

# 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



## Team Rainbow:

**Jackson** - "I'm proud of walking over 1,000 steps!"

**Mustafa** - "I'm proud of walking 14,042 steps this week."

**Noah** - "I took 20,500 steps!"

**Cora** - "I ran a mile yesterday!"

**Carmelo** - He did a great job in yoga and this entire week!

**Apryl** - "I learned how to throw a shot put."

**Kian** - "I learned how to dribble in soccer."

## The Green Strike Force:

**Maria** - "I'm happy with the things I learned in basketball."

**Ted** - "I'm proud that I achieved most of my goals this week, like taking a shot in basketball."

## The Red Rockets:

**Ethan** - "I enjoyed the entire week of meeting new people and trying new sports."

**Anthony** - "I really loved everything!"

**Bryce** - "I was really proud of learning how to dribble the basketball between my legs."

**Thomas** - "I got lots of new equipment. I like the jingle jingle in the balls"

**Jade** - "I had a lot of fun in Body by Dottie."

**Mckenzie** - "Thank you for helping me this week! I've gotten better at dribbling in basketball and soccer."

**Mari** - "I'm proud that I did 45 seconds of Body by Dottie without stopping. I'm also very proud of all the improvement I made since the last time I was here."

**Kiana** - "This week was amazing, thank you all!"

## The Blue Angels:

**Zach** - "I ran over 13 miles this week!"

**Krystie** - "I improved on my squats in fitness"

**Anderson** - "I am proud that I did fitness. It was really fun."

**Ronan** - "I was happy that I was able to break multiple fitness goals in Body by Dottie, like getting over 100 squats."

**Keara** - "I'm proud that I was able to beat my old mile time by 10 minutes!"

**Braiden** - "I'm proud of running my fastest mile time, I'm proud of stepping out of my comfort zone in Body by Dottie, and I'm proud of making 18 shots in the Hot Shot Competition in Basketball."

**Andrew MC** - "I'm proud of raising \$500 for camp this year by fundraising."



## Staff and Specialist:

**Coach Peter** - "I want to give a shout-out to the Blue Angels. They all crushed their goals this week! Everyone left it completely out there. I'm glad that we are still pushing even though we are virtual. Great job Blue Angels."

**Coach Sara** - "This goes out to all of our campers for during choice activities working really well together, getting to know other friends, communicating, demonstrating some good teamwork and social skills during Choice Activities."

**Coach Lizzie** - "Huge shout-out to Team Rainbow. A ton of our athletes were brand new, so everyone was trying things for the first time this year. I am so excited that I was able to see you grow throughout this week at camp."

**Coach Haydn** - "I am new this year, and to have a great team like team yellow made my first year with camp really special!"

**Coach Ali** - "I just want to give a shout-out to everybody, but especially my team. You guys were so awesome asking questions! You asked so super awesome things, and I'm glad you did because we learned a lot."

**Coach Rache** - "I just want to give a shout-out to all of the red rockets. You guys all crushed it! You all had a positive attitude, and you helped each other which was really awesome!"

**Coach Dar** - "I want to say thank you so much for all the effort and energy. I didn't know that I could feel so much energy through a computer. I loved that we left it all on the mat during Body by Dottie. So thank you very much, it really made this my highlight of my summer"

**Coach Emily** - "I want to give all of you athletes a big shout-out. I also would like to give a shout-out to all of your helpers that were with you. That's something that makes camp work, and so we need to turn and thank the people who were helping us all week. Thank you so much, you made our jobs way easier, and we appreciate that. For all of my 5-a-side soccer players, keep practicing those soccer goals celebrations."

**Coach Jess** - "Great job to everyone! It was a hot week, and I did not hear any complaining! You guys just kept going, and if it was too hot, you adjusted. You were all so excited to do all the activities, so great job."

**Coach Erin** - "I want to give a huge shout-out to all the athletes who tried basketball for the first time or tried basketball at camp for the first time. I thought you all did an excellent job improving every skill that you practiced, and I can't wait to see how much you improve before the person camp next year."

