

# **Camp Abilities Newsletter Volume 5**

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

Friday, June 29, 2012

## Weather Report

High 89 Low 67

Mostly sunny, some clouds!!!

Sounds like another great day, loving that the sun is out again!!!

Today is our Duathlon and swim meet!!!

Good luck to all of you. Try your BEST and have FUN!!!

Now, news from all our amazing groups:

Blue Crew- Meg went horseback riding;

Jordan caught a fish; Megan learned a new throw in judo and jumped off the

diving board; Kristen jumped 4 feet 7 inches in the long jump.

Yellow Lightning- Alex ran 3 1/2 laps on the track and dove off the diving board 2 times; Hollyn swam 10 laps in the pool and was timed at 2 minutes 44 seconds on a times lap; Daniel is on level 3 in swimming; Anna jumped off the diving board 2 times; Hannah ran 3 1/4 laps on the track; Djeinaba did a back float in the pool without support and was not afraid; Jordan took Coach Mary down 2 times in judo.

Green Giants-; Logan went in the deep end and went diving; JC went horseback riding for the first time; TJ did a flip on

this uneven bars and wasn't scared; Nadya flipped her coach in judo and did a forward roll on the bars and wasn't scared; Makka ran to the base in beep ball in 6 seconds; Ahmat did a somersault in the foam pit; Logan scored 2 goals in goalball today; Luis completed most of his events in gymnastics and it was only his first day doing it; Jack rode 15 laps on a tandem bike and jumped into the foam pit 3 times; Alexander scored a goal in goalball; Andrew rode 16 laps on a tandem bike, did a belly flop into the foam pit and scored 2 goals in goalball; Kincaid did a flip on the uneven bars and jumped into the foam pit. Purple Pirates- Tyler caught 2 fish; Donovan went horseback riding for the

second time; Luke did a somersault for the 1st time; Kiersten did her 1st backflip on the uneven bars; Nick jumped off the vault into the foam pit; Nattie jumped into the foam pit 4 times; Donavan rode 13 laps on the tandem bike; Nicholas flipped on the uneven bar in gymnastics.

Remember: BELIEVE YOU CAN  
ACHIEVE!!!