

# Camp Abilities: Where We Have Been and Where are We Going?

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# What is Camp Abilities?



- \* 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, which is often on the contrary to other camps designed for people with visual impairments.

# Camp Abilities Mission

- \* Empower children
- \* Educate future teachers
  - \* Counselors come from all over the world to learn what they can't learn from books
- \* Conduct research
- \* Respite
- \* Community awareness



# History of Camp Abilities



- \* Started in 1996, with 27 campers
- \* Started by Lauren Lieberman, Monica Lepore & Pam Maryjanowski
- \* Beep Baseball, Goalball, Gymnastics, Swimming, Track & Field, Archery
- \* Cost to campers \$250
- \* No cell phones, only walkie talkies

# Historical Dates

- \* Won Outstanding Program Award from APAC-1999
- \* First Graduate Assistantship-1999-2000
- \* Community Partnership Award with ABVI
- \* NYS AER
- \* Fetzer Grant- 2011
- \* Gibney Foundation- 2012
- \* AFB Access Award-2012
- \* Lavelle Foundation Grant-2013
- \* Camp CanDo- 2013
- \* Hometown Hero Award-2015
- \* ISAPA Fellow-2015



# Conference Bike!



# Graduate Assistants

Megan O'Connell-Copp

Amanda Tepfer

Janet MacVicar

Janell Haggerty

Gina Pucci

Heidi Rollheiser

Haley Schedlin

Dean Bowen

Lauren Evans

Rhonda Morse

Kira Labagh

Jeff Yellen

Tiffany Mitrakos

Stacey Gibbins

Timothy Busch

Kelsey Linsenbigler

Alex Stribing

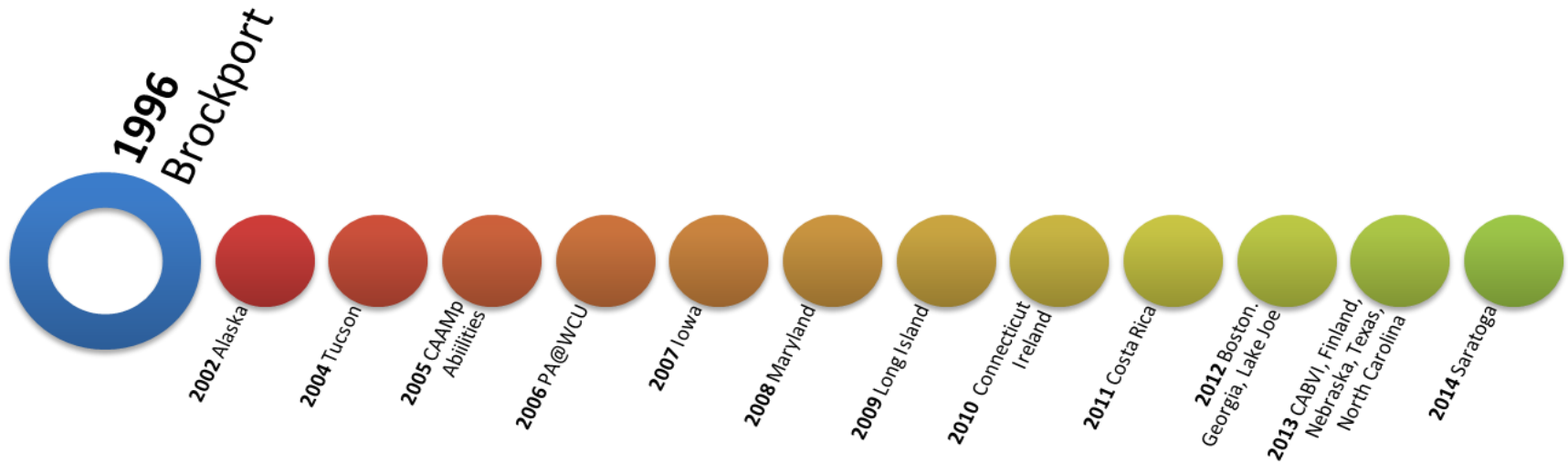
# How has Camp Abilities Changed?

