

The Camp Abilities Brockport Newsletter

THE C*A*N, as in, yes you can!

Friday, July 3, 2009
Volume 5, Number 7

Welcome to Camp Abilities Brockport! This is the seventh volume of the 2009 Camp Abilities Brockport Newsletter, the C*A*N.

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.

Weather Report

It is supposed to be 72 degrees and rainy in Brockport for our last day of camp. Make sure you are drinking lots of water and Gatorade. Thank you to everyone for being so flexible with the changes in the schedule this week.

Group News

Last night we had a fabulous talent show. Great job everyone who performed!

Purple Popsicles:

Maddie fielded three outs in beep baseball, dove off the diving board, and jumped 6'8" in the running long jump.

Quenton ran $\frac{3}{4}$ mile in track and ran to the base in 5 seconds in beep baseball.

Chris N. swam 9 laps in the pool and jumped 17" in the standing long jump.

Austin slid into the pool, biked 14 laps, and stopped the ball in beep baseball.

Yellow Jello:

Megan popped three balloons in archery, ran $\frac{1}{2}$ mile, swam 14 laps, and made 4 goals in goalball.

Travis swam 12 laps in the pool and got safe in beep baseball.

TJ touched the bottom of the deep end five times.

Cody H. swam 12 laps and biked 19 laps.

Logan touched the bottom of the deep end and ran 2 miles on the track.

Water Warriors:

Alexandria swam 12 laps, ran ½ mile, and biked 16 laps.

Robert ran around the track really fast.

Christian threw the discus 13 meters.

Kyle ran ¼ mile in 1:52.

Daniel P. got the last out to end the game in beep baseball and jumped 6' in the running long jump.

Josh swam 9 laps in the pool.

Bryttney biked 32 laps on the tandem bike.

Mighty Green Team:

Brennan swam 18 laps and biked 15 laps.

Brianna horseback rode for the first time and rode one mile on the tandem bike.

Hollyn jumped in the pool for the first time, tried archery, and biked 20 laps.

Aspen was independent at dinner.

Diana rode a tandem bike for the first time.

Djeinaba rode 3 laps on a single bike.

Felix made 2 goals in goalball.

KEEP UP THE GOOD WORK ATHLETES!

Special News

It is the last day of Camp Abilities Brockport 2009. Today you may choose what activities you want to do to show your families. Good luck and have fun with your events today! We hope to see you all back at Camp Abilities next year!

Believe you can achieve!