



REGISTRATION

The deadline to register is May 18, 2020. Go online at www.marshall.edu/icanshine to fill out online registration form. Contact Liz Pacioles at caseyel@marshall.edu or (304)696-5831 for additional camp information.

The camp registration fee is \$100 paid by credit card online or mailed in check. No child will be turned away due to financial barriers - scholarships are available.



Marshall University
College of Health Professions

One John Marshall Drive
Huntington, WV 25755
304-696-5831
www.marshall.edu/icanshine



iCan Shine
www.icanshine.org



Teach them to ride and see where they go!



iCanShine Bike Camp

June 1-5, 2020
Phil Cline Family YMCA



www.marshall.edu/icanshine



REMEMBER THE FEELING OF FREEDOM AND PRIDE YOU EXPERIENCED THE FIRST TIME YOU RODE A BICYCLE?

WHAT WE DO

The iCanShine Bike Camp is offered through a partnership between Marshall University's College of Health Professions 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 specialized 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 iCanBike participants will learn to ride a two-wheel bicycle.

WHO BENEFITS?

The iCanBike program 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



FOR MORE INFORMATION

(304) 696-5831

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or email: caseyel@marshall.edu