- \* We have expanded from 27-55 campers each summer
- \* Specialists were added at each sport after the first year
- \* New sports and activities have been added
- \* New equipment each year
  - \* Bikes, water sports, etc.
- \* Field testing equipment
- \* More applied research





# Camp Abilities Expansion



# New Camps 2015-2016

2015

- \* North Florida
- \* Delaware
- \* Brazil
- \* Portugal

- \* 2016
- \* Nashville
- \* Saint Louis
- \* Oregon



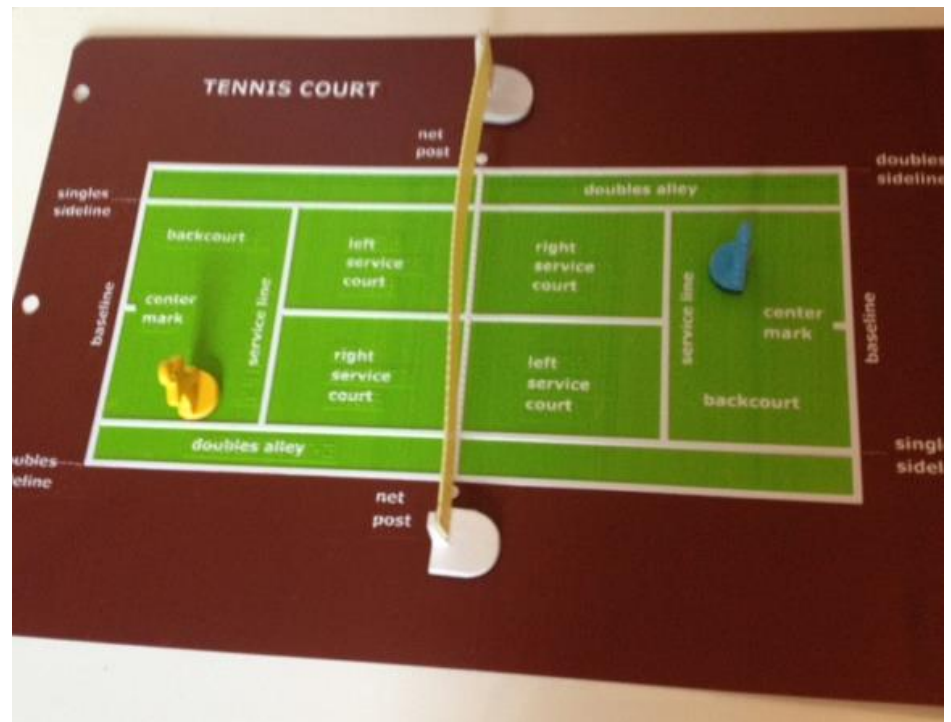
# APH Product Development

- \* 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
- \* Count Me In equipment kit
- \* APH sound ball



# Sports Courts: Touch and Play

- \* Will be available through APH
- \* 13 tactile sports courts with magnetized braille
- \* 13 mini sports courts
- \* 6 figures of two colors and 11 X's and O's
- \* Instructors manual



# Paralympians



- \* 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



# Assessment

- \* Believe You Can Achieve!
- \* Assessment takes place in all sports
  - \*Swimming, gymnastics, goalball, beep baseball, tandem biking, track & field
  - \*Also assess campers on orientation & mobility, independence level



# Notable Accomplishments



- \* Martha Ruether
  - \* Former camper who is now a member of the Paralympic swim team
- \* David & Carl
  - \* Participated in Track & Field on their college teams
- \* Luke, Carmella, Ellie, Logan, Jessica, Wayne, Glnnyis, Kincaid
  - \* Current campers participating on sports teams

# Lavelle Grant

- \* \$300,000 3-year Grant (2014-2017)
- \* Funds research for Camp Abilities to help as a resource to include children with Visual Impairments in sports and physical education
- \* Trainings, consulting, record keeping, text materials to help accomplish this goal
- \* Will help to put three students through the APE Masters program at Brockport



# Lavelle Grant

## Lavelle Foundation Data Summer 2014

Category Of Data Gathered	Pre-Assessment Scores Average (n= 53)	Post Assessment Scores
Counselor Orientation Training Tests	68.5%	81.4%
Camper Baseline Participation in Physical Education	74% are fully included and have appropriate support services	TBD
Camper Baseline Participation in Club or Scholastic Athletics	60% are active in at least one or more sports	TBD

# Lavelle Grant

## 2015 Camp Abilities NY PE Inclusion & Sport Participation Study

### PE Inclusion:

- \* # Fully Included: 63 (74%)
- \* # Partially Included: 16 (19%)
- \* # Receiving APE class instead: 16 (19%)
- \* # Not included in their PE setting: 6 (Less than 1%)

### Barriers to PE:

- \* Negative teacher attitude: 4 occurrences
- \* Bad experiences: 3 occurrences
- \* Limited activities, desire to be part of a bigger class, safety concerns

### Sport Involvement:

- \* Students who are self-determined - 50! This means they are all making an effort to play sports on their own. 40/83 is not a bad number, but we should aim to see at least 2/3 of the population involved in sports.
- \* The total number of students who claimed to want to play sports and are not playing those sports is 12.

