

May 16, 2009

Alysha Clark - World University Games Trials Diary Day 2

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

Alysha Clark

Friday

7:50 am - Time to get up and eat some breakfast.

9:00 am - Information meeting.

10 am-12 pm - Session one of the day. It was still pretty tough today, but I was able to get my breath better. I was playing the 3 AND 4! Talk about a challenge! But it was good. Did lots of shooting.

12:15 pm - Went to eat some lunch. Their clam chowder was SO good! I've been drinking so much water...I probably have drank an inflatable pool's worth in just a day and a half! Haha.

12:45 pm - Get back to my room and shower. Drink some more water. Read my book "New Moon"...yes it's part of the Twilight Series. Get some rest!

5:30-7:30 pm - Second session of the day. My grandparents are coming!!! I'm so excited they get to come and watch. After I'm going to go grab a bite to eat and then come back and rest up for tomorrow!

10:00 pm - Lights out! Prepare for another day!!

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Alysha Clark (MT) 

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