



## FCPS iCan Bike After-School Program

*An amazing program is happening at your school! Help us spread the word.*

The iCan Bike program teaches individuals with disabilities to ride two-wheel bicycles and become lifelong riders. iCan Bike uses adapted bicycles, a specialized instructional program, and trained staff to run the weeklong program at selected FCPS middle and secondary schools.

Participants, FCPS students with disabilities, attend one 75-minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by trained FCPS after-school student volunteer "spotters". The program provides an opportunity for young people to learn more about youth with disabilities while interacting with the participants as the riders learn to conquer their fears and achieve their biking goals.

The impact on the spotters is often as profound as the impact on the participants, increasing self-esteem and giving them a sense of empowerment as they help the riders accomplish this new and often difficult skill. The student spotters learn to increase their communication and leadership skills while practicing patience and compassion.

**The program is sponsored by the FCPS - FC After-School Program, available at no cost to participants, although donations are accepted. Space is limited.**

**Requirements for Participation (Rider must meet all of below criteria):**

- Minimum age - 8 years old
- Have a disability
- Ambulatory without assistive device
- Student in FCPS
- Able to sidestep to both sides
- Able to attend program all 5 days
- Maximum weight 150 lbs.
- Minimum inseam of 20"

**For more information or to register a student to participate in a Spring 2023 program please contact the host After-School Program Specialist**

Date	Hosting School	Location	After-School Program Specialist
3/6-3/10	Mark Twain MS	Alexandria	Contact Dominic Amato at <a href="mailto:dfamato@fcps.edu">dfamato@fcps.edu</a>
3/13-3/17	Glasgow MS	Alexandria	Contact Greg Williams at <a href="mailto:gwilliams2@fcps.edu">gwilliams2@fcps.edu</a>
3/20-3/24	Herndon MS	Herndon	Contact Anthony Fuller at <a href="mailto:ajfuller@fcps.edu">ajfuller@fcps.edu</a>
4/24-4/28	Longfellow MS	Falls Church	Contact Hector Martinez at <a href="mailto:hmartinez@fcps.edu">hmartinez@fcps.edu</a>
5/1-5/5	Carson MS	Herndon	Contact Riley Barrows at <a href="mailto:rtbarrows1@fcps.edu">rtbarrows1@fcps.edu</a>
5/8-5/12	Liberty MS	Clifton	Contact Sandy Donlon <a href="mailto:sdonlon@fcps.edu">sdonlon@fcps.edu</a>
5/15-5/19	Holmes MS	Alexandria	Contact Matt Kruk at <a href="mailto:mjkruk@fcps.edu">mjkruk@fcps.edu</a>

**For more information on iCan Shine and the iCan Bike program please visit [www.icanshine.org](http://www.icanshine.org)**