

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

Camp Abilities Newsletter

Wednesday, June 30, 2010

Volume 6, Number 4

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: Sunny early. Scattered showers developing later in the afternoon. High 72F. Chance of rain 30%

Night: Partly cloudy skies. Slight chance of a shower through the evening. Low 53F.

UV Index: 9 (Very High)

Group News

Athletes continue to stay active and add to their list of achievements. Here is what they had to report.

Yellow Golden Champions:

Chris threw the shot put 23 feet and met and caught up with his friend Casey.

Eric went kayaking for the first time and walked the whole distance on the balance beam in gymnastics.

Daniel threw the shot put for the first time and it went 18 feet!

Kyle threw the discus 49' 3" and was told he could be a future LI Bomber by a team member!

Felix supported himself on the pommel horse for 50.02 seconds.

Christian learned the 'j' stroke in canoeing.

Alexis passed level two in swimming and rode 10 laps on a bike.

Purplecalifragilisticexpialidocious:

Katrina was beaten in Judo and made some friends. She also floated on her stomach and set a goal for herself to swim independantly.

Tyler played "go fish".

Ellie swam 6 laps in the pool.

Christopher rode a tandem bike for the first time!!

Zek swam 16 laps in the pool.

Austin rode on a tandem bike for the first time!

Drea swam 4 laps in the pool.

Nina biked 3 miles at tandem biking.

Kylan jumped into 15' of water off the diving board.

Nicholas learned the rules to Beep Baseball very quickly.

Calvin biked 4 miles, advanced to level 4 in swimming and jumped off the diving board for the first time ever!

Thomas biked 24 laps and swam 22 laps in the pool.

Green Xtreme:

Cheyenne went rollerblading and rode a bike for 19 laps.

Daniel learned offense and defense in Beep Baseball and rode 12 laps on the tandem bike course.

Jacob floated on his back for 30 seconds, swam eight laps without a life jacket and rode a tandem bike for 15 laps!

Brianna rode a bike for 14 laps.

Hollyn floated all by herself at swimming.

Joshua advanced to level six in swimming.

Ruben passed level 2 in swimming.

Blue Kool-aids:

Megan rollerbladed all by herself and treaded water for five minutes.

Richard threw his coach, Rose, in Judo and tossed the discus 24.1 feet at track & field.

Pao ran 4 laps at track & field.

Austin went underwater for 44 seconds at swimming lessons.

Nicole floated on her back and was able to flip around onto her front during swimming.

Kaitlyn jumped off the diving board and was able to touch the bottom of the pool, which is 15' deep and threw the discus 38.5 feet!

Nicholas danced with Ashley.

Maddie performed on the pommel horse.

Jacob was taught a new dance by Beth!

Joesph got a picture with Terry Kelly and participated in Goalball for the first time.

Andrew ran a lap on the track for the first time!

Austin floated on his back at swimming and threw the shot put 9 feet.

Cody threw the shot put 12 feet at track & field.

Awesome Job Athletes! Keep it up!!!

Tonight's Activities:

Tonight, we have Horseback Riding on the field next to the Alumni Walk, Archery on the field next to the Administration Building and Outrigger canoeing at the docks on the Erie Canal. Enjoy!!

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

Believe you can achieve!