

# 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 Minions:

**Mila** - "Today at swimming I went off the diving board!"

**Ravi** - "I wanted to share that I walked from the dorm to the pool and that was the farthest I've walked without a human guide."

**Jamison** - "Yesterday I did the high ropes class, I was afraid of height but did it still. And today I ran 100 meters in 22.4 secs and I caught a few balls in goalball."

**Kian** - "I got one foot in the long jump!"

**Noah** - "I jumped 7.1 feet and ran 100 meters in 17 seconds!"

## Orange Tigers:

**Noel** - "Last night I did showdown and I hit the ball really hard."

**Lily** - "I did the high ropes for the first time and I climbed it 3 times! During beep, I ran directly into the bases and tackled it to the ground twice!"

**Adrian** - "Today at track and field I jumped 8 feet"

**Landon** - "Yesterday I climbed the high ropes course. I was very scared, I am scared of a lot of things, but I did it! I faced my fear of jumping into the sand pit too!"

## Bubblegum Brigade:

**Ted** - "I ran in the rain and it was fun. I also had a little band with Dr. Lieberman and Diana and it was really cool."

**Isla** - "I learned how to dive."

**Bryce** - "I did 12 laps on the bike today."

**Yaakov** - "I rollerbladed around campus yesterday and I am very happy that I got 12 hrs of sleep last night."

**Gavin** - "I played Showdown for the first time yesterday and signed up for the tournament right after. Today I did the time trial in under a minute and played Beep Baseball for the first time!"

**Valeria** - The pink group learned how to sign happy birthday to her. Today she swam without a life jacket!!

**Jaylynn** - "It was my first time rollerblading yesterday and I did the front crawl in swimming today and did it perfectly!"

## Blue Sky Fighters:

**Anneka** - "So two things, in tandem biking I did 22 laps, and in swimming, I did the freestyle time trial 29 seconds!"

**Braiden** - "I actually did the jump 7 feet on the dot! This morning I am proud to have done a fitness class and run a mile with Dr. Lieberman right next to me. I did the mile in 6 minutes!"

# Blind Girl Empowerment

Megan Hale has taken on a remarkable role as the leader of Blind Girl Empowerment. With a passion for empowering others, she focused on important aspects such as safety, hygiene, and independence. Coach Megan attend Camp Abilities as an athlete when she was younger and is now a 1-on-1 coach! At the camp, where the expanded core curriculum (ECC) was already promoted, Megan recognized the need for something more, leading her to create these empowering sessions specifically for blind girls. She aimed not only to share her experience and knowledge but also to learn from the younger athletes, fostering a community where blind girls empower one another. As the sessions progressed, the initial hesitation faded away, and the girls began to form strong bonds. They became more vocal, expressing their thoughts and trying out the new tips and techniques they learned. One athlete even had the opportunity to put her hair up for the first time, a small yet significant milestone on her journey toward self-expression. The entire group is incredibly proud of Coach Megan for her dedication and support in helping these girls and creating a space for them at camp.



Coach Megan Hale pictured outside the dorms with her guide dog Hero.

# Pictures of the Day

Here are the pictures of the day containing all the fun and love that is all around Camp Abilities.



The CAN is your newsletter. It is interesting because of YOUR contributions. Come talk to Alyssa and share your amazing accomplishments so she can put them in the newsletter!