

The Camp Abilities Newsletter

Saturday, June 30, 2007
Volume 3, Number 6

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.

Take the skills you learned at Camp Abilities and use them in your physical education classes and be sure to share your activity assessment with your IEP team!

This is the final edition of the CAN for 2007 – have a great summer! All issues of the CAN are available online at the Camp Abilities website at www.campabilities.org on the left hand side of the page.

Menu for Saturday

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 – box lunches with our families. Lunch is sponsored by ABVI and served by the Hilton Lions Club – thank you for your support!

Other news

Information about the USA Women's Goalball Team, which includes our very own track specialist, Jen Armbruster, is available at <http://usawomengoalball.tripod.com> This site has player biographies, schedules, and links to the US Paralympics and USABA. Check it out! Joining USABA is only \$20/year – think about it!

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. Today the skills required to pass level 2 are reviewed.

Level 2 – Fundamental Aquatic Skills – includes going underwater for 5 seconds, floating on the front and back for 5 seconds each, gliding on the back for 2 body lengths, changing direction in the water while paddling, swimming 15 feet on the front, and 10 feet on the back. Swimmers also start learning side stroke.

Athlete Highlights of the Week

For the final issue of the week, athletes were asked to list their highlight of the week for the newsletter. Highlights included athletics achievements as well as other activities and events.

Antifreeze's Awesome Accomplishments

Marquel M. went 18 laps in tandem biking – that's 3 miles! He also enjoyed fishing - even though he didn't catch anything, he tried hard! Great job, Marquel!

Amy C.'s highlight was horseback riding with Elvis! Awesome!

Krista B.'s highlight was searching for fish in the pool! Great job, Krista!

Cody H.'s highlight was in track and field, when he ran using the guidewire. Awesome, Cody!

Cody B.'s highlight was in goal ball, playing with the blue team – he says, "I loved it!"

Zeb's highlight was bowling – he had a lot of fun and in swimming he passed Level 2! Great job!

Nora's highlight was when she rode the tandem bike with Ali and increased her lap count! Well done, Nora!

Beth's highlight was having friends at camp! And she wants to report that her birthday is tomorrow! Happy birthday, Beth!

Rennell's highlight was tandem biking and getting to bike all by himself! Great job, Rennell!

Logan's highlight of the week was setting a new personal best for the 50 freestyle swim – he improved by 2 seconds, and his new record is 54 seconds!

Max's highlight was his improvement in swimming – at the beginning of the week he swam 8 laps, and by the end of the week he swam 18! Great job, Max!

Megan's highlight was dancing to Terry Kelly's music in her pink dress! What fun!

Chris's highlights were fishing because he has never done it before, and goalball because he loves it! Yay!

The Purple Pirates' Pizzazz

Amber H.'s highlights were in biking – she rode 6 miles and her best time for 1 mile was 4:18! That is a personal best - way to go Amber!

Jacob J.'s highlight of the week was getting to eat pizza every day and hanging out with his best friend Max! Yay, Jacob!

Blaise B.'s highlight was swimming more than 2 miles over the course of the week. Great job, Blaise!

Marissa C.'s highlight was using sign language to sign to people who are deaf. Great job learning a new language, Marissa!

Brandon W.'s highlight was just being here at Camp Abilities! Awesome!

Quinn B.'s highlight was hitting a pitched ball in beep baseball for the first time ever without help, and doing it three times in a row! Awesome, Quinn!

Shannon K.'s highlight was doing a back handspring in gymnastics – great job!

Tori Z.'s highlight was in judo, where she flipped Chad! Fantastic!

Martha R.'s highlight was kayaking for the first time – way to go!

Billy R.'s highlight was swimming 20 laps in the pool – and total for the week was just over 1 mile - awesome!

Katie L.'s highlight was running the mile in 5 minutes and 55 seconds – great job!

Amie K.'s highlight was in swimming – she swam 16 laps! Great job, Amie!

The Yellow Jackets' News to BUZZZZZZZZ About

Ben P. went under water in swimming. Ben blew bubbles too! He likes his coach Dave. He liked to type the newsletter!

Tony H. walked a whole lap at track and ran the last 10 meters. In swimming Tony started the week letting the water get to his chin and by Friday, he was going completely underwater. He also swam a complete lap – from 2:29 to 0.58 seconds! What great strides in swimming! In gymnastics he ran and did a corkscrew jump into the ball pit. Ask him about it!

Mike F.'s highlights were first, he swam the most laps ever of all his 6 years at Camp Abilities - a total of 92 laps, with 32 in a single day! Next, in the tournament, he scored the winning run in beep baseball, and rolled the winning

goal in goalball. Finally, he put together a saxophone and piano duet for the talent show with his friend John E. Great week, Mike!

Daniel O.'s highlights were that he biked 9 miles in biking and he ran 3 miles in track! In bowling, he scored 100! Awesome!

Destiny D.'s highlight is that she swam in the deep end with a noodle and swam 7 laps! Great job, Destiny!

Hollyn H.'s highlight is that she jumped on the trampoline for the first time! Awesome!

John E.'s highlight of the week was the number of accomplishments he made - thanks, Coach J.J!

The Green Gators' Great Things

Dominic P.'s highlights were horseback riding and roller blading. He had a lot of fun riding the horse because he got to pet it and he learned all the horses' names. His coach caught him when he almost fell in blading, and it was really fun!

Justin R.'s highlight was getting to go swimming every day! Fantastic!

Brennan C. learned to ride a 2 wheeler this week! Awesome job, Brennan!

Bryan B.'s highlights were running 2 laps without stopping in track and field and in swimming, Bryan swam 14 laps! Great job Bryan!

Cody R. did ½ a duathlon - he ran 2 laps around the track, and biked 1 mile, all before lunch! Way to go, Cody!

Katelyn M.'s highlight of the week was horseback riding! Way to go Katelyn!

Kristina T.'s highlight was going to gymnastics and jumping high on the trampoline! Great!

Raven C.'s highlight was going to gymnastics because she liked Rocco, the floor exercise, the foam pit, the bar, and the trampoline! Fantastic!

Final thoughts

Be sure to pick up your medications from Nurse Judy before you leave!

Nutrition tip of the day: Oils are fats that come from many different plants and fish. We should not eat more than 6 teaspoons of oils each day.

Amie won the prize for answering yesterday's question – what primary nutrient makes our muscles strong? The answer is protein.

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!