



Save the Dates: July 7-12, 2014

- **Camp Abilities Mission** is to empower youth with visual impairments to be physically active and productive members of their school and home communities. **CANC** promotes participation and exploration of group, individual sports and healthy living habits through exercise and nutrition education. **CANC** is open to any youth ages 11-17 (must be 11 as of Jan. 2014) with a documented visual impairment.
- **WHERE** : Sherrills Ford, NC on the shores of Lake Norman at *Camp Dogwood for the Blind and Visually Impaired*. **Camp Dogwood** is a part of the *NC Lion's Inc.*, serving the visually impaired and blind community of NC for over 45 years.
- **Cost**: \$175.00 includes fees, room & board

Sports CANC offers Goal Ball, Beep Kickball, Track and Field, Swimming, Tubing, Tennis, Tandem Biking and Yoga **Healthy Living Topics** Nutrition, exercise habits, community resources and online resources.

Our deadline for Athlete/Camper essays is April 10th , 2014.

You will need to write a short essay addressing the following questions to begin the application process for acceptance. **Tell us why CANC? What sports do you participate in at school or in your home community? What do expect to learn? What sports and activities would you like to do this year at Camp?**

Be sure to include your name, school name, grade, email and contact phone number with your essay! Email to: campabilitiesnc@gmail.com

WE CAN C THE POSSIBILITIES!



From The Athletes:

“These are things I've never done before. I definitely plan to pursue sports like tandem cycling and beep kickball in the future.”

““Goalball, that is the one sport I came here to really, really learn! “

“You have to go outside a lot, exercise a lot, run a lot...To be fit.”

**Find out more at:
www.raisingcane.org**

