

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

Camp Abilities Newsletter

Tuesday, June 28, 2011

Volume 7, 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

High: 80°

Muggy with occasional showers and thunderstorms, then breaks of sunshine by late day.

Turning breezy.

Evening

Low 61°

Partly cloudy with another shower possible.

Group News

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

Lauren- Today was a special day for Lauren. She got to watch Trischa Zorn, the most decorated Paraolympian in the world, teach swimming at Camp Abilities. Thank you, Trischa!

Yellow

Brianna- danced with Donovan

Rahel- rollerbladed without falling and made 5 baskets at basketball

Rahel- played beep baseball

Purple

Kelly- pinned counselor, then got pinned by counselor and got up

Nina- ran two laps in eight minutes and floated on back without help for first time

Cody- did overhand water tread for 5 seconds

Luke- ran 3.5 mile in track

Christopher- threw counselor down in judo

Lucas- his first time at camp and he loves it!

Jacob- got to tye dye a shirt

Alex- caught a fish on his first cast

Green

Alex- rode a bike for the first time
Glynnis- pinned her counselor in judo
Hollyn- caught a fish

Blue

Maddy- set goal for 11 laps but did 28 on tandem bike
Megan- 24 laps on bike and flip on parallel bars
Megan- rollerbladed independently

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 on the Erie Canal, rollerblading in front of the dorms, Basketball down on the courts, and fishing from our pier. Have fun!!

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