



COSTS PER SHOW

- (1) ICAN MAN Show - \$369 per school
 - (2) ICAN MAN Shows - \$439 per school
- Based on half day at school. (Morning or Afternoon).

- (1) ICAN MAN Show + (20) "Don't Be a Bully" show CDs for \$450
- (2) ICAN MAN Shows + (20) "Don't Be a Bully" show CDs for \$500

Travel fees may be discussed at time of booking for performances more than 50 miles from Staunton, VA.

For
Booking or more
Information about
the **ICAN MAN**
Call: 1-800-886-9438
www.icanschoolshow.com
e-mail: icanman@gmail.com
1.800.886.9438

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Happy
Healthy
KID
Assemblies

S.O.L. & BULLY
PREVENTION/
CHARACTER SHOWS

"S.O.L." PREP RALLY

"DON'T BE A BULLY SHOW"

Attn: Richard Adams "ICAN MAN"
423 Marquis Street, Suite 1
Staunton, VA 24401
1.800.886.9438

Former School Counselor/Music Teacher
Provisionally Certified
OLWEUS TRAINER

e-mail: icanman@gmail.com
www.icanschoolshow.com

"The ICAN MAN is our "SOL Secret Weapon"
Victor Roberts, Assistant Principal, Occanair E.S., Norfolk, VA

"The ICAN MAN!" "He was a huge hit with our school!
The songs were so contemporary! A week later the
Counselor went to the classroom to talk about bullies
and the kids were still singing the songs!"

Patricia Evans, School Counselor, Cool Spring Primary

CHECK OUT THE "DON'T BE A BULLY SHOW"
(SEE INSIDE FOR DETAILS)

PROVISIONALLY CERTIFIED OLWEUS TRAINER

"DON'T BE A BULLY/
CHARACTER COUNTS" SHOW
"SOL PREP RALLY"

Happy
Healthy
KID
Assemblies

Proudly Presents The

ICAN MAN



Starring Richard Adams,
BME, M.Ed.
(former Music Teacher/School Counselor)

School Assembly
Programs That Promote:

- BULLY EDUCATION/PREVENTION
- SELF ESTEEM
- POSITIVE SCHOOL HABITS
- CHARACTER EDUCATION
- SOL TEST TAKING SKILLS

INCORPORATING
MUSIC | SINGING | INTERACTION
LOTS OF PARTICIPATION
STORIES AND TEACHING
FUN! FUN! FUN!

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Provisionally Certified Olweus Trainer

The I CAN MAN

Hello! I'm Richard Adams (or as the children call me) the "I CAN MAN". I'm a former Elementary School Counselor and Music Teacher with Undergraduate and Graduate degrees from James Madison University. This is my 16th year writing and presenting shows as the I CAN MAN. The shows produced for this year are the "Don't Be A Bully Show" and the "SOL Prep Rally Show."

Both the Bully and Test show are designed to engage students by incorporating music, stories, raps and rhymes. All the songs are Sing-Alongs and include hand motions. One thing that I've learned writing and performing thousands of ICAN MAN shows is that repetition, music and movement help the learner remember what is being presented.

After seeing and participating in the "Don't Be A Bully Show" the students and teachers will know:

1. How to recognize a bully.
2. What to say and do when being bullied.
3. How to help a friend being bullied.

The I Can Man Shows are show fun and entertaining yet, are firm and consistent about the message of stopping bullying in your school.

The "SOL Prep Rally Show" sells out every year. The shows typically run from early March - June. If there is a fun way to remind the students of basic test taking skills and to motivate them to do their best, this is the show for you. Principals and teachers often comment on how it helps de-stress both students and teachers. This show works for SOL's in Virginia and EOG's in North Carolina. There are lots of repeat customers so call or email early if you want this show.



I am a professional musician. I play trumpet, a couple of saxophones and banjo during the show. The sound tracks for the show are professionally recorded in the I Can Man studio. The shows are constantly being tweaked for content and music based on comments from students, teachers, principals and parents. I thoroughly enjoy performing, entertaining and educating both students and teachers as the I CAN MAN. Because I personally produce and perform the shows, I feel I'm able to give you a lot of show for the money you are spending. No middle man or booking agents involved. Please email or call you have questions about the show.

More About the ICAN MAN

In addition to performing school assemblies, Richard Adams is an adjunct faculty member and Bridgewater College, Blue Ridge Community College and the Shenandoah Valley Regional Governor's School teaching music, recording/video technology and songwriting.

Awards & Accolades:

"Educator of the Year" - Augusta Historical Society for writing a musical about Woodrow Wilson

"Dawbarn Award" for Excellence in Education and Community Service - Community Foundation

"C.C.C. Legacy Award" - For writing a musical about the history of the Skyline Drive of Virginia.

"National Association of Counties Award" - for writing the musical "Spirit of Augusta" in cooperation with the Jamestown 400th Celebration.

Richard is past president of the Staunton-Augusta Rotary Club and is active with Hospice of the Shenandoah.

NEED A SCHOOL SONG? "Workshop"

I've helped elementary and middle school students write and record hundreds of school songs. They are typically "peppy" little songs that quickly describe the theme and/or motto of the school. They are most often played during the morning announcements.

It works like this! I show up one morning and meet with 15 to 25 children. We take about an hour and compose the "school song". I will then spend approximately 90 minutes sound tracking the song in the mini-recording studio that's set up in a medium sized classroom in the school building.

