

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



## REGISTRATION

The deadline to register is May 1st, 2020. Call (662) 268-7533 or email [g.twietmeyer@msstate.edu](mailto:g.twietmeyer@msstate.edu) or go online at [bulldogbike.msstate.edu](http://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, 2020. 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](http://bulldogbike.msstate.edu)  
or email: [g.twietmeyer@msstate.edu](mailto:g.twietmeyer@msstate.edu)



# iCan Bike

May 4-8, 2020

**McCarthy Gymnasium**  
on the campus of Mississippi State University



# iCan Bike



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



## 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.

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



## 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 4-8, 2020, McCarthy Gymnasium**  
**Hosted by Mississippi State University Kinesiology**