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FOR IMMEDIATE RELEASE

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BICYCLE CAMP FOR INDIVIDUALS WITH DISABILITIES TAKING APPLICATIONS

Lose the Training Wheels™, The Down Syndrome Advocacy Foundation, and The Center for Community Inclusion at C.W. Post are collaborating on an exciting event. Lose the Training Wheels™, a program that teaches individuals with disabilities to independently ride a conventional two wheel bicycle, is now taking applications.

Five-day camp sessions will take place
*March 29 – April 02, 2010
C.W. Post Campus of Long Island University
720 Northern Blvd.
Brookville, NY 11548*

Lose the Training Wheels, Inc. is a national organization that works with local organizations to host camps in their communities. The Down Syndrome Advocacy Foundation (DSAF) is a not-for-profit organization [501 (c) (3)] founded by a group of individuals who have children or family members with Down syndrome, dedicated to ensuring that individuals with Down syndrome have equal access to schools, leisure activities, employment, and housing. The Center for Community Inclusion at C.W. Post is dedicated to providing resources to school districts, service providers, and families so that individuals with disabilities will meet with success in inclusive environments.

Lose the Training Wheels™ uses adapted equipment, trained professionals and volunteers. With 75 minutes of instruction over five days, approximately 85 percent of campers learn to ride a conventional bicycle independently.

To be eligible to enroll, participants must be at least eight years old. They must have a disability but be able to walk without an assistive device such as a walker or cane. They must be able to side-step quickly to both sides. Participants must have a minimum inseam measurement of 20 inches and weigh no more than 220 pounds.

All participants must wear a properly-fitted bike helmet at all times when on the bicycles. Participants will be most successful if willing to follow instructions and have a desire to ride a bicycle.

Buddy Program:

During the bike riding session, each child with a disability will have a typical peer ('buddy') giving them words of encouragement while they learn to ride a bike. It will give the child with a disability confidence that they have a friend rooting for them on the sidelines. Their buddy will remain with them for the craft activity as well.

Craft Program:

After the bike-riding program each day, the children with disabilities and their typical peers will work together on a different craft activity overseen by C.W. Post Education, Speech/Language, and Psychology graduate students. An ongoing activity throughout the week will be documenting their experiences in a journal. On Friday, participants will be able to take home their personal journal, a keepsake, to remember this exciting experience.

Cost of the camp is \$175 which covers the cost for both the individual with a disability and his/her typical peer. A limited number of scholarships will be available. Applications and payment must be received by March 15, 2010.