

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

Care to Share is when athletes can share all the amazing accomplishments they have achieved during camp!

Yellow Team:

Mila - Mila is practicing for the talent show at the end of the week, and can't wait to show us all what she has up her sleeve! Mila is also proud that she tried rollerblading for the first time yesterday!

Allyson - "Today I kicked the blind soccer ball to the goal with the least dribbles in my group."

Madison - "During fishing, I didn't catch a fish but I caught a tree!"

Jamison - "I tried a pickle for the first time and a bagel for the first time."

Orange Team:

Apryl Lily - " In track and field, I did a quarter mile in 4 minutes!"

Landon - "Today I hit the white target in soccer for 10 points!"

Pink Team:

Ted - "I rode a tandem bike with Coach Sarah and we got a mile in 5 min, and we did 15 laps in like 15 minutes."

Yakkov - "Today was my first time being first in line for breakfast and eating first, and first for Care to Share."

Gavin - During nighttime activities, Gavin outcasted 38 feet!

Blue Team:

Braiden - Braiden was super proud to have sung with Tory Kelly at the dance party last night. This morning, he tried a croissant for the first time and did his mile in 4 minutes and 14

Unleashing the Fun on the First Full Day of Camp!

Yesterday marked the athletes' first full day at camp, and it was a whirlwind of excitement and adventure from start to finish. The day began with a delicious breakfast and a self-advocacy lesson. Team time followed, where campers engaged in lively icebreakers. The teams then embarked on a series of sports activities. They experienced the exhilaration of tandem biking, skillfully maneuvering through twists and turns. Stand-up paddleboarding offered a unique challenge, as the athletes balanced on boards, gliding across the canal. Blind soccer showcased their resilience and teamwork, relying on trust and communication to navigate the field. Track and field events brought out their competitive spirit as they sprinted, jumped, and threw.

After a morning filled with sports, the campers returned to the camp for a delectable lunch and rest time, replenishing their energy for the afternoon. The athletes had the opportunity to then go to goalball, swimming, and beep baseball! After afternoon activities, they got to choose from an array of engaging activities. Some tried their luck at fishing or showcased their skills on the basketball court. The day reached its crescendo with a Terry Kelly Dance Party, where campers let loose, danced, and celebrated the joy of movement.

Pictures of the Day

Here are the pictures of the day containing all the fun and love that is all around Camp Abilities.



The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa and share your amazing accomplishments so she can put them in the newsletter!