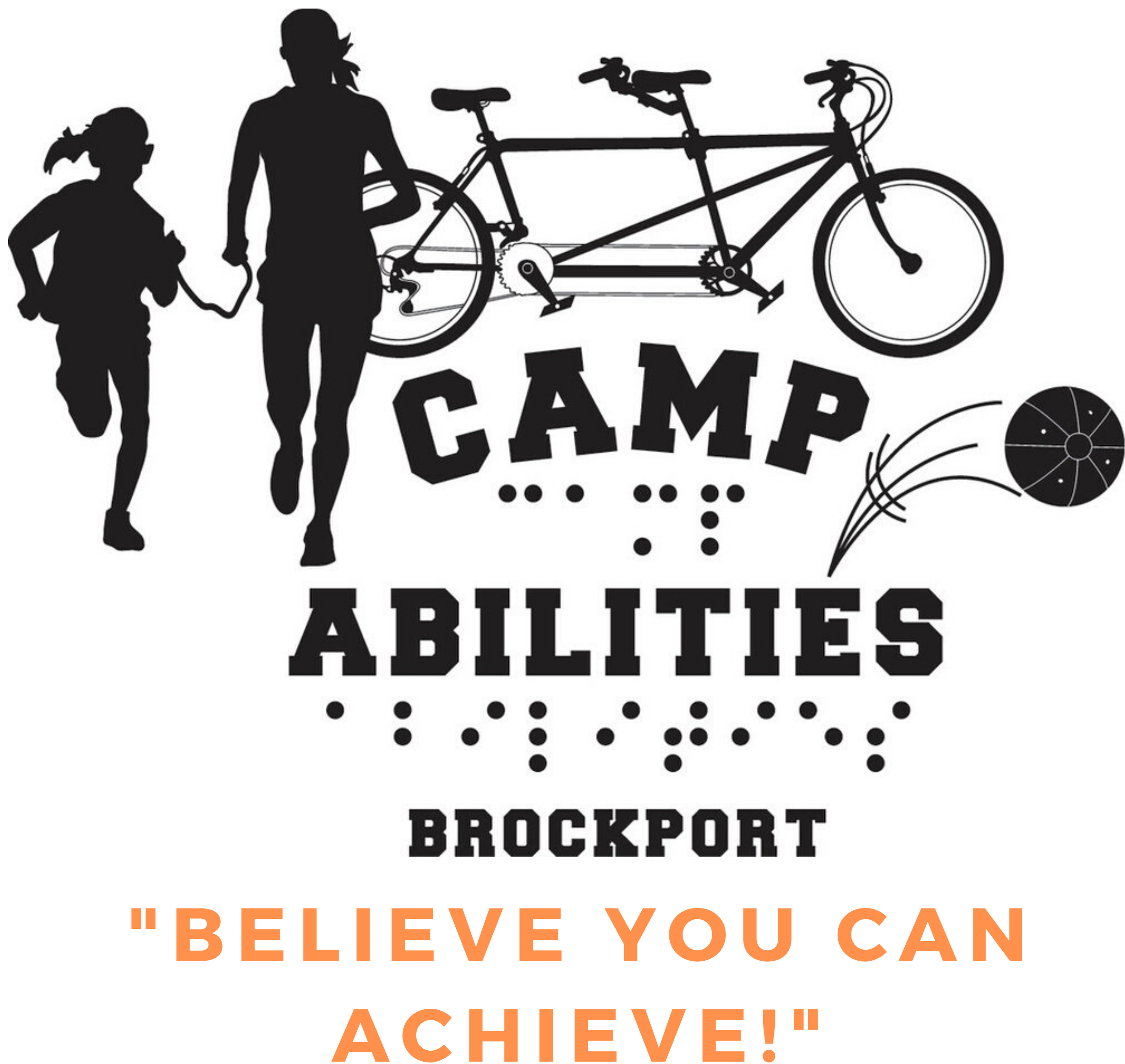


# The Camp Abilities Newsletter "The C A N"

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"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



**Ted** - Today Ted tried especially hard dribbling in soccer.

**Yaakov** - Yaakov loves to sing and today he showed off his singing skills at the Camp Abilities Open Mic.

**Bryce** - Today Bryce experienced the amazing Body by Dotty workout.

**David** - David liked doing the Body by Dotty workout with Coach Dar.

**Charlotte** - Today was Charlotte's first time playing five-a-side soccer. She really enjoyed doing it with Coach Emily.

