

Camp Abilities Newsletter
THE C*A*N, as in yes you can!!!
Wednesday, June 26, 2012

Weather Report

High 82 Low 61
Windy, mostly sunny!
Sounds like another great day, loving that the sun is coming out more!!!

GIGANTIC THANK YOU to Gwen and everyone that made the dock and shed happen for Camp!!! That was an amazing addition to our AMAZING Camp!!!

TIP OF THE DAY:

Please make sure you have your sunscreen on and are drinking water all day!!!

Introduction to the group nicknames:

Blue Group= Blue Crew
Green= Green Giants
Purple =Purple Pirates
Yellow= Yellow lightening

CARE TO SHARE FROM TUESDAY MORNING/NIGHT (which is from the night before activities and experiences)

News From The Blue Crew: JC caught a fish went swimming and did Judo, Veronica did a tug roll in gymnastics, Megan made it to the top of the Rockwall, danced with Blaise, swam in a new pool, and took her coach out I Judo, Kristin took out her coach in Judo and came in a sprint in 5.2 seconds using a guide wire.

News from the Green Giants: Nadya scored in a basketball game, she did 5 ¼ miles on the tandem bike, TJ kayaked for the first time, he also went 8 miles on a tandem bike, Jack made it to the top of the rockwall,

went 3 ½ miles on the tandem bike Andrew made 3 hoops in basketball, Tylor enjoyed tandem biking, Ahmad went 5 miles on the tandem, Megan completed gymnastics, Louise did 25 laps on the tandem, Makka had fun in goal ball.

News from the Purple Pirates: Luke climbed to the top of the Rockwall, Tyler did 7 laps on a single person bike and he tackled a base in beep baseball, Nicholas did 16 laps on tandem, Jessica did 4 miles on the tandem plus 1 extra lap, Nick exceeded his goal on the tandem from 10 to 16, Natalie went 3 miles on the tandem and Donovan did 17 laps on tandem.

News from the Yellow Lightning: Hannah made it to the top of the rockwall 2x, and she ran with the guide wire in 7.82 seconds, Hollyn climbed to the top of the wall and took her coach down in judo, Alexandria made some baskets playing basketball and climbed to the top of the Rockwall, she also did 3 laps in track in 10 minutes, Daniel sat next to Terry Kelly and made 5 baskets in basketball, Matt was on a video, Felix ran pretty fast in track and field, and Glynnis wanted to say how proud she was of Jordan for running a mile in ten minutes.

News Flash from the brand new dock where we canoe and kayak.

We had the ribbon ceremony and we also had to christen it of course with the tipping of a canoe with 4 passengers on it (not planned, hahaha). There were 2 athletes and 2 coaches and they were just amazing with how wonderfully they handled themselves in that situation. None panicked, no one screamed, no one got mad or upset. Talk about awesome reaction to a situation, these 4 individuals were outstanding and made it back safely with their bravery and the help of the staff who jumped in and reacted very professionally. Thank you to all involved absolutely made it the best