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

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.

Evening Activities
Biking---Fishing---Basketball---Rollerblading---showdown---canoeing---kayaking---chatting---board games---dance party

Fish Count 2013: 71 Fish and One tree
Morning Activities

Tandem Biking, Beep Baseball, Track and Field, Judo

Blue Thunderheads

Wayne---I ran the beep baseball base in 4.7 sec; I ran 1-mile in 7:17; I threw the discus 99ft; I swam 50 yards of breast in 1:40
Megan---I went horseback riding and I enjoyed it. I ran 1-mile in Track and Field and swam sidestroke.
Alex---I scored 2 goals in goalball, I flipped front and back on the bar in Gymnastics, I ran 1-mile in 13:08 and I did the long jump.
Ahmat---I swam 3 laps in the pool.
Ana---I went kayaking. I beat Dhaka in Judo.
Kate---I went kayaking. I was the timer for swimming time trials.
John---I am very proud of the Camp Can Do kiddo I worked with today.

UFO (Unidentified Flying Oranges)

Schuyler---I did ‘skin the cat’ in Gymnastics and rode the bike 7 miles.
Kiersten---I swam 10 laps. I did a handstand in gymnastics.
Abbie---I went horseback riding and the horse kept sneezing and eating grass. I did ‘skin the cat’ in gymnastics and took 2 sec off my 25 yards swim.
Andrew---I went horseback riding for the first time, it was FUN!
Tyler---I played Wii bowling and came in 3rd, kayak
Lillian---I swam 50 yards in 1:06
Braiden---I jumped in the foam pit for the first time.
Jessica---In Gymnastics Kira helped me with a back handspring using the big barrel mat.
Nicholas---I rode 6 miles on the tandem bike.
Isaiah---I flipped Matt in Judo and hit a pitched ball in beep baseball.
Adam---I went in the foam pit and the balance beam in Gymnastics. I rode 2 laps on the tandem.
Nattie---I rode 5 and ½ miles on the tandem bike.
Maddie---I rode 3 miles in tandem and swam 25 yards in 1:14
Chris---I ran 1-mile on 10:31
Afternoon Activities
swimming, goalball, gymnastics

Green Beans

Tj—I caught a fish and ran out of worms. I threw the goalball 1.84 sec.
Andrew—I rode the quarter horse, Jody at horseback riding. I beat by 1:34 25 yards record in swimming.
Kincaid—I threw the discus 37ft.
Adam—I caught 2 fish and took 10 sec off my 25 yard swim.
Donovan—I went horseback riding for the 3rd time. I rode 2 laps in tandem.
Nicholas—I made 2 baskets in basketball.
Chris—I ran 1-mile in 12:28

Pink Panthers

Felix—I did a front and back flip on the bar in Gymnastics.
Luis—I threw the goalball in 3.13 sec and I went horseback riding. I jumped into the deep end of the pool. I ran 3 laps on the track and I threw the 1kg discus.
Jack—I swam 10 laps and ran 3 laps on the track.
Julia—I threw the goalball in 2.36 sec. I went horseback riding. I went on the balance beam for the first time.
Makka—I ran 1-mile and swam 7 laps!
Dan—in Gymnastics, I did ‘skin the cat’ on the rings without any assistance.
Logan—I ran 1-mile in 8:05 and I jumped 10ft 4 inches for the long jump.
Colleen—I dove in the deep end of the pool. I ran 1-mile in 11:37.
Megan—I did my swim 10 sec faster!