

The Camp Abilities Brockport Newsletter

THE C*A*N, as in, yes you can!

Wednesday, July 1, 2009
Volume 5, Number 5

Welcome to Camp Abilities Brockport! This is the fifth volume of the 2009 Camp Abilities Brockport Newsletter, the C*A*N.

The C*A*N is dedicated to the memory of Dr. Janet Joseph, the C*A*N founder and Lauren Lieberman's mother. She died suddenly in December of 2006. She was an active part of Camp Abilities Brockport for 7 years and we miss her very much.

Weather Report

It is supposed to be 70 degrees and rainy in Brockport again today! Make sure you are drinking lots of water and Gatorade. Everyone did a great job being flexible with the changes in the schedule yesterday. Please keep in mind that we might have to be change our plans again if it is thundering and lightning. Your group leaders and specialists know the plan in case of heavy rain, thunder, and lightning.

Group News

Camp Abilities athletes have done a fantastic job trying new activities and leaning new sports. Last night, Terry Kelly sang songs about overcoming our obstacles and doing anything we set our minds to. Let's continue to achieve goals and try things we've never done before!

Water Warriors:

Alexandria moed up to level 2 in swimming and swam 5 laps.
Kyle swam 8 laps without flotation.
Jacob P. did the obstacle course and beat his coach!
Robert rang the bell on the top of the rock wall two times.
Daniel P. rode 5.3 miles on the tandem bike.
Bryttney swam 3 laps in the pool.

Mighty Green Team:

Jack broke his old record by swimming 28 laps in the pool.
Hollyn went underwater for the first time.
Brennan climbed to the top of the rock wall.
Brianna beat her old record when running bases in beep baseball by making it to the base in 12 seconds.
Felix climbed to the top of the rock wall and made 2 goals in goalball.
Diana swam 14 laps in the pool.

Purple Popsicles:

Austin swam 5 laps without flotation.

Chris L. got a high score on Wii tennis.

Maddie swam 12 laps and dove off the board for the first time.

Yellow Jello:

Megan practiced elementary backstroke and learned how to do a flip turn.

TJ did cannonballs into the pool.

Nicole swam four laps in the pool.

Travis swam 10 laps, jumped into the pool, made 2 goals in goalball, did the long jump, and ran the obstacle course even though he was scared. Way to go Travis!

KEEP UP THE GOOD WORK ATHLETES!

Special News

Tonight we will have archery and horseback riding as our nighttime activities!

Also, we will eat in the cafeteria for lunch today as a special treat.

**The C*A*N is your newsletter. It is interesting
because of YOUR contributions. See Maria at
breakfast, lunch, or dinner with your
accomplishments.**

Believe you can achieve!