

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

Cheesy Popcorn

- **Apryl A** - "Yesterday during swimming, I didn't want to dive off the diving board, but I did it anyway. Today in track, I did the 50-meter dash in 12 seconds!"
- **Bri C** - "During track, I got 8 seconds on the 50-meter dash, and for the 100, I did it in 17 seconds."

Orange Tigers

- **Jaylynn B** - "I ran 2 laps in 4 minutes flat!"
- **Yaakov N** - "Today in swimming, we put on flippers, and one of mine fell off. But Coach Gina dived all the way down in 15 feet to get it for me."

Pink Panther

- **Mackenzie B** - "Yesterday, I had a scare at paddle board. I stood up by myself and when I turned it, I accidentally fell off, but I hopped right back on after! Today I got into the deep end, which is what I've always wanted to do! I did some sitting and standing dives, and I got to jump off the diving board!"
- **Elora W** - "I did the high ropes course and loved every second of it! Today I went sailing for the first time ever, and it was amazing!"
- **Katarina T** - "Today, I played an actual game of goalball and got 2 goals."
- **Keara B** - "Today I went sailing, and I steered the boat!"
- **Val S** - "In goalball, I got 5 goals."
- **Mina W** - "Yesterday, I did the high ropes course, and today I went sailing."
- **Silas L** - "I did the high ropes, and I did my first ever game for goalball."

Blues Mafia

- **Braiden W** - "Last night, I took a leap of faith on the high ropes. And today I ran my first timed mile at Camp Abilities in 6 minutes flat. I also ran 3 miles in 22 minutes!"
- **Maxwell S** - "Today I woke up, and I felt motivated. I wanted to cut time off my running time, and I cut it down by 1 min and 20 seconds."
- **Diana M** - "In swimming today, I used flippers for the first time. I was able to cut my time from 1 min and 14 seconds to 1 min and 4 seconds!"
- **Anneka P** - "Today I went sailing, and I was able to steer the boat for a long time. In the beginning, Stan gave me direction, and then, in the end, I was able to do it by myself!"

25 HOUR GOALBALL MARATHON

To celebrate our 25th anniversary, Camp Abilities will host a 25-hour goalball marathon! Athletes, staff, specialists, friends, family, and members of the community will all join together and play for 25 hours to celebrate our anniversary, and also beat the current record in the Guinness world records (which is 25 hours and 30 seconds). There is a live stream on our Facebook page, so make sure you check it out! You can also make a pledge during this marathon. Click the link at the end of the newsletter to pledge per goal scored, or pledge a flat rate to support Camp Abilities!



PHOTO DUMP



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>

Camp Abilities 25 Hour Goalball Marathon Pledge Form:

<https://docs.google.com/forms/d/1x2SXB02W0WFBcFz1trzeDu-5zAL41nZOw-bkuhzeYwg/edit>



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