

The Camp Abilities Brockport Newsletter

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

Thursday, July 2, 2009
Volume 5, Number 6

Welcome to Camp Abilities Brockport! This is the sixth 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 is supposed to be 73 degrees and rainy in Brockport again today! Make sure you are drinking lots of water and Gatorade. Everyone did a great job being flexible with the changes in the schedule yesterday. Please keep in mind that we might have to change our plans again if it is thundering and lightning. Your group leaders and specialists know the plan in case of heavy rain, thunder, and lightning.

Group News

Last night, we got to try archery and horseback riding. Thank you to our visiting specialists for those sports!

Mighty Green Team:

Jack did the rings and learned some other gymnastics moves.
Brennan dove off the board for the first time.
Brianna rode one mile on a front-to-back tandem.
Hollyn went on the big balance beam.
Miso dove for the first time.
Aspen did a bridge in gymnastics and tried a cartwheel.

Purple Popsicles:

Maddie biked 25 laps, did a standing dive almost perfectly, twisted in midair as she jumped off the diving board, and made a goal in goalball.
Teagan made five goals in goalball.
Quenton rode five miles on the tandem bike.
Chris N. made 2 goals in goalball.
Nick rode 27 laps on the tandem bike.

Yellow Jello:

Megan swam 22 laps and went on the balance beam without assistance.
Travis rode 1/8 mile on tandem bike.

Water Warriors:

Alexandria swam 11 laps and escaped from a hold in judo.

Christian swam 12 laps in the pool.

Robert made two goals in goalball.

Kyle pinned everyone down in judo.

Jacob P. floated for 17 seconds and swam in the streamlined position.

Daniel P. stopped the ball two times in goalball.

Josh swam 8 laps in the pool.

Raven did a back handspring in gymnastics.

KEEP UP THE GOOD WORK ATHLETES!

**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!