

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

Camp Abilities Newsletter

Tuesday, June 29, 2010

Volume 6, Number 3

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**

**Day:** Mix of sunshine and clouds. High 71F

**Night:** Clear skies. Low 53F

**UV Index:** 9 (Very High)

## **Group News**

Athletes are off to an extremely active start this year! Here is a list of accomplishments our campers had to report.

### **Yellow Golden Champions:**

Christian rode 9 laps on a tandem bike.

Kyle rode 12 laps (equivalent to 4 miles) on a tandem bike.

Shannon floated on her back for the first time.

Felix rode 9 laps on a tandem bike and worked hard at goalball.

Daniel rode 14 laps on a tandem bike.

Eric floated on his back for 26 seconds.

Alexis performed a back hip circle on the uneven bars in gymnastics.

Jack was the first athlete to ride on the tandem bikes course.

Chris rode on a tandem bike.

Madeline hit a pitched ball for the first time at beep baseball, biked 16 laps and swam 12 laps in the pool!

### **Purplecalifragilisticexpialidocious:**

Carmela had a wonderful time dancing to Terry Kelly and ran six laps around the track.

Austin ran to the beat at track and field.

Katrina learned a new gymnastics move and floated on her back "for the first time ever!"

Christopher swam two laps in 15 feet of water.

Kylan performed a back flip for the first time.

Thomas advance to the next level in swimming.

Ellie swam all the way to the bottom of the pool which is 15 feet deep and beat her counselor in Judo.

Nina floated on her stomach and back and glided off the side of the pool.

### **Green Xtreme:**

Cheyenne ran 5 laps around the track and overcame her fear of the uneven bars in gymnastics. Way to go Cheyenne!!!

Brennan swam 24 laps in the pool!

Brianna ran two laps in eight minutes on the track and slid into the pool without being scared.

Joshua got 24 steps in shot put.

Robert beat his counselor in Judo.

Jacob swam 6 laps today and knocked down Zeb, one of the CITs, in Judo.

Daniel got 9 steps in shot put.

### **Blue Kool-aids:**

Nicholas did gymnastics "really, really well!!!"

Pao went off the diving board for the first time!

Megan performed a cartwheel for the first time in gymnastics.

Andrew swam the entire length of the pool without stopping.

Joe floated on his stomach and his back.

Nicole rode 10 laps in biking.

Austin hung from the uneven bars in gymnastics and was awesome in beep baseball.

## **KEEP UP THE GOOD WORK ATHLETES!**

### **Tonight's Activities:**

Tonight, we will have English Folk dancing with Lisa in the common room as well as canoeing and kayaking on the Erie Canal, rollerblading in front of the dorms, Basketball down on the courts, and fishing from our pier.

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

**Believe you can achieve!**