

The Camp Abilities Newsletter "The CAN"

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"BELIEVE YOU CAN ACHIEVE"

"The CAN" (Camp Abilities Newsletter) is dedicated to the memory of Dr. Janet Joseph, "The CAN" founder and Lauren Lieberman's mother. "The CAN", as in, yes YOU CAN!

CARE TO SHARE

Cheesy Popcorn

- **Landon W** - "Today I tried um diving in goalball which was out of my comfort, but I tried it!"
- **Jonathan H** - "Today I went stand-up paddle boarding, and I went far from the docks."
- **Apryl A** - "Today I did a dive into the pool for the very first time!"
- **Noel D** - "Yesterday, when we had rock climbing, I climbed to the top of all 3 sides. And I played goalball for 2 full hours and scored some goals."
- **Daimon T** - Noel gave a shout out to Daimon. Noel said that she and Daimon went out to stand-up paddle boarding, and he did amazing!

Orange Tigers

- **Ted C** - "I jumped off the diving board, and I did tricks on the stand-up paddleboard!"

Pink Panther

- **Mackenzie B** - "Throughout this week, my coach taught me to put up my hair, and I also learned how to tie my shoes today!"
- **Mina W** - "I dived off the diving board."
- **Madelynn L** - Coach Megan talked about Maddy's accomplishments today. She said that Madelynn was nervous to dive, so they started by sitting, and at the end of the swim, she got to dive off standing!
- **Silas L** - "Today, I hit a live pitch in beep baseball for the first time, and I threw a disc for the first time. A few days ago, I went on the rock wall and climbed all 3 sides 2 times. I also won a 25-meter freestyle and backstroke, I scored 2 goals in goalball, and I had a fast duathlon."

Blues Mafia

- **Braiden W** - " Yesterday, I took a dive in the pool both kneeling and standing up. I also scored a goal in goalball and won 5 games of showdown. Today I finished my duathlon in 28 minutes and 43 seconds. I ran 1.5 miles, and tandem biked 5 miles. After the duathlon, I went swimming and won 1st place in my two swimming events."
- **Maxwell S** - "I just wanted to say that I felt good about myself, last night during goalball I scored 2 goals on the Paralympian Mindy! I also feel good that I did the duathlon and swim meet."
- **Diana M** - "While I was waiting for my goalball shift, I worked on my spin throw, and it is now pretty good."
- **Mari M** - "Today I played in the goalball tournament and scored 3 goals!"
- **Anneka P** - "Yesterday, I played goalball in the center position, and I was cool. And I played basketball yesterday and worked on my dribbling form."

DUATHLON, TOURNAMENT, & MEET

The Camp Abilities athletes have been working hard all week. They have tried new sports, gotten out of their comforter zones, gained new skills, and perfected the ones they already had. Today all the athletes will be running and biking in the duathlon, scoring goals in the goalball tournament, and swimming in the swim meet.



TALENT SHOW ACTS

Many people have been waiting for what is known by some as the best night at Camp Abilities; it is the talent show! Athletes participate in physical activity all week and kill it! Tonight these same athletes will be showing us another side of them through entertainment! Some athletes sing, some dance, some tell jokes, and some show us other amazing talents! Below is the lineup we had for the talent show hosted by Noel, Mina, and Daimon.

1. **Director Lauren** and a few friends sang that camp abilities theme song.
2. **Anneka** sang "You Will be Found" from the musical Halimton.
3. **Jonathan** improvised on the keyboard.
4. **Landon** sang "afterglow" by Ed Sheeran.
5. **Yaakov** played a ring tone that he created and then brought from friends (**Susan, Jaylynn, Coach Joe, and Payden**) from the Orange group to sing their remix of "Eye Of The Tiger" by Survivor.
6. **Joe** sang "The Campfire Song" in Spanish from SpongeBob.
7. **Mackenzie** performed astrology and zodiac sign reading.
8. **Charlotte** sang "Defying Gravity" from the play Wicked.
9. **Susan** played the violin.
10. **Kat** sang "3am" by Gabby Callwood.
11. **Jaylynn** played the piano.
12. **Diana** sang "American Tune" by Paul Simon.
13. **Mari** recited a poem.
14. **Apryl** sang us a song she wrote.
15. **Ted** played his flute.
16. **Krystie** sang "Jealousy, Jealousy" by Oliva Rodrigo.
17. **Braiden** performed voice impressions from SpongeBob.
18. **Elora** sang "The Wizard and I" from Wicked.



Athletes: The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa at breakfast, lunch, or dinner with your amazing accomplishments so she can put it in the newsletter!

Find more pictures on our Shutterfly:

<https://campabilitiesbrockport.shutterfly.com/pictures>

Camp Abilities 25 Hour Goalball Marathon Pledge Form:

<https://docs.google.com/forms/d/1x2SXB02WoWFBcFz1trzeDu-5zAL41nZOw-bkuhzeYwg/edit>



**A LOSS OF
SIGHT, NEVER
A LOSS OF
VISION!**