

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!

CAMP SPORTS

Camp Abilities is a week-long educational sports camp for children who are visually impaired, blind, or deafblind. One of our purposes is to empower these children to be physically active. So what physical activity are we doing you might ask. Well, let's dive into some of the sports we are learning and doing this week!

Stand Up Paddle Board

Stand-up paddleboarding is an outdoor water sports activity where a person stands up on a large board and uses a paddle to move through the water. On the first day, the athletes got straight into the canal! They started on their knees, and when they were comfortable, they stood up and paddled down the canal.



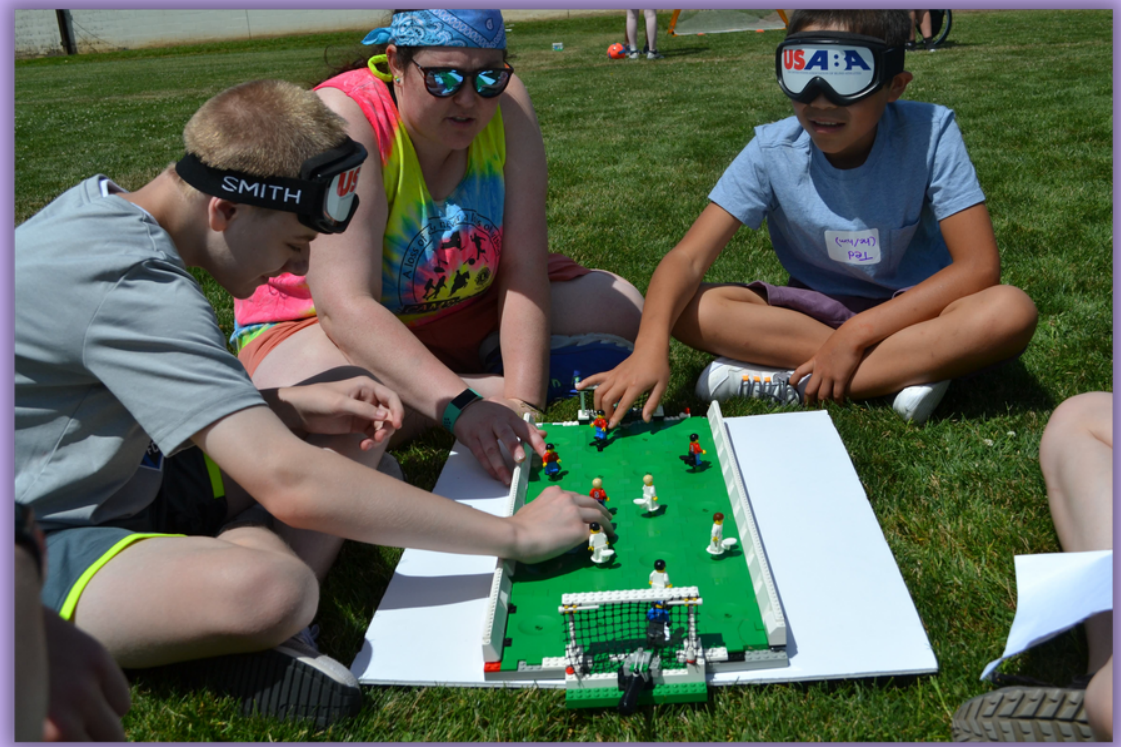
Tandem Biking

A tandem bike lets two riders of different abilities cycle together without anyone getting left behind. A tandem bike has two seats, one behind the other. During tandem biking, the athletes learned about the bike, helmet safety, and checking the ABCs (Air, Breaks, Chain) before riding. They then hopped on the bikes and rode around for miles while music played in the background.



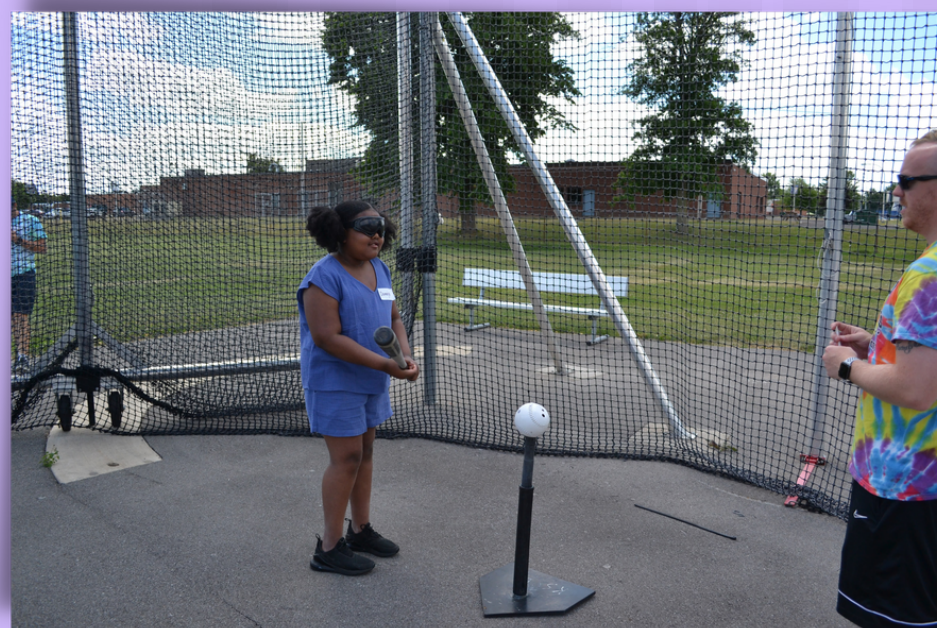
Blind Soccer

Blind soccer, also known as 5-a-side soccer, is an adaptation of soccer for athletes with a vision impairment. Blind soccer teams are made up of four outfield players and one goalkeeper. On the first day, athletes learned about the sport, got oriented with the field, and learned about each position played. They then went straight into drills. They played tic-tac-toe soccer, kicked penalty shots, practiced dribbling & shooting, and even played a fun game of soccer bowling.



Beep Baseball

Beep baseball is just what it sounds like, a baseball that beeps! The ball and the base make sounds so that the athletes can hit the ball and run toward the bases while blindfolded. Our camp abilities athletes learned about the positions on the field, and the ball & the bases. They then practiced their swings and learned how to communicate with each other on the field.



Goalball

Goalball is a team sport, in which a ball containing bells that make a sound when in motion is thrown at a goal at the opposing team's end of the court. The athletes learned what goalball is and the rules of the game. They practiced both their offense and defense when on the court, communicated with their team, and even played a few games.



Swimming

The athletes jumped right into the pool for swimming! Each athlete took the swim test to compare the progression at the end of camp. Each group learned different things; the new swimmers started by getting oriented with the water by blowing bubbles, practicing kicking, and laying on their bellies. The more advanced swimmer learned to have to dive off the diving boards.



Athletes: The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa at breakfast, lunch, or dinner with your amazing accomplishments so she can put it in the newsletter!

Find more pictures on our Shutterfly:

<https://campabilitiesbrockport.shutterfly.com/pictures>



**A LOSS OF
SIGHT, NEVER
A LOSS OF
VISION!**