



## ORANGE COUNTY BIKE CAMP

Presented by



DOWN SYNDROME ASSOCIATION  
OF ORANGE COUNTY

In Partnership With



With Support From



Space is limited! Apply NOW.  
Your application must be  
postmarked or fax-date  
stamped by Friday, April  
13th, 2012.

July 30 - August 3, 2012 (Monday – Friday)

Soka University, Aliso Viejo

Camp tuition: \$225.00

This camp teaches individuals with disabilities to ride conventional bikes without training wheels, using a curriculum and ultra-stable trainer bikes from Lose the Training Wheels, Inc. (LTTW). A core group of researchers, mostly university professors, as well as adapted physical education specialists have devoted years of research to enable individuals with special needs to overcome physical and mental challenges related to riding two-wheelers.

Enabling individuals with special needs to master bike riding has a host of benefits:

- Self-esteem
- Peer inclusion
- Improved health & confidence
- Improved participation in family activities
- Greater independence and transportation

For more information about LTTW's bike camp programs please go to [www.losethetrainingwheels.org](http://www.losethetrainingwheels.org)

### Camper Criteria:

1. Camper desires to ride a bike independently and will attend all 5 days.
2. Age 8 (by 1/01/12) through adult (priority may be given to older applicants).
3. Able to walk without assistive device.
4. Capable of a standing side step (think "straddling a bike to get on").
5. Able to pedal a tricycle or bike with training wheels.
6. Willing and able to wear a bike helmet for 1 hour.
7. Minimum inseam of 20 inches and maximum weight of 220 lbs.

**Camp Format:** Your camper will be assigned to a specific session lasting one hour and fifteen minutes per day. The camper will attend the same session all week. Each camper will be assisted by 1 to 2 volunteers who are directed by the LTTW staff. Family members are welcome to stay and watch from the camp observation area.

**Equipment:** Adaptive bikes and helmets will be provided to each rider. Cost of the helmet is included in the registration fee. Please leave your own bike at home until asked by the staff to bring it to camp. LTTW staff may examine your bike and offer comments regarding bike suitability, adjustments, or selection criteria for a more suitable bike for the rider.

**Application Process:** Please complete the accompanying registration form and return it to UCP-OC (address on form), postmarked/fax stamped by Friday, April 13, 2012. Due to the anticipated popularity of this program, we may have more applications than camper slots available. If this occurs, a lottery process will be instituted to randomly select campers. You will be notified by April 23rd of your selection or wait-list status. Camp tuition and additional forms (to be sent with acceptance letter in April) must be received by May 25, 2012.



Down Syndrome Association of Orange County  
Phone (714) 540-5794 • Fax (714) 540-5872

United Cerebral Palsy of Orange County  
Phone (949) 333-6428 • Fax (949) 333-6441