

Starting a Camp Abilities: An Educational Sports Camp for Children with Visual Impairments or Deafblindness

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Global Fulbright Scholarship

- * Fall of 2019
- * Trainings and Camp Programs in
- * Ghana and South Africa
- * Ireland
- * Brazil

- * New Camp Abilities in Kenya!



Institute of Movement Studies for Individuals with Visual Impairments



- Programming
- Leadership
- Education
- Research

See www.brockport.edu/IMSVI

https://drive.google.com/file/d/14H_w5L9ck1HObq-yxaAfT1UROfKmm5Cv/view?usp=sharing

Two girls dressed in head scarves running with cricket wickets





Visual description: campers in their color groups at Camp in Brockport

What is Camp Abilities?



BROCKPORT

- **Camp Abilities Brockport is a one-week educational sports camp for children and teens who are blind, visually impaired, and deafblind.**
- **The camp is set up to provide a one-on-one instructional situation for each person.**
- **We teach children how to reach their full potential in sports and in life**

Camp Abilities Mission

- * Empower children in sports
- * Educate future teachers
 - * Counselors come from all over the world to learn what they can't learn from books
- * Conduct research
- * Respite to parents
- * Community awareness about the abilities of children



Visual description: camper running in a 5K community race with her physical education teacher and her friends

History of Camp Abilities

- * Started in 1996, with 27 campers
- * Beep Baseball, Goalball, Gymnastics, Swimming, Track & Field, Archery
- * In 2020, 20 camps in 10 countries

