



# 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>First Day of Activities</i>            Pink and Blue group photos            Athletes’ first day of sports            Hans Meyer, Dancing with Lisa, Nighttime Activities: Paddleboarding, Kayaking, Canoeing, Basketball, Rollerblading, Fishing... and more!</p>	<p><i>Second Day of Activities</i>            Orange and Green group photos            Athletes’ second day of sports            Nighttime Activities: be sure to check out archery and rock climbing!              A chance of showers with a high of 90</p>	<p><i>Third Day of Activities</i>            Staff Photo            Athletes’ third day of sports            Nighttime Activities: including horseback riding!            Dance Party!              Partly sunny with a high of 84</p>



# 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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