

## The Camp Abilities Newsletter

Thursday, July 3, 2008

Volume 4, Number 5

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, 2006. She was an active part of Camp Abilities for 7 years and we miss her very much.

**Braille Queens Tip:** This tip is for the coaches. When someone calls an athlete's name or asks a question, be sure to let the athlete answer for him or herself. Please do not speak for the athletes.

**Fishing report:** Travis caught a smallmouth bass in the canal on Tuesday. It was the size of his hand and it was exciting – in fact it was the best thing he has ever done!

**Weather:** There will probably be thunderstorms today, so be prepared to move inside if the weather gets stormy. The high will be 76.

Talent show: The talent show is tonight! Get ready for an amazing night of talent.

### Athlete Accomplishments

#### Loco Amarillo

Cody biked 26 laps on a single bike and he is very, very, very tired.

#### Purple Storm

Mike reports that in beep baseball he hit the ball 50 feet and in the field he found the ball in 4 seconds. He ran to the base in 10 seconds. He tried the outrigger canoe for the first time, and he learned some sign language - hi, yes, no, fine, good morning and good night. On Wednesday, he tried the racing tandem bike for the first time and went 17 laps. In gymnastics he did a flip on the uneven bars, hung upside down on the rings, and jumped on the trampoline doing half and full turns. Rocco said Mike has great kinesthetic awareness.

John reports that in biking he biked 21 laps total, which is 4.2 miles. In track and field, he ran a mile and keep in mind that this was in "the brutal heat" – it was tough. In gymnastics John tried the uneven bars and was successful, until he lost his balance and hurt his triceps. Awwww.

#### Green Eggs and Ham

Brennan roller-bladed for the first time and he fell at first and then he got it, and did not fall again!

Brianna swam 6 laps on Tuesday, and on Wednesday she biked 3 miles.

Aspen ran a mile in track in 16 minutes and biked 4.2 miles on Wednesday, and on Tuesday she swam 11 laps in the pool in 10 minutes.

Quinton likes gymnastics.

### **Cock-a-doodle-blue**

Coach Emily reports that Djeinaba roller-bladed for the first time on Tuesday night, and at the beginning she needed help, and then she jumped – 20 times! – on the roller-blades and by the end of the night she was blading independently!

Nicole ran 4 laps.

Hollyn ran 1 mile in 12:41, and then ran 1 more lap.

### **Final thoughts**

Nurse Judy and Nurse Sheila say: Remember to re-apply sunscreen after a few hours; it can wear off.

**Believe you can achieve!**