



# Camp Abilities Newsletter! THE C\*A\*N, as in, yes you can!

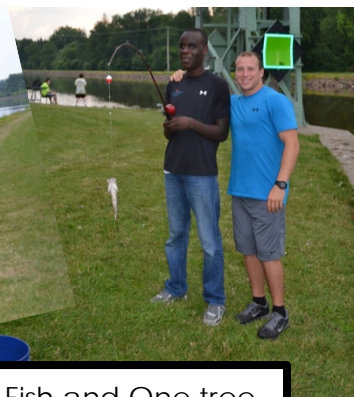
The C\*A\*N is dedicated to the memory of Dr. Janet Joseph, the C\*A\*N founder and Lauren Lieberman's mother. She died suddenly in December of 2006. She was an active part of Camp Abilities Brockport for 7 years and we miss her very much.

Volume 9 Issue 5

Thursday, June 27, 2013

## Evening Activities

Biking---Fishing---Basketball---Rollerblading---showdown---canoeing---kayaking---  
chatting---board games---dance party



Fish Count 2013: 71 Fish and One tree



## Morning Activities

Tandem Biking, Beep Baseball, Track and Field, Judo

### Blue Thunderheads



**Wayne**---I ran the beep baseball base in 4.7 sec; I ran 1-mile in 7:17; I threw the discus 99ft; I swam 50 yards of breast in 1:40

**Megan**---I went horseback riding and I enjoyed it. I ran 1-mile in Track and Field and swam sidestroke.

**Jordan**---I played basketball and went horseback riding. I went to Judo. I ran 1- mile in 13:49 and swam 25 yards of breaststroke 1:13.

**Alex**---I scored 2 goals in goalball, I flipped front and back on the bar in Gymnastics, I ran 1-mile in 13:08 and I did the long jump.

**Ahmat**---I swam 3 laps in the pool.

**Ana**---I went kayaking. I beat Dhaka in Judo.

**Kate**---I went kayaking. I was the timer for swimming time trials.

**John**---I am very proud of the Camp Can Do kiddo I worked with today.

### UFO (Unidentified Flying Oranges)



**Schuyler**---I did 'skin the cat' in Gymnastics and rode the bike 7 miles.

**Kiersten**---I swam 10 laps. I did a handstand in gymnastics.

**Abbie**---I went horseback riding and the horse kept sneezing and eating grass. I did 'skin the cat' in gymnastics and took 2 sec off my 25 yards swim.

**Andrew**---I went horseback riding for the first time, it was F U N!

**Tyler**---I played Wii bowling and came in 3<sup>rd</sup>, kayak

**Lillian**---I swam 50 yards in 1:06

**Braiden**---I jumped in the foam pit for the first time.

**Jessica**---In Gymnastics Kira helped me with a back handspring using the big barrel mat.

**Nicholas**---I rode 6 miles on the tandem bike.

**Isaiah**---I flipped Matt in Judo and hit a pitched ball in beep baseball.

**Adam**---I went in the foam pit and the balance beam in Gymnastics. I rode 2 laps on the tandem.

**Nattie**---I rode 5 and ½ miles on the tandem bike.

**Maddie**---I rode 3 miles in tandem and swam 25 yards in 1:14

**Chris**---I ran 1-mile on 10:31



# Afternoon Activities

## swimming, goalball, gymnastics

### Green Beans



**TJ**---I caught a fish and ran out of worms. I threw the goalball 1.84 sec.

**Andrew**---I rode the quarter horse, Jody at horseback riding. I beat by 1:34 25 yards record in swimming.

**Kincaid**---I threw the discus 37ft.

**Adam**---I caught 2 fish and took 10 sec off my 25 yard swim.

**Donovan**---I went horseback riding for the 3<sup>rd</sup> time. I rode 2 laps in tandem.

**Nicholas**---I made 2 baskets in basketball.

**Chris**---I ran 1-mile in 12:28

### Pink Panthers



**Felix**---I did a front and back flip on the bar in Gymnastics.

**Luis**--- I threw the goalball in 3.13 sec and I went horseback riding. I jumped into the deep end of the pool. I ran 3 laps on the track and I threw the 1kg discus.

**Jack**---I swam 10 laps and ran 3 laps on the track.

**Julia**---I threw the goalball in 2.36 sec. I went horseback riding. I went on the balance beam for the first time.

**Makka**---I ran 1-mile and swam 7 laps!

**Dan**---In Gymnastics, I did 'skin the cat' on the rings without any assistance.

**Logan**---I ran 1-mile in 8:05 and I jumped 10ft 4 inches for the long jump

**Colleen**---I dove in the deep end of the pool. I ran 1-mile in 11:37

**Megan**---I did my swim 10 sec faster!