



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.

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 Wednesday, June 29, 2016

In Short

Yesterday	Today	Tomorrow
<ul style="list-style-type: none"> -Blue & pink team photos -Athletes’ second day of sports -Nighttime activities: wrestling, One Touch, watersports, basketball, rollerblading, fishing 	<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>Mostly sunny with a high of 85</p>	<ul style="list-style-type: none"> -Specialists photo -Athletes’ final day of sports before the tournament! -Evening activities: outrigger canoeing, dancing with Lisa <p>Sunny with a high of 84</p>





NOW for the news on the athletes' accomplishments!

Pink

- Faith won a game in the showdown tournament. She also beat 7.5 miles on the tandem: a new PB!
- Elaijah stood up on the standup paddleboard for the first time, did 20 laps in biking, and went underwater for 12 seconds in swimming
- Morgan scored 3 points in goalball, swam 40 laps, and biked 9 miles on a single bike
- Randy did 12 laps on the tandem bike

Orange

- Abbi went standup paddleboarding for the first time and stood up on the board
- Sammy went swimming even though he was afraid and went standup paddleboarding for the second time (by himself for the first time!)
- Kristin went on a standup paddleboard for the first time
- Ronan tried wrestling and it was awesome!
- Elora got to try canoeing for the first time. She also did standup paddleboarding and loved it, even though she was a little scared at first
- Keara played showdown for the first time
- Patrick made five shots in a row in basketball, went standup paddleboarding alone, and swam 50 meters in 40 seconds
- Sean went standup paddleboarding for the first time and stood up on the board
- Alejandro did standup paddleboarding and earned two tokens for his team

Green

- Jimar went fishing for the first time and caught a bass
- Cadee swam yesterday and she's excited for paddleboarding. She also got interviewed today for the first time!
- Braiden went fishing for the first time and caught two fish. He also conquered his fears in gymnastics and graduated from his aqua jogger in swimming
- Sky went on the vault from three quarters of the way back on the mat in gymnastics
- Alex did 15 laps in swimming
- Bryce jumped into the foam pit for the first time
- Trevor did standup paddleboarding and had fun even though he fell in three times
- Henry balanced on the uneven bars with his elbows straight

Blue

- Donovan rode on a paddleboard by himself for the first time. He also went 30 laps on the tandem bike!
- Lillian jumped 9 feet and 3 inches in the long jump, did a backwards roll in gymnastics with no help, and swam 30 laps

*** 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:
Wear your sunscreen, even if it's cloudy!