

# 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



## Yellow Group:

**Jackson** - "I'm proud of doing 2,677 steps today!"

**Mustafa** - "I'm proud of getting over 2,000 steps."

**Noah** - "I loved doing fitness! I think I got stronger, and I learned a lot of things we can do with a shotput."

**Cora** - "I got 6,792 steps!"

**Carmelo** - "I'm getting better at dribbling in both soccer and basketball."

**Apryl** - "I'm proud of showing up today."

**Kian** - "I took 1,164 steps this morning! I want to get to a mile."

## Red Group:

**Ethan** - "I am happy that I learned how to bounce a basketball."

**Andrew P** - "I walked 96 steps this morning!"

**Bryce** - "I am pretty proud of getting 1,700 steps."

**Thomas** - "I did 394 steps!"

**Jade** - "I dribbled a ball 45 times in only 30 seconds!"

**Mckenzie** - "I took a lot of steps today."

**Mari** - "I dribbled the ball 59 times in 30 seconds."

**Kiana** - "I walked 372 steps at first, and now I have 707 steps!"

## Blue Group:

**Zach** - "I have talent ready for the Talent Show. I'll keep it a secret till Friday!"

**Andrew MC** - "In basketball today, I dribbled the ball 110 in thirty seconds. I challenged Coach Scheno to beat me, and so then I did 112 the second time and beat her by 10!"

**Krystie** - "I'm proud of getting 50 bounces in basketball."

**Anderson** - "In basketball, I did 55 dribbles."

**Keara** - "Today I hit my first goal of bouncing the ball 10 times. I got to bounce the ball 46 times in the 30-second dribble challenge!"

**Braiden** - "I learned how to do the Mario Jump in track and field."

# Work Hard, Play Hard, and Eat Well



Cora (on the right) stretches with her younger sister!

We started a great day of camp with team time energizers! All groups had a good stretch during yoga to get their bodies ready for a fun-packed day! The Yellow and Green Teams both went to Soccer and Fitness today. During 5-A-Side Soccer with Coach Emily, the athletes pretended to be pirates. They had to gather ten random items and place them in various spots on the ground. Athletes then pretend to be pirates and collect the

'treasure' while dribbling and maintaining control of the soccer ball. The athletes were phenomenal! In Fitness today, the athletes did the iconic Body by Dottie workout. They worked on cardio, upper body, lower body, core, and flexibility! To intensify the workout, some athletes were inventive and used other equipment, like a shot put as a weight! The Red and Blue Teams both did Basketball and Track & Field. Coach Scheno challenged them to a Basketball Challenge. The athletes had to do as many dribbles as they could in 30 seconds, and the athletes were exceptional! During Track & Field with Coach Jess, the athletes were fabulous. They practiced their throwing and running skills while jamming out to fun music. After a



Mustafa has his soccer ball in his kick trainer.



Kian is pumped while doing punches in fitness!

morning filled with sports, the athletes took a break for lunch. Our dear friend Matt Farwell joined us for lunch, and it was delightful to catch up with him. After lunch, we had Advocacy Time with Megan Hale and Peter Rifenburg. Megan talked to the athletes about her process of getting her running guide dog Hero. Megan loves to run and found that it's great to have a running guide dog. "It's very freeing," Megan stated, "sometimes humans aren't always reliable, but your dog is always by your side!" Peter talked about his process of navigating college. He emphasized the importance of advocating for yourself on

college campuses so that you can get the best education that you can. After the wonderful words of wisdom from both Megan and Peter, the athletes then went to Speciation Time where they were able to work on their skills for specific sports. This was followed by Choice Activities. The athletes could do Cooking or Arts & Crafts. In



Cora smiles with her thumb up while she listens to Megan talk during Advocacy Time.

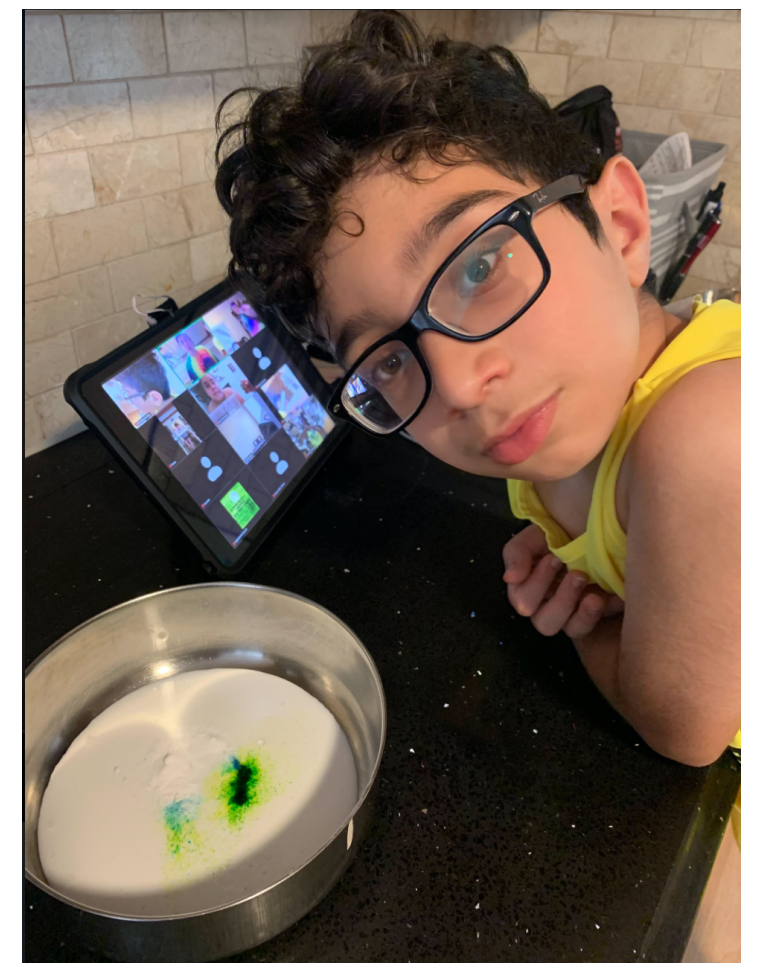
the cooking class, the athletes made delicious energy bars. They added different things like honey, oats, peanut butter, raisins, chocolate chips, seeds, and much more! In Arts & Craft, the athletes made slime! The athletes mixed liquid glue, saline, baking soda, and food coloring. Slime is great way to relieve stress! We can't wait to be together again tomorrow morning!



Ronan counting his tabs to give to Coach Stan. Ronan helps fundraise for camp by bringing in a ton of can tabs!



Mari shows us her yummy energy bars that she made in cooking class today.



Mustafa is making his slime during Arts & Crafts.



Apryl gets ready to go into a bridge during the fitness choice activity.

# A Loss of Sight, Never a Loss of Vision!