

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



Team Rainbow

Jackson - "I am proud of walking 682 steps!"

Mustafa - "I am proud of getting 10,391 steps!"

Noah - "I have walked .73 miles this morning."

Cora - "I improved in doing my squats and improved my soccer skill!"

Carmelo - "I took 3,000 steps today!"

Apryl - "I am proud of coming to camp today!"

Kian - "I'm happy because I've taken 165 steps!"

The Green Strike Force

Maria - "I'm proud of choosing a team name!"

Juliet - "I'm proud of doing the whole fitness routine in Body by Dottie."

Ted - "I'm really proud that we finished our fitness workout just in time!"

Mar'Johnn - "I walked 6,629 steps!"

The Red Rockets

Ethan - "I am proud that I learned how to throw a basketball."

Anthony - "I am proud that I did yoga today."

Andrew P - "I'm proud of getting to 300 steps!"

Bryce - "I am proud that I walked 6.37 miles this week."

Jade - "I had a lot of fun doing Body by Dottie."

Mckenzie - "I'm proud of pushing through the mile and getting an 8-minute mile."

Mari - "I'm proud that I did my mile in 12 minutes and 18 seconds."

Kiana - "I ran 1,089 steps!"

The Blue Angels

Zach - "I hope you guys are ready for my talent!"

Andrew MC - "In the hotshot competition in basketball, I got 93 dunks in!"

Krystie - "I didn't give up when running my mile."

Anderson - "I took 3,189 steps!"

Selina - "I hope you guys have a good closing ceremony and good luck to all of you."

Ronan - "I am proud that I did an 8 min mile."

Keara - "I cut my mile time from 30 minutes to 20 minutes!"

Braiden - "I ran a mile in about 7 minutes!"



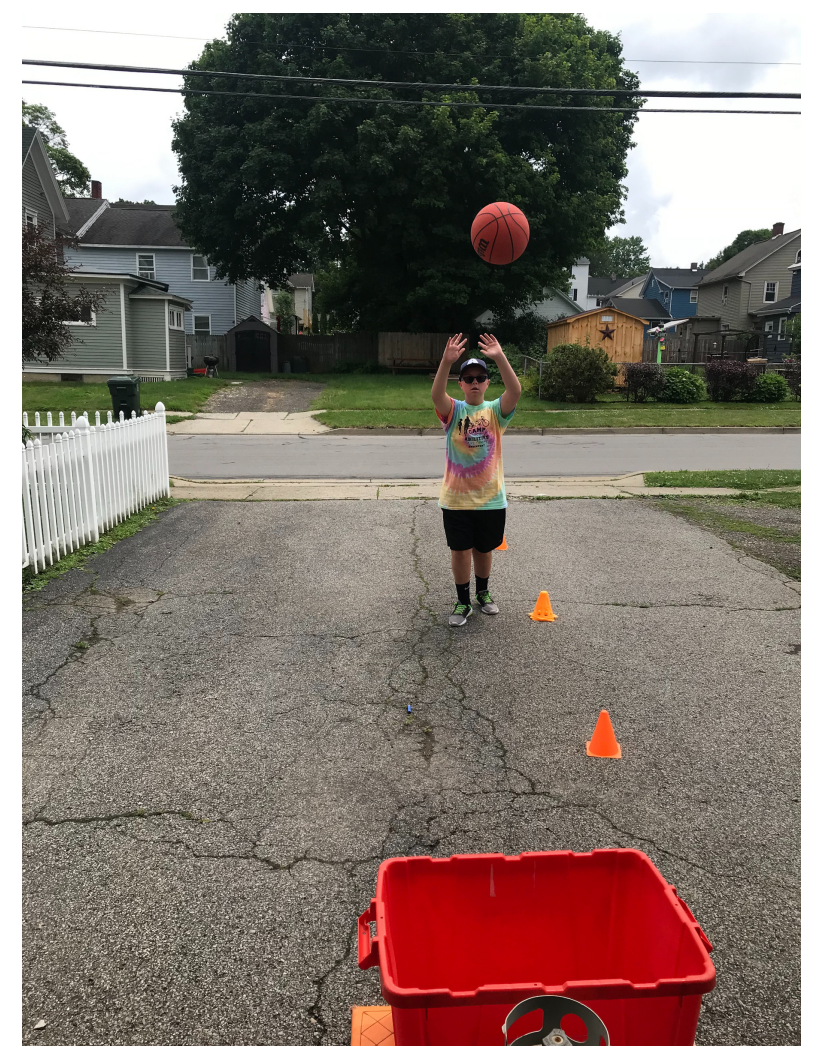
Improving Our Abilities



Ethan has a huge smile as he gets ready for an exciting day at camp.

The Zoom meeting was filled with positive energy as soon as the athletes joined! We started with team time and energizers to bring the excitement level even higher for the day. Each team brainstormed new creative names during team time. The yellow team is now Team Rainbow, the green team is now the Green Strike Force, the red team is now the Red Rockets, and the blue team is now the Blue Angels. Each team stretched during yoga to allow their muscles to loosen up for a very active day. Today in Fitness, the athletes did their last Body by Dottie workout. The athletes worked hard and left it all on the mat! In Soccer today, athletes played Soccer Bowling to work on their aiming and shooting skills.

In Basketball, the athletes worked on honing their skills. They shot the basketball from different distances and practiced different defensive skills. Today in Track & Field, the athletes pushed themselves to complete either a mile or a half-mile. Many of them ran their personal best times! After all that hard work, athletes shared their goals and accomplishments during Care to Share. During lunch, we were joined by our friends Charles Roselle and Lily Jagodzinski! We all exchanged our favorite camp memories and talked about all the furry friends we have at home. After a fun lunch, the athletes went to Advocacy Time with Ashley Eisenmenger. Ashley is an elite triathlete who works at Access Living, an organization that helps people with disabilities live independently. Ashley also



Bryce takes a awesome shot during basketball.



Cora uses her kick trainer to practice shooting in soccer.

competed as the first NCAA triathlete with a disability that required sport-specific accommodations and advocated for the inclusion of people with disabilities. Ashley told the athletes they “shouldn’t be afraid to try something new!” After an amazing Q&A with the athletes, we Cha-Cha Slid into specialization time. Choice activities followed. The athletes practiced their acts for the talent show at Open Mic, and guessed the hidden camp phrases by guessing letters one at a time during Wheel of Fortune. We said an emotional goodbye to Selena at Camp Graduation ahead of tomorrow's closing ceremonies. We are excited to see what great things she achieves. We said our farewells for the day, and we can't wait to get together again tomorrow morning!

We would love to give a shout out to all the amazing parents, guardians, family, and friends who have helped throughout the week! Camp wouldn't be possible without you all! ❤️

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

BROCKPORT