



## FCPS – FC – Lose The Training Wheels After–School Bike Program

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

The Lose The Training Wheels (LTTW) program teaches individuals with disabilities to ride two-wheel bicycles and become lifelong riders. LTTW uses adapted bicycles, a specialized instructional program, and trained staff to run the weeklong program at selected FCPS middle 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. Participants must be 8 years or older, with a disability, and ambulatory without assistive devices. Participants are recruited from the elementary feeder schools for the hosting middle schools listed below or from the hosting secondary school listed below. Space is limited.**

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

Date	Hosting School	Location	After-School Program Specialist
3/12-16	Jackson MS	Falls Church	Contact Christine Lyons at <a href="mailto:Christine.lyons@fcps.edu">Christine.lyons@fcps.edu</a>
3/19-3/23	Kilmer MS	Vienna	Contact Kim Kardelis at <a href="mailto:kckardelis@fcps.edu">kckardelis@fcps.edu</a>
4/16-4/20	Franklin MS	Chantilly	Contact Christopher Woodby at <a href="mailto:christopher.woodby@fcps.edu">christopher.woodby@fcps.edu</a>
4/23-4/27	Glasgow MS	Alexandria	Contact Christine Jones at <a href="mailto:christine.jones@fcps.edu">christine.jones@fcps.edu</a>
4/30-5/4	Thoreau MS	Vienna	Contact Shannon Davies at <a href="mailto:shannon.davies@fcps.edu">shannon.davies@fcps.edu</a>
5/7-5/11	Poe MS	Annandale	Contact John Chapman at <a href="mailto:john.chapman@fcps.edu">john.chapman@fcps.edu</a>
5/14-5/18	Carson MS	Herndon	Contact Tracy Bromberg at <a href="mailto:tbromberg@fcps.edu">tbromberg@fcps.edu</a>
5/21-5/25	Stone MS	Centreville	Contact Nick Anderson at <a href="mailto:nmanderson@fcps.edu">nmanderson@fcps.edu</a>
6/4-6/8	Longfellow MS	Falls Church	Contact Kevin Webb at <a href="mailto:kevin.webb@fcps.edu">kevin.webb@fcps.edu</a>

For more information on Lose The Training Wheels please visit their website at: [www.losethetrainingwheels.org/](http://www.losethetrainingwheels.org/)