

## The Camp Abilities Newsletter

Thursday, June 28, 2007  
Volume 3, Number 4

The CAN  
As in, yes you can!

The CAN is dedicated to the memory of Lauren Lieberman's mom, Dr. Janet Joseph. Janet started the CAN in 2005, and it will continue to report the accomplishments of the athletes at Camp Abilities.

### **Menu for Thursday**

Breakfast – Golden Grahams, Corn Pops, Cheerios, Kix, Raisin Bran, Danish, muffins, bagels/cream cheese, fresh fruit, apple juice, grape juice, orange juice, and milk

Lunch – Cooper dining hall

Dinner – Turkey dinner! Dinner is sponsored by ABVI and served by EKCC. ABVI stands for the Association for the Blind and Visually Impaired in Rochester, NY.

### **Athlete Accomplishments**

#### **Antifreeze's Awesome Accomplishments**

Beth F. tried Dance Dance Revolution for the first time and then after being really scared at goal ball, she scored 2 goals. Great job Beth!

Logan and Zeb had personal bests in the long jump at track – Logan jumped 4 feet, and Zeb jumped 4 feet 10 inches. Great job, Logan and Zeb!

Zeb swam 14 laps, which is 6 more laps than he did yesterday – great job, Zeb!

Cody H. rode 18 laps on the tandem bike and run a total of 2 miles on the track so far this week. Keep it up, Cody!

Max is hitting pitched balls in beep baseball – awesome!

Marquel put his head under the water and breathed out underwater for the first time in swimming. Awesome!

Meg swam 16 laps in swimming and went on the diving board for the first time! Great job!

#### **The Purple Pirates' Pizzazz**

Billy threw 5 people in judo, swam 12 laps, and threw the shot put 35 feet, and it was his first time throwing the shot – well done, Billy!

Katrina Arndt, Editor

C\*A\*N Volume 3, Number 4

Gemma and Marissa completed 21 laps in tandem biking. Marissa dove into the pool for the first time.

Martha threw a shot put 47 feet 11 inches! In swimming she had great form with the butterfly, and in gymnastics she did a perfect back hip circle on her first try. Great job!

Amie completed 14 laps in swimming, then did 12 laps on a tandem bike. When the Pirates met about their poster, Amie had the idea for it. Awesome, Amie!

Blaise beat his 9 minute mile in track – he completed one mile in 8 minutes and 40 seconds. He also swam 36 laps in swimming for a total of 114 laps. His goal is to get to 2 ½ miles for the week. There are 72 laps per mile, so he needs to swim 180 laps. Great goal, Blaise!

Tori biked 24 laps on the tandem bike, and swam 24 laps in the pool. She also went 5 laps on the track - that's 1 ¼ miles! Cool!

Shannon did a back hand spring with a spotter in gymnastics! Great going!

Katie ran 6 laps on the track, and she tried the single bar in gymnastics for the first time. In judo, she flipped someone for the first time. Fantastic job!

Jacob learned to thumb wrestle, and in gymnastics he worked on the balance beam for 30 minutes. He also biked 10 laps. Nice work, Jacob!

Amber completed 21 laps on the bike, 5 laps on the track, and threw Jim on the mat in judo. In gymnastics, she tried the uneven bars for the first time, and in swimming she swam 14 laps and did a dive for the first time! Way to go, Amber!

### **The Yellow Jackets' News to BUZZZZZZZZ About**

Mike F. rode 21 laps in biking, and swam 24 laps! Way to go, Mike!

Daniel O. rode 3 miles - that's 18 laps - on the tandem bike. He swam 10 laps at swimming, and in beep baseball he scored a run and made an out – great job, Daniel!

Aspen P. swam 11 laps in the pool and one lap was without a noodle – great job!

Delbert F. improved his tandem bike lap total, biking 3 laps more today than yesterday. In swimming, he felt great about what he did! In beep baseball, he got to hit and field. Great job!

Hollyn H. went underwater for the first time today in swimming – awesome, Hollyn!

### **The Green Gators' Great Things**

Raven completed 8 laps in the pool, beating yesterday's lap total. Great job!

Dominic P. made 2 outs in beep baseball and in the kinetics game he made it to the 9<sup>th</sup> level! Awesome!

Lisa R. swam 14 laps in the pool and in track at the long jump, she jumped 6 feet! Well done, Lisa!

Felix J. swam 8 laps in the pool, and went under water for the first time! Way to go, Felix!

Brennan went underwater and touched the bottom of the pool where it was 9 feet deep! In gymnastics he did a front hip circle! Great job!

Justin jumped 3 feet in the air on the trampoline and did both a knee drop and a seat drop on his own! Awesome!

### **Final thoughts**

Nurse Judy reminds everyone: drink water, wear sunscreen, and if you see her for medications, remember to bring water with you.

Nutrition tip of the day: Eat different colors of vegetables, especially orange and green vegetables every day.

Jacob answered yesterday's question – a food that is whole grain is brown bread or wheat bread.

Logan M. has a web site that allows people to share their experiences and thoughts About Camp Abilities. It is online now, and the web address is [www.cainsight.com](http://www.cainsight.com) Check it out!

**Believe you can achieve!**