

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

Camp Abilities Newsletter

Friday, July 2, 2010

Volume 6, Number 6

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

Day: Mostly sunny. High 78F. Winds WNW at 5 to 10 mph.

Night: Mostly clear skies. Low 58F. Winds SW at 5 to 10 mph.

UV Index: 9 (Very High)

Group News

What a fun-filled day of activities! The athletes are really challenging themselves and persevering! Here is what was reported:

Yellow Golden Champions:

Felix had a GREAT birthday!!!

Shannon ran a mile on the track.

Chris advanced to the next level in swimming.

Jack advanced to the second round in the Showdown Tournament and finished all the activities on his assessment.

Eric beat Freling in Judo.

Purplecalifragilisticexpialidocious:

Katrina, Nina and Calvin enjoyed Outrigger canoeing.

Kylan learned "Mary Had a Little Lamb" and "Hot Cross Buns" on the piano and swam 16 laps without a noodle!

Calvin jumped into the foam pit at gymnastics for the first time and swam 13.5 laps.

Nina has improved in every sport!

Ellie got to walk Flash, one of the horses that visited camp and was allowed to pet him. She also did a back-hand spring in gymnastics.

Drea did a back flip on the uneven bars in gymnastics.

Christopher jumped in the foam pit for the first time and advanced to the second round in the Showdown Tournament.

Carmela rode 9 laps on a tandem bike.

Katrina jumped in the pool and touched the bottom in the deep end.

Tyler swam four laps in the deep water with a noodle.

Nicholas rode 15 laps on a tandem bike.

Austin rode 6 miles on a tandem bike with Nicole and swam 10 laps in the pool.

Zek swam 20 laps in 15 minutes at swimming.

Green Xtreme:

Ruben advanced to round 3 in the Showdown competition and ran from base to base in five seconds each at Beep Baseball.

Jacob went rollerblading for the first time, swam 10 laps in the pool and threw Kevin in Judo. He also learned to paddle a kayak!

Hollyn glided off the side of the pool in swimming.

Cheyenne swam with her head underwater!

Alex rode 15 laps on a tandem bike.

Brianna swam 6 laps during swimming lessons.

Daniel scored 3 goals in Goalball.

Madeline went Wii bowling, performed a pull-over on the uneven bars and swam 18 laps in the pool.

Joshua advanced to the second round in the Showdown Tournament.

Blue Kool-aids:

Nicholas learned a new stroke in swimming.

Austin made some blocks in Goalball.

Richard swam 12 laps in the pool.

Katelyn tied Lindsay in Judo and swam 18 laps in swimming lessons.

Pao scored two goals in Goalball.

Nicole took down Chad in Judo!

Andrew learned the hook shot in Basketball and scored two baskets.

Megan ran one mile at Track & Field.

OUR ATHLETES ARE FABULOUS! WAY TO GO!

Tonight is the Talent Show!!!

Come to the common room and cheer on all our talented performers! Best of luck and remember...HAVE FUN!!!!

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

Believe you can achieve!