

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

Saturday, July 2, 2011
Volume 7, Number 7

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: 88° Hot and humid with hazy sunshine. Most of the day will be dry, but a late day shower or thunderstorm expected.

Night: Low: 69° Mild and muggy with a chance of a shower and a thunderstorm.

Group News

Athletes were so busy and active performing in their duathlons, Goalball tournaments, Beep Baseball games and swimming. Here's what the athletes had to report:

Yellow:

Brianna completed the duathlon in 1 hour and five minutes and had the pleasure of pushing Coach Kyle into the pool

Raheel rode three miles on a bicycle, performed the backstroke in the pool and blocked the ball from the goal in Goalball.

Tyler beat Christian in Showdown for the first time!

Megan put together the dance party music with Anita and Coach Beth.

Purple:

Adam caught two fish for the first time and jumped into the pool for the first time.

Kelly played with modeling clay.

Donovan rollerbladed independently for the first time and advanced to level three in swimming.

Nadya played "Yo, Ninja" and rode 12 laps on a tandem bike with John.

Ellie completed the duathlon in 30 minutes and 50 seconds.

Nina completes the duathlon in 40 minutes and 30 seconds, got a runner out in Beep Baseball and advanced a level in swimming.

Luke completed duathlon in 38 minutes and 50 seconds and jumped off the diving board.

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Kelly dove off the diving board three times and scored in Goalball.
Andrew performed a dolphin kick during swim lessons.

Green:

Carmella Jumped into the pool during swimming lessons.

Alex completed the duathlon in 35 minutes and 43 seconds and played tactile BINGO for the first time.

Jacob ripped a worm in half, dove into the pool and completed the duathlon in 38 minutes and 50 seconds.

Glynnis took a worm of the hook at fishing, did a belly-flop into the pool and completed the duathlon in 32 minutes and 30 seconds.

Matt practiced the guitar.

Hollyn played tactile BINGO and jumped into the pool.

Felix scored 23 points in basketball and scored a goal in Goalball.

Ben played Beep Baseball for the first time.

Hannah got an out in Beep Baseball and scored two goals in Goalball.

Josh performed a handstand in the pool.

Jake dove into the pool and completed the duathlon in 43 minutes and 40 seconds.

Jack completed the duathlon in 56 minutes and 20 seconds.

Tim completed the duathlon in 27 minutes and 50 seconds.

Blue:

Maddy completed the duathlon in 32 minutes and 33 seconds, dove off the diving board three times and scored three times in Goalball.

Raven dove off the diving board and performed a dive in the pike position during swim lessons.

Andrew swam 12 laps in the pool and jumped in two times.

Richard swam a lap performing the backstroke in 35 seconds.

Brennan ran so hard to base in Beep Baseball he smashed into it.

Ashley dove off the diving board for the first time during swim lessons.

OUR ATHLETES ARE AWESOME!

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Talent Show Highlights

Last night we had a fabulous talent show. Great job to everyone who performed!

Our Master of Ceremonies was Logan, Ashley and Hannah. Excellent job!
Here are the performers and what they showcased for us:

1. Austin King- singing "I Know You Know"
2. Megan Stanger- telling jokes
3. Parker, Hollyn and Tim- performing a skit
4. Aspen- singing
5. Alexander- dance to "We Will Rock You"
6. Kaitlyn and Tori- acting to Hetalia
7. Glynnis and Felix- singing and dancing to a Taylor Swift song
8. Christopher- telling jokes
9. Ellie- singing to Michael Jackson
10. Kelly Cusack- singing to a song by American Pal
11. Andrew Miles- performing a belly roll to music
12. Adam Reed- boogie rap with coach Beth

Act Two:

1. Kimberly Kim- singing to a song by Hillary Duff
2. Maddy- playing piano and singing a song
3. Hannah- singing with Logan
4. Ashley- singing with Logan on piano
5. Raven and Tori- singing a song by Three Days Grace
6. Carmella- singing and playing piano
7. Jacob Pine- telling jokes
8. Jack – playing piano
9. Luke Fortner- playing piano
10. Nina- singing a song by Taylor Swift
11. Nadya- dancing to a Black Eyed Peas song
12. Brianna, Katelin, Shannon and Anatasia- singing and dancing to a song
13. Blue Group- performing the Electric Slide as a group
14. Felix- singing

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Special Announcements

We have a new record at Camp Abilities; altogether the athletes caught (and released) a total of 25 fish!! Way to go!

Although he was unable to be at camp this year, Hans Mayer's music was played throughout the week. Especially the Camp Abilities theme son which Hans wrote and recorded just for us! If you would like to read more about this awarding winning artist or purchase any of his cd's please go to <http://www.hansmayer.com>

It is the last day of Camp Abilities Brockport 2011. Today athletes may choose the activities you'd like to perform for your families. Good luck and have fun with your events today! We hope to see you all back at Camp Abilities next year!

One last reminder, see Nurse Judy or Sheila to pick up your medications before you leave camp today. Safe travels and remember...

Believe you can achieve!