



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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Thursday, July 3, 2014

In Short

Yesterday	Today	Tomorrow
<p><i>Third Day of Activities</i></p> <ul style="list-style-type: none"> • Staff Photo • Athletes’ third day of sports • Nighttime Activities: including horseback riding! • Dance Party! 	<p><i>Fourth Day of Activities</i></p> <ul style="list-style-type: none"> • Athletes’ fourth day of sports • Lunch in Brockway! • Color Wars! • Camp Can Do <p>Chance of showers with a high of 73</p>	<p><i>Game Day!!!</i></p> <ul style="list-style-type: none"> • Guest speaker Martha Reuther, Para-Olympian hopeful • Duathlon • Goalball and Beep Baseball games • Swim meet • Talent Show <p>Sunny with a high of 73! ☺</p>



accomplishments

Green

- Tyler, got to ride the seven-person bike, got to wear all the fancy equipment (for the Nike fuelband validation study), beat his record for backstroke, kayaked, practiced 1Touch with Steve, and did standup paddleboarding and was really good at it
- TJ jumped 10 feet in long hump, did 10 laps in the pool, and threw shotputs really far
- Lillian jumped 7 feet, 10 inches!
- Justin jumped 9 feet, 8 inches and landed a front handspring twice!



Orange

- Jeremy touched the bottom of the pool, went rock climbing for the first time, swam 25 yards in 42 seconds and caught a sunfish
- Braden went rock climbing and was good at it!
- Sam climbed the rock wall to the top six times
- Elaisha learned how to go underwater from Coach Cody
- Sam scored three goals in goalball!
- Sky went rollerblading for the first time, caught 3 fish in 20 minutes, beat his goal on the Nike fuelband before lunch, scored two goals in goalball, and sighted guided his coach
- Andrew climbed the rock wall 2.5 times, scored in goalball (“They didn’t even know it was coming!”), and sighted guided Coach Beth



Pink

- Donovan biked 25 laps and made it all the way up the rock wall!
- Nina swam 10 laps, learned to do backstroke, biked 6.51 miles, went kayaking and played basketball for the first time, and scored two baskets
- Luke rode the tandem bike and did 8 laps in the pool
- Andrew biked 5 miles and got to touch a frog!
- Ellie swam a 50 free in 35 seconds and swam 50 laps total
- Chris learned to longboard and scored a goal in goalball!

Blue

- Lisa went out on a canoe!
- Quentin did 40 laps in tandem biking, swam a 50 backstroke in 1:52, did a belly flop off the vault in gymnastics, and he and his team got four tokens in goalball yesterday
- Maddy got to direct her teammates in beep baseball, biked 9.1 miles, moved across the pommel horse on her hands, and executed a perfect dive
- Jacob went forward, backward, and sideways on the high balance beam without mats for the first time!



Fish Count: 1

*** 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:

FOB is a great time to get some sleep so that you're ready for your afternoon activities!