**Director Lauren** - "Thank you to all the athletes and families. We couldn't do this without you!"

# The Talent Show

**Ted** told hilarious jokes.

**Mar'Johnn** showed us his strength by pulling the resistant band.

**Maria** sang her heart out to "A Million Dreams" from The Greatest Showman.

**Jaylynn** played us a lovely song on the piano.

**Cora** showed off her exceptional drumming skills.

**Jackson** played "Havana" gracefully on the piano.

**Apryl** danced and sang to "Roar" by Katy Perry.

**Zac** sang and danced to "Rumor Has It" by Adele.

**Braiden** did awesome character voice impressions.

**Krystie** sang gorgeously to "King" by Lauren Alaina

**Andrew MC** played "Sonatina" by Muzio Clementi in C Minor amazingly.

**Keara** showed us her yummy cooking video.

**Mari** played the guitar and sang "Over the Rainbow" by Israel Kamakawiwo'ole.

**Thomas** told us a hilarious joke.

**Bryce** told us facts about NASCAR all from memory.

**Ethan** sang us the Canadian National Anthem.

**Mackenzie** showed us her marvelous ballet moves.

**Kiana** beautifully sang "Have It All" by Jason Mraz.

**Carmelo** showed us a cool magic trick with his toy bug.

**Mustafa** told funny jokes.

**Andrew P** played a great song on the piano.

# Team Awards

## Team Rainbow

**Jackson** - Soccer Superstar

**Mustafa** - Motivated Miler

**Noah** - Five-a-side Allstar

**Cora** - Queen of the Track

**Carmelo** - Super Celebrator

**Apryl** - Fitness Fanatic

**Kian** - Super Stepper



## Green Strikeforce

**Maria** - Most Improved Award

**Juliet** - The Unmute Award

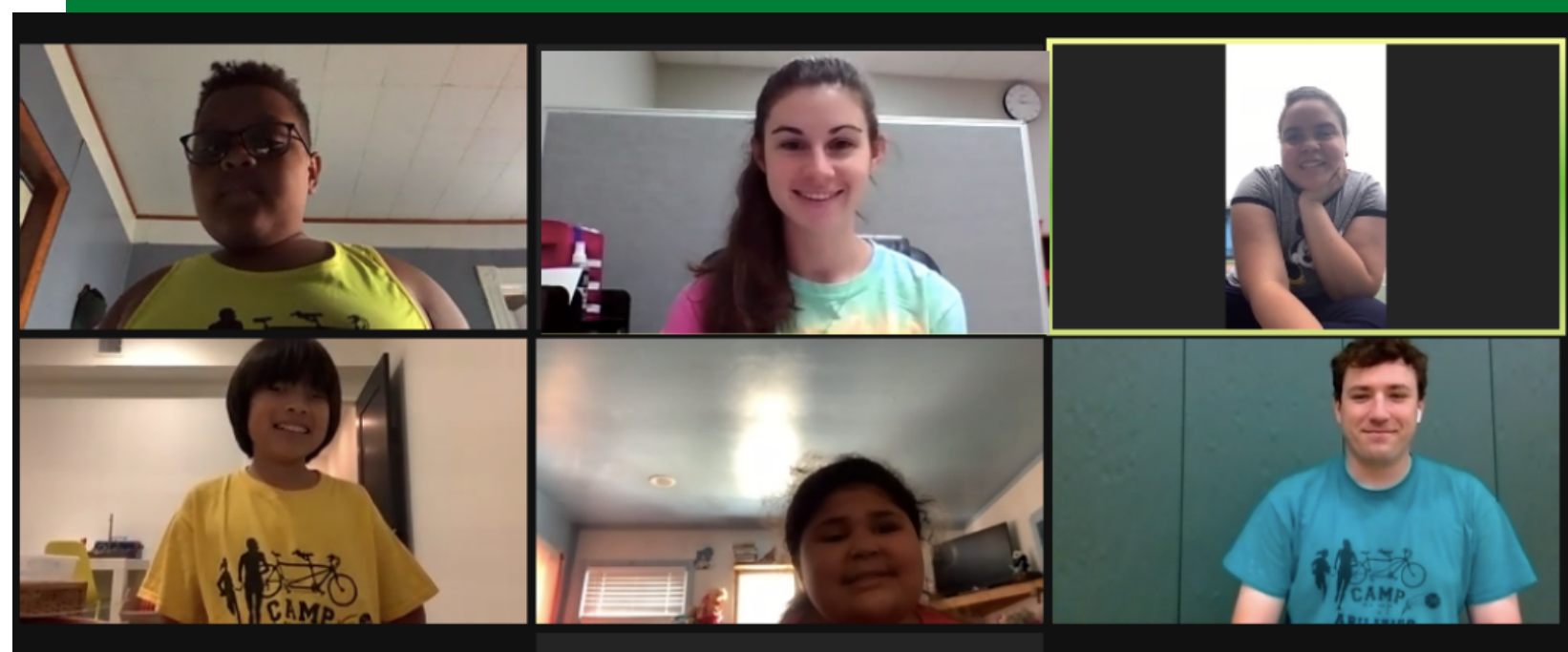
**Joseph** - The Happy Camper

**Ted** - The Fearless Award

**Mar'Johnn** - Outside the box Award

**Brionnah** - The Multitasker Award

**Jaylynn** - The Persistence Award



## Red Rockets

**Ethan** - Smile Award

**Anthony** - Spirit Award

**Andrew P** - Furthest Camper Award

**Bryce** - Independent Award

**Thomas** - Innovative Award

**Jade** - Try Everything Award

**Mckenzie** - Positive Award

**Mari** - Yoga Master

**Kiana** - Fitness Queen



## Blue Angels

**Zach** - Sunshine

**Andrew MC** - BasketBALLER

**Krystie** - Try Everything

**Anderson** - Rookie of the Year

**Selina** - Body by Dottie MVP

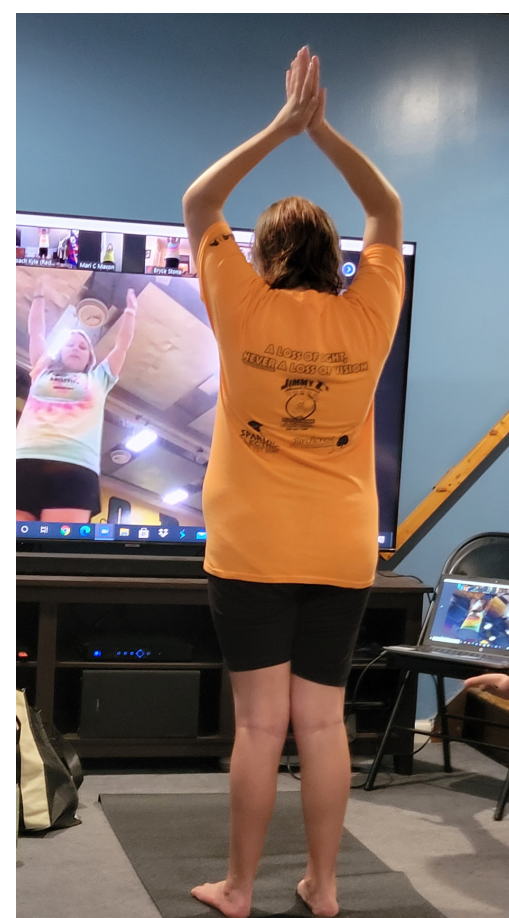
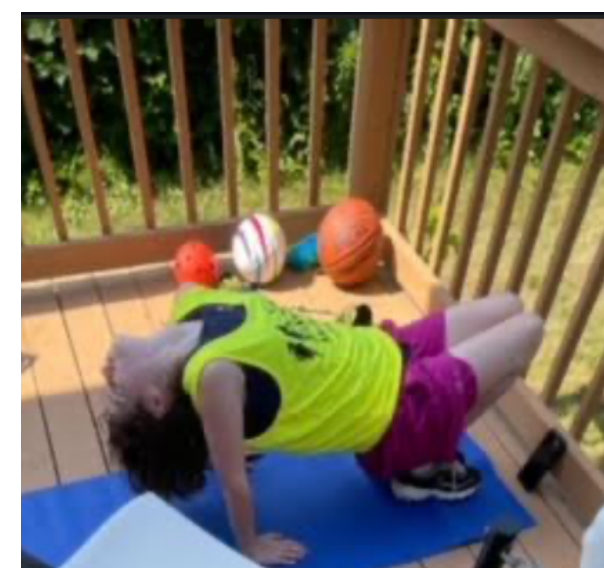
**Ronan** - Mile Master

