

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



Team Rainbow

Jackson - "I'm proud of walking 4,054 steps!"

Mustafa - "I'm proud of 7,317 steps today."

Noah - "I'm proud of getting better at throwing a ball!"

Cora - "I have 9,305 steps!"

Carmelo - "I made a cool shot in basketball."

Apryl - "I helped suggest the team name!"

Kian - "I walked 0.5 miles!"

Green Team



Maria - "I am proud of shooting the basketball."

Juliet - "I am proud that today I got 9,065 steps!"

Ted - "I made a makeshift, homemade basketball hoop. On the last shot, I got it perfectly in the net."

Mar'Johnn - "I'm proud of taking 4,143 steps."

Red Team

Ethan - "I am happy that I was able to kick the soccer ball."

Anthony - "I enjoyed Yoga with Coach Kelsey this morning."

Andrew P - "I kicked the ball today in soccer."

Bryce - "I am proud that I got 15 goals in soccer in just 30 seconds."

Jade - "I was in the fitness session yesterday, and I did the Sally Up Sally Down Squat Challenge. I am proud that I tried my best to do more than one round. It was pretty fun!"

Mckenzie - "I had a fun time in Fitness. It was a little exhausting, but I got a good workout."

Mari - Mari did a great job during yoga today!

Blue Angels



Zach - "Guess how many steps I took? 3,837!"

Andrew MC - "Yesterday during Fitness, we did the Sally Up Sally Down Squat Challenge. I pushed the group to do more than one round, and now we are sore!"

Krystie - "I made a new exercise in Fitness! I did a squat with a heavy ball and switched the ball in both hands."

Anderson - "I did 648 steps in the morning."

Selina - "Yesterday, I also did the Sally Up and Sally Down Challenge. I did three rounds without stopping! I was proud of myself that I was able to do it."

Ronan - "I was proud that I pushed myself today. My mom motivated me to get as many goals as possible in soccer."

Keara - "Today I walked over 1,000 steps!"

Braiden - "Today I did bicycle crunches in Fitness with Coach Dar."



A Day at Virtual Camp!

The athletes were welcomed with huge smiles and friendly hellos. To start a glorious morning, we were led in an energizer to get us on our feet and ready for a fun-packed day. The athletes then went to yoga to stretch before they headed off to their first sports. Today, in soccer, the athletes made models of a 5-a-side soccer game. The athletes used a bunch of random things, like Pebbles and strings to make the field, and then followed along with a recording of a 5-a-side Paralympics game. The athletes will be able to follow along with the actual 2021 Paralympic 5-a-side soccer games with their new tactile boards! Today at Fitness, the athletes did a Baby Shark Abs Challenge. The athletes did bicycle crunches, V-ups, flutter kicks, and other ab workouts to the classic Baby Shark song. In basketball, the athletes



Ethan goes into his next yoga pose while his mom guides his arms.



Keara (on the left) practices passing the soccer ball with the inside of her foot to her younger sister.

worked on their shooting form, dribbling, and passing. Many athletes were imaginative when creating the baskets that they will use for shooting practice. Some used laundry baskets, and others used recycling bins. It was fun to see everyone practicing their skills! Today in Track & Field, the athletes ran the mile or half a mile, trying to beat their personal best time. During Advocacy Time, Griffin Pinkow and Kyle Coon joined us. Griffin is the founder of The Foreseeable Future Foundation whose goal is to help the visually impaired and blind through sports and recreation. Griffin is an avid cyclist that does a lot of tandem cycling. He talked to the athletes about his foundation as well as

introduced some of the new campers to tandem biking! Kyle Coon was our next speaker. Kyle works for the USABA (United States Association of Blind Athletes) and is a triathlete! Kyle talked to the athletes about USABA and what he does to train as a triathlete and his hopes to represent Team USA at the 2021 Paralympics! Lunch was next and our dear friend Leah Smeltzer joined us for the lunch hour. Leah played rugby at Brockport and is now a coach! She talked to the athletes about how she advocated for herself so that she could participate in the sport that she loves. After lunch and advocacy time, the athletes proceeded to Specialization time to get one last good workout in before the end



Cora practices holding her basketball in the triple threat position.

of the day. Following this was Choice Activities. The athletes played either Scattergories or Jeopardy. In Scattergories the athletes scored points by naming objects within a set of categories, given an initial letter. They had a ton of fun coming up with different amusing words for each category. In Jeopardy the categories were Sports at Camp, History at Camp, Camp Equipment, and Extra Activities at Camp. After these fun activities, we packed up for the day and headed to get some rest before camp again tomorrow!



Mustafa goes through the motions of throwing a shot put.



Ronan shows off his new Camp Abilities hoodie!