

Camp Abilities Newsletter  
**THE C\*A\*N, as in yes you can!!!**  
Thursday, June 27, 2012

**Weather Report**

High 85      Low 69  
Mostly sunny, some clouds!!!  
Sounds like another great day, loving that the sun is out again!!!

Who knows what is coming up really soon?

The Talent Show- hurry and get your name and talent in to Gina ASAP!!!

Now News from the wonderful, fabulous, amazing Groups here at  
CAMP ABILITIES!!!

**Blue Crew News-** Veronica did 2 flips in gymnastics and swam 1 lap in the deep end, Jessica did a back flip in gymnastics, Megan played beep kickball for the first time, did 2 flips on bars in gymnastics, and scored 3 goals in goal ball, Kristen walked the high beam in gymnastics, Nick did tandem biking and encouraged Heather, and Jordan scored 3 goals in goal ball.

**Purple Pirates-** Luke flipped coach Don in Judo and he flipped in a canoe yesterday, Donovan swam 2 ½ laps in pool and he didn't catch a fish but he had a lot of fun (awesome attitude), Adam took out his coach in judo, Nicholas jumped off the diving board, and Ryan did a cannonball for the first time in the pool.

**Yellow Lightning-** Matt caught 1 fish, Robert caught 2 fish, Daniel made 7 more baskets in basketball (3 in a row), Hannah had a goal of 1 flip in gymnastics by herself and she did 2, she also learned the cupid shuffle and Macarena, Alexandria did 12 laps on a single bike and got 6.6 seconds running with guide wire, Ana got 4.75 in track and did 40 laps on tandem, Glynnis was asked to hang out with the wrestling camp to

learn some new moves and skills, she really enjoyed herself, Jordan did a back flip in gymnastics, Alex did 42 miles on tandem bike.

**Green Giants-** TJ jumped off the diving board and did a split in the air, she also jumped in the foam pit in gymnastics, Ahmad did the wii ski for 81 seconds, Nadya went canoeing and dove in pool for first time, Makka said long jump was so much fun, Louise took out his coach in judo, Logan went off the diving board, Megan is working on a pledge for camp abilities, and Jack jumped off the diving board 3x.

**Today's shout out goes to the coaches and athletes doing such a fantastic job in all activities and treating others wonderfully!!!**

**\*\*\*Tip of the day continues with:**

**\*Put your sunscreen on and drink water**

**\*Give 113%, we know you are getting tired, but keep up the great attitudes and giving your BEST!!!**