



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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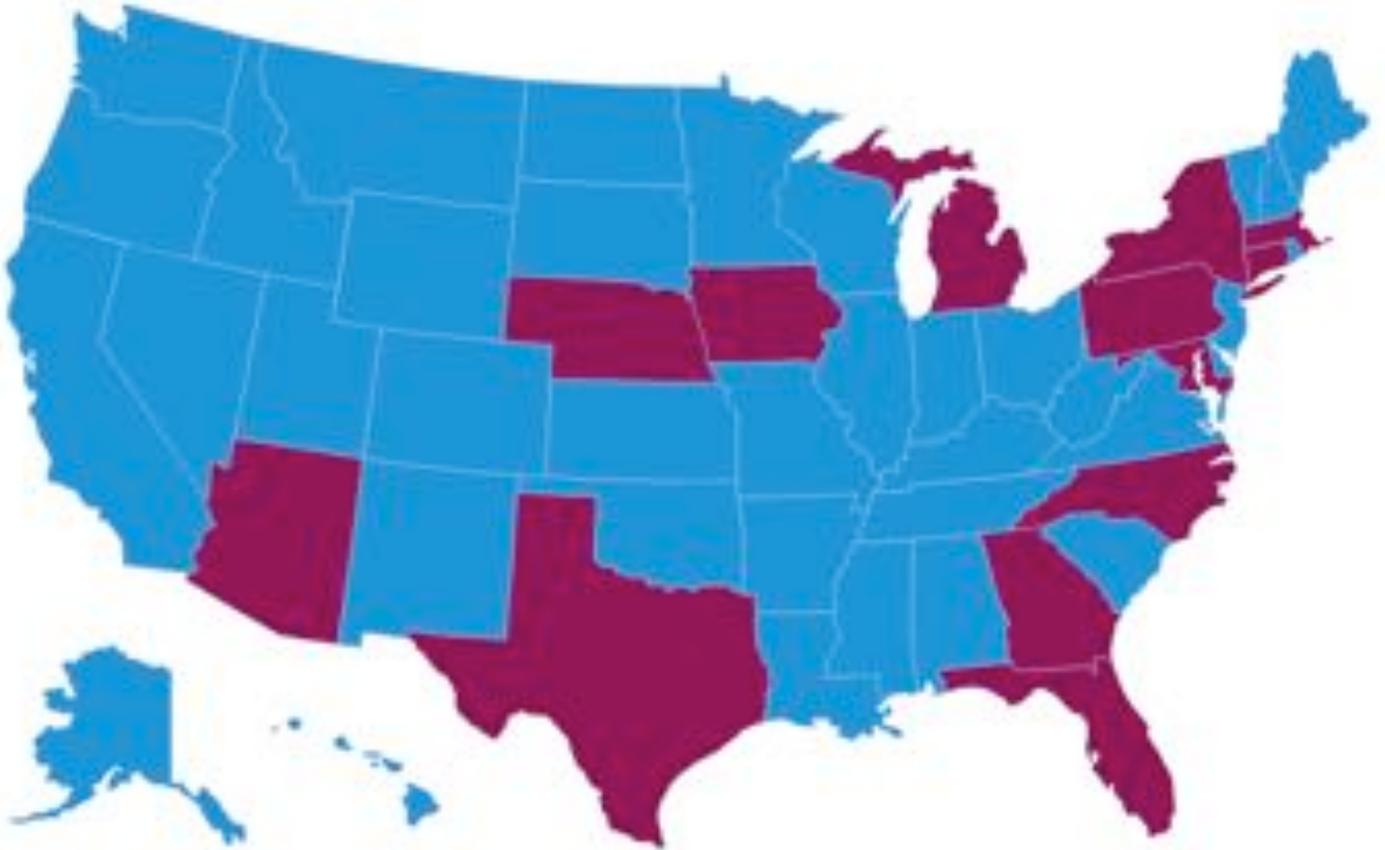
In Short

Yesterday	Today	Tomorrow
<p><i>Second Day of Activities</i> Morning laughter yoga Athletes’ second day of sports Orange & green team photos Nighttime Activities: Judo, watersports, dancing with Lisa, rollerblading, showdown, arts & crafts, and more!</p>	<p><i>Third Day of Activities</i> Morning laughter yoga Athletes’ third day of sports Nighttime Activities— tonight’s attraction: horseback riding! Dance party!</p> <p>Thunderstorms likely with a high of 72</p>	<p><i>Fourth Day of Activities</i> Athletes’ fourth day of sports Staff Photo Lunch in Brockway! 20th anniversary celebration</p> <p>Mostly sunny with a high of 75</p>



Where are we now?

Since it was founded here at Brockport in 1996, Camp Abilities has spread to over a dozen states and seven other countries: Ireland, Puerto Rico, Costa Rica, Canada, Finland, Brazil, and Portugal



In celebration of its 20th anniversary, Camp Abilities is changing its official logo! The new logo features an athlete running with a tether, a tandem bike, and a goalball, and was designed by Andrea Arbit.



NOW for the news on the athletes' accomplishments

Orange

- Braden – went paddle boarding and did archery for the first time
- Katie – went canoeing, rode a tandem bike, and did archery for the first time and hit the balloon without popping it
- Jason – hit his nose on a goalball but still got up, earning a token for respect
- Sky – caught a fish, did a sprint in 3.25 seconds, went stand-up paddle boarding for the first time, and almost caught a fish
- Andrew – tried archery for the first time, busted through a metal door with a goalball with Sam and won his first match in the showdown tournament
- Henry – played goalball for the first time and made two goals on his first two throws and stood up on a paddle board for the first time
- Alex – caught his first rock bass
- Maddie – rollerbladed for the first time



Pink

- Andrew Miles – caught a fish, got three bulls' eyes in archery, swam 9 laps in the pool and had 4841 steps at the end of the day
- Lillian – did archery for the first time and hit the target once. She also ran 1 and 1/8 miles in 10 minutes!
- TJ – dove into the pool for the first time
- Luke – ran a mile and has 239 miles left
- Nina – successfully swam on her back
- Chris – walked 16561 steps since breakfast
- Meghan – beat her hundred-meter time in track
- Donovan – caught a sunfish and ran a 6.46 second sprint



Blue

- Jack – broke his record for swimming with 8 laps in the pool, tried archery for the first time, stood up on the paddle board, and ran 5 laps on the indoor track.
- Liss – did 9 laps and conquered her fear by putting face into water, jumped into the pit for the first time
- Maddie – did jazzercise for the first time, ran 1 and 1/8 miles in 10 minutes, beat her freestyle time by 10 seconds in swimming 2:01-1:51
- Tory – beat her 25 yard swim with a time of 57 seconds

Green

- Kelly – fell off the paddleboard twice (and swam back to the dock!), did a forward roll in gymnastics, and went roller blading successfully
- Maddie – went paddleboarding for the first time without falling, and did a forward roll after five attempts in gymnastics
- Jessica – swam 18 laps in swimming, passed all the advanced skills in gymnastics, and hit a balloon in archery without popping it!
- Joe – paddleboarded for the first time, stood up within the first 5 minutes, didn't fall off, cut 20 seconds off his time in swimming

Fish Count: 4



*** Remember: this is YOUR newsletter. Please come see me (Gia) with great accomplishments, funny experiences, or any news you want to share from the day!!!

TIP FOR THE DAY:

Remember to apply sunscreen in the morning and reapply throughout the day!