

The Camp Abilities Newsletter

Friday, June 29, 2007
Volume 3, Number 5

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 Friday

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 – Fiesta night! Salsa and chips will be served at the table family style. Soft tacos, lettuce, tomato, cheese, Spanish rice, corn, fruit of the day. Serving dinner is Dansville Lions Club. Thanks, Lions!

Evening treat – Ice Cream Social. Byrne's Dairy sponsors and the 4H girls from Churchville serve this treat!

The EKCC group, who sponsored dinner last night, are the Eastman Kodak Credit Corporation.

Other news

Jen Armbruster – one of our track specialists - will be playing for the USA Women's Goalball Team from July 26-29 in Birmingham, Alabama at the International Goalball Classic. You can listen to commentary about those matches and more information will be provided tomorrow about how to do that.

Corrections

Daniel O.'s accomplishments on Monday were listed in the Yellow group, but he is in the Blue group.

Athlete Accomplishments

This issue includes accomplishments in swimming. At Camp Abilities, we use the American Red Cross Learn to Swim Curriculum, which has 6 levels. Athletes are working at levels 1 through 5.

In Level 1, swimmers must demonstrate their skills in Introduction to Water Skills, which includes water entry and exit, breath control, buoyancy, changing direction, treading, exploring the water on front and back, general water safety, and helping others.

Antifreeze's Awesome Accomplishments

Megan S. did the butterfly in swimming, she went 17 laps in biking, and she ran 2 laps in track. In gymnastics, she went on the balance beam, and in judo she flipped a few people. Way to go, Megan!

Amy C. rode a single bike for 1 lap at biking! At gymnastics, she went on the high balance beam by herself. In track, she ran 7 laps - that is 1 $\frac{3}{4}$ miles! In swimming, she swam 30 laps, and she passed her level 2 swimming! Among other things, she had to do the side stroke to pass to level 3. Well done Amy! Sleep tight!

Marquel threw Matt in judo, and Matt went 5 feet!

Cody H. swam 14 laps in the pool, biked 20 laps at biking, and threw Jim Mastro in judo. Great job, Cody!

The Purple Pirates' Pizzazz

Peter D. ran a mile in 7:21 – a personal best! Way to go Peter!

Katie L. ran the mile in 5:55 – a personal best for her! Amazing!

Shannon ran 6 laps on the track, biked 31 laps at biking, and in swimming she did sidekicks very well! Great job, Shannon!

Martha biked 16 laps in biking, ran 4 laps in track, and swam 28 laps in the pool. Way to go, Martha!

Amber rode 6 miles - that's 36 laps - on a single bike! Awesome!

Billy rode 28 laps on the bike! Fantastic, Billy!

Amie rode 18 laps on the bike and swam 16 laps! Great job, Amie!

Quinn swam 30 laps and rode 24 laps on the bike – fantastic!

Blaise shot a basketball from behind the basket! In swimming he went 44 laps in the pool, which put him over his goal of 2 miles in swimming for the week! He also rode 6 miles on the bike! Great work, Blaise!

Jacob ran one mile with Brandon at track – great job, Brandon!

The Yellow Jackets' News to BUZZZZZZZZ About

Nicole B. threw her counselor 10 times in judo, and at track she went around the track 3 times.

Tony H. walked $\frac{1}{4}$ of a lap yesterday, and today walked a complete lap. In gymnastics, he dove headfirst into the foam pit. Rock on, Tony!

Mike F. did 5 laps in track, a personal best for the week! In gymnastics, he did a chin hold on the high bar for 30 seconds, and did 3 flips by himself on the uneven bars, and hung on the rings. Cool!

John E. ran 5 laps on the first day at track. On the second day, he made it 5 ¼ laps, and today he ran 6 laps in 10 minutes! Yesterday, he swam 32 laps in the pool and in 10 minutes in swimming, he swam 20 laps. In gymnastics he did a hang on the high bar for 21 seconds and did the same thing with the rings.

Destiny D. went under the water for 25 seconds in swimming and she went upside down in the water and touched her hands on the bottom of the pool. In tandem biking yesterday she biked 20 laps – that is more than 3 miles. She could have biked more, but there was not enough time to keep going. At fishing she caught 2 fish! Great job Destiny!

Aspen P. swam 12 laps in swimming. In track and field Aspen ran and walked 4 laps – that is one mile, and it was really hard work – and it was her personal best. Then she went horseback riding. Great job, Aspen!

The Green Gators' Great Things

Kristina T. completed all the requirements for Level One Red Cross swimming in 3 days! Great job!

Katelyn M. finished all requirements for level 1 in swimming! She had to float on her stomach for 3 seconds, roll on her back, and float for 3 more seconds on her back.

Kristina and Katelyn flipped their coaches in judo! Awesome!

Justin R. threw Jim Mastro, the judo instructor. Then he threw Nick also. He flipped Alex, which was the most fun of all! He improved by 21 laps in tandem biking –whoa baby! Great job Justin!

Dominic rode 20 laps on the tandem bike – that is more than 3 miles!

Cody R. met his goal in biking! He biked 20 laps today! He is proud of his accomplishment! And in judo, he got flipped by Allen! Yay, Cody!

Bryan B. swam 10 laps today! Fantastic job, Bryan!

Brennan C. rode a two wheeler on his own for the first time! Way to go!

Lisa R. did 30 laps in tandem biking! Awesome, Lisa!

Felix went underwater and touched the bottom of the pool with his hands and did amazing in judo! Great work, Felix!

Raven swam 12 laps in the pool and she flipped people over in judo. Great job, Raven!

Caroline rode 4 miles in tandem biking! Awesome, Caroline!

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: Milk products help our bodies build strong bones.

Hollyn answered yesterday's question – what do vitamins help our body do? Vitamins help our bodies heal cuts!

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 Check it out!

Believe you can achieve!