**Cassidy** - Cassidy had a ton of fun doing Fitness with Coach Dar and she got a great workout in.

**Keara** - Keara had fun at five-a-side soccer.

**Di'Vyne** - Today Di'Vyne enjoyed fitness.

**Sam** - Sam loved doing soccer this morning. He learned a few new workouts in Fitness.

**Zac W** - Zac was most proud of getting in some cardio workouts today.

**Logan** - Logan had a good time in fitness with "Coach Phenomenal!"

**Isla** - Isla liked fitness today.

**Braiden** - Today Braiden admired Coach Jeff's lesson. "I'm glad I got to run on my treadmill."

**Sean** - Sean enjoyed goalball today. He also was able to run around in his back yard, which he doesn't do very often.

**Kat** - Kat had fun at track and field.

**Zac S** - Zac rode a bike by himself for the first time yesterday!

**Ronan** - Today Ronan ran around his block twice.

**Faith** - Faith enjoyed track and field. She ran 3 laps around the track in 10 minutes! She also had fun at goalball.

**Nick** - Nick had a great morning overall. It felt good to "get back moving, running, and doing goalball exercises."

**Chris** - Chris had a great time playing beep baseball with my dad.

**Angelina** - Angelina had a lot of fun at goalball today.

**Bella** - Bella liked the balance exercises in yoga with Coach Alex. "It was fun!"

**Andrew** - Andrew found track and field fun today and thought goalball was phenomenal.



# *what are the athletes up to?*



Logan (to the left) gets ready to roll the goalball to hit his target straight ahead.

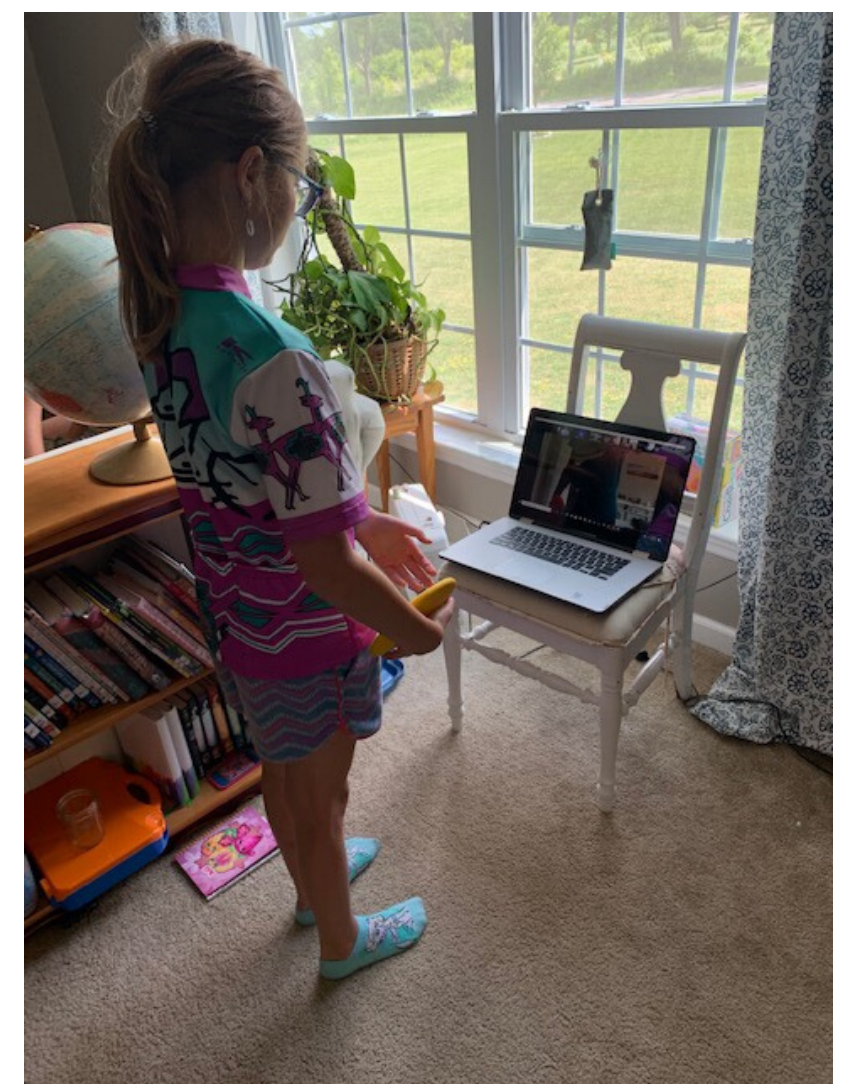
Andrew (to the right) runs with his tether during Track and Field time.



