

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

Camp Abilities Newsletter

Thursday, July 1, 2010

Volume 6, Number 5

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:** Mostly sunny skies. High 73F. Winds NW at 10 to 20 mph.

**Night:** Clear skies. Low 54F.

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

## Group News

The accomplishments and experiences are pouring in. Here are some more awesome achievements:

### Yellow Golden Champions:

Jack played Showdown and rode the quad (side by side seats) at tandem biking.

Chris won a game of Showdown, 18-1, swam 13 laps in the pool and performed a kneeling dive for the first time.

Eric floated on his front and back, went under water and swam all by himself.

Kyle rode 24 laps on a single bike.

Felix rode 22 laps on a tandem bike and went under in six feet deep water.

Daniel rode 30 laps (10 miles) on a tandem bike.

### Purplecalifragilisticexpialidocious:

Nicholas rode 12 laps on a tandem bike and beat his counselor, David, in Judo...AGAIN!!!

Katrina performed English dance and went roller blading.

Nina watch Katrina roller blade for the first time and was extremely encouraging. She performed the breast stroke for the first time.

Thomas wrestled the Judo coach, Don, and took him down.

Austin went on the low and high balance beam in gymnastics and scored two goals in Goalball.

Kylan scored 5 goals in Goalball, flipped in the water and jumped off the diving board.

Carmella floated on her stomach and put her face in the water for the first time.

Christopher ran one mile on the track.

Ellie ran one mile on the track without stopping.

Zek swam 18 laps in the pool.

Calvin performed a kneel dive and a sit dive off the diving board, played a game of Goalball for the 1<sup>st</sup> time and ran three laps on the track.

### **Green Xtreme:**

Cheyenne went kayaking for the first time, jumped into the pool and blew bubbles underwater.

Alex went on the high balance beam for the 1<sup>st</sup> time and ran a mile on the track.

Brennan jumped off the balance beam into the foam pit in gymnastics.

Ruben jumped the longest distance into the foam pit at gymnastics.

Jacob went rollerblading for the first time, swam 10 laps in the pool and threw Kevin in Judo.

Madeline rode 17 laps on a tandem bike, swam 16 laps in the pool in 15 minutes and performed a standing front dive off the diving board three times.

Hollyn went canoeing for the first time and performed a cannonball into the pool for the first time.

Brianna performed the dolphin kick for the first time in swimming.

Daniel went rollerblading for the first time.

Joshua threw a basketball from under his legs and scored!

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

Nicholas caught his first fish ever at fishing.

Megan went to the bridge and back in a kayak for the first time, rode a single bike one lap and went on the high bar in gymnastics by herself.

Kaitlyn rode 22 laps on a tandem bike.

Austin went from his belly to back in the pool.

Nicole rode eleven laps on a tandem bike.

Madeline threw the shot put 30' 5", swam 14 laps in the pool and went canoeing.

Joseph beat his counselor, Sarah, in Judo.

## **OUR ATHLETES ARE FABULOUS! WAY TO GO!**

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

Tonight there will be rock climbing outside the dorms as well as canoeing and kayaking, rollerblading, Showdown, Basketball and fishing. Remember to try something new every day while at camp, choose an activity tonight that you have not tried yet.

**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!**