

The Camp Abilities Brockport Newsletter

THE C*A*N, as in, yes you can!

Tuesday, June 30, 2009
Volume 5, Number 4

Welcome to Camp Abilities Brockport! This is the fourth volume of the 2009 Camp Abilities Brockport Newsletter, the C*A*N.

The C*A*N is dedicated to the memory of Dr. Janet Joseph, the C*A*N founder and Lauren Lieberman's mother. She died suddenly in December of 2006. She was an active part of Camp Abilities Brockport for 7 years and we miss her very much.

Weather Report

It is supposed to be 70 degrees and rainy in Brockport again today! Make sure you are drinking lots of water and Gatorade, and remember that we might have to be flexible if it is thundering and lightning. Your group leaders and specialists know the plan in case of heavy rain, thunder, and lightning.

Group News

Camp Abilities athletes have done a fantastic job trying new activities and leaning new sports. Last night, Coach Cody broke boards with our boundaries on them. Let's continue to break boundaries through our awesome work and positive attitudes!

Yellow Jello:

Logan rode 36 laps on the bike and swam 25 laps in the pool.

Megan rode 14 laps on the bike and climbed to the top of the rock wall.

TJ bikes 25 laps on the bike and did a humongous cannonball into the pool.

Nicole rode nine laps on the bike.

Travis swam 4 laps without flotation and biked 17 laps.

Zeb swam 16 laps in the pool.

Water Warriors:

Alexandria biked 20 laps and swam 10 laps.

Kyle played Showdown for the first time and was good at it.

Jacob P. jumped into the pool for the first time and swam 6 laps.

Ryan climbed to the top of the rock wall.

Christian swam 10 laps.

Josh did a corkscrew in the pool.

Mighty Green Team:

Jack learned a new hold in Judo and swam 26 laps in the pool.

Hollyn rode one lap on the tandem bike.

Brennan swam 19 laps in the pool.

Katelin S. rode 18 laps on the single bike.
Katelyn M. swam 8 laps.
Brianna did a back glide in the pool and swam without assistance.
Miso dove off the diving board and did a summersault in the water for the first time.
Felix went 15 laps on the tandem bike.
Aspen played Showdown for the first time.

Purple Popsicles:

Quinton put Dr. Mike in a hold in Judo.
Austin swam in the pool without flotation for the first time.
Chris L. swam 8 laps in the pool.
Teagan hit the ball 4 feet in beep baseball and fielded the ball in 3.2 seconds.
Chris N. ran his first straightaway at track and fielded a beep baseball in 3.94 seconds.
Maddie biked 18 laps, learned a spin through in goalball, and threw three people in Judo.

KEEP UP THE GOOD WORK ATHLETES!

Special News

Tonight, we will have an outrigger canoe at the waterfront. This special kind of canoe holds eight people.

If anyone has comments they would like on the Camp Abilities Insight website, please see Logan of Yellow Jello. He would like your comments and statements.

**The C*A*N is your newsletter. It is interesting
because of YOUR contributions. See Maria at
breakfast, lunch, or dinner with your
accomplishments.**

Believe you can achieve!