



Camp Abilities Newsletter!

THE C*A*N (As in “Yes, you *can!*”)

The C*A*N is dedicated to the memory of Dr. Janet Joseph, the C*A*N founder and Lauren Lieberman’s mother. She died suddenly in December of 2006. She was an active part of Camp Abilities Brockport for 7 years and we miss her very much.

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 Wednesday, July 2, 2014

In Short

Yesterday	Today	Tomorrow
<p><i>Second Day of Activities</i> Orange and Green group photos Athletes’ second day of sports Nighttime Activities: be sure to check out rock climbing!</p>	<p><i>Third Day of Activities</i> Staff Photo Athletes’ third day of sports Nighttime Activities: including horseback riding! Dance Party! A chance of showers with a high of 84</p>	<p><i>Fourth Day of Activities</i> Athletes’ fourth day of sports Lunch in Brockway! Color Wars! Mostly cloudy with a high of 72</p>



What does the Camp Abilities theme song mean to you?



You are able to do anything—Maddy

Visual impairments are just an obstacle to overcome—Quentin

There are lots of ways to have fun—Maddy

Everyone can find people who have things in common with them—Jeremy

Everyone has something to overcome—Alissa

You can do anything you set your mind to—TJ

NOW for the news on the athletes' accomplishments

Green

- Tyler swam the front crawl in 3:31, rode 4 miles on three different types of bike, and beat his time for the front crawl
- Kincaid did standup paddleboarding for the first time!
- Joe biked about 5 miles!
- TJ did standup paddleboarding for the first time, caught a fish, and jumped so far during long jump that they had to open up the pit more!
- Natalie biked 7 miles
- Lily hit the beep baseball three times off a pitch with a blindfold and did standup paddleboarding for the first time!



Orange

Sky caught a big fish!

Andrew biked 9 miles, hit three live pitches, went on the high balance beam, made three baskets in basketball, and went paddleboarding for the first time.

Jeremy swam 25 yards in 59 seconds!

Braden went on the balance beam by himself

Coach Cody learned what gymnastics is all about

Abby biked 7 miles and caught a really big fish when she went fishing for the first time

Ethan biked 23 laps on the tandem bike and swam 25 yards in 47 seconds

Sam did a flip into the foam pit and rode 8.75 miles in tandem biking

Zach biked 18 laps on a single bike!



Pink

Luke biked 18 laps and rode a kick bike!
Donovan went on the high balance beam,
swam 6 laps, and paddleboarded and canoed
for the first time

Andrew made 4 baskets in basketball, put his
face underwater in the pool, and rode 10 miles
on the tandem bike

Luke swam a 3:75

Nina completed the mile, swam 25 yards in 38
seconds, and jumped into the foam pit for the
first time!

Ellie beat the Camp Abilities girls record for
the mile with a time of 7 minutes and 36
seconds!

Blue

- Alissa went kayaking for the first time,
reached her goal in swimming with a time of
1 minute and 25 seconds, and made a goal in
goalball!
- Maddy ran the mile in 9:12, dropped 6
seconds off her 50 yard swim, and scored 3
goals in goalball
- Hannah scored 3 goals in goalball and did
the long jump independently for the first
time!
- Felix set a personal record in swimming!
- Quentin took Stephen down in 1 Touch and
rode the seven person bike!



Fish Count: 10

*** Remember: this is YOUR newsletter. Please come see me (Gia) with great accomplishments, funny experiences, or any news you want to share from the day!!!

TIP FOR THE DAY:

Remember to apply sunscreen in the morning and reapply throughout the day!