Then the students that helped write the song come back in the afternoon and record the vocal to the soundtrack. Then I take it back to the "Big Studio" in Staunton, Va and do some tweaking. The school will receive 25 copies of the CD within a week. Check out the www.icanschoolshow.com website and click on "School Song" to hear a few.

School Song	\$400.00
(One) ICAN MAN SHOW plus School Song (Same Day)	\$675.00

OPTION #1 & Comments

Program Options

The "DON'T BE A BULLY/CHARACTER COUNTS" Show

By the time the show is finished, the students and teachers will be able to identify bullying behaviors and know appropriate and safe methods to protect themselves from bullies. The show incorporates music, singing, participation and story-telling!

"Thank you so much! As in the past, the students and staff enjoy the show. It is a great way to get the message about bullying prevention and character education to students. We look forward to seeing you again in the future."

Elementary Principal, Powatan, VA

"The ICAN MAN!" "He was a huge hit with our school! The songs were so contemporary! A week later the Counselor went to the classroom to talk about bullies and the kids were still singing the songs!"

Patricia Evans, School Counselor, Cool Spring Primary

"The show was great! All the student and staff really enjoyed it and they loved the music. Some of our students composed a bullying rap. It has caught on like wildfire and the classes have begun to recite it daily."

Mr. Pilson, Music Teacher, Winston Salem, NC

"It was lively, entertaining and educational. The students are still singing the "Don't Be a Bully" song. One of the best things about Mr. Adams and the show was his willingness to cater the program to meet the unique needs of our school and population. He went above and beyond to make the show exactly what we needed. We look forward to having him back for our SOL kick off assembly in the spring"

Jennifer Neale Valentine, Assistant Principal, Central Elementary School

"It followed along wonderfully with our **Olweus Bully Prevention Program**. You did a great job of keeping the children actively involved in learning about how to identify bullying and what they should do if they encounter a bully. The children and teachers are still singing the songs."

Michelle Brown, Chairwoman of the Bully Prevention Committee, Hanover County Public Schools, VA

The "S.O.L. PREP RALLY" Show **OPTION #2 & COMMENTS**

(Standards of Learning) - Virginia Testing Program
This show books up during the months of April, May and June. It covers basic test taking skills and motivates students to do their very best. It has been called "THE STRESS RELIEVER" by many principals, teachers and students. Many schools have the "Prep Rally" each year as part of their test preparation. It's fun! It's fast! It works! Book early!

"It's hard to believe the students can have so much fun and still get the "Do your best on the test" message across to the students and teachers. You go, ICAN MAN!"

Teacher, Southside, VA

"This was the best show we've had in years! You really know how to keep their attention."

Eastern Shore, VA

WE WILL...WE WILL...ROCK THIS TEST...!!!

Any of the shows above can be tailored to your school's needs! Just ask!

ICAN MAN

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Comments

July 24, 2009

Dear I Can Man,

Thank you for providing THE most motivating, entertaining and energizing school shows that we have ever had. I am convinced that your Character and SOL shows have helped bring out the absolute best in our students! With your help, we have achieved and maintained full accreditation for the past six years and our school climate could not be better!

Students and teachers love your songs and sing them throughout the year to motivate themselves and others. Your presence lives on, long after you've left the building! In a world of mediocre school shows, your shows are worth every penny! Not only do students learn, learn, learn; they have a ball doing it!

Thanks again!

Jeanne Edwards, Principal

Fancy Gap Elementary, Carroll County Public Schools, VA

"The I Can Man did an outstanding show for our students. His combination of music, humor and enthusiasm kept our students highly motivated through our standardized testing program. The strategies he taught, and the manner in which he taught them, I believe had a direct impact on our improved results. Children and staff were asking repeatedly when he might come back and begging not to have to wait a whole year! Their reaction, long after the I Can Man had visited us, is the true testament to the quality of this excellent program."

*Cheryl Fuller, Principal
Chapel Hill/Carrboro City Schools,
North Carolina*

"I'm at an Inner City School in Durham, NC this year...The show was better and more motivational than ever."

*Cheryl Fuller, Principal
E.K. Powe - Durham, NC*

"This was the best show we've had in years! You really know how to keep their attention!"

Eastern Shore, VA

"Great! Kids retained the songs and chant I CAN pass the SOL's!"

Martinsville, VA

"I love it when he plays the saxophone, trumpet and banjo!"

Durham, NC

"This is the best program we have had all year!"

*Casey Frazier, Student
Carroll County Schools, Virginia*

"It was inspiring. Even adults got caught up in it."

*Larry Hart, Administrator
Greene County, Virginia*

"You were awesome! Please request to come to our school again! My class and others still sing the songs you taught them."

*Mrs. Kim Kirtner, Teacher
Bowling Green Elementary School*

"I've told lots of my principal friends about your show...Expect calls from S.W. Virginia"

Radford

"Amusing, entertaining, captivating, talented, multi-faceted approach to combat drug-abuse, and yes—terrifically participatory!"

*Debi Donlyn, Teacher
Jacksonville, Florida*

"The ICAN MAN is our "SOL Secret Weapon"

*Victor Roberts, Assistant Principal,
Oceanair E.S., Norfolk, VA*

"It's a very clear presentation as to how to recognize and deal with Bullies in the school! Despite the topic, the show was fun, highly interactive and musical!"

Staunton, VA