



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 12 Issue 2
 Tuesday, June 28, 2016

In Short

Yesterday	Today	Tomorrow
<p><i>First Day of Activities</i></p> <ul style="list-style-type: none"> -Athletes’ first day of sports -Nighttime activities: wrestling, One Touch, watersports, basketball, rollerblading, fishing -Terry Kelly 	<ul style="list-style-type: none"> -Blue & pink team photos -Athletes’ second day of sports -Nighttime activities: wrestling, One Touch, watersports, basketball, rollerblading, fishing <p>High of 78 with a chance of showers</p>	<ul style="list-style-type: none"> -Orange & green team photos -Athletes’ third day of sports -Nighttime activities: horseback riding, watersports, rollerblading, showdown -Dance party! <p>Partly sunny with a high of 76</p>



Terry Kelly is a Canadian singer/songwriter and professional speaker who is blind. Since 1985, he has released 6 albums! He has been coming to Camp Abilities Brockport since it was founded in 1996. You can learn more about him and his music by visiting his website, terry-kelly.com/.



“Changing what it means to be blind
Step by step, one day at a time
So much to do, but it shall be
That the silent eyes of the world will be able to see
And there will be changes.”
-Terry Kelly, *The Power of the Dream*



Care to Share

Orange

- Patrick hopes to try swimming and tandem biking and did 80 sit-ups in gymnastics
- Ronan was afraid to use the seven-person bike, but had fun on it! He also made it through a sleepover without getting scared for the first time
- Elora is at her first overnight camp and got to learn gymnastics moves for the first time
- Sammy went tandem biking for the first time and rode the seven-person bike
- Kristin did a forward flip in gymnastics
- Keara tried tandem biking even though she thought she wouldn't like it. She also ran and biked more than she expected and went on the vault for the first time
- Patrick hopes to try swimming and tandem biking

Pink

- Faith made it on the standup paddleboard without falling for the first time. She also swam 8 laps!
- Morgan swam 13 lengths in the pool and did a front handspring in gymnastics
- Maddy got up on her knees on the standup paddleboard for the first time
- Randy did 80 sit-ups for the first time in gymnastics

Green

- Cadee can't wait to do swimming and is having a blast
- Sky scored 7 points in goalball!
- Alex went 25 laps on a single bike compared to 12 last year
- Henry ran with a guidewire for a time of 3.31 seconds
- Braiden did 21 laps on a tandem bike
- Sam won the PE Leadership Award at his school
- Jimar tried showdown for the first time!

Blue

- Lillian swam 150 yards 1:03



*** Remember: this is YOUR newsletter. Please come see me (Gia) with great accomplishments, funny experiences, or any news you want to share from the day!!!

TIP FOR THE DAY:

Remember your water bottle, remember to fill it, and then remember to drink it throughout the day! Hydration is important!