

The Camp Abilities Newsletter
June 28, 2005 Vol 1, No 4
The C* A* N
By: JMJ

Menu for Tuesday, June 28, 2005

Breakfast – same

Lunch – Cafeteria

Dinner (NorthsideLions Club)*- Pizza

*donated meal

The Daily Fisherman...by David Dodge

Twenty athletes & coaches participated in the first Fishing Expedition. No fish were caught, but, Zeb did have a fish on the line. Fishing takes place each night immediately after dinner on the canal, by the basketball courts. No prior skills are necessary.

Renaming:

The Boys' Team changed its name to "**The Congress.**" Because of their special chemistry, they came up with this name representing their uniqueness as a group and at the same time showing their respect for their differences.

The CO-ED club now wants to be known as the "**All-Star Achievers,**" since they are believers & achievers. They are eager to do things they have never done before.

Some Sharing:

Alisa is using sign language now, while teaching her swim groups. Andrew Grimes now rides a tandem bike. TJ will play Stairway to Heaven with Terry Kelly and he walked on the balance beam & did tuck, straddle & Pike on the Rings. Max will play/sing Play that Funky Music. Blaise running 1 mile, reduced his time from 15 minutes to 11 min. 47 sec. and did a 360 up in the air on the trampoline. Catherine

was in a canoe for the first time. Cody did 6 laps on the Tandem bike. Torri ran the mile in 8 min. 46 sec. Deana did 12 laps in the pool and Megan Stanger was also in the pool. Olivia ran 1 mile without walking. Megan Mullin enjoyed Judo & Megan Bell did the rings in Gymnastics. Delbert did 8 laps on the bike. Destiny did 14 laps on the bike. Leah was on the Tandem bike for the first time and Cameron did 23 laps on the bike.

Larry Mayer in Beep Baseball, on a base run, decreased his time from 8.7 to 7.16 seconds.

Rainbow Dragon Princess (Highlights Monday)-Cathrine stopped a ball at BB (beep baseball), Zamada ran to the BB base in 4.87 secs., Quinn did 8 laps at TB (Tandem Biking), Stephanie- 12 individual laps at TB, Diana-perfect forward roll (1st time), Leah-forward roll using gym log 1st time & swam 6 laps, Olivia-roll using cheese wedge 1st time, Destiny held support position on uneven bars on her own, Torri-round off back layout, Zamada-doubled her swim lap total from 6 to 12 (since yesterday)!

Track & Field is working on the second part of fitness testing; pushups and sit & reach.

We are fortunate to have with us coach Peter Gottwald, a paralympian in track & field from West Chester, PA. Frank of Zoo Crew Did 49 pushups.

Beep Baseball is working on time trials (25 feet to base) and batting skills.

In Judo, athletes are learning throws.

In Tandem biking athletes are improving endurance.

Aquatics – some learning to float, some swimming laps - going swimmingly.

Goal ball – two games in process

Gymnastics –some jumping on tramp, some jumping in & climbing out of pit. (except for Larry M. He may still be in there)

Erinn & Adam are here to help with Kayaking. We also have Sharon & Tim to show us Archery.

Rock Climbing – Monday & Wednesday.

Leaders come in many forms.
They may even sleep in dorms.

Sharing:

Some of those who reported that they excelled: Mathew, Michael Forzano-, Larry M, Angelica, Christopher, Max Schutz, Megan S., Daniel Nash, TJ, Olivia, Destiny, Marissa, Jake, Logan, Cody, John McDonald, Ray, Chris, Blaise, Zeb, Shirley Nicole, Patty Z., Deanna, David Dodge.

More Terry Kelly Monday night! YAY!!
Terry Kelly is one cool Canadian Dude,
who inspires us through his music & CAN DO attitude!
Thanks to the 4Hs for our ICE CREAM SOCIAL.

Announcements:

Anyone wanting to learn to Braille see Jacinda, our Vision Specialist.
African Drumming Wednesday night. See Keenan.
Showdown Tournament is Tuesday night.
For travel home arrangements see Michelle.