

**The Camp Abilities Newsletter**  
June 29, 2005 Vol 1, No 5  
The C\*A\*N  
By: JMJ

Menu for Wednesday, June 29, 2005

Breakfast – (Churchville Lions)\* Pancakes, fresh fruit

Lunch – Cafeteria

Dinner (ABVI)\*- Cheese ravioli, salad with cucumber & tomatoes,  
Italian bread w/butter pears/peaches

\*donated meal

The Daily Fishermen...by David Dodge

Thanks to the many who came out for a great night of fishing.

Congratulations to Blaise, Shannon & Emily, who each caught a sunfish! Thanks also to our lifeguards for making sure no one goes swimming. Fishing each night, after dinner, on the canal.

Blaise got defeated, finally, in Showdown. Thank you for sharing, Blaise. Some others who shared are: Marissa, Codi, Chris, Cameron, Rennell, Franky, Megan S., Olivia, Delbert.

We learn everything about Aquatics in the pool, from Monica, who is extremely cool.

In Judo, athletes are learning grips & throws.

Athletes, in Beep Baseball are learning to field & bat.

Tandem bicycling remains a popular activity for those improving their endurance. Aquatics-Going swimmingly.

Goal Ball-Playing tournaments already. Peter D, had to play athlete, altho' he is now coaching (after all, he is 20 years old & has been a camper for 6 years).

Gymnastics-Athletes being suspended in the air & coaches are gaining a greater appreciation of movement.

The All-Star Achievers made a stupendous banner which will be personalized with their hand prints. They show excellent spirit and are also working on their team song.

Michael Forzano went from 9 laps (2 days ago) to 15 laps in the pool today.

Rainbow Dragon Princesses (RDP): Stephanie threw her coach, Autumn in Judo.

Diana cut her beep base running time in half.

Torri hit 8 feet on the running long jump.

Catherine threw a baseball 75 feet.

Leah & Shelly both scored twice at goalball.

Stephanie swam 500 yards (20 laps) in the pool.

Quinn dove into the deep end with perfect form.

Zamanda swam 10 laps using several strokes; front, back & side.

Leah did rollovers in the pool for the first time.

Destiny swam 4 laps, on her own, at swimming (1 more than yesterday).

All the athletes continue to increase their success in the pool.

So, what did the Zoo Crew do today?

Larry M. moved from a level 2 to a level 3 in the pool with a whole new set of goals to achieve. He also won the “Knock out” basketball game which included counselors.

Zeb P. did his personal best, 16 laps in Tandem Biking (TB).

Christopher P. sang a beautiful solo with Terry Kelly last night.

John M. Successfully threw his (first time on the mat) coach, Sean, in Judo.

Rendell R. learned how to do a flip turn in swimming.

Cody B. did 51 laps (10.2 miles) in TB.

Frank C. competed 10 laps in the pool (personal best).

Max S. did 14 laps in the pool (personal best).

Jacob J. did his first dive into the pool.

Jacob V. did 10 laps on the side by side bike (best to date).

Delbert F. did 14 laps in TB.

Logan M. did 40 laps (8 miles) in TB.

Aaron bowled 137.

Steven B. bowled 104.

With the help of his coach, James T., Cody B. increased his shots in goal, overnight, from 9 to 25 in a half hours time. Cody also shot 4 baskets in a row. Great job, all.

The Congress has implemented the “Congress Chain” to be worn around the neck by that member who is working especially hard to improve the spirit of the Team. So far, the chain has been worn by: Ray, Kristin, Sean, Steven & Matt. The goal is that every member wears the chain by the end of camp.

Welcome to our newest member, Kevin Williams.

In the pool, Carl made his 15 lap goal (over by a lap). Chris reached 24 laps (after trying for 20. Also, he was 1 pin away from making 3 strikes in a row at bowling.

Zack swam 15 laps today, 2 better than yesterday. TJ swam 16 laps freestyle & TB 4 miles. Sean swam 8 laps. Matt exceeded his goal by treading water for 17 seconds and doing 5 seconds in the deep end. Ray swam 21 laps & 40 (8.2 miles) in TB. Blaise swam 30 laps in 20 minutes & did combo move on Tramp. Kevin swam 22 laps & did 35 laps on a single bike. Kevin guides Blaise everywhere. Thanks Kevin. David ran a 7.22 mile. Philip increased his club throw by 4', from 61.3' to 65.6'.

Brandon W. improved his 1 mile run in Track & Field from 9min.15 sec to 6 min.16 sec. with the guidance and encouragement of Paralympian, Peter Gottwold,

Tuesday half of us went bowling while the rest ate dinner. Then, we switched.

Showdown tournament in progress.

Jim teaches us about the Paralympics and Judo and always encourages and motivates us, too.

