

For Immediate Release  
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## **Confidence *IS* Cool Shake-A-Leg Expands Summer Recreation Camps**

NEWPORT, RI (April 25, 2007) – To fill the void in summer activities for children with physical challenges, Shake-A-Leg Newport has expanded their summer rec program by adding a new camp dedicated to teenagers (ages 13-17). The *Continuing Confidence* teen camp is an outgrowth of the *Confidence is Cool* kid's camp that has served hundreds of children (ages 7-12) since it was established in 1998.

Both *Confidence Is Cool* and *Continuing Confidence* are day camps that are open to children and adolescents, respectively, who have experienced either spinal cord injury or other neurological dysfunction. The programs are designed to promote independence, build confidence, provide mentoring opportunities and develop social skills while having fun through activities such as swimming, sailing, arts and crafts, sports, group games and field trips.

The camps are based at Shake-A-Leg Newport's facilities in Fort Adams State Park, running Monday through Friday from 10:00 a.m. to 3:00 p.m. The new *Continuing Confidence* camp for teens is scheduled for two sessions: July 2-6 and July 16-20. The *Confidence Is Cool* kid's camp will run three sessions: June 25-29, July 9-13 and July 23-27.

Sarah Kirwin (Portsmouth, R.I.) will mark her 10<sup>th</sup> year with Shake-A-Leg Newport with her return as Camp Director for the summer of 2007. Kirwin spent three summers as a volunteer for Shake-A-Leg Newport after a cousin who was involved in the program encouraged her to help out with the kids camp. "It's addictive," said Kirwin. "After my first year I knew it was something I would come back to. It's the relationships that you form that makes you want to come back." A 2004 graduate of Portsmouth High School, Kirwin is currently a junior at the University of Rhode Island (Kingston, R.I.) studying speech pathology and plans to concentrate on children's therapy.

Camp registration forms and additional information is available online at [www.shakealeg.org](http://www.shakealeg.org) or by contacting Camp Director Sarah Kirwin at 401-849-8898 or [sarahk@shakealeg.org](mailto:sarahk@shakealeg.org)

Shake-A-Leg Newport is a 501(c)(3) charitable non-profit organization established in 1982 to provide traditional and complementary therapeutic services that facilitate the development of independent living skills for individuals who have either experienced spinal cord injury or who have central nervous system

dysfunction. In addition to the day camps, Shake-A-Leg Newport operates residential programs for adults, young adults and teens, as well as an adaptive sailing program. To learn more, visit [www.shakealeg.org](http://www.shakealeg.org).

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