

The Camp Abilities Newsletter "The CAN"

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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 Green Gators

Sam - "The first time I did the activities, I did great, and the second time I improved. I did much better than the first time. It was in Body by Dotty that I improved the most."

Isla - "At the start of camp, I couldn't do the butterfly because it hurt my legs, and now I can do it."

Keara - "I got a lot better at soccer."

Zach W - "I am most proud of running a mile in 13 minutes and 43 seconds."

Logan - "First, I am the most proud of Open Mic Night, and the Body by Dotty with Coach Phenomenal (Coach Dar). " Logan then showed the camp his Billy Bas, which played "Don't Worry Be Happy" by Bobby McFerrin, and "I Will Survive" by Gloria Gaynor.

The Red Robins

Sean - "In track specialization, I did shoot put, which wasn't one of my strong suits in track, but I think I really improved my form and distance. "

Braiden - "I am most proud of running a mile in 8 minutes and 10 seconds, and I am also proud of improving the dribbles in 5-a-side soccer. I'm especially the triangle dribble because, believe it or not, that was the hardest one of all. I especially liked Body by Dotty."

Kat - "I've noticed that since last year compared to the beginning of the week that I've improved in soccer with the dribbling and better control of the ball."

Elora - "With camp, I've learned what I want to continue through the summer. So Mondays, Wednesdays, and Fridays I'll do Body by Dotty. Tuesdays and Thursdays I want to do soccer, and I will do a mile once and a while too."

Ronan - "I made it across my grandparent's pool yesterday without having to stop."

Zac S - "This is my last talent show for Camp Abilities. Be surprised! For this talent, I'll be playing the drums."

The Shooting Stars

Bryce - "My goal is similar to Elora's. I defiantly want to do the work out each day next week and maybe even longer."

David - "I definitely agree with everyone else by saying I am going to work out every day. I want to bump it up to 50 to get a little more of a challenge. "

Yaakov - "Last night after camp, I went surfing. I did a really good job."

Charlotte - "I'm really proud that I actually ran a mile. I didn't know I could do it at first, but I did it. "

Cassidy - "I did one of my goals of playing goalball."

Ted - " I achieved my soccer goal, I also achieved the Body by Dotty and, my running goal."

The Blue QuarantEAM

Andrew - "What I liked was hanging out with all my friends on virtual camp. Without Dr. Lieberman and all the GA's and staff putting hard work into making the boxes and doing this camp, I would not be able to what I'm doing right now."

Nick - "For Open Mic Night, being able to sing and play the guitar at the same time was something that I struggle with for quite a while, and I will be doing it again today. Also being able to hit my mile time."

Bella - "I really enjoyed having a camp this year. I also really liked having the afternoon activities when we got to hang out with everyone and do Trivia and all that fun stuff."

Angelina - "I was really happy to be able to see all of my friends, and to improve on my soccer skills and shot put form."

Staff and Specialist

Coach Peter - "My favorite part of camp would be hearing everyone's goals being snatched, hearing what people are doing, and overall people having a great time with the camp."

Coach Emily - " I just wanted to say that I have had such a fun time seeing all of you. It would've been really sad if I had not been able to be apart of this, so it has been so great to see each and every one of you. I am so proud of everyone, great job!"

Coach Alex - "My favorite part of the week was seeing all of the families involved! You guys blew me away, and you deserve a thousand claps!"

Coach Ali - " My favorite part of camp was the cooking when we made granola bites, and just seeing everyone do it with their whole family was really cool. Shout out to parents and families, you guys are awesome."

Coach Sara - "My favorite part was the choice activities and getting to interact with you guys in a different way. Getting to see you guys work together in ways that we don't typically see, and just having fun!"

Coach Dar - "Thank you, athletes, so much for leaving it all on the mat. You guys worked super hard during Body by Dotty, and you had fun doing it which was the best part. "

Director Lauren - "Thank you to all the athletes and families. We couldn't do this without you!"

The Talent Show Acts

Charlotte played "Lightly Row" on the Violin beautifully.

Cassidy played "Ode de Joy" on the violin gracefully.

David told hilarious comedy jokes.

Bryce solved a Rubik's cube.

Andrew played the "Beethoven Theme" on the keyboard exquisitely.

Nick sang "I'm Already Gone" by A Day to Remember while playing the guitar.

Zach W showed his amazing drawings.