HBO Real Sports

- * <https://vimeo.com/636628288>
- * password: realsports

THE CAMP ABILITIES STORY

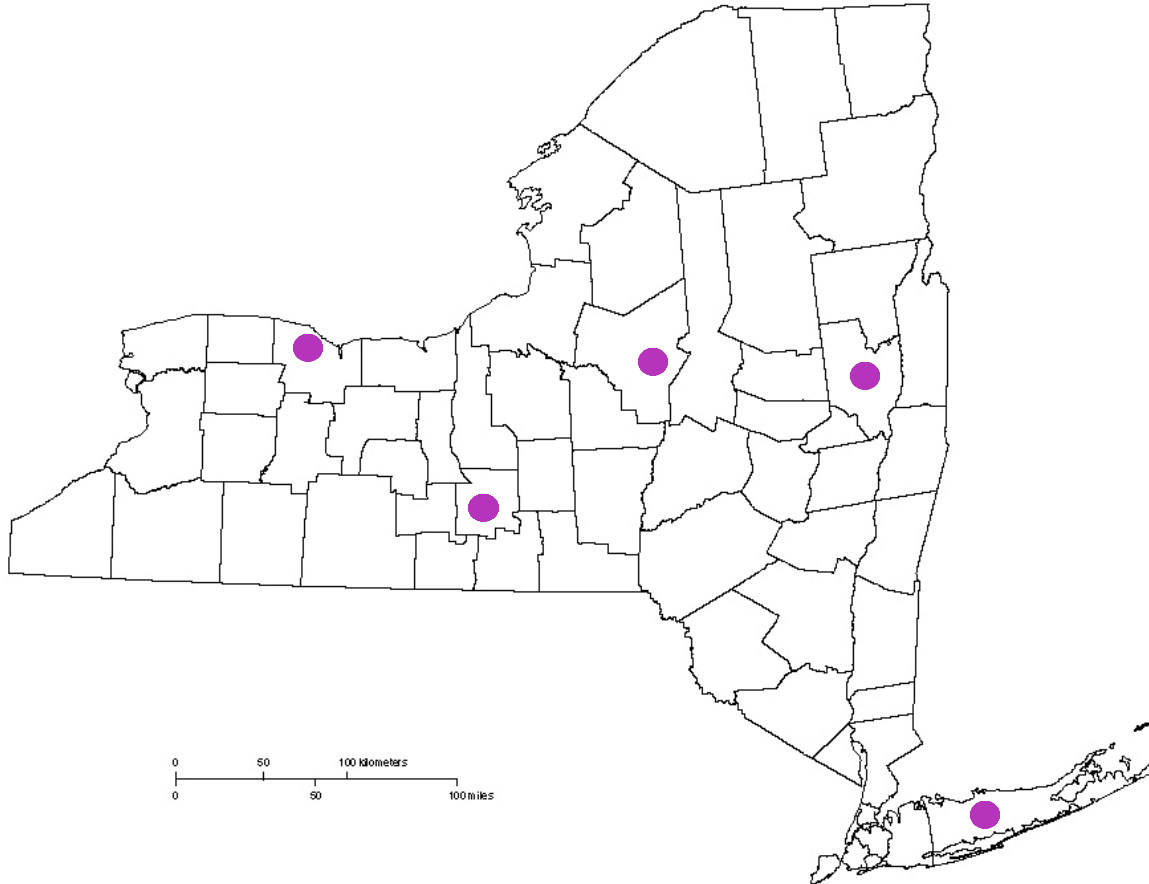
THE GLOBAL
EVOLUTION OF
SPORTS CAMPS
FOR CHILDREN
