# 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.

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**Volume 11 Issue 5**  
**Thursday, July 2, 2015**

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## In Short

<table>
<thead>
<tr>
<th>Yesterday</th>
<th>Today</th>
<th>Tomorrow</th>
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</table>
| *Third Day of Activities*  
Morning laughter yoga  
Athletes’ third day of sports  
Nighttime Activities—tonight’s attraction: horseback riding!  
Speech from Coach Cody Colchado | *Fourth Day of Activities*  
Athletes’ fourth day of sports  
Staff Photo  
Lunch in Brockway!  
20th anniversary celebration | *Game Day!!!*  
Camp photo  
Dance party!  
Tournament Day  
Talent Show |

Mostly sunny with a high of 75

Sunny with a high of 73! 😊
NOW for the news on the athletes’ accomplishments

Blue
• Tory went horseback riding for the first time and got to check it off her bucket list. She also did well with human guide!
• Jack knelt on the paddle board alone for the first time and scored a goal in goal all
• Tyler went kayaking
• Felix scored three goals in goalball and achieved his goal of standing up on a paddle board
• Parker achieved his goal in SUP
• Maddie stood up in SUP on her own. Hit three pitched balls in beep. Improved on her throw in goalball. Swam 15 laps. Best free time was 1:51 breast was 1:49. In beep she ran to the base in 4.49 seconds

Orange
• Katie tried horseback riding and roller blading for the first time and did a backwards roll down the wedge in gymnastics
• Maddie went fishing for the first time
• Anneka went fishing for the first time, rode 7 miles and three laps in tandem biking and ran a mile in 15:14
• Andrew rode 4.1 miles around campus and went 24.7 mph at one point
• Braden helped Soledad conquer her fear in the foam pit and went horseback riding and got first place
• Jason took a spill in tandem biking but stood up thanks to Henry and Coach Beth
• Alex attempted to catch a fish and is learning to catch and throw a ball with Sky
Pink
- Christopher beat 5 people in basketball 5 v 1
- Luke has walked 3112 steps and did stand-up paddle boarding by himself for the first time
- Donovan stood up on a paddleboard all by himself for the first time
- Andrew did stand-up paddle boarding again even though he was scared, did a forward roll on the bars and a backwards roll on the matt
- Nina did an under-swing dismount in gymnastics and beat two of her records in swimming
- Lillian swam 38 laps in the pool!

Green
- Joe went roller blading for the first time and didn't fall
- Kelly saw a rainbow for the first time and went on a solo bike in tandem biking, beating her mile record with a time of 10 minutes, 5 seconds
- Abbie stuck her head underwater for the first and second time
- Jessica ran a mile in 10:57 and scored 4 times in goalball
- Maddie biked 9 miles when she thought she was only going to do 6
- Kierstin swam 21 laps in the pool and did the butterfly for the first time
- Ethan tried to ride the solo bike, beat his mile time by 6 minutes, and beat his record in swimming

Fish Count: 8

*** Remember: this is YOUR newsletter. Please come see me (Gia) with great accomplishments, funny experiences, or any news you want to share from the day!!!

TIP FOR THE DAY:
FOB is a great time to get some sleep so that you’re ready for your afternoon activities!