



REGISTRATION

The deadline to register is May 1st, 2023. Call (662) 268-7533 or email g.twietmeyer@msstate.edu or go online at bulldogbike.msstate.edu to request an application.

Complete a camp application and return it with the \$100 camp fee. Applications must be received no later than May 1, 2023. A limited number of scholarships are available based on financial need.

You will receive a confirmation letter indicating acceptance of your application and your session assignment.

Please apply early! The camp is limited to 21 participants and should fill quickly.

For more information:

bulldogbike.msstate.edu
or email: g.twietmeyer@msstate.edu



MISSISSIPPI STATE
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DEPARTMENT OF KINESIOLOGY



iCan Shine
www.icanshine.org

A Camp that Teaches People with Special Needs how to Ride a Bike!



iCan Bike

May 15-19, 2023

Sanderson Rec. Center
on the campus of Mississippi State University



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iCan Bike



Remember the feeling of freedom and pride you experienced the first time you rode a bicycle?



Success in learning to ride a bicycle is a major milestone in anyone's life!



WHAT WE DO

The iCan Bike Camp is offered through a partnership between Mississippi State University Kinesiology and the non-profit charity iCanShine. The camp uses adapted bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle independently.

Participants attend one 75 minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by a volunteer "spotter". Over the course of the week we continually adjust the bikes in an effort to challenge riders appropriately as they gradually discover the skill and joy of riding.

DOES IT WORK?

Parents, teachers and therapists describe our results as incredible. Many of our participants have tried for years to learn to ride a bike without success. In one week approximately 80% of Bulldog Bike Camp participants will learn to ride a two-wheel bicycle.

WHO BENEFITS?

The iCan Bike Camp participants are children ages 8 and up as well as teens and adults. They have a diagnosed disability such as autism, down syndrome or cerebral palsy but are able to walk without assistive devices.

WHAT ARE THE BENEFITS?

Success in learning to ride a bicycle is a major milestone in anyone's life. When learning has been a struggle the accomplishment and its impact is much greater. We observe that learning to ride a bicycle brings many benefits such as:

- Increased self-esteem and confidence
- Increased peer inclusion
- Positive change in family dynamics
- Improved quality of life through recreation
- Independent transportation

WHO CAN PARTICIPATE?

To register for the camp, participants must meet the following criteria:

- Have a diagnosed disability
- Be at least eight years old
- Have a minimum inseam of 20 inches
- Weigh less than 220 pounds
- Be able to walk without assistive devices
- Be able to side-step quickly
- Be able and willing to wear a properly fitted helmet

"iCanShine's bike program turned a boy who did not want to pedal into a successful rider...It's amazing! We are extremely happy with the outcome!"

- Ana (Mom)
Starkville, MS

**May 15-19, 2023, Sanderson Recreation Center
Hosted by Mississippi State University Kinesiology**