

The Camp Abilities Newsletter "The C A N"

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EDITOR: ALYSSA POAWUI



**"BELIEVE YOU CAN
ACHIEVE!"**

"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

Cassidy - "My sister and I never run a mile before, and we didn't know that we were going to do it today. We did the mile in 14 minutes!"

Charlotte - "Cassidy and I were the first ones back after running the mile today."

Yaakov - "I ran a mile in 14 minutes and 56 seconds. "

Ted - "I did the same as Charlotte and Cassidy. I ran the mile in 14 minutes, but my goal is 13 minutes. I went a tiny bit beyond, and that is okay because I tried my hardest at the end. Now I can try to beat my 14-minute mile to reach my goal."

David - "I ran half a mile in 10 minutes, so now my new goal is to run a mile in 15 minutes."

Bryce - "I walked with my mom at a fast pace. We walked 1.2 miles in 27 minutes."

Isla - "Today I ran a mile, and my goal was to do it in 15 minutes. I ran it in 12 minutes and 34 seconds!"

Sam - "This morning for my mile, my goal was to run it in 10 minutes or less, but I ran it in a time of 14:22. I am still working towards that goal!"

Keara - "Last year, I had a 30-minute mile. This year I ran it in 17 minutes! In goalball, I had more straight roles."

Di'Vyne - "I ran the mile in 23 minutes and 35 seconds."

Zach W - "I ran the mile in 13 minutes and 33 seconds."

Logan - "I ran a mile in 21 minutes."

Kat - "In fitness, we did every exercise in 30 seconds, which was easy. Now that it was up to 45 seconds, I felt more of the burn."

Elora - "Before camp started, I was a little disappointed because all of my favorite things we couldn't do virtually. So I went into soccer with a goal to try it out and have fun with it. Now I love soccer! I'm really glad I gave it a chance."

Sean - "Today, I scored ten goals in soccer."

Braiden - "Today in five-a-side soccer, I perfected the Triangle Dribble. In fitness with Coach Dar, I got in a longer workout in."

Zac S - "Our team name is now Red Robin. I passed the ball to my mom in goalball."

Bella - "During five-a-side soccer, I had a really fun time playing with my sister. I got better at running and dribbling at the same time. Now soccer is getting easier which is crazy because I've only been doing it for two days. "

Angelina - "Today I had a lot of fun at soccer. I learned the proper way to shoot a soccer ball."

Andrew - "Today in fitness, my goal was to complete the whole Body by Dotty workout, and I achieved that goal."

Nick - "During five-a-side soccer, I managed to kick the ball out of the kick trainer. My fitness goal was to be able to go through the entire workout without a break. I was able to complete this."

Faith - "I learned how to properly shoot in five-a-side soccer, and I was able to complete the whole Body by Dotty workout. It was phenomenal."

Work Hard, Play Hard, and Eat well

The Zoom call was filled with positive energy as soon as the athletes joined the call! As usual, camp started with group yoga and team time. The athletes' used their creative minds and ideas to determine their team names. After bouncing ideas off of each other, these enthusiastic teams choose their team names. The blue team is now The Blue QuarantEAM, the red group is now The Red Robins, the yellow team is now The Shooting Stars, and the green team is now Green Gators. The athletes went off to the first activities of the day. Today in goalball, athletes worked on rolling techniques and diving. In track & field, athletes ran a mile as fast as they could and timed themselves. In fitness, they

had longer exercises so that they could get more of a workout in. In soccer, athletes practiced dribbling skills and learned some new techniques of how to kick the ball. After all that hard work, athletes shared their goals and accomplishments during Care to Share, and socialized with each other over zoom.

After a great morning, the athletes had Advocacy Time with our special guests Megan Fink and Ray Zylinski. Megan started as an athlete at Camp Abilities. She then became a CIT, and later on a sports specialist for beep baseball and goalball. "Camp has helped me so much with advocating for myself," Megan says. "When I became a CIT, and then a specialist, I noticed that I liked writing lesson plans, and especially loved working with all the different



Elora kicks the ball with all her force during five-a-side soccer.



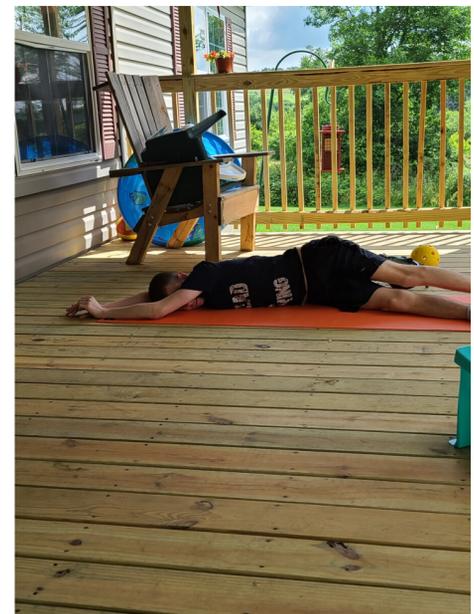
Andrew sits in Easy Pose during morning yoga.

athletes throughout the week. Working with Camp Abilities helped me figure out that I wanted to work with the blind and visually impaired community, so I decided that I would continue my education in Vision Rehabilitation Teaching and Orientation Mobility." When in school Megan got a part-time job. Her job did not know that Megan was visually impaired, and later on, asked her to work in the Deli Department. She was not comfortable operating with a lot of sharp objects, so she used her advocating skills to advocate for herself, and asked to work in another department where she felt more comfortable. They were able to accommodate Megan's needs. Ray is an Assistive Technology Instructor in the workforce development at VIA (also known as Olmsted Center for Sight) here in New York. He works with

individuals who are trying to obtain employment. Ray teaches, has resume writing workshops, gives mock interviews, and prepares people with visual impairments to get ready for the workforce. "You should put your best foot forward," Ray states. Ray strongly recommended getting a summer job to start the athletes' employment path. "A summer job gives you a taste of employment. When you're there you get a feel of how the workforce works." Athletes can also learn about themselves during a part-time summer job. "Learning about yourself is the most important part of the journey, only you can say what's best for you." Both Megan and Ray emphasized to the athletes to learn their technology so that they can excel wherever they

decide to work. Camp Abilities is very thankful that these two amazing people were able to come and talk with us.

After advocacy time, the camp was off to healthy cooking and sports nutrition for Choice Activities! During this time, the athletes made healthy homemade granola bars/balls. These snacks are great before or after exercise. During this time the athletes asked questions about the athletic side of nutrition and healthy cooking. This snack was a great energy booster to get ready for specialization time. The athletes were able to choose which sports they wanted to participate in, to get some more practice in, and gain more skills. We said our farewells, and we can't wait to get together again tomorrow morning.



Logan practices diving in goalball.



Isla (rightmost) runs the mile with her running partner.



Sean practices good form for when he throws a shot put.