## In Short

<table>
<thead>
<tr>
<th>Yesterday</th>
<th>Today</th>
<th>Tomorrow</th>
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</thead>
</table>
| Second Day of Activities  
Orange and Green group photos  
Athletes’ second day of sports  
Nighttime Activities: be sure to check out rock climbing! | Third Day of Activities  
Staff Photo  
Athletes’ third day of sports  
Nighttime Activities: including horseback riding!  
Dance Party! | Fourth Day of Activities  
Athletes’ fourth day of sports  
Lunch in Brockway!  
Color Wars! |
| | A chance of showers with a high of 84 | Mostly cloudy with a high of 72 |
What does the Camp Abilities theme song mean to you?

You are able to do anything—Maddy
Visual impairments are just an obstacle to overcome—Quentin
There are lots of ways to have fun—Maddy
Everyone can find people who have things in common with them—Jeremy
Everyone has something to overcome—Alissa
You can do anything you set your mind to—TJ
NOW for the news on the athletes’ accomplishments

Green
- Tyler swam the front crawl in 3:31, rode 4 miles on three different types of bike, and beat his time for the front crawl
- Kincaid did standup paddleboarding for the first time!
- Joe biked about 5 miles!
- TJ did standup paddleboarding for the first time, caught a fish, and jumped so far during long jump that they had to open up the pit more!
- Natalie biked 7 miles
- Lily hit the beep baseball three times off a pitch with a blindfold and did standup paddleboarding for the first time!

Orange
- Sky caught a big fish!
- Andrew biked 9 miles, hit three live pitches, went on the high balance beam, made three baskets in basketball, and went paddleboarding for the first time.
- Jeremy swam 25 yards in 59 seconds!
- Braden went on the balance beam by himself
- Coach Cody learned what gymnastics is all about
- Abby biked 7 miles and caught a really big fish when she went fishing for the first time
- Ethan biked 23 laps on the tandem bike and swam 25 yards in 47 seconds
- Sam did a flip into the foam pit and rode 8.75 miles in tandem biking
- Zach biked 18 laps on a single bike!
Pink
Luke biked 18 laps and rode a kick bike! Donovan went on the high balance beam, swam 6 laps, and paddleboarded and canoed for the first time.
Andrew made 4 baskets in basketball, put his face underwater in the pool, and rode 10 miles on the tandem bike.
Luke swam a 3:75
Nina completed the mile, swam 25 yards in 38 seconds, and jumped into the foam pit for the first time!
Ellie beat the Camp Abilities girls record for the mile with a time of 7 minutes and 36 seconds!

Blue
- Alissa went kayaking for the first time, reached her goal in swimming with a time of 1 minute and 25 seconds, and made a goal in goalball!
- Maddy ran the mile in 9:12, dropped 6 seconds off her 50 yard swim, and scored 3 goals in goalball!
- Hannah scored 3 goals in goalball and did the long jump independently for the first time!
- Felix set a personal record in swimming!
- Quentin took Stephen down in 1Touch and rode the seven person bike!

Fish Count: 10

*** 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!