WHO ARE VISUALLY
IMPAIRED



LAUREN J. LIEBERMAN



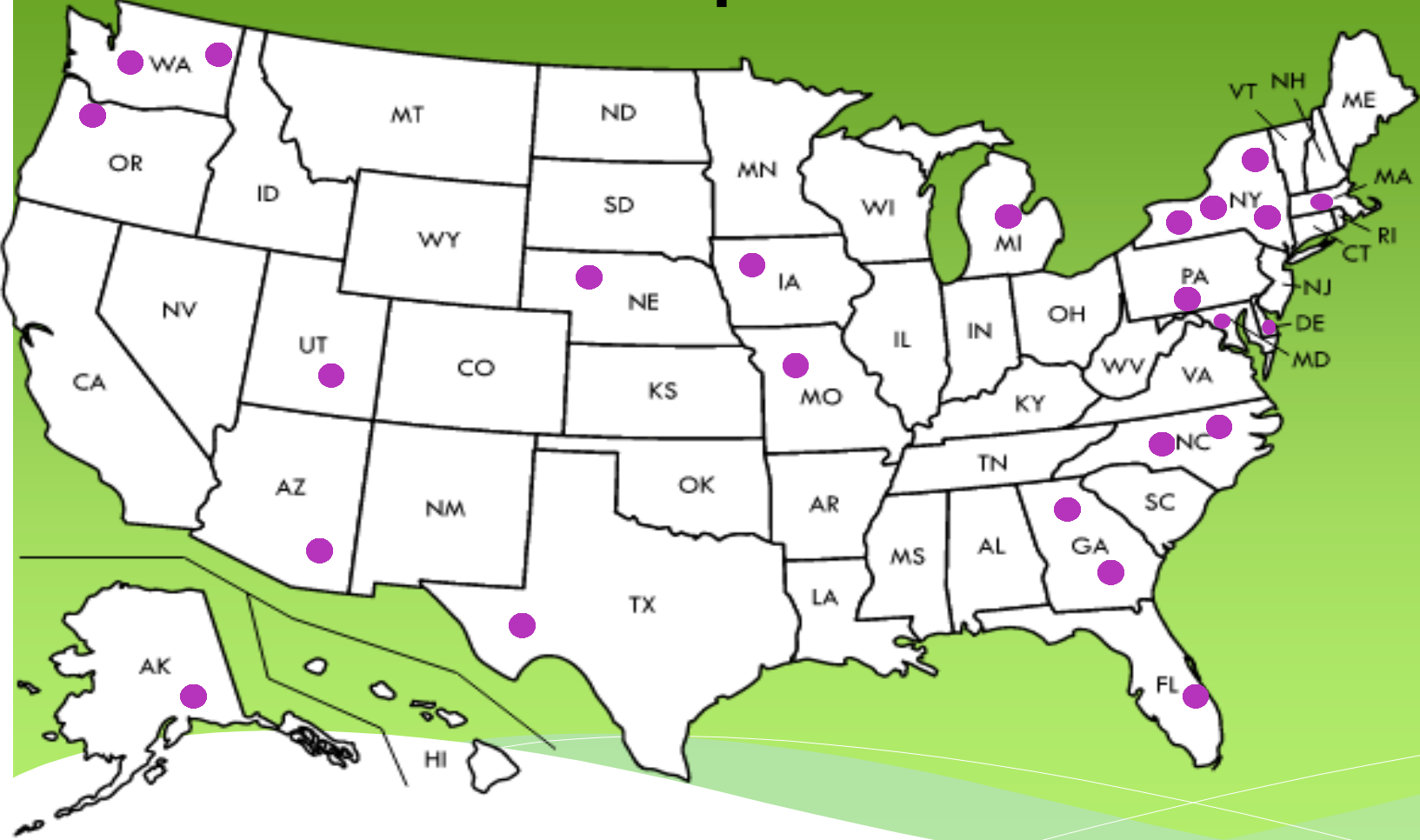
NEW YORK



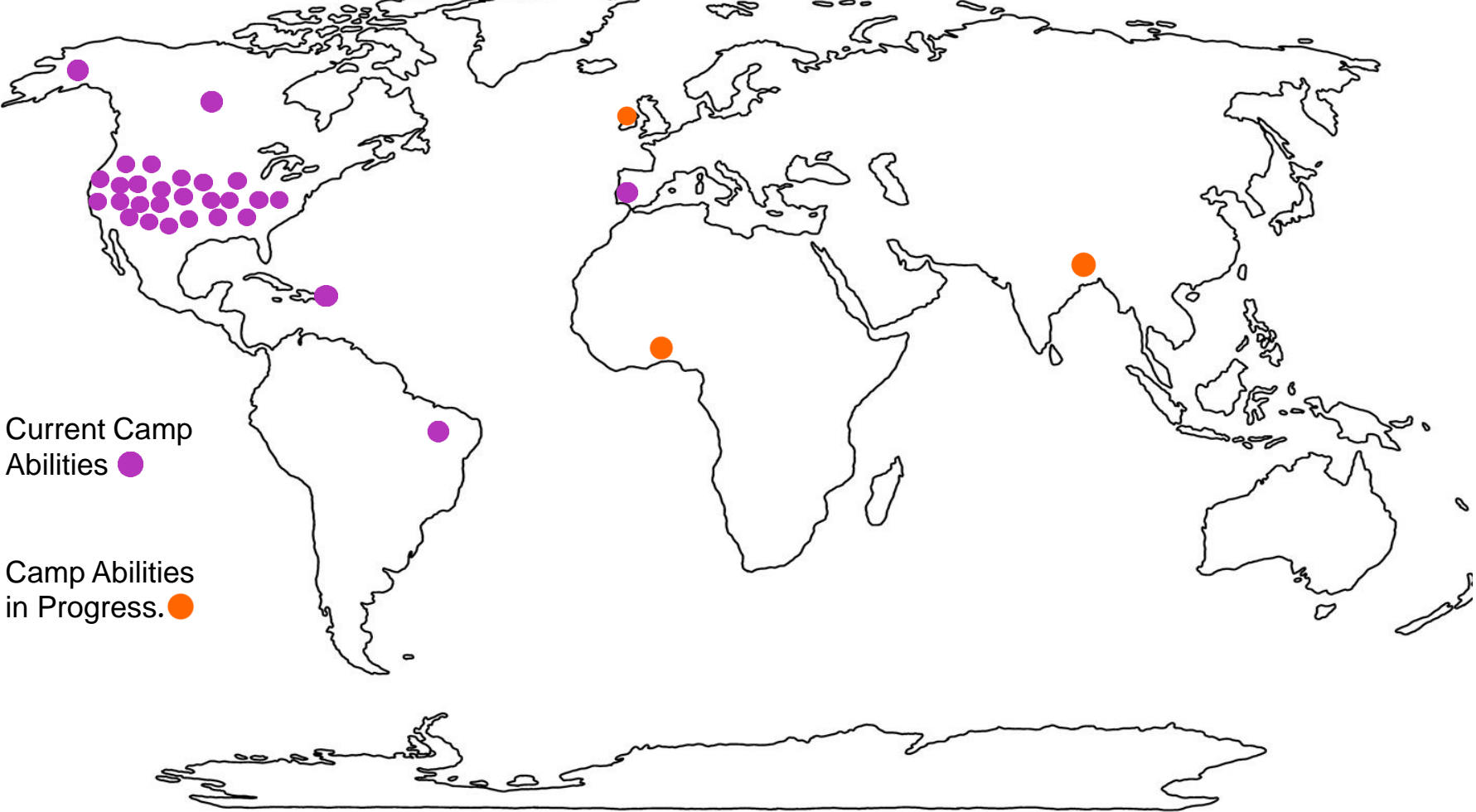
**5 Camp
Abilities
programs in
NY State:**

