In Short

<table>
<thead>
<tr>
<th>Yesterday</th>
<th>Today</th>
<th>Tomorrow</th>
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<tbody>
<tr>
<td><strong>Fourth Day of Activities</strong>&lt;br&gt;- Athletes’ fourth day of sports&lt;br&gt;- Staff Photo&lt;br&gt;- Lunch in Brockway!&lt;br&gt;- 20th anniversary celebration</td>
<td><strong>Game Day!!!</strong>&lt;br&gt;- Camp photo&lt;br&gt;- Dance party!&lt;br&gt;- Tournament Day&lt;br&gt;- Talent Show</td>
<td><strong>Sports Day!</strong>&lt;br&gt;- Pick your own sports&lt;br&gt;- Awards Ceremony&lt;br&gt;- Athletes leave 😊</td>
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Sunny with a high of 73!  
Sunny with a high of 78
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!