

# 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

**Landon W** - "Today, I learned how to swim! I've never done that before and it was fun."

**Apryl A** - "In blind soccer, I made 10 goals!"

## Orange Group

**Ted C** - "I scored a few goals using the sidekick in soccer, it was a bit hard to learn, but I did it. Also, I beat my goal in swimming. I was aiming for 8 laps in the pool, but swam 11!"

**Bryce S** - Bryce learned how to play beep baseball!

**Yaakov N** - Yaakov did a pencil dive off the diving board! He is also on a blind ice hockey team and shared some information about it so that others can join.

## Pink Group

**Mackenzie B** - "I was really scared of doing standup paddle boarding. I was nervous when I got onto the water, but I stood up for one whole minute!"

## Blue Group

**Maxwell S** - Max beat Coach JJ in a running workout during Track & Field.

**Diana M** - "I rode 4 miles on a single bike today!"

**Anneka P** - Last night, Anneka learned a new way to play basketball. She thought she was doing it right, but wasn't, so she learned how to do it and scored 30 points.



# ORIENTATION

The Camp Abilities staff, specialists, and coaches had amusing icebreakers. They learned all the responsibilities, assessments, and schedules. They were also able to see and participate in sports and activities like stand-up paddling boarding, tandem biking, beep baseball/kickball, blind soccer, goalball, swimming, and track & field. After that, they unwind and prepare for a fun exciting week!





# WELCOME BACK CAMP ABILITIES!



It was nice to have everyone back in person again. Athletes meet their coaches, unpacked their things, and gathered around for open ceremonies. We introduced our fantastic specialists and staff and highlighted a few activities that we would be doing throughout the week. We then gave out The Jim Burch Above and Beyond Award to Larry Brown, Ginny Orzel, Helen Weinheimer, District 20E-1, Judy Byrd, June Converse, and Zelma for going "above and beyond" for the benefit of Camp Abilities! Opening Ceremonies ended with a song to get us hype for a fun-filled week!