**Saratoga
Brockport
Utica
Badger
(Ithaca)
Long Island**

Camp Abilities



Camp Abilities Across the World



Current Camp Abilities ●

Camp Abilities in Progress. ●

Sports Offered

- * Track & Field
- * Swimming
- * Beep Kickball
- * Tandem cycling
- * Judo
- * Stand up paddle board
- * Beep baseball
- * Goalball
- * Gymnastics
- * Cricket
- * Kayaking
- * Fishing
- * Basketball
- * Rollerblading
- * Showdown
- * Soccer/Football
- * Rock climbing
- * Archery
- * Sailing
- * Cycling indoors

Not "just" a sports camp...

- * Camp Abilities is a prime opportunity to provide quality Expanded Core Curriculum instruction!
- * At every Camp Abilities, students are guided out of the comfort zone to take on challenges from first times with independent living skills to first time on a bike.
- * ECC instruction is authentic.
 - * Students are allowed to make mistakes, take risks

Unique Features of Camp Abilities

- * **Assess all sports**
- * **Modifications checklist sent home with each athlete**
- * **Self-Advocacy Program**
- * **Care to Share program**
- * **Paralympic Role Models**

- * **See www.campabilities.org under Instructional Materials**

Assessment

Believe You Can Achieve!

- * Assessment takes place in the following sports:
 - *Swimming, gymnastics, goalball, beep baseball, tandem biking, track & field
 - *Also assess campers on orientation & mobility, independence level

Visual description: counselor showing camper how to hold his hands for the breast stroke while standing on deck



Paralympians as role models at Camp Abilities



- * Trisha Zorn- Swimming
- * Marla Runyan- Track & Field
- * Jim Mastro-Judo
- * Andy Jenks- Goalball
- * Kris Scheppe- Sailing
- * Cody Colchado Jr.- Power Lifting
- * Aysia Miller- Goalball
- * Jennifer Armbruster- Goalball
- * Peter Gottwald- Track & Field
- * Rachel Weeks Para-triathlete
Ironwoman



Visual descriptions: Trisha Zorn swimming,
and Andy Jenks playing goalball

- * Martha Ruether-Swimming
- * Lindsay Ball-Skiing

APH Product Development

- * Over the past 20 years, we have partnered with American Printing House for the Blind to create products
 - * Jump rope kit
 - * Walk/run for fitness kit
 - * Nutrition curriculum
 - * Books
 - * Sport Courts
 - * Motor development curriculum
 - * APH sound ball

