



Camp Abilities Newsletter!

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

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 Tuesday, June 30, 2015

In Short

Yesterday	Today	Tomorrow
<p><i>First Day of Activities</i> Athletes’ first day of sports Pink & blue team photos Terry Kelly, Dancing with Lisa, Nighttime Activities: Be sure to check out archery!</p>	<p><i>Second Day of Activities</i> Athletes’ second day of sports Orange & green team photos Nighttime Activities: Judo, watersports, dancing with Lisa, rollerblading, showdown, arts & crafts, and more!</p> <p>A chance of showers with a high of 82</p>	<p><i>Third Day of Activities</i> Staff Photo Athletes’ third day of sports Nighttime Activities— tonight’s attraction: horseback riding!</p> <p>Partly sunny with a high of 84</p>





NOW for the news on the athletes' Accomplishments!

Pink

- Andrew– did stand-up paddle boarding for the first time
- Donovan – swam 9 laps in the pool
- Lillian – swam 33 laps in the pool and learned how to do a pivot turn in stand-up paddle boarding without ever falling off

Orange

- Andrew – rode 7.5 miles and worked well with Sky in tandem biking
- Cady – did the backstroke and the front stroke and treaded water in swimming
- Alex – rode 19 laps on three different bikes
- Anneka – went biking for the first time and biked 7 miles

Green

- Matt – rode five miles in tandem biking
- Abby – biked 8 miles in tandem biking
- Kiersten – rode a single bike for the first time, then learned how to start biking by herself
- Kelly – beat her record mile time with a time of 10:06

Blue

- Jack – swam four laps in the pool
- Maddy – did stand-up paddle boarding for the first time, where she stood up after just a minute or two. She also worked well with Anna, Robert, and Parker in goalball
- Tory – swam 26 yards in a minute and 12 seconds
- Peter – did stand-up paddle boarding for the first time, did a flip-turn for the first time, and fell in twice
- Felix – did stand-up paddle boarding for the first time, scored a goal in goalball and won

