

The Camp Abilities Newsletter "The CAN"

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EDITOR: Alyssa Poawui



"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



Yellow Group:

Jackson - "I am proud of walking 861 steps."

Carmelo - "I got 500 steps, and I'm going to try to get to 1 million steps!"

Apryl - "In basketball, I worked on her dribbling skills, and I'm getting much better."

Kian - "I am happy for my 861 steps today. I am so excited to keep this speaking pedometer forever."

Green Group:

Maria - "I tried dribbling the basketball for the first time, and I am actually pretty good!"

Juliet - "I am proud of getting 477 steps by lunch today! My goal is to get to 1,000 steps by the end of the day."

Ted - "Today I learned how to pass and catch the basketball above my head."

Mar'Johnn - "I got 1,433 steps today"

Jaylynn - "I learned the triple threat position today in basketball. I practiced dribbling and defensive positions."

Red Group:

Anthony - "I liked playing soccer today! I practiced dribbling the ball."

Andrew P - "I'm glad that I got up and was active today."

Jade - "I learned that 5-a-side soccer is a sport for the blind and visually impaired!"

Mckenzie - "I liked 5-a-side soccer. I worked on my control of the ball."

Mari - "I'm really proud of 5-a-side soccer. I was controlling the ball, and I made 2 out of 5 goals!"

Kiana - "I am glad I got to practice dribbling in soccer. I can wait to practice more and more!"

Blue Group:

Braiden - "What I am most proud of today is doing the whole fitness workout in Body by Dottie."

Zach - "I am proud that I got outside and enjoyed the weather."

Andrew MC - "The blue team was the first team to do 45 seconds of Body by Dottie in fitness today!"

Krystie - "I enjoyed doing Body by Dottie in fitness."

Anderson - "I liked doing soccer today, especially kicking the ball!"

Selina - "I am proud of being here at camp this week."

Ronan - "The exercise was tough today, but I had a good workout!"

Keara - "I am proud that I scored five goals in soccer today."

Welcome Camp Abilities!

On Sunday night, the camp had a great kick-off at Opening Ceremonies. We introduced our fantastic specialists and staff, and our incredible athletes. Everyone introduced themselves and shared what they are looking forward to this week at camp! SUNY Brockport's own President Dr. Macpherson shared her excitement for camp this year, and she looks "forward to welcoming you back" next summer on the Brockport campus! Lindsay Ball, Paralympics alpine skier, followed by saying "I encourage you all to try everything you possibly can!" Jason Romero also spoke after Lindsay. Romero is the first legally blind person to run across the country! "In athletics is where I learned the most about myself," Romero said, "whatever you want to do, do not stop until you achieve because you can absolutely achieve anything and everything." Second-time Paralympian swimmer Martha Ruether talked about her experience at Camp Abilities. Camp is where she fell in love with swimming and told the athletes that if they "have a passion for a sport you do at camp, you can totally incorporate that into your life!" We will be *Ruthing* for her this year as she goes to Tokyo for the 2021 Paralympics! And of course, what is Camp Abilities without a Terry Kelly dance party? We ended a great meeting with a performance of "The Power of the Dream" by the astonishing Terry Kelly. Everyone went off to have a good night's sleep to get ready for the fun-filled week!



Jackson has all his equipment ready, and is all set to have a fun week at camp!

Camp started bright and early with yoga and team time! The Yellow and Green Teams both went to Basketball and Track & Field. During Basketball with Coach Scheno, the athletes learned basketball handling skills like dribbling and passing. In Track & field with Coach Jess, the athletes played freeze jog where they would jog to a song like Happy by Pharell, and when the song stopped, they had to freeze in place! The Red and Blue Teams did both Fitness and 5-A-Side Soccer. During fitness with Coach Dar, the athletes jumped right into the Body by Dottie AMRAP (as many reps as possible) circuit. It was an intense workout, and the athletes did great! During soccer with Coach Emily, athletes practiced dribbling the ball and maintaining control, and they were exceptional. Bernice Bird joined the Zoom call and informed the athletes about the amazing NFB Newslines. The NFB Newslines is a free electronic service that gives any blind, visually impaired, or disabled person access to newspapers, magazines, and TV Listings! After talking to Bernice Bird during our lunch break, the athletes moved to Advocacy Time. Tori Everett and Ruth Childs talked about self-advocacy. The athletes shared their own stories about when they advocated and discussed opportunities where they can start to advocate for themselves! After advocacy time, the athletes got to choose what sport they wanted to participate in during Specialization Time. Athletes were able to work on their skills for the sport they were most interested in for the day. To finish camp off, the athletes got to do choice activities. The choice activities for today were a Mental Health Session and the game of Guess that Specialist. We wrapped up to get some sleep for a fun-packed day tomorrow.

Athletes: This is your newsletter. Please share all your great accomplishments, funny experiences, or any news you want to share from the day so that I can put it in the newsletter!

Parents and Guardians: Don't forget to take pictures of your athletes throughout the day and send them to me so that I can include them in the newsletter!



A Loss of Sight, Never a Loss of Vision!

BROCKPORT