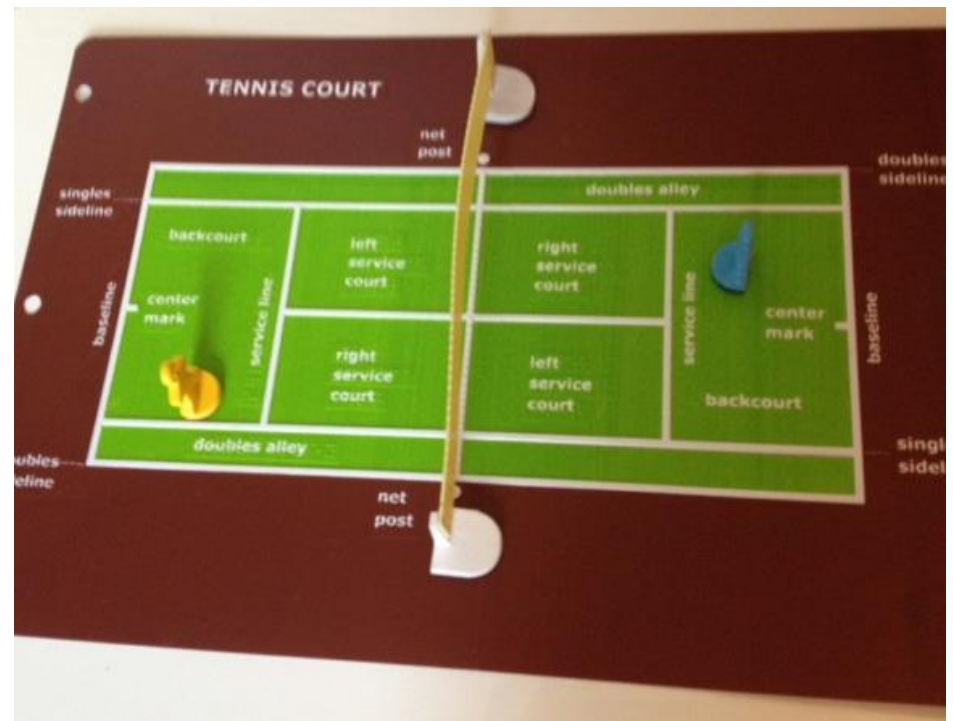
Visual description: Walk-run for Fitness manual and red APH sound ball



Sports Courts Tactile Courts and Fields

- * Will be available through APH
- * 13 tactile sports courts with magnetized braille
- * 13 mini sports courts
- * 6 figures of two colors and 11 Xs and Os
- * Instructor's manual

Visual description: Tactile tennis court with braille and plastic miniature players



Camp Abilities Start up Manual

- * Start up manual
 - * <https://www.campabilities.org/camp-abilities-manual.html>
- * Camp Abilities templates
- * <https://www.campabilities.org/camp-templates.html>

How Can YOU Start a Camp Abilities?

- * Date and location
- * Choose your sports
- * Recruit a team
- * Charge a registration fee



Date and Location

- * Lions Camps
- * Universities
- * School for the Blind
- * Church camp
- * Other
- * One-day
- * Weekend
- * Week-long
- * Other

Sports

- * Choose sports that are conducive to the location
 - * Track & field
 - * Swimming
 - * Goalball
 - * Blind soccer
 - * Tandem biking
 - * Judo
 - * Beep baseball
 - * Basketball
 - * other



Funding and Specialists

- * Charge a fee to the campers
- * Write grants
- * Fund raise
- * Get donations for equipment and food
- * Solicit local Lions clubs for help
- * Borrow equipment
- * Ask local teams to come and instruct
- * Borrow equipment from other camps
- * Borrow equipment from local clubs and teams
- * Recruit specialists from other camps
- * Recruit Paralympians from your area

Coaches & Athletes

- * Recruit from local colleges
 - * Physical education
 - * Adapted physical education
 - * TVI O & M
 - * PT's
 - * Other

- * Recruit athletes from:
 - * your state Commission for the Blind,
 - * School for the blind,
 - * State NFB
 - * State AER
 - * Other

Questions?

* www.campabilities.org

* www.campabilitiesworld.com