



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

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.

Volume 9 Issue 3

Tuesday, June 25, 2013

Evening Activities

Outrigger---Biking---Fishing---Basketball---Rollerblading---showdown---canoeing---kayaking---chatting---board games---singing---soccer---town hall meeting



John Robinson, founder of Our Ability, is on a cycling across the state of New York. John, his wife and 3 children stopped at Camp Abilities for the night. John shared with us about his life and work. He said, "...opportunities are disguised as challenges..." John believes everyone can work, be educated and do whatever one puts their mind to. Check



Fish Count 2013: 36 Fish and One tree



Morning Activities

Tandem Biking, Beep Baseball, Track and Field, Judo

Blue Thunderheads



Megan---I taught my coach how to ride a tandem bike and I loved Stacey's dance to 500 miles by the Proclaimers, I went off the diving block for the first time and I did it twice!

Jordan---I took Stephanie down in Judo

Alex---I threw the shot put 19 feet

Jordan---I swam 25 yards in 2 min and 7 seconds on Monday and today I beat it by 1 min and 15 seconds and Stephanie and Donna were my coaches!

UFO (Unidentified Flying Oranges)



Schuyler---I threw my partner in Judo, I rode more than 5 miles in biking and I swam 75m

Nattie---Don took me down in Judo

Dan---I threw the shot put 9 feet and went on the rings for the first time in gymnastics

Andrew---I swam 14 laps and ran to the Beep Baseball base in 4.2 secs

Isaiah---I rode the tandem bike for the first time

Lillian---I ran to the Beep Baseball base in 18 secs

TJ---I swam 25 yards of backstroke in 52.2 seconds

Braiden---I did a really good job in Beep Baseball

Maddie---I rode the kick bike up hill and I rode the tandem for the 1st time

Nicholas---I rode the 7-person bike

Afternoon Activities

swimming, goalball, gymnastics

Green Beans



TJ---I did a fast Irish Jig, I passed the deep end test in swimming...now I can swim in Grandma's pool!

Nina---I swam 25 yards in 1 min and 12 sec

Andrew---I loved Terry Kelly

Kelly---During Judo I did a front and back roll on the bar in gymnastics, I swam 25 yards doing the backstroke in 50 seconds, I ran the Beep Baseball base in 7.1 sec

Donovan---I swam 3 laps in the pool, I rode the 7-person bike and kick bike for the first time

Chris---In Judo I threw my counselor and did the Harlem Shake, I rode the 7-person bike for the first time, I rode 5 miles on the tandem bike and swam 16 laps

Kincaid---I rode 3 miles on the tandem bike

Pink Panthers



Carmela---I played the pyramid game with the cups during Minute to Win It and I sighted guide for my friend for the first time

Luis---Logan and I danced during Terry Kelly, I flipped my counselor in Judo and then I got thrown

Jack---I did sumo with Carmela in Judo

Julia---I took jess down in Judo

Makka---I blew bubbles in the pool, swam 1 lap and it was F U N!

Colleen---I played Judo and threw the shot put for the first time

Megan---I tried a snickerdoodle cookie and a white macadamia granola bar for the first time