

The Camp Abilities Newsletter "The C A N"

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"The CAN" (Camp Abilities Newsletter) is dedicated to the memory of Dr. Janet Joseph, "The CAN" founder and Lauren Lieberman's mother. "The CAN", as in, yes YOU CAN!

Care to Share

Ted - "Today I ran half a mile. This time it was faster than before."

Yaakov - "I go surfing three times a week."

Bryce - "I went running with a tether for the first time, and I learned goalball"

David - "I'm proud that I can participate in Camp Abilities."

Charlotte - "I learned how to play goalball."

Cassidy - "Today was my first time diving at goalball"

Keara - "I ran even though I was exhausted."

Di'Vyne - "I am proud of learning about the Paralympic Games for the first time."

Sam - "I'm proud that I ran for the first time outside, and played goalball."

Zach W - "I am proud of running today."

Logan - "I went out for a run today."

Isla - "I am proud of running with a tether."

Braiden - "I'm most proud of playing five-a-side soccer."

Sean - "I learned a new drill in soccer today."

Elora - "Today I did fitness, and I had a very hard amazing workout."

Kat - "I am most proud of my improvement in dribbling for soccer"

Zac S - "I am proud that I went out in the nice weather."

Ronan - "I'm happy that I was able to go to soccer today and do fun stuff."

Faith - "I'm proud that I was able to complete the Body by Dotty work out. It was phenomenal!"

Nick - "I'm glad that with camp I'm getting back to a fitness mindset."

Andrew - "I did the soccer obstacle course for the first time."

Chris - "I did everything I was supposed to at a decent level."

Angelina - "Today I learned new drills in soccer."

Bella - "I improved on my dribbling for five-a-side soccer, and I had a really fun time with Dar in fitness today."



Camp Abilities goes Virtual!

Camp Abilities kicked off with a magnificent Opening Ceremonies on Sunday Night! During the Opening Ceremonies, all the wonderful people who will be joining us this week were introduced. The President of the College at Brockport, Heidi Macpherson, expressed her enthusiasm about camp and disappointment, like a lot of us, that camp couldn't be in person this year. "I've never seen so many happy people on campus," Macpherson stated. "The virtual camp is a new frontier for us, but it is going to be absolutely fun!" Kevin Brousard, a Paralympian who is training for the Paralympics, shared. Brousard talked about how he advocated for himself when he was younger, and where that has led him now. "You gotta stand up for yourself. You have to make sure that you have the opportunities because sports is such a positive influence on your life." What is Camp Abilities without a Terry Kelly dance party? We ended a great meeting with a performance of "The Power of the Dream" by the wonderful Terry Kelly. Everyone went off to have a good night's sleep to get ready for the fun-filled day.



Isla (rightmost) goes on a run with her younger brother to practice using a tether.

Camp started bright and early with yoga in team groups. The athletes were able to use their brand new equipment and meet the people on their teams. After yoga, the athletes rotated to different camp sports. In Goalball, athletes practiced some driving skills with Coach Jess. In Fitness, the athletes worked out while listening to some cool music with Coach Dar. In Track with Coach Jeff, athletes practiced using a tether with a guide runner. In five-a-side soccer with Coach Emily, athletes practiced dribbling with the soccer ball.



Elora practices dribbling with the soccer ball while Coach Emily gives her tips over Zoom Video Communications.

After a quick lunch break, the athletes were back at it with self-advocacy time with Ruth. "Self-advocacy is when you stand up for yourself," Ruth says. "Speak up for yourself, to get something that you want. In life no matter who you are it's important to work on the skill of self-advocacy." Athletes were able to exchange advocacy stories and tips on how to advocate for themselves. Then came Choice Time with the athletes. Some athletes had fun trying to escape a virtual meeting room and others had a good time playing Trivia. After these fun activities, the athletes were then able to move to Specialization Time where they were able to get some more exercise in. We wrapped up to get some sleep for a fun-packed day.