Ronan (leftmost) and his family improvise by using face mask as blindfolds to play goalball.



Elora (above) stretches with her team in the morning to get loose for the day.



Isla (above) listens to Coach Jeff as he describes how to hold a discus in your hand.



# Camp Vibes

We started our morning with yoga to stretch and prepare us for the day! After getting warmed up and ready to go, the athletes moved to their activities. In goalball, the athletes practiced rolling the ball to a target. In track, athletes were able to get some throws in with a discus. In fitness, athletes got to experience the intense and amazing Body by Dotty workout. In soccer, athletes had to go through a homemade obstacle course while practicing their dribbling skills. After these activities, we all joined back together to have Care to Share. The athletes told everyone what they were most proud of. Then it was off to lunch where we grabbed some food and stayed to chat. "I love this time to chill out and talk to other coaches and athletes. I am getting some real camp vibes," Coach Dar said.

Next was Advocacy Time with Lindsay and Peter. Lindsey and Peter talked about how sports play a huge role in their lives, and about their college experiences as visually impaired athletes. Lindsay told us about her astonishing national accomplishments and also spoke about her process of getting a guide dog. Lindsey advocated for herself in school by making sure that she had all the resources she needed to thrive in college. Peter talked about his involvement in sports. He was first introduced to goalball at Camp Abilities and now he has a leadership position on the Brockport goalball team! Peter advocates for himself and his team by asking to get the same funding as the other sports on campus. Both these amazing people gave excellent advice, and we are so grateful that they were able to join the Zoom call for advocacy time.

The athletes choose between Open Mic Night and Game Night for choice activities. During Open Mic Night, the athletes were able to perform their talent show acts to get some practice in. Yaakov sang "Daydreamer" by Aurora, Logan played his edition of the song "Angel of the Morning" by Juice Newton, Elora played "Gavotte" by Mignon on her violin, and Nick played the guitar while singing "I'm Already Gone" by A Day to Remember. The staff and specialist performed at Open Mic Night as well! Dr. Lieberman sang the Camp Abilities theme song as she played guitar, Coach Alex showed off her new drumming skills, and the graduate assistants told knock-knock jokes. In the other Zoom room, Game Night was packed with fun, laughter, and friendly competition. The Scattergories winners were Braiden, Andrew, Bella, and Angelina, all with perfect scores! Team 1 (Angelina, Bella, Braiden, Andrew, and Faith) won Family Feud with the score 264-205. In the other game of Scattergories, Isla won 1st, Keara took 2nd place, and Zac S came in 3rd. The athletes truly loved the choice activities today. After this was Specialization Time; we were able to get back out and exercise. After Specialization Time, we said our goodbyes for the day which was filled with positive energy from the athletes, their parents, the staff, and the specialist. We can't wait to be together again bright and early tomorrow!