# 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.

Volume 10 Issue 3  
Tuesday, July 1, 2014

## In Short

<table>
<thead>
<tr>
<th>Yesterday</th>
<th>Today</th>
<th>Tomorrow</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Day of Activities</strong></td>
<td><strong>Second Day of Activities</strong></td>
<td><strong>Third Day of Activities</strong></td>
</tr>
<tr>
<td>Pink and Blue group photos</td>
<td>Orange and Green group photos</td>
<td>Staff Photo</td>
</tr>
<tr>
<td>Athletes’ first day of sports</td>
<td>Athletes’ second day of sports</td>
<td>Athletes’ third day of sports</td>
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<tr>
<td>Hans Meyer, Dancing with Lisa, Nighttime Activities:</td>
<td>Nighttime Activities: be sure to check out archery and rock climbing!</td>
<td>Nighttime Activities: including horseback riding!</td>
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<tr>
<td>Paddleboarding, Kayaking, Canoeing, Basketball, Rollerblading, Fishing...</td>
<td></td>
<td>Dance Party!</td>
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<tr>
<td>and more!</td>
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<td></td>
<td>A chance of showers with a high of 90</td>
<td>Partly sunny with a high of 84</td>
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</tbody>
</table>
Learning the Sports
Evening Activities

Fish Count: 8
NOW for the news on the athletes’ Accomplishments!

Green
- Maddie sat on the bottom of the pool
- TJ ran at an 8-minute mile pace and jumped into the foam pit
- Lily did 19 laps in the pool in 10 minutes
- Justin learned to travel on the pommel horse

Pink
- Megan tried a sloppy joe for the first time
- Donovan biked 17 laps on a tandem bike and ran over the base in beep baseball
- Austin completed his 25-yard swim in 37 seconds and is undefeated in showdown so far this year
- Tyler hit the beep baseball 60 feet
- Jack biked 18 laps on the tandem bike and swam 8 laps
- Ellie swam a 50 in 39 seconds and a 500 in ten minutes

Blue
- Quentin biked 7 miles in tandem biking and did a 360 jump into the foam pit
- Hannah biked 27 laps in tandem biking, beating her previous record
- Maddie did a backflip on the rings and a front support side straddle in gymnastics and swam the 50 free in 50 seconds
- Liss played beep baseball for the first time

Orange
- Abbie learned the on-guard defensive position in 1Touch
- Alaysha swam for the first time
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