

The Camp Abilities Newsletter

Saturday, July 01, 2006

Vol 2, No 7

THE C*A*N

As in, yes you CAN

Congratulations on completing the 11th annual Camp Abilities

We hope all the athletes had a wonderful time

This is the final issue of Volume 2 of the C*A*N.

Menu for Saturday, July 01, 2006

Breakfast – same

There was an interesting article in the local newspaper about Camp Abilities and also a short clip on the local TV about our Camp.

Some accomplishments of:

Blue Lightning:

John M jumped on the trampoline and jumped into the PIT.

Logan has raised his total number of 65 laps to the equivalent of 13 miles on the TB.

Andrew G. did a great job of walking forwards, backwards and bending on the balance beam.

Larry M. the more tired he gets the more he seems to accomplish. He seems to be motivated from within. He does not need a reward to work hard. He swam 28 laps in the pool, up from 14 the day before.

Purple Posse:

Mike F. learned how to do a flip and did an awesome job in the pool.

Austin touched the beep baseball base.

Chris did an awesome job in Judo.

Hollyn climbed all the way to the top and Jacob did an awesome job on the rock climbing wall.

Vincent was fantastic in beep baseball.

Brittney ran 2 laps @ the track.

Hollyn & Marquel are did a great job organizing the TALENT SHOW!

GGGrreen Unit:

Tumbling Tori was “on fire” in gymnastics, scored 3 and blocked 4 in GB! Nate threw the discus for the first time 19 feet and interviewed a DJ at the campus radio station. Patrick scored 112 in bowling, learned the butterfly in the pool, & jumped in the Pit in gymnastics. Max was a good sport about Judo with Nate. Zamada swam 50 m in 1min 45secs & performed for the whole GGGGrreen Unit in gymnastics. Ethan swam ¼ mile. Blaise swam 50 m in 52 seconds. Kevin improved his front crawl. Brandon swam 50m in 1 min. 3 secs. Carl biked 10 laps alone! Dustin swam 12 ½ laps. Deb did her laundry...mmmclean!

Chiquita Banana:

Tiff K biked 25 laps and tried a flip turn in the pool.

Anne biked 31 laps. Amy biked 21 laps. Lisa biked 37 laps. Katie biked 36 laps, swam 10 laps and threw discus 18’4’’. Beth biked 44 laps. Mary E. biked 25 laps. Marissa swam 50 laps all together. Taylor made a long jump of 9’9’’. Megan S. played GB and biked 30 laps. Ruth biked 25 laps and swam 8 laps. Pao biked 38 laps. Megan M. biked 43 laps.

Thursday eve some of the athletes did **Rock Climbing**, all the way up the wall. All other evening plans were cancelled because of inclement weather.

Friday, our last full day:

Beep Baseball: A played C and B played D. **Winners** all. The weather was great.

Track & Field: athletes did some awesome **laps**, around the **track** and also around the **TB** area.

Swimming: practicing freestyle, backstroke, chicken wing swim, time trials, dives, Monica gave some racing information.

Gymnastics: lots of jumping, rolling, stretching, balancing, fun.

Goal Ball: a **serious game** here. Great experience.

Talent Show!

With Chris as our MC for the first time, we had some real talent, wonderfully performed.

Unless otherwise noted the instrument played is a **piano**.

Beth played and sang an original song, “Just Shape Up.” Get her autograph when you can. Carl beat out a rhythm on the Bongo Drums. Mary, in her pink outfit, danced to “House of Music.” Ames sang a Michael Jackson song. Nicole B. sang “Twinkle Twinkle Little Star.” Chris O. played an old Harry Belafante song, “Kingston Town.” While Rob was singing, Keenan, Kevin and Beth were Break Dancing. Also Break Dancing was Michael L. to music by Sean Paul. Lisa, Annie, Amy & Tiffany sang and danced to “Unwritten,” by Natasha Bedingfield. Megan S. played the theme song from “Rug Rats.” Nate played his own composition. Ruth sang a Gospel song, “There Will Be Mountains.” The Purple Posse demonstrated their clapping routine. Cody B. wrestled Chris, our MC. Annie sang “Don’t Let Go.” Logan played two tunes. One was “There’s No Business Like Show Business.” Patrick did a Karate demonstration. Jacob and Max played a duet, then, Max played “Imagine” by John Lennon. Beth and Katy sang and danced. Tori and Zamada sang Terry Kelly’s “The Power of the Dream.” Kyle wowed us by singing “The Ultimate Showdown.” Matt played “Stumble” and sang “It gets Harder Every Day” by Ashley Simpson. Tori demonstrated Korean Self Defense. Ethan played beautifully. Blaise told some hot jokes. Quinn spoke moving lines from “Romeo and Juliet.” John played a Scott Joplin Rag, “The Entertainer.” And finally, our own MC, Chris, sang a RAP song that he composed himself.

Great news about Peter, who went to Georgia to compete this week. He apparently won his 5K and is going to the World Games for the Blind.

Tired, but happy, for those who wanted, we had a Friends sleep over tonight.

**Janet M. Joseph, Ph.D.
Editor, CAN V2.7**