



REGISTRATION

The deadline to register is May 16, 2016. 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 16, 2016. 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 35 participants and fills quickly.

For more information

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



BULLDOG BIKE CAMP

May 23-27, 2016
The Sanderson Center
225 Bailey Howell Ave.
Mississippi State University, MS 39762



BULLDOG BIKE CAMP

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 Bulldog 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 Bulldog 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

"Before this week Emma couldn't ride a bike with training wheels and now she is riding a two-wheel bike on her own! We couldn't be more pleased with this program!"

*-Christie (Mom)
Ona, WV*

May 23-27, 2016, The Sanderson Center
Hosted by Mississippi State University Kinesiology