Logan played us an amazing slowed down version of "Angel of the Morning" by Juice Newton.

Elora sang "Just You Wait" from My Fair Lady passionately.

Zac S rocked out on the drums.

Braiden played the baritone with his right hand while reading the music sheet in braille with his left hand.

Bella beautifully sang "Imagine" by John Lennon.

Ted told us very informational facts about animal.

Yaakov played the piano magnificently.

Dr. Lauren ended the talent show by singing "Try Everything" by Shakira.

2020 Awards

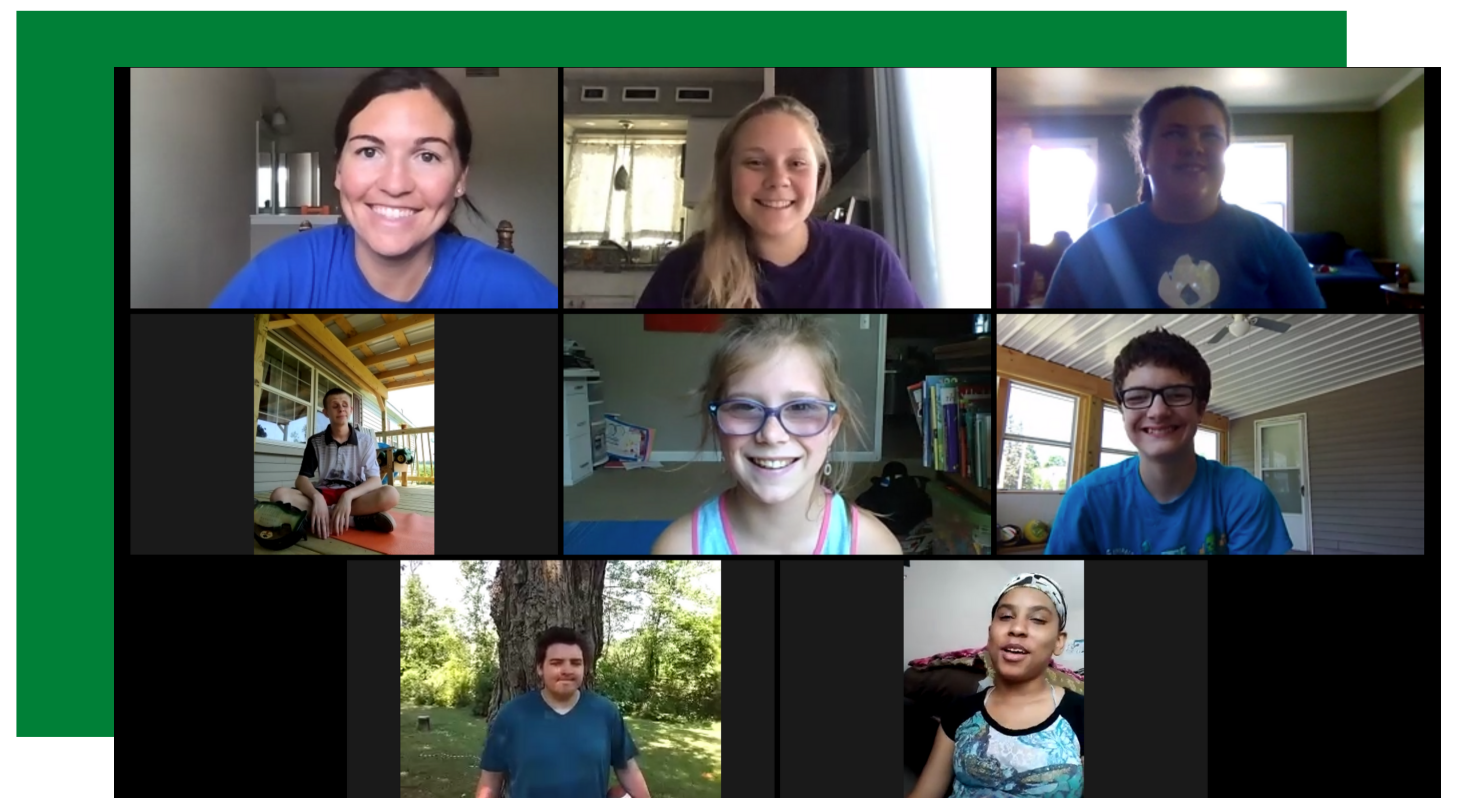
The Yellow Shooting Stars

- Bryce** - Fitness Fanatic Award
- Cassidy** - Goalball Flnatic Award
- Charlotte** - Soccer Superstar Award
- David** - Mr. Independent Award
- Ted** - Determined Dribbler Award
- Yaakov** - First Time Adventurer Award