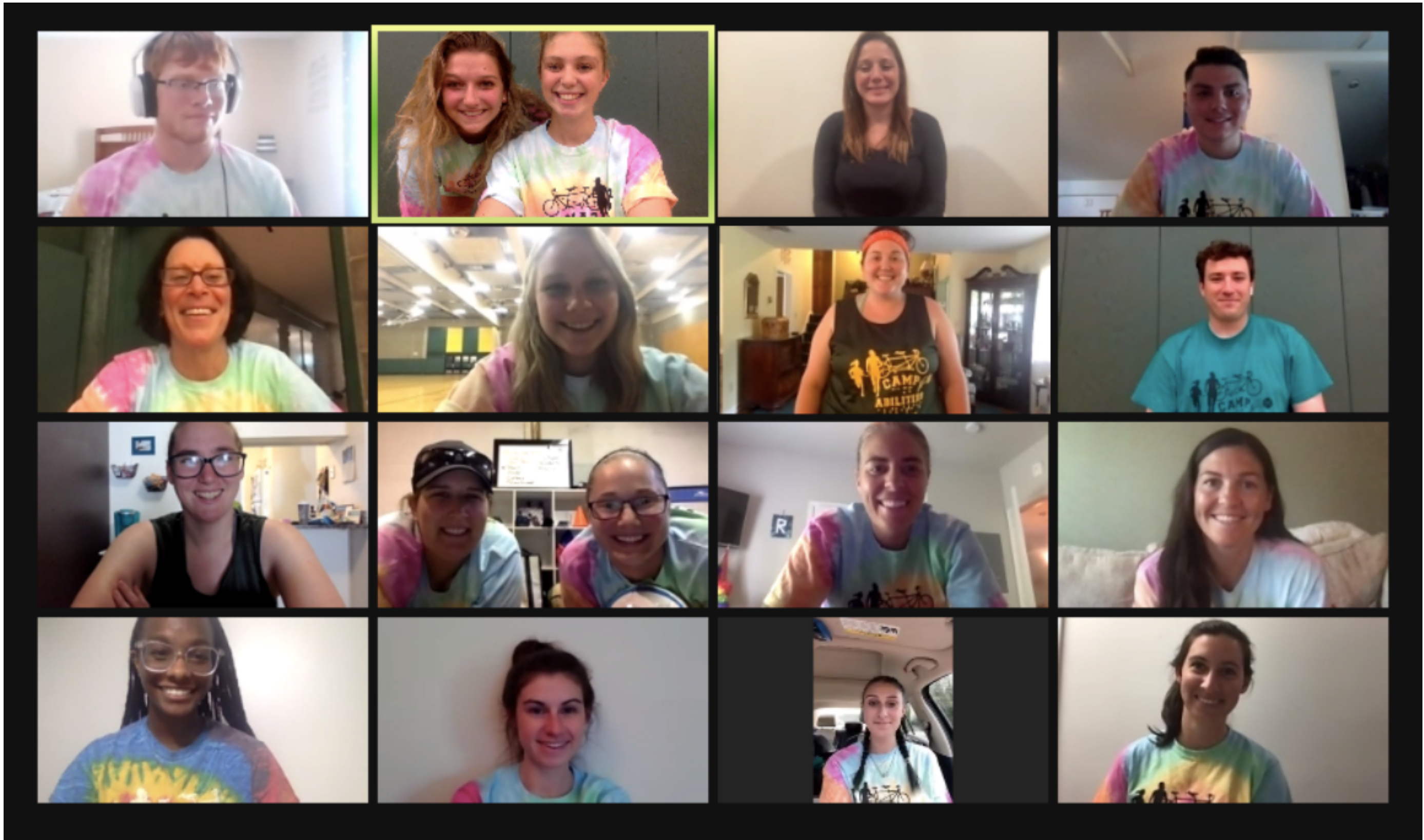
**Keara** - Chef Keara

**Braiden** - Emerging Leader



# Pictures of The Week





**Enjoy the rest of your  
summer! We can't wait  
to have you back next  
year!**