

## REGISTRATION

**The deadline to register is May 19, 2017.**

Call (304) 696-5831 or email [caseyel@marshall.edu](mailto:caseyel@marshall.edu) or go online at [www.marshall.edu/LTTW](http://www.marshall.edu/LTTW) to request an application.

Complete the camp application and return it with the \$100 camp fee. Applications must be received no later than May 19. No child will be turned away due to financial barriers - scholarships are available.

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

**Please apply early!** The total number of spots are limited.



Marshall University  
College of Health Professions

One John Marshall Drive  
Huntington, WV 25755  
304-696-5831  
[marshall.edu/lttw](http://marshall.edu/lttw)



Teach them to ride  
and see where they go!

# Lose the Training Wheels

June 5th - 9th  
Phil Cline Family YMCA



[www.marshall.edu/lttw](http://www.marshall.edu/lttw)



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

#### WHAT WE DO

The Lose the Training Wheels (LTTW) 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 LTTW participants will learn to ride a two-wheel bicycle.

#### WHO BENEFITS?

The LTTW 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

[www.marshall.edu/lttw](http://www.marshall.edu/lttw)  
or email: [caseyel@marshall.edu](mailto:caseyel@marshall.edu)