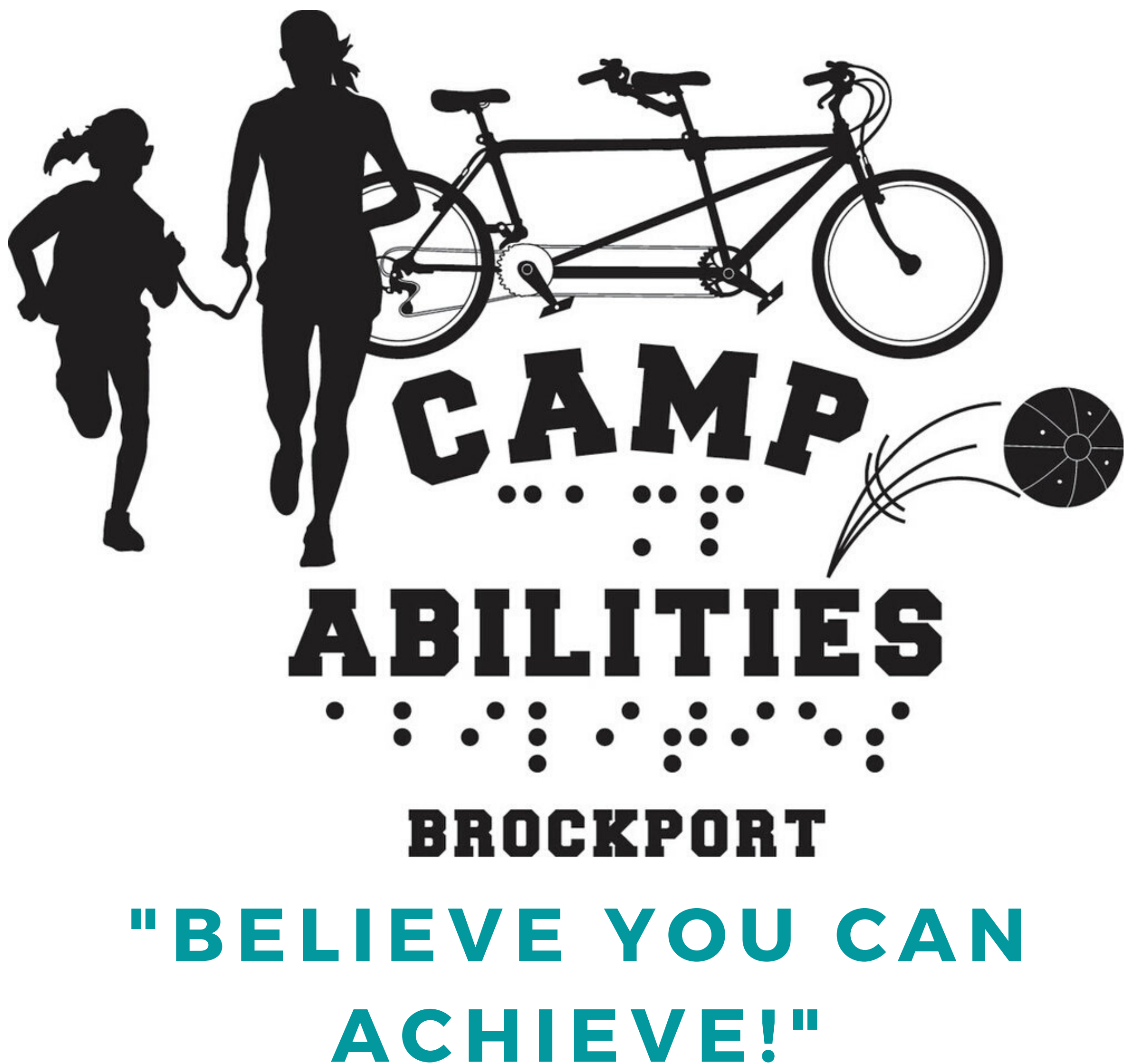


The Camp Abilities Newsletter "The C A N"

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“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

The Blue QuaranTEAM

Angelina - "Today, I got to work on my long jump form. I was able to beat my last long jump distance."

Bella - "Yesterday, I did fitness with Coach Dar two times. Then I did two more workouts, and I wasn't completely tired after."

Andrew - "In track, my goal was to run a half-mile without stopping, and I achieved that goal today."

Faith - "I set a goal this year to run a mile in less than 15 minutes, and I achieved that goal by running a mile in 13 minutes and 30 seconds."

Nick - "My original goal for the mile was 12 minutes or less, but the course I ran was all uphill. So I had to adjust my goal to 15 or less and ended up hitting that with a time of 14:46."

The Red Robins

Sean - "Today in track, I had a goal to run a mile in under than 6 minutes, but it was super hot. I ran the mile in 6 minutes and 40 seconds, but that is still good too."

