

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

Camp Abilities Newsletter

Thursday, June 30, 2011

Volume 7, 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:** High: 78°, Bright sunshine with low humidity. Pleasant.

**Night:** Low: 56°, Clear skies.

## Group News

The athletes continue achieving the goals they set on the first day of camp. Here are some more of their amazing accomplishments:

### Yellow Team:

Raheel participated in Judo, track and field and paddleboat. He also scored two goals in Goalball!

Brianna jumped into 9 feet and 12 feet of water, in the deep end!!!

Aspen rode a single bike for the first time!

### Purple Team:

Donovan rollerbladed for the first time

Kelly roller-bladed for the first time!

Jacob went fishing and had a lot of fun!

Adam went fishing for the first time and scored a goal in Goalball!

Ellie performed English dancing for the first time!

Nina had fun canoeing.

Andrew flipped on the uneven bars at gymnastics for the first time and swam 2 laps in the pool!

Luke ran three laps in track and field.

Nadya got thrown in Judo.

TJ swam 10 laps in swimming and threw Jess in Judo.

Christopher went into 15 feet of water during swimming lessons.

Tyler swam a mile in the pool!

**Green Team:**

Glynnis had a ton of fun while canoeing and learned how to do a cartwheel at gymnastics!

Alex rode a single bike, a tandem bike and a side-by-side bike. Alex also did a cartwheel for the first time today in gymnastics.

Jacob went into 12 feet of water!

Hollyn performed a pull over in gymnastics.

Austin flipped his counselor in Judo.

Jack pinned his counselor in Judo.

Felix swam six laps in the pool.

Carmela jumped into the foam pit in gymnastics.

Hannah threw KC in Judo and at swimming learned to dive!

**Blue Team:**

Megan performed English dancing with Lisa and jumped off the vault in gymnastics!

Ashley rode a tandem bike!

Cody swam eight laps in the pool!

Andrew held push-up position on the horse in gymnastics for 5 seconds.

Maddy performed a cartwheel and a round-off in gymnastics!

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

**Tonight's Activities:**

Tonight there will be 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. AND HAVE FUN!!!

**The C\*A\*N is your newsletter. It is interesting because of  
YOUR contributions.**

**Believe you can achieve!**