

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

Camp Abilities Newsletter

Friday, July 1, 2011

Volume 7, Number 6

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: 81°

Sunny skies continue with low humidity.

**Night:** Low: 61°

Clear to partly cloudy skies. Not as cool.

## Group News

What a fun-filled day of activities and accomplishments! The athletes are really challenging themselves and persevering! Here is what they reported:

### Yellow:

Brianna performed a handstand for the first time at gymnastics!

Aspen jumped into the foam pit from the bars.

Raheel ran 1 ½ miles on the track, six forward rolls in a row and treaded water during swimming.

Shannon, although nervous, rode horse back for the first time. In gymnastics she performed a front flip on the uneven bars.

### Purple:

Nina rode 16 laps on the tandem bike, which is four more laps than last time. She also jumped off the bars into the foam pit at gymnastics.

Kelly rode five miles on a tandem bike and performed a running long jump into the foam pit at gymnastics.

Kyle rode 31 laps on a single bike and WON THE SHOWDOWN TOURNAMENT!!

Adam tread water for 12 seconds at swimming and rode horseback for the first time!

Ellie performed a drag during swimming lessons and went underwater for the first time!

Andrew put his face under water, floated on his back for 4 minutes and floated on his stomach for 1 ½ minutes.

Christopher rode five miles on a single bike.

**Green:**

Glynis rode five miles on the tandem bike.

Matt played electric guitar for the first time.

Hollyn rode 11 laps on the tandem bike.

Jacob went in an outrigger canoe for the first time and dove into the pool for the first time during swim lessons.

Felix rode 23 laps on the tandem bike.

Hannah rode 5 laps on a single bike a tandem bikes.

Alex rode 25 laps on a tandem bike and dove into the pool for the first time.

Alex G rode 4 miles on a tandem bike and went underwater for the first time during swim lessons.

**Blue:**

Katelyn did a handstand and almost a cartwheel in gymnastics.

Ashley swam 19 laps in the pool during swim lessons.

Richard ran one mile in 7 minutes and 58 seconds.

Cody took Andy down in Judo, swam 14 laps in the pool and ran two laps on the track.

Andrew ran 1 ½ laps without stopping at track and field.

Maddy jumped dismounted the vault into the foam pit at gymnastics, ran three laps on the track (wanted to do four), threw Melissa in Judo and performed three dives off the diving board during swimming.

Kaitlyn rode on horseback even though she was nervous.

Megan threw her coach in Judo, scored a goal in Goalball, ran 2 ½ laps on the track and dove into the deep end for the first time!

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

**Tonight is the Talent Show!!!**

Come to the common room and cheer on all our talented performers! Best of luck and remember...HAVE FUN!!!!

**Believe you can achieve!**