:45 am** - Stuck on the runway due to weather...not too thrilled about this. I need a nap! So I check my phone and see coach Alli (Clark) texted me! :-) And I can't help but enjoy the view of two elder women with red Kentucky Derby-type hats on haha.

**8:40 am** - We return back to the gate because Dallas airport is completely closed due to weather...GREAT.

**11:45 am** - We FINALLY board and leave! Colorado Springs here I come!

**2:50 pm** - Arrive in Colorado Springs...glad I actually made it and made it safely. I got made fun of for my country accent by one of the girls as soon as I was on the plane...hey I knew it would come sometime! Haha.

**3:45 pm** - Arrive at the training center. We had orientation and check in. I'm rooming with Tina Charles (UConn). She's pretty funny.

**5:20 pm** - Finally get something to eat!!! Allison Hightower (LSU) and Ashley Houts (Georgia) are my dining buddies tonight. Those awkward first day conversations haha.

**6:30-8:15 pm** - Workouts on the court. We learned the basic transition set and motion out

of it. Got up and down a lot...just like MT style! I was way out of breath! But it's only the first day!

**9:15 pm** - Showered and clean and ready to stretch and prepare for another day!

**10:15 pm** - Lights out!!

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*Printed on March 21, 2010*

*Original URL: <http://www.goblueraiders.com/content.cfm/id/39106>*