

The Camp Abilities Newsletter

Tuesday, June 26, 2007

Volume 3, Number 2

The C*A*N

As in, yes you can!

Menu for Tuesday

Breakfast – Golden Grahams, Corn Pops, Cheerios, Kix, Raisin Bran, Danish, muffins, bagels/cream cheese, fresh fruit, apple juice, grape juice, orange juice, and milk

Lunch – Cooper dining hall

Dinner - Pizza night! Celery, carrots, and cherry tomatoes with Ranch dip, pizza, peaches, and cookies. The dinner is sponsored and served by the Medina Lions Club. Thanks, Lions!

Monday's cook out was sponsored and served by two Lions Clubs: the Chili Lions Club and Scottsville Lions Club. Thanks, Lions!

Peter Gottwald is working at Track and Field and is our Camp Abilities Web master. He is a senior at West Chester University and after graduation he will pursue a Masters degree in Physical Education. He is leaving Camp Abilities early to go to Atlanta, Georgia to compete in a national track meet, where he hopes to qualify for the Pan Am Games in the 800 and 1500 meter races. Be sure to wish him luck!

Chad Scott is doing judo this year. He went to SUNY Brockport for counselor education and is a second year doctoral student also in counselor education at the University of Buffalo. When he has finished his doctorate, he hopes to return to SUNY Brockport to be a professor.

Athlete Accomplishments

The groups have names! Each day the accomplishment and achievement reports will be by group.

The Purple Pirates are led by Joann Judge and Sarah McMillen. Their motto is ARRRRRRRR!

Amber H. did 1 mile (6 laps is one mile in biking) on the bike in 6:12.44. Well done!

Blaise B., Martha R., and Marissa C. all did 17 laps on the bike today. Great job!

Martha R. completed 40 laps in the pool today, and Shannon K. completed 18 laps. They set a goal together – by the end of the week they will complete 200 laps! Great goal, girls!

Martha R. also did many things in gymnastics – she did a knee drop, seat drop, toe touch, and swivel hip on the trampoline!

Amie K. did a cart wheel for the first time in gymnastics! Great job, Amie!

Tori Z. did a round off and back tuck in gymnastics – well done, Tori!

Blaise B. swam 28 laps in the pool today. Way to go, Blaise!

Billy R. rode the tandem bike for the first time today, and went 1 mile. Billy also participated in judo for the first time and had excellent “back falls.” Great job!

Quinn B., during beep baseball, asked to use a white beep baseball instead of a colored one. Great job asking for what you need, Quinn!

Jacob J. did a great job with falls in judo.

The Green Gators – who have two mottos - are led by Lauren Evans and Lindsey Hegg.

The Gator mottos are “Don’t be a hater, be a gator!” and “Gator done!” (Sounds like “get it done”).

Bryan B. did tandem biking for the first time and completed 5 laps!

Chynna P. rode on a 2 wheel bicycle for the first time ever! Awesome job!

Dominic P. rode 2 miles on the tandem bikes!

Cody R. completed 18 laps on the bikes – that is 3 miles, folks! Wow!

In swimming, Justin R. floated for more than 30 seconds!

Felix J. swam in a pool for the first time and did 3 laps – congratulations, Felix!

Brennan C. swam 6 laps and floated on his back for 300 seconds – that is 5 minutes! Way to go Brennan!

The Yellow Jackets are led by Ed Laskowski and Kelly Striefler.
BBBBZZZZZZZZ!

Mike F. has come to Camp Abilities for 6 years, and didn't really like running until last year. Today he ran a mile, and for one lap he ran the whole way without stopping. Cool!

Tony H. walked 100 meters today on the track and practiced the long jump – and leapt off the ground all with no leg braces. He played goal ball for the first time and loves it. In tandem biking he got his heart rate up to 150 beats per minutes. Great job, Tony!

Destiny D. swam 6 laps in the pool - great job Destiny!

Richie D. biked 10 laps, ran 3 laps, and swam 3 laps today. Great job!

Antifreeze (the blue group) is led by Steph and Sarah.

Daniel O. rode 2 miles on the tandem bike with his coach Perry. Today was Daniel's first time on a tandem. Stay tuned to see if Daniel can repeat this feat!

Cody H. and Coach Phil ran 1 mile today in track. Cody runs track and wrestles during the school year. Cody's running goal for the summer is to run a 5K. Great plan, Cody!

Cody B. hit 3 consecutive balloons during archery! Well done, Cody!

Final thoughts

Nurse Judy reminds everyone: drink water, wear sunscreen, and see her to take your medications when you are supposed to if you have medications.

Nutrition tip of the day: balance what you eat with physical activity!
Question of the day: How many minutes a day should a child be physically active?

Nicole B. answered yesterday's question – there are 5 food groups.

Logan M. has a web site that allows people to share their experiences and thoughts About Camp Abilities. It is online now, and the web address is www.cainsight.com Check it out!

Remember, believe you can achieve!