

The Camp Abilities Brockport Newsletter

THE C*A*N, as in, yes you can!

Saturday, June 27, 2009
Volume 5, Number 1

Welcome to Camp Abilities Brockport! This is the first volume of the 2009 Camp Abilities Brockport Newsletter, the C*A*N.

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.

Weather Report

It has been rainy and muggy in Brockport. Remember to stay hydrated, and be flexible if we have to change outdoor plans to indoor plans because of the weather. It is OK to be outside if it is raining a little, but we go indoors if there is lightning or thunder. Talk to your group leaders about any weather-related changes to our activities.

Camp Staff

Lauren Lieberman is the Director of Camp Abilities Brockport. Lauren started Camp Abilities Brockport 14 years ago here at The College at Brockport. She teaches undergraduate and graduate students about adapted physical education and has written numerous books and articles about physical activity for youth with visual impairments. She will serve as a consultant for camps in Long Island and California this year. Her motto is: Believe you can achieve!

Haley Schedlin is the Camp Abilities Brockport Assistant Director. She has worked with Lauren at Camp Abilities Brockport for 4 years and acts as Lauren's assistant during her consultations at other camps too. Haley is a physical education teacher in West Irondequoit, and she was the Adapted Physical Activity Council Student of the Year in 2008. She lives in Chili, New York and will also be coaching **soccer** at Camp Abilities this year.

Kira Labagh is this year's Camp Abilities Graduate Assistant. She is pursuing her Master's Degree in Adapted Physical Education from the College at Brockport, and graduated with a Bachelor's Degree in Health and Physical Education from West Chester University of Pennsylvania. In addition to working at Camp Abilities Brockport, Kira was a founding member of Camp Abilities Pennsylvania.

Nurse Judy Derycke is our camp nurse and has been at Camp Abilities Brockport for 10 years – and she has been a nurse since 1963! She has 3 grown daughters and 10 grandchildren. Nurse Judy says wear your sunscreen and drink lots of water.

Nurse Sheila Parks is our camp nurse and this is her first year at Camp Abilities Brockport. She has been a nurse for 9 years and she lives in central New York. She is camper Zeb's mom and she says remember to wear closed toe shoes for sports.

Cathy Lyle is the Interpreter Coordinator and an interpreter. She is the DeafBlind Specialist for the Minnesota Department of Education and this is her 12th year at Camp Abilities Brockport. She lives in Woodbury, Minnesota and loves Camp Abilities Brockport. .

Lisa Hanson is our camp Brailist. She is attending her 4th year of Camp Abilities Brockport. She produces all materials in Braille for our campers and coaches. Lisa is a Certified Orientation and Mobility Specialist from Texas who has taught for the past 16 years.

Cyndie and **Rich Giali** are our Meal Coordinators. Every day the menu will be posted on the bulletin board. They work hard with area Lions Clubs to bring healthy and delicious meals to us all week. Thanks, Cyndie and Rich!

Group Leaders, Assistant Leaders, Counselors in Training (CITs), and Interpreters

Campers are divided into four groups. Each group has a Group Leader and an Assistant Group Leader. The Group Leaders and their Assistant Group Leaders are:

Yellow group – Sarah McMillen and Jessica Schultz

Green group – Kelly Striffler and Melissa Scungio

Purple group – Erin Weaver and Laura Brodfuehrer

Blue group – Mark DeEmilio and Michelle Sullivan

Some campers, counselors, and group leaders use sign language to communicate because they are deaf or hard of hearing. The interpreters provide sign language services to help people who use sign language and people who do not know sign language communicate easily. Our interpreters this year are: **Deb Carlson, Ann Cavallo, Vikki Houseknecht, and Caleb Shulman.**

In our CIT program, the CITs will learn to be coaches and how to work with young athletes. This year, we have one CIT, **Max Schutz.**

Activity Specialists

Jen Armbruster is a member of the Women's' 2008 Paralympic Goalball team. She worked for 4 years starting sports education camps for people who are blind and visually impaired throughout the United States and currently works at Lakeshore Foundation in Alabama. This week, Jen is a **Track and Field** and **Goalball** coach.

Cody Colchado Jr. is a three time national champion in track and field in the pentathlon, a multi-time national champion and 19 times world champion in power-lifting for the IBSA, and currently holds the world's record in bench press of 501 lbs. and the dead-lift of 661 lbs. He has also been a Tae-Kwan Do national champion in board breaking, breaking a total of 10 boards; 5 boards with each hand simultaneously. Cody is also one of twenty disable athletes featured in a book entitled "Running Through Roadblocks" written by Jerry Del Priore. The book is about how these twenty athletes have overcome obstacles to achieve their goals. Cody currently lives in Linn/San Manuel, Texas, with his wife of 17 years, Jolee, and children, a daughter Tabatha and son, Cody III. Cody's motto is adversity causes some men to break and others to break records. His passion is to help encourage those who are going through adversity. Let your adversity make you stronger instead of weaker. Let your character be built through courage and tenacity. You will see Cody at **Track and Field** this week.

Beth Foster is an adapted physical education teacher in Lancaster, Pennsylvania. She has been to camps in Alaska and Arizona, and is the Athletics Director at Camp Abilities PA. This week, you will see Beth at **Tandem Biking** and **Goal Ball**.

Mike Kozub is a second-degree black belt in judo. He taught and competed in Judo in the Midwest. He is on the faculty at The College at Brockport in the department of Kinesiology, Sport Studies, and Physical Education. Mike will be our **Judo** instructor this week. Also at Judo, we will have **Don Johnson**.

Dani Leroux teaches Adapted Physical Education in Maryland. This week, Dani is coaching **Beep Baseball** and **Swimming**

Maria Lepore-Stevens is a student in math education at West Chester University of Pennsylvania. She is one of the directors of Camp Abilities PA, has attended all Camp Abilities Brockport, and has also worked at Camp Abilities in Alaska, Arizona, and Florida. You will see Maria at **Track and Field** and **Swimming**, as well as at mealtimes if you have contributions for the newsletter.

Asya Miller is a member of the Women's' 2008 Paralympic Goalball team. Asya is a **Track and Field** and **Goalball** coach at camp this week.

Jocelyn Paris (JP) is currently a nomad and plans to move to Delaware sometime in August. She is a huge fan of the southwest and hopes one day to move back. JP has taught Montessori (Elementary level) for the last two years and has also worked at Camp Abilities Tucson since its conception. This week, JP is coaching **Tandem Biking** and **Soccer**.

Gina Pucci teaches Health and Physical Education in Maryland. You will see Gina at **Beep Baseball** and **Swimming** this week.

Kris Scheppe is an All-American Freestyle wrestler and World Champion Powerlifter. He is an accomplished sailor and is currently planning a voyage to be the first legally

blind person to sail around the world non-stop (www.blindcircumnavigation.org). Kris will be at **Soccer** and **Judo** this week.

Amanda Tepfer is our **aquatics director**. Amanda was the Camp Abilities Brockport Graduate Assistant in 2001. This is her 13th year at Camp Abilities Brockport. Now she lives and works in Columbus, Ohio, and directed Camp Abilities Florida for two years. There are six other aquatics staff members at camp this year: **Steph Brady, Maria Lepore-Stevens, Dani Leroux, Anna Markova, Gina Pucci, and Colleen Vallone.**

The C*A*N is your newsletter. It is interesting because of YOUR contributions. See Maria at breakfast, lunch, or dinner with your accomplishments.

Believe you can achieve!