

The Camp Abilities Newsletter
June 27, 2005 Vol 1, No 3
The C A N

Menu for Monday, June 27, 2005

Breakfast – same

Lunch – Cafeteria

Dinner (Scottsville & Chile Lions Club)*- cookout, Ice Cream Social
(Byrnes Dairy)*

*donated meal

I saw some really great tie died tee shirts Sunday am. How about that, coaches!

At Breakfast Leah, Olivia and Christopher Archibal shared that they went canoeing for the first time. Christopher also got on the trampoline for the first time, impressing Rocco with his balance & skill. TJ played Stairway to Heaven on the piano. Blaise won 7 out of 7 games on Show Down. He is looking for a challenger. Lauren said to get out of our COMFORT ZONE and do something you have NOT done before! Achieve something new. You CAN do it!

At Beep Baseball & Judo I saw the athletes practicing some basic skills. At Track & Field the athletes were doing crunches/curls. That is part of the Physical Fitness testing. Andy and J.P. are testing the athletes in: 1 mile run, curls, pushups and sit & reach. Wherever you are now, we expect to see improvement during this week. At Tandem Bicycling, after the athletes got on bikes, Alison & Barbara just shouted “Off you go.” And off they went!

Subway donated veggie and cold cut subs for lunch and it was a big success!

Cody, of the Zoo Crew, (more on that later) biked 41 laps (8.2 miles), Zack Brown realizes that he really likes his coach. Ray Zylinski ran an 8.3 min. mile and a 3.65 second base run in Beep Baseball.

Coach Keenan Bloom, would you believe, got a hair cut. Gee, there's cute guy under there!

Meet the “**Zoo Crew.**” The Boys Club wanted to change their name to better match their identity. The 12 gifted and determined athletes guided by coaches & group leaders are so motivated, they work like sports animals. After considering several animal names, they chose the Zoo Crew, taking in the entire animal kingdom. Watch them do their best all week. They really **believe that they can achieve.**

Not to be outdone, the Girl's team also changed their name to “**RAINBOWDRAGON PRINCESSES**” (RDPs) . They could not decide between dragons and prancing princesses or different color dragons. So, they combined the best of each suggestion, resulting in the RDPs. Good choice. Some highlights for the RDPs from Sunday are: Leah J. rode a bike for the first time! Shelly rode 22 laps on the bike. For the Fitness testing, every camper did finish the mile. Torri ran it in 8 min., 46 seconds!

I understand the Boys' team and the Coeds also changed their names. Stay tuned. I wonder what the names are?

In Goal Ball and Gymnastics we are learning the basics. Swimming is off to a good start as well.

Larry Mayer did 10 laps in the pool; his track & field mile in 13.39. Destiny Diaz did 14 laps on the bike and 2.5 laps in the pool. Boy, I was very positively impressed when I caught Cameron Fry playing on the piano!

The News at Fishing is: We have Worms!

Thanks again to the Brockport Lions for the fun wagon ride & cookout. Terry Kelly was a special treat this eve. We love his music and almost danced our feet off. He came a long way to entertain us (Canada).

Remember: Use sunscreen. Drink water!