# Lavelle Grant

## **Types of sports and number of participants**

- \* Track & Field (includes indoors) - 14
- \* Swimming - 14
- \* Basketball - 2
- \* Wrestling - 2
- \* Soccer - 12
- \* XC - 5
- \* Skiing - 2
- \* Bowling - 2
- \* Golf - 3
- \* Goalball - 2
- \* Gymnastics - 2
- \* Crew - 2
- \* Cheerleading - 3
- \* Tennis - 1

- \* Karate – 2
- \* Tandem biking- 2
- \* Baseball- 2
- \* Dance- 2

## **Barriers to Sport Participation:**

- \* Not motivated to participate in sports (6)
- \* No after school opportunities (3)
- \* Because of the school (2)
- \* Lack of confidence (2)
- \* Age restrictions (2)
- \* Lack of time (2)
- \* Safety concerns
- \* Medical reasons
- \* lack of interest in multiple sport
- \* Lack of transportation.

# Research conducted at Camp to date

- \* **Over 30 research articles in numerous national and international journals**

- \* Physical activity
  - \* Jump rope
  - \* Guide running
  - \* HRF
  - \* Nike Fuelbands
  - \* Talking pedometers
- \* Motor Development
  - \* TGMD research
    - \*(over 100 participants)
  - \* Balance
- \* Physical Education (inclusion)
- \* Parental attitudes



# Research continued

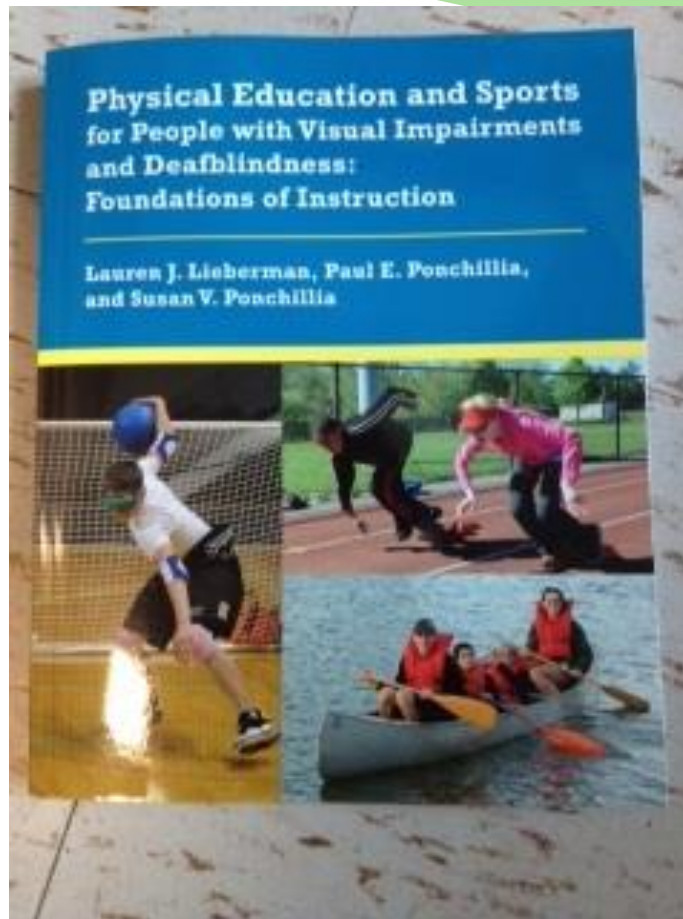
- \* Socialization
- \* Bullying
- \* Barriers
- \* Exergames (Vifit.org)
- \* Self-determination
- \* Perceived competence
- \* The Meaning of summer camp
- \* Rocking
- \* Communicating with children who are deafblind



# Books



# Physical Education and Sports for Individuals with VI or DB: Foundations of Instruction



# Videos

- \* “I Feel Included When”
- \* Paraeducator training
- \* Motor development instruction
- \* Camp Abilities videos
- \* Documentary of all of the camps! Coming soon!
- \* <https://www.youtube.com/channel/UCyXupl4n7xInleWsClYu58w>



# 20<sup>th</sup> Anniversary

- \* New Camp Abilities Logo
- \* Sneakers and talking pedometers for all campers
- \* Reunion of past counselors, campers and staff
- \* 20<sup>th</sup> Anniversary Video
- \* HBO Real Sports
- \* New Shed



# Where Are We Going?


- \* Continue camp at Brockport
- \* Continue to expand across the United States and the world
- \* Goal is for every child with a VI to have a Camp Abilities within 6 hours of their hometown



# Goals

- \* Continue to conduct research studies
- \* Continue to add new sports and activities
- \* Continue educating others
- \* Camp Abilities Directors Summit
- \* Post Doctoral professor position



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For more information,  
please visit our website:  
[campabilities.org](http://campabilities.org)

**“A Loss of Sight, NEVER a Loss of Vision”**