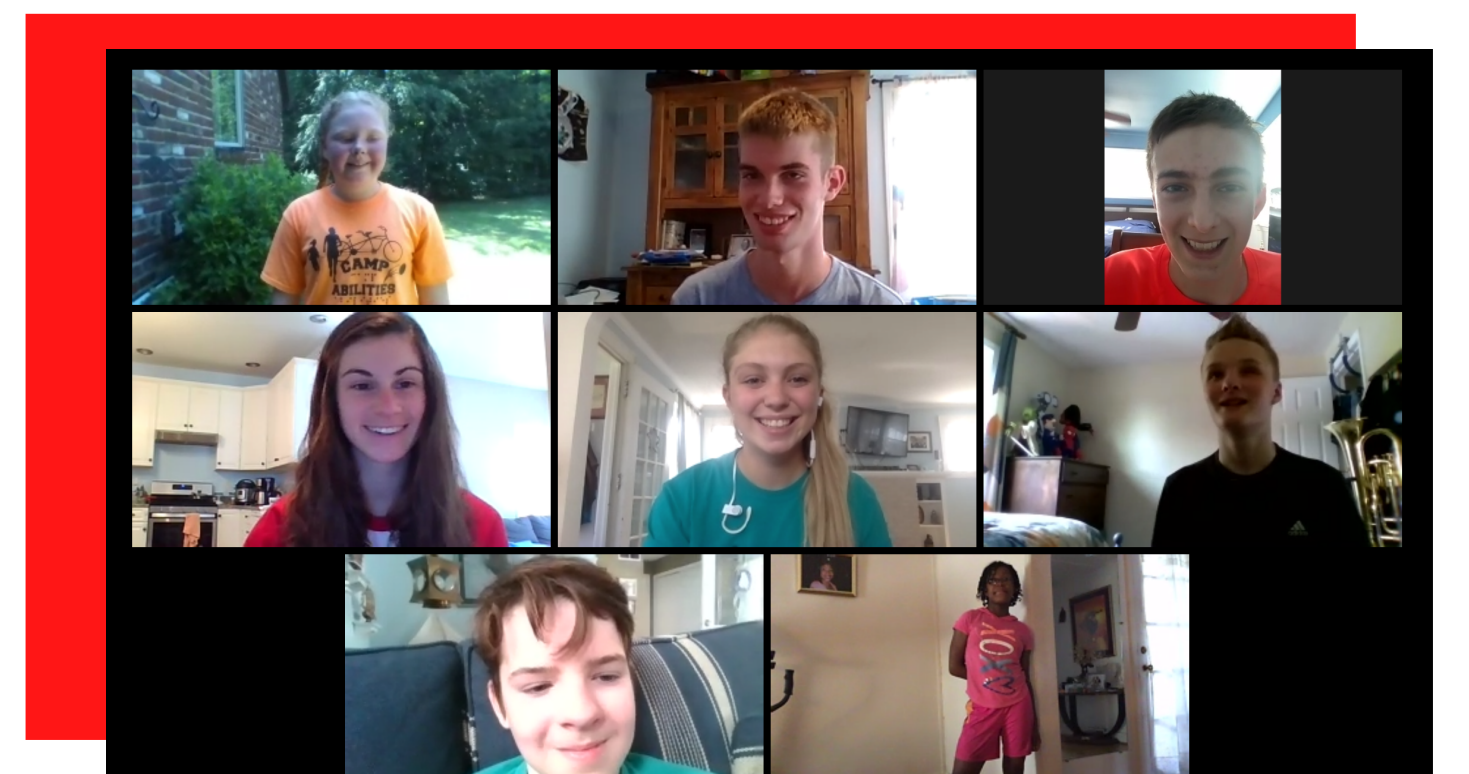
The Green Gators

- Keara** - 5-A-Side Soccer Award
- Isla** - Track and Field Award
- Zach W** - Fitness Award
- Sam** - Goalball Award
- Di'Vyne** - Track and Field Award
- Logan** - Fitness Award



