

The Camp Abilities Newsletter "The CAN"

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"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

Activity Cheese

- **Landon W** - "I went paddle boarding for the first time!"
- **Carter P** - "Today, I went 5 miles and 30 minutes on a bike."
- **Jonathan H** - "On Sunday, I went kayaking for the first time in my life!"
- **Apryl A** - "Today in tandem biking I rode 4.4 miles!"
- **Noel D** - "Today I had SUP, and I got to stand up, and it was pretty fun."

Orange Tigers

- **Jaylynn B** - "I was scared of the battle board, but I overcame my fear and stood up twice! I overcame my fear of jumping off the diving board too."
- **Yaakov N** - It was Yaakov's first time doing a pencil dive off the diving board. In track and field, he ran a distance of a mile in 14 minutes.

Pink Panthers

- **Mackenzie B** - "This morning I got to do sailing for the first time ever and I got to steer."
- **Elora W** - "I went fishing for the first time ever and loved it. Also in beep baseball, I pitched with a live pitcher for the first time, and it was amazing!"
- **Kat T** - Today I tried showdown for the first time, I stood up on the paddle board, I hit my first live pitch in beep baseball, and I also ran my mile in 10 minutes."
- **Silas L** - "I shaved off 2 minutes of my mile when running today."
- **Val S** - "I swam 6 laps in the pool and ran one lap on the track."

Blues Mafia

- **Andrew M** - "I hit a pitch, sent it flying, and hit a double!"
- **Braiden W** - "One thing I'm looking forward to is spending time with my coach and the duathlon later this week. I also completed a half marathon in 1 hour and 42 minutes. Also, today I hit 2 live pitches in beep baseball."
- **Maxwell S** - "Today, I played the most challenging game of goalball. It was really intense! It was Andrew, Braiden, Will, Diana, Ronan, and me."
- **Anneka P** - "Today, I hit a live baseball for the first time in beep baseball."
- **Will** - In beep baseball Will hit the ball so hard that it broke!

TEAM USA GOALBALL PARALYMPIANS

We are thankful to have USA Paralympic Goalball players at Camp Abilities this year! Paralympians Tyler Merren, Mindy Cook, and Calahan Young played goalball with our athletes and shared some words of wisdom. Merren talked about his 5 steps to seeing the true champion. Step one is looking beyond fear. "We can't let the fear of failure stop us," Merren said on Tuesday night. Step two is taking full ownership, step three is deciding its possible, step 4 is developing positive habits, and step 5 is seeking greatness in yourself. Meeren says that "It's not about the trophies and the awards.

These things are not bad, it's good to reach for them, but what really makes a true champion, what that really looks like, is seeking greatness within." Calahan Young also shared some of his expertise. Young finished his Master's while training for the 2020 Toyko Paralympics. It was a lot of hard work, but he is very passionate about both school and sports. "I really wouldn't have been where I am today if I hadn't started advocating for the things I wanted. From sports to school, you have to put yourself in your best interest" Young says. Mindy Cook talked about her pathway to the Paralympics. She grew up in a little city where she was the only person with a visual impairment. It wasn't until she started working with other visually impaired individuals did she learn about the sport goalball, and when first playing she instantly fell in love with the sport. "Goalball is a way for me to be brave, a way to be myself and not have to hide. I can be confident." Merren, Young, and Cook will be here with us at camp during the week, and help coach the athletes throughout the week!



USA Paralympians smile for a picture in front of the Camp Abilities Banner with Bryce, Ted, and Coach Payden.

Athletes: The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa at breakfast, lunch, or dinner with your amazing accomplishments so she can put it in the newsletter!

Find more pictures on our Shutterfly:

<https://campabilitiesbrockport.shutterfly.com/pictures>



**A LOSS OF
SIGHT, NEVER
A LOSS OF
VISION!**