



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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Friday, July 3, 2015

In Short

Yesterday	Today	Tomorrow
<p><i>Fourth Day of Activities</i></p> <ul style="list-style-type: none"> -Athletes’ fourth day of sports -Staff Photo -Lunch in Brockway! -20th anniversary celebration 	<p><i>Game Day!!!</i></p> <ul style="list-style-type: none"> -Camp photo -Dance party! -Tournament Day -Talent Show <p>Sunny with a high of 73!</p>	<p><i>Sports Day!</i></p> <ul style="list-style-type: none"> -Pick your own sports -Awards Ceremony -Athletes leave ☹️ <p>Sunny with a high of 78</p>



Pink

- TJ did the campus mile run in 6 minutes and 50 seconds and he beat the other team 5-2 in goalball. Also, he and Chris are going to MC the talent show!
- Andrew did 5 laps in tandem biking, ran a mile in 14 minutes and 39 seconds (which was under his goal), and has walked 2785 steps
- Nina biked 7.5 miles and attempted to eat a sandwich that was way too big for her
- Lillian ran a mile in 8:28, beating her record
- Donovan went 9 mph during tandem biking
- Alex touched the bottom of the deep end of the pool and came up with a new cheer in goalball
- Austin biked 8 miles in tandem biking



Orange

- Henry made Coach Cody jump into the canal by standing up for more than 10 seconds on the paddleboard
- Katie stood up on the paddleboard and paddled for the first time and went in the water
- Maddie stood up for the first time in stand-up paddleboarding
- Braden stood up on the paddleboard on his own and without falling over
- Wesley made 4 goals in goalball





Green

- Kelly did turns on the paddleboard, did a flipturn in swimming for the first time, and has walked 19650 steps in the last two days
- Maddie sat on the paddleboard by herself for the first time, and stood on the high balance beam in gymnastics for the first time
- Joe did SUP on his own and cut 3 seconds off his time in swimming
- Jessica learned to do a pivot turn in SUP and got back up after falling 5 times, cut 12 seconds off her 25 m backstroke time, and learned 8 new things in gymnastics including a dive cartwheel and correcting her front handspring

Blue

- Maddie threw the shot-put between 52 and 55 feet and came back from an ankle injury. She also did an interview for HBO, accomplished every requirement on the rings and did a front flip, and did everything on the bar assessment, including a forward roll dismount to get off. Also, she finally learned to do a cartwheel, and she learned the racing start for backstroke and how to do a correct open turn
- Tory did the mile campus run in 10 minutes, 40 seconds and learned to flip over the bars backwards and forwards and also did the rings and she finally did a perfect backstroke in swimming
- Peter ran a mile in 7 minutes 34 seconds, a new personal best



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:

Eat a healthy, nutritious breakfast so that you have energy for your day!