

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

Saturday, July 3, 2010  
Volume 6, Number 7

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**

**Day:** Mainly sunny and warm. High 86F.

**Night:** Clear skies. Low 63F.

**UV Index:** 9 (very high)

## **Group News**

Athletes were so busy and active performing in their duathlons, Goalball tournaments, Beep Baseball games, rock climbing and at Archery. Here's what was reported.

### **Yellow Golden Champions:**

Felix reached the bells on the rock wall and jumped into the pool and floated on his belly!

Shannon jumped off the diving board for the first time and advanced to level 4 in swimming!

Chris climbed half way up the rock wall.

Eric did archery for the first time.

### **Purplecalifragilisticexpialidocious:**

Katrina climbed the rock wall, went in the deep end at swimming and performed a cannonball.

Calvin learned a new song on the piano, climbed halfway up the rock wall, ran one mile without stopping and biked eleven laps! Wow what a day!!

Nicholas scored in Goalball and had two blocks.

Austin climbed  $\frac{3}{4}$  up the rock wall.

Tyler finished 2 out of the three walls at rock climbing.

Nina climbed the rock wall two times and played Showdown.

Ellie climbed the rock wall in five minutes.

Christopher swam six laps in the pool using the front crawl and the elementary backstroke.

**Green Xtreme:**

Cheyenne did Archery and climbed the rock wall in 40 seconds. She also went underwater, blew bubbles and jumped in!

Joshua scored the last goal in Goalball and made up a song on the piano.

Brennan scored two goals in Goalball and scored two runs in Beep Baseball.

Daniel rang the bell at rock climbing, popped balloons in Archery, scored in Goalball, fielded a ball in Beep Baseball, rode three miles on the bike and swam 10 laps in the pool! Way to go Daniel!

Hollyn went underwater for the first time! Hooray Hollyn!

Brianna jumped in the pool and went into six feet deep water.

Zek did a belly flop!!

Jacob climbed half way up the rock wall, dove from the side of the pool for the first time and went into 9 feet of water independently!

Alex climbed the rock wall in one minute and 17 seconds, climbed all three walls, jumped into the deep end and went off the diving board for the first time.

**Blue Kool-aids:**

Andrew jumped into the pool, swam independently and passed level three in swimming. He also rang the bell at rock climbing and scored 2 goals in Goalball.

Nicole climbed  $\frac{1}{4}$  the way up the rock wall.

Austin ran three laps on the track.

Megan popped balloons in Archery, rode 10 laps on a tandem bike, swam 18 laps in the pool and fielded a ball in Beep Baseball!

Cody popped three balloons in Archery, scored in Goalball and performed the side stroke for the first time at swimming!

Madeline climbed all three walls in rock climbing, popped three balloons at Archery and scored two goals in Goalball.

Nicholas attempted the rock wall four times and on his fourth attempt he ran the bell!! He also got a homerun in Beep Baseball.

Joseph swam 4 laps and dove into the pool!

**Awesome job Athletes!**

## Talent Show Highlights

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

Our Master of Ceremonies was Chris Lomax. Excellent job, Chris!  
Here are the performers and what they showcased for us:

Calvin & Kylan sang "That should be me" by Justin Bieber  
Hollyn, Bryttney & Brianna sang "Party in the USA" by Miley Cyrus  
Eric G. did a fine job dancing  
Nicholas performed Bop-it Expert  
Briana Rhodes sang "No One" by Ali & AJ  
Jack sang "This Ain't a Scene" by Fall Out Boy  
Ellie sang "The Climb" by Miley Cyrus  
Cheyenne performed the alphabet in sign language  
Nina, Jamie, Felix and Daniel P. played piano individually  
Katrina named pies while hopping on one leg.  
Ellie, Drea & Nina sang "Hoedown Throwdown" by Hannah Montana  
Kaitlyn S. showed glow stringing  
Maddie is sang "1000 Miles" by Vanessa Carlton  
Nicole B sang "Lean on Me"  
Megan told jokes  
Pao performed Bachata dancing  
Joey L. named cars  
Richard, Eric & Jack are doing comedy

## Special Announcements

It is the last day of Camp Abilities Brockport 2010. Today you may choose what activities you want to perform for your families. Good luck and have fun with your events today! We hope to see you all back at Camp Abilities next year!

One last reminder, see Nurse Judy or Sandy to pick up your medications before you leave camp today. Safe travels!

**Believe you can achieve!**