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# Day 2 - June 25 - Monday

Camp Abilities News

“Believe You Can Achieve”

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| Big day today! Athletes participated in Goal Ball, Swimming, Gymnastics, Tandem Bike Riding, Paddle Boarding, Track, Fitness, and Beep Ball. Many exceeded their personal best from last year. New athletes set goals and met them in various sports.  |  |

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|  |  |  Sailing! First, we learn - then we sail! |
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Perfect day for sailing! Perfect day for learning to sail. Lots of hands-on experience for the Athletes.

Tandem Biking

Way to go Keara! With Coach Tess and Gina.

Paddle Boarding

Swimming



 Goal Ball

Care to Share

























Meghan: 25 laps on tandem bike, exceeded goal in gymnastics.

Bryce: did a flip in gymnastics

Henry: throw discus 81 feet

Jaylyn: 30 laps tandem bike

Anneka: 30 laps = 6 miles tandem bike, paddle board, high balance beam

Quinton: paddle board

Ronan: Rode a bike for the first time

Faith: Track & Field - 14.15 sec. running

Dan: Track & Field - 12:55 sec. running and swimming

Kat: paddle board 7 laps, 30 laps = 6 miles tandem bike

Mina: cartwheel in gymnastics for the first time

Laura: front and back flip on bar and cartwheel

Kiana: 10 laps tandem, hung on bar in gymnastics, paddle board 1 lap

Sean: 2 miles on a bike

Leah: 1 mile in 9 minutes 29 seconds

Krista: swam for the first time

Braiden: 37 laps on tandem bike, stood up on paddle board and tree pose, helped carry buoy

Abbey: gymnastics wishes to compete in rings tournament

Diana: paddle board 9 laps, gymnastics back bend and split, multiple pivot turns

Sky: ran a 1 mile in just over 6 minutes



Arts & Crafts



Terry Kelly - Party Down



