

# 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 Minions:

**Allyson** - "Today I tried the elliptical for the first time!"

**Jamison** - "This morning I brushed my teeth by myself. Also in swim, I swam past the flags by accident and I had no floaties on when I did it!"

**Noah** - Last night Noah did wrestling for the first time!

## Orange Tigers:

**Daimon** - "Today I faced my fears. I faced my fear of standing up on the paddle board, I slid into the pool by myself, and tried the treadmill for the first time, and loved it!"

**Noel** - "Today at stand-up paddle board, I did a whole bunch of yoga poses. I tried to sleep on the paddle board but I kept bumping into people."

**Brook** - "Today I rode a kayak by myself!"

**Lily** - "Today I tried the breath stroke for the first time."

**Landon** - "I am proud to say that during nighttime activities, I tried rollerblading for the first time. Then at the waterfront, I tried a kayak!"

## Bubblegum Brigade:

**Joe** - "Today was my first time sailing and I got to steer the boat ."

**Bryce** - Bryce scored 3 goals in goalball today!

**Yaakov** - "I got 11 hours of sleep last night and I scored a hat trick in soccer" \*3 goals in one game\*

**Gavin** - Gavin dived off the diving board for the first time and convinced Coach Jalen to do two belly flops.

**Valeria** - "Yesterday I biked 1 mile and 4 laps which was 2 miles altogether! I did swimming by myself today, and in goalball, I did a cool turnaround spin. Our team one and I was able to block a few balls

**Jaylynn** - dived off the big diving board for the first time

## Blue Sky Fighters:

**Anneka** - "I learned the Cotton-Eyed Joe, and I beat Coach Lidnesy before she beat me at Uno last night. Today in beep baseball, I was able to hit a live pitch in a game, I missed years in the past and am glad I hit one."

**Braiden** - "Last night, I beat 3 people in the showdown, and during DJ JJ's dance party I learned how the Cotton-Eyed Joe. The sailing was awesome, I enjoyed being able to steer the boat! In beep baseball, I was able to hit 2 balls and got 2 runs; one was a live pitch. Also, I learned how to do the breaststroke, and now it's one of my favorite strokes."

# Unleashing the Power Within

During the panel, a group of visually impaired athletes and past campers shared their inspiring experiences and discussed their self-advocacy journeys. Chris highlighted his achievements in sailing, emphasizing the importance of advocating for oneself to achieve success. Mindy expressed her pride in discovering goalball later in life and encouraged others to chase their dreams fearlessly. Megan, who transitioned from athlete to coach, emphasized the significance of adaptability and trying new things, exemplified by her participation in an Ironman event during the pandemic. Peter discovered a love for cycling at camp and stressed the value of continuous learning. Max shared his story of losing most of his sight and finding hope through adaptive sports, particularly blind hockey. Ronan, a wrestler, emphasized the importance of perseverance and never giving up, regardless of the challenges faced. The panel served as a powerful testament to the resilience and determination of visually impaired individuals in pursuing their passions and advocating for themselves.



Chris, Mindy, Megan, Max, and Ronan respectively

# Pictures of the Day

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



Ravi sits on a paddle board with Coach Christine



Noah flips Ronan during *Wrestling with Ronan*



Gavin jumps into the pool for the first time



Specialist Jess acclimates the Camp Can Do athlete to the stand up paddle board



The Orange Tigers warm up for Track & Field



Noah rolls the ball to the other side in goalball and scores



Val practices her kicks in the pool



Coach Nat and Kat dismount after racing a mile



Patrick and Maddie play 5-a-side soccer



Ronan practices with Coach Cody



Ronan jumps into the sand pit



Maddie gets ready to head out on the canal



Carter and Coach Mante' check out the Special Olympics Fountain



Pink Team pumps up before playing Beep Baseball



Brannagh, Noelle, and Lily play 5-a-side soccer



Mina jumps into the pool



Isla runs to the base in Beep Baseball



Mari rolls the ball for a goal in Goalball

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!