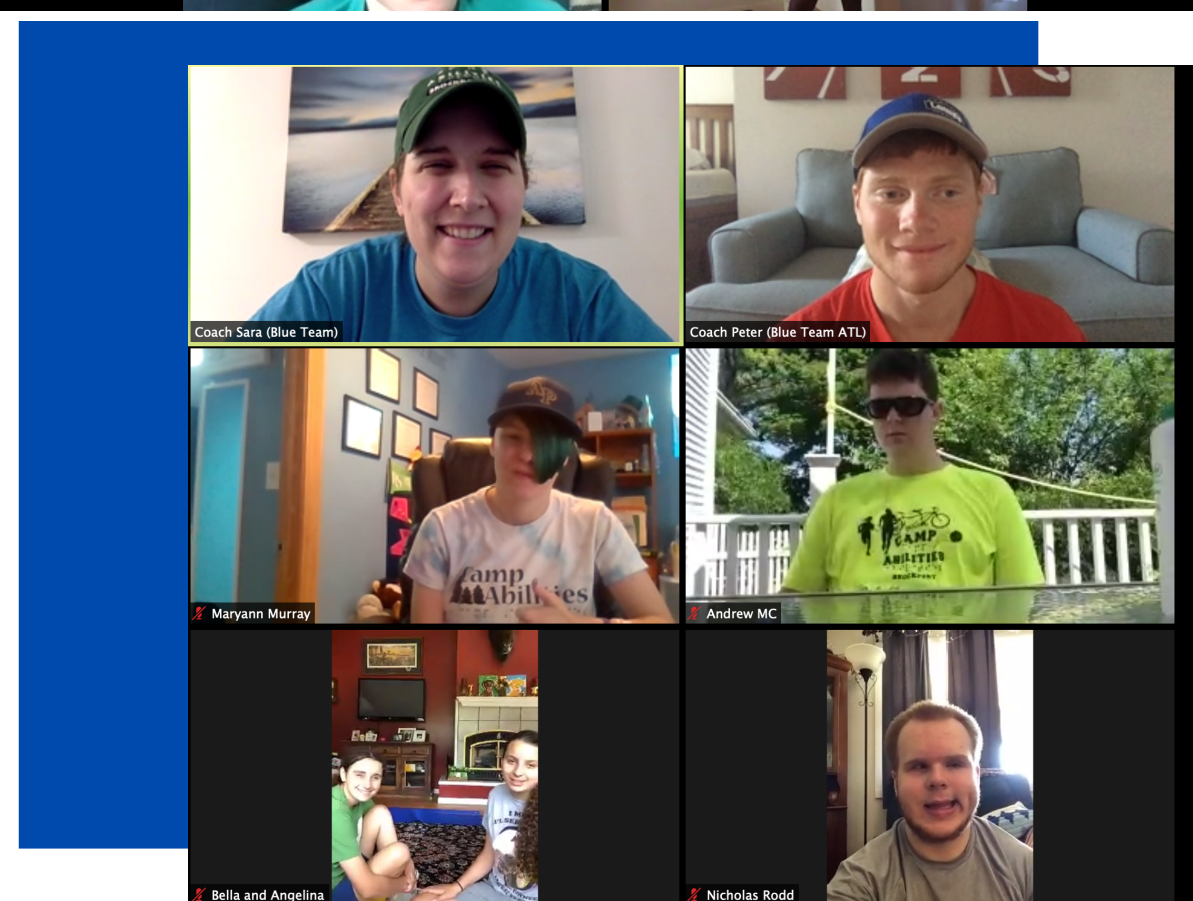
The Red Robin

- Elora** - 5-A-Side Soccer
- Ronan** - Track and Field Award
- Zac S** - Statigories Master
- Kat** - Ftness Award
- Sean** - Question Master Award
- Braiden** - Track and Field Award



The Blue Quaranteam

- Angelina** - Trivia Master Award
- Isabella** - Game Night Guru Award
- Faith** - Goal Buster Award
- Andrew** - Scribe Award
- Nick** - Future 5-A-Side Paralympic Award
- Chris** - Fitness Master Awards



Family and friends of each athlete - Helping Hands Award

Michele Myers - Above and Beyond Award

Heather Mac - Above and Beyond Award

Sara Koppenhaver - Above and Beyond Award



**Enjoy the rest of
your summer! We
can't wait to have
you back next year!**