CAMP ABILITIES 2021

Toward the end of February, the president of Camp Abilities Saratoga (CAS) along with our Camp Director received the unfortunate news from Skidmore College, the campus where the camp is normally held each summer, that they had made the decision to cancel all residential camps for the summer of 2021 due to the COVID pandemic.

Though this was disappointing news, the CAS Board and our camp director, Tiffany Suppes, and her staff will again be transforming what could be seen as a negative into a positive. With the great success of the virtual week long camp that was held last summer, they will again be putting together another virtual camp to be held this August. Under Tiffany's direction, the Board purchased equipment that would be sent home in kits for the campers to use and keep. In addition, iPads were purchased and lent out to those campers who had the technology need in order to participate.

Everyone is excited and sure that it will be another amazing week for our camper athletes!

The virtual camp will be held from August 8th through the 13th. Be sure to follow us on Facebook for more updates!

www.Facebook.com/CampAbilitiesSaratoga

Camp Abilities Saratoga Holds Virtual Mini Camps During the Pandemic

The success of the August 2020 virtual camp was the motivation of the CAS mini-camps that are now happening on a Saturday morning every other month. The first, held in December, featured a Body by Dottie workout, a yoga class, and as a special treat – cookie making. In February the mini-camp featured a virtual scavenger hunt, toga fight club and a great time with Camp Family Feud. Then in April, campers did pilates, jumping activities and made no-bake energy bites. They learned a lot about proper form and breathing with their exercises.

These activities are also a chance for families to get involved like never before. “Some things are a blessing in disguise. Now we’re able to work with families closely which we were not able to do before. We show campers’ parents and siblings how to adopt and modify activities for them, and the options they have at home,” said the CAS camp director, Tiffany Suppes, in a recent interview.
NEW EQUIPMENT TRAILER

Camp Abilities Saratoga has been keeping busy over the winter months. Thanks to a grant generously provided by the Alfred Z. Solomon Charitable Trust, a new trailer was purchased to be used to store sports equipment for Camp Abilities Saratoga.

Joe Brady, VP of Communications, who was responsible for procuring the trailer, along with several Saratoga Springs Lions, gathered on several evenings in February to outfit the new trailer. It is a great addition to our camp!

CAMP ABILITIES IN THE NEWS

Back in February, Saratoga Today did a wonderful article about Camp Abilities Saratoga and the transition that was made to a "virtual camp" including the virtual mini-camps we have been able to hold throughout the year.

You can read the article online at: www.tinyurl.com/SaratogaTodayCAS

Keep up with the CAS latest news with our email mailing list.

Visit: www.CampAbilitiesSaratoga.org/contact-us
And click on 'Signup for the "Keep Up With CAS" Mailing List'

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Camp Abilities Saratoga
Camp Abilities Saratoga is a one-week educational sports camp for children and teens who are blind, visually impaired and deafblind and is a project of the Saratoga Springs Lions.

Camp Abilities Saratoga started in 2014 after gaining inspiration from the Camp Abilities at SUNY Brockport, founded by Dr. Lauren Lieberman. The primary objective of Camp Abilities Saratoga is to empower children and teens who are visually and hearing impaired to be physically active by way of a series of sports activities that have been professionally adapted to their abilities. Another objective of the camp is to provide "real life" hands-on experience for undergraduate and graduate students pursuing the field of physical education, as well as active teaching professionals from the field of adaptive sports.

The Board of Directors and all those involved in Camp Abilities Saratoga thank all of our sponsors, donors and volunteers for helping to make this camp a reality!

For more information or to make a donation, please visit: www.CampAbilitiesSaratoga.org or you may reach us at:
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