

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

Camp Abilities Newsletter

Wednesday, June 29, 2011

Volume 7, 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

High: 68°

Mix of clouds and sunshine. Breezy and cool.

Evening

Intermittent Clouds, Low 53°

Low: 53°

Clearing skies.

## **Group News**

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

### **From the Yellow Team:**

Brianna roller-bladed independently for the first time!!!

Raheel went canoeing for the first time!!

Aspen played tactile BINGO for the first time, ran a mile in track and performed on the uneven bars.

### **Highlights from Purple Team:**

Nadya did a hand-stand and then a back flip in gymnastics and rode a two-wheel bicycle for the first time!!

Christopher went canoeing for the first time and rode 3 miles on a bicycle with hand brakes for the first time!!

Jacob played tactile BINGO for the first time!

TJ caught four, yes four fish! He also rode 4 miles in tandem biking.

Tyler pinned his counselor in Judo and rode 3 miles on a bicycle.

Ellie and Nina played tactile BINGO for the first time!

Ellie swam 16 laps in the pool and swam 50 meters in 56 seconds!

Nina rode 3 miles on a tandem bike, flipped over the uneven bars in gymnastics and ran to a base in beep baseball in 8.1 seconds!

Adam rode 2 ½ miles on a bicycle and paddled a boat for the first time!

Kelly ran to a base in beep baseball in 6.4 seconds and rode 3¼ miles at tandem biking.

Luke ran 3.5 laps in track.

Donovan rode 2 miles at tandem biking, 4 laps were without a shoe. Yes, he lost his shoe while riding but it didn't stop this determined athlete, the show must go on!!

### **Great achievements from Green Team:**

Jack and Alex climbed to the top of the rock wall.

Alex rode 2 ½ miles at tandem biking and ran to a base at beep baseball in 9.4 seconds.

Glynnis rode really fast on a bicycle.

Felix rode 13 laps at tandem biking.

Carmela practiced her talent show act in the pool and rode on a bicycle independently.

Hannah played Beep Baseball and Goalball for the first time.

Matt caught his first fish!

Josh rode six miles independently!

Jacob rode 5 laps on a tandem bike.

Hollyn rode 7 laps on a tandem bike.

Jack rode two miles at tandem biking.

Austin ran to a base in Beep Baseball in four seconds flat!

### **Magnificent moves by the Blue Team:**

Andrew caught two fish and lost a tooth, which he put under his pillow and got money for it!

Maddy perform in Judo and completed a flip turn in swimming.

Kaitlyn beat her group leader in Judo.

Richard tread water in the pool for 5 minutes.

Meagan ran 2 laps on the track without stopping!

## **Awesome Job Athletes! Keep it up!!!**

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

Unfortunately Archery has been cancelled for tonight but we will still be having Horseback Riding on the field next to the Alumni Walk 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 Michele at breakfast or dinner with your accomplishments.**

**Believe you can achieve!**