Kat - "In track and field, I am getting closer to my goal of sub 10.5. Today I got 11.25."

Braidon - "In track and field, I ran a mile on my treadmill in 8 minutes and 10 seconds. For the long jump, I jump 6.5 feet."

Zac S - "I taught my brother goalball today."

Ronan - "I am happy that I was able to run a whole mile and only have to rest for a few minutes after."

The Green Gators

Isla - "In fitness, my goal was to do a wall squat for 30 seconds, and I got to 45 seconds."

Sam - "Today in fitness, I was doing the Body by Dotty routine, and I noticed that I got better doing the different exercises than I was the first time I tried it."

Keara - "Today, my goal in soccer was to get better at dribbling the ball. I achieved that goal!"

Di'Vyne - "I did really good at soccer bowling, which was new to me."

Zach W - "Today, my goal in fitness was to get 5 shoulder taps, and I got 8 in the Body by Dotty workout."

Logan - "I did the fitness with Coach Dar today. For the Body by Dotty workout, I did high knees for 30 seconds and then again for 45 seconds. It was phenomenal."

The Shooting Stars

Bryce - "Today in Body by Dotty, I got to do different exercises for 45 seconds intervals. The 45 seconds was harder than the 30 seconds, but the workout was nice."

Yaakov - "I worked on my soccer skills and I got better."

Cassidy - "This was my second time doing the exercise for 45 seconds. It was really hard. but it was really worth it because I got stronger and achieved my goal."

Charlotte - "In soccer today, I got better at toe-tapping. Last time the ball kept slipping away, but this time I had control."

R-O-C-K, you rock, you rock!

The athletes were welcomed with huge smiles and friendly hellos'. To start a glorious morning, our athletes lead us in an energizer to get us on our feet and ready for a fun-packed day. The athletes then went to yoga for team time. Today in goalball, the athletes worked on their reaction times by trying to grab the goalball as fast as they could. In track and field, the athletes worked on their mile times to reach the goals they set for themselves. In soccer, the athletes were able to play soccer bowling and soccer golf to add in some extra fun. In fitness, the athletes chose which exercises they wanted to do for the Body by Dotty workout. We all joined back together for Care to Share. The athletes reflected on their goals and their accomplishments that they achieved this week. Next, the athlete's bonded over lunch by telling each other their favorite food, their favorite sports, and what they loved most about the Virtual Camp Abilities.



Logan works out his core during fitness.

After this great morning, the athletes had Advocacy Time with Martha Ruether and Griffin Pinkow. Martha attended Camp Abilities when she was younger, and this was when she first learned about the Paralympics. "Camp was so important to me when I was younger because it allowed me to be around other kids that were just like me," Martha stated. At camp, Martha learned about how the other kids adapted exercises, and how they advocated for themselves to their teachers. She took those skills she learned at camp and advocated for herself at home. Martha is now a Paralympian for Team USA. She was able to share her journey to the Paralympics with the athletes. We are so



Elora engages in Advocacy Time with Martha because she also loves to swim.

pleased to have Martha come back to camp as a swimming specialist to help teach the athletes how to swim. Griffin is an elite tandem cyclist. He says that being involved in sports has impacted him in many ways. "I use cycling as my medicine. Just being able to work out and stay active helps with other things besides staying fit, like my mental health especially during these difficult times." Griffin is very involved with the United States Association of Blind Athletes (USABA). USABA has camps and clinics throughout the year that Griffin frequently attends. "I've gotten a lot out of USABA. That's how I built my network, how I met my pilot for tandem cycling, how I made friends, and branched out from there. It's a great resource to have!" Three years ago, Griffin started The Foreseeable Future Foundation. This foundation is an organization that helps the visually impaired and blind through sports and recreation. To fulfill their mission, they fund

organizations that have existing programs for the visually impaired, such as Camp Abilities. We are so thankful that these astonishing people joined us for advocacy time to share their stories.

After advocacy time, the athletes were able to choose between Stress Management and Spa Night/Self-care. In the Stress Management choice activity, the athletes were able to make cool stress balls from materials at home. In Spa Night, the athletes made face masks and talked about the importance of self-care. After these fun and informational choice activities, the athletes proceed to Specialization Time to get one last good workout in before the end of the day. The athletes pushed themselves to finish strong. Following Specialization Time was the Camp Abilities Graduation. We had an emotional filled goodbye to our two

athletes Faith and Zac S. We said an emotional goodbye to two of our athletes, Faith and Zac S. We are excited to see them achieve great things, and hope to see them back involved in camp in other ways later on. You guys R-O-C-K! We all hit the hay to have some good night's sleep for tomorrow's closing ceremonies.



Ronan gets ready to unmute his microphone to ask Griffin a question over Zoom.



Sean learns a new skill in five-a-side soccer.

A Loss of Sight, Never a Loss of Vision.