



Response To Ride 2 New Heights Bike Camp Volunteer Inquiry

Thank you for your request for information on volunteering for our bike camp scheduled for June 8-12, 2015 at Summit Academy High School in Bluffdale, Utah.

Click the below link for access to the iCan Bike website for more information and to view a number of short videos of the iCan Bike camp:



www.icanshine.org

To give you an overview, we will have approximately 40 riders in the total camp with up to 8 riders for each 75-minute session each day.

Each rider attends the same 75-minute session for each of the 5 days (M – F) and is assigned two volunteers that will work with the rider throughout the week. This works great because bonds are formed between the volunteers and riders helpful for encouragement and motivational purposes throughout the week. It is important for our riders to work with the same volunteer each day building a trusting relationship as they go through the intensive week.

Finally, it is very rewarding for the volunteer to have spent the whole week with the child to see the fruits of their labor on the last day when the child finally rides independently.

Daily 75-Minute Sessions:

[8:30 am - 9:45 am]
[10:05 am - 11:20 am]
[11:40 am - 12:55 pm]
[2:00 pm - 3:15 pm]
[3:35 pm - 4:50 pm]

The riders will be riding a specialized bicycle designed to teach them to balance appropriately for the entire 75 minutes each day while being accompanied by their assigned volunteers. Additionally, camp staff will provide fun motivational teaching on a specially designed tandem bike that is generally well received by most riders.



The first two days of the bike camp (Mon & Tues) will take place solely inside on adapted roller bikes. Beginning on the third day (Wed), some riders may graduate to a two-wheel bike and transition to riding outdoors spotted by their assigned volunteers. As riders graduate from the roller bikes to a two-wheel bike between Wednesday and Friday, they will transition to the outdoor riding area.

I hope this provides you with helpful information about the program. I attached a registration form that provides all the information you need to know about registering as well as a [link](#) to register online for the volunteer shift you are interested in.

Sincerely,

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