



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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Thursday, July 2, 2015

In Short

Yesterday	Today	Tomorrow
<p><i>Third Day of Activities</i> Morning laughter yoga Athletes’ third day of sports Nighttime Activities— tonight’s attraction: horseback riding! Speech from Coach Cody Colchado</p>	<p><i>Fourth Day of Activities</i> Athletes’ fourth day of sports Staff Photo Lunch in Brockway! 20th anniversary celebration</p> <p>Mostly sunny with a high of 75</p>	<p><i>Game Day!!!</i> Camp photo Dance party! Tournament Day Talent Show</p> <p>Sunny with a high of 73! ☺</p>



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 Skv



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 mat
- 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 he 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!