

## Enrolling is as easy as...

1. Visit [www.dsaa.info](http://www.dsaa.info)
2. Download and print rider application form
3. Complete rider application form and return with registration fee.

Registration fees are:  
\$50 for DSAA members  
\$100 for non-members

Applications must be received no later than  
**March 4, 2016**

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

5. For more information, visit [www.dsaa.info](http://www.dsaa.info) or call (337) 234-3109

Apply early!  
The camp is limited to 40 riders  
and sessions fill quickly!



## Who We Are...

iCan Shine is a national 501(c)(3) nonprofit organization whose mission is to provide quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!

Through our iCan Bike program, we conduct over 100 five-day bike camps and afterschool programs throughout the US and Canada teaching approximately 3,000 individuals with disabilities how to ride a bicycle each year. Since our inception in 2007, we have successfully taught approximately 20,000 people with disabilities to ride a conventional two-wheel bicycle.

We continue expanding our flagship iCan Bike program throughout North America and also plan to pilot an iCan Swim program...

*stay tuned!*



[www.icanshine.org](http://www.icanshine.org)



# iCan Bike

*Teach them to ride and see where they go...*

**March 28- April 1, 2016**

**Comeaux Recreation Center  
411 Bluebird Street  
Lafayette, LA 70508**

*Hosted by*



## iCan Bike Goal...

**The goal of iCan Bike is to teach individuals with disabilities to ride a conventional two-wheel bicycle and become lifelong independent riders.**

**This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.**

**What we do.** iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle.

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

**Does it work?** Parents, teachers and therapists describe our results as miraculous. Many of our riders have tried for years to learn to ride a bike without success. In one week approximately 80% of

riders will learn to independently ride a two-wheel bicycle. The remaining 20% make tremendous progress towards that goal.

### **Who benefits?**

Riders are children ages eight and up as well as teens and adults who have a diagnosed disability such as Autism, Down syndrome or cerebral palsy, but are able to side-step and 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 the learning to ride a bicycle brings many benefits such as:

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



### **Who can participate?**

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

- \* **Have a diagnosed disability**
- \* **Be at least eight (8) 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**

