

CINCINNATI Adaptive Arts & Music Camp
MUSIC HANDBOOK
July 19-24, 2026

Northern Kentucky University
1 Louie B Nunn Dr, Highland Heights, KY 41099
Info@theadaptiveartsandmusicproject.org

INFORMATION AND REGISTRATION FORM

WHY WE DO WHAT WE DO

Music is an indispensable part of our lives as human beings. It helps us develop sensitivity and an aesthetic appreciation for beauty. Even the youngest child is attracted to music; it is a language that transcends cultural and language barriers. Learning music, and learning a musical instrument, allows us to express ourselves more fully. Every child, regardless of physical limitations or level of ability, should have the opportunity to learn how to express themselves through music.

Going beyond simple enjoyment, there are many established positive “side benefits” that come with studying music. Research has shown correlations between music study and academic growth, increased persistence, and the development of social skills. Students who play in groups learn the more refined aspects of cooperation, self-discipline, leadership, and ensemble playing. Students who study an instrument privately increase their focus, task-building, self-discipline, fine motor skills, and spatial concepts.

WHO WE SERVE

We welcome students with physical disabilities who require adaptations to their instrument or manner of playing in order to succeed. The focus of this camp is to create adaptations for students with physical disabilities who desire to learn how to play a traditional instrument. We have worked with children with the following disabilities (this list is not exhaustive):

1. Limb differences and amputations
2. Arthrogryposis Multiplex Congenita
3. Osteo Imperfecta
4. Cerebral Palsy (hemiplegia, levels I-III)

Human diversity is a beautiful thing, and we are certain that there are other potential students with disabilities or a combination of disabilities not listed above. If you have any questions about your child's support needs, or the supports and purpose of the camp, please reach out to info@theadaptiveartsandmusicproject.org and we will gladly set up a time to talk.

THE COMMITMENT TO MUSICAL STUDY

The benefits of studying music begin when a child is taught how to connect to their instrument, and we will help you with that. However, the journey does not end there! One week of summer music lessons will not be helpful unless the family is dedicated to putting the time and attention into private music lessons once they return home, and committed to helping their child build and maintain a regular practice routine throughout each week. We ask our students to commit to **a full school year of private lessons and a practice schedule of 5-6 days a week, 30 minutes a day.** We understand the reality of busy schedules but ask that you do your best to meet this goal in order to get the most out of your camp experience. Parents will need to be involved in lessons and practice (see below). This is helpful for any child, but essential for a child who is also working out adaptations in their playing. ***Making the commitment to follow through is the first but most important step to this journey.***

FAMILY INVOLVEMENT

Learning a musical instrument is a richly rewarding endeavor precisely because it involves daily practice and sequential skill-building. A child's home environment plays a major role in how easily and successfully they learn a new skill. While every child is born with different abilities, their growth depends greatly on encouragement, practice, and support at home. Parents play an important role in this process. A "practice parent" attends lessons, takes notes and videos, asks questions, and helps guide practice at home. During practice, parents offer encouragement, patience, and gentle guidance. Celebrating small successes and staying positive creates a strong foundation for musical growth. Parents will need to assist students in practicing both at camp and then at home as well as students grow into their skills as musicians. We believe every child can learn to play a musical instrument when they are surrounded by consistent modeling, practice, and positive reinforcement.

Please note: At least one parent must be present with the student at camp at all times.

EXPENSES ASSOCIATED WITH PLAYING AN INSTRUMENT:

It is always good to know up front what sort of expenses you can expect to see when you start a new endeavor. Our camp fee encompasses instrument rental, instruction, music we use that week as well as on-site adaptations. Once you return home, continuing to learn your instrument will include lesson tuition (please research this price for your area before committing to camp), instrument rental, equipment such as a shoulder rest, extra strings or a rock stop, and music books your lesson teacher may ask you to purchase.

TO BRING TO CAMP

If your child has an instrument already, they are encouraged to bring this to camp. In addition, please bring any lesson books and other items (such as a shoulder rest for violin) you may have. We will have instruments on loan for the week if your child does not already have one. Please take all precautions to keep the instrument safe while using it at camp. Music is provided as part of the instruction.

BEHAVIOR EXPECTATIONS FOR CAMP AND MUSIC LESSONS

Our class atmosphere is supportive and encouraging so that we may do our best to build skills class by class. Everything is a learning experience...there is no such thing as a mistake. The following are the expectations for students at camp:

1. positive attitude toward lessons, class, concerts, rehearsals, and activities
 - a. pays close attention to the teacher
 - b. responds to suggestion and skills that the teacher demonstrates
 - c. doesn't chew gum or candy or talk in class at inappropriate times
2. considerate of others
 - a. only says things that will help others learn positively
 - b. recognizes positive efforts of others
 - c. respects the rights of others by remaining focused on the lesson

PLEASE NOTE: While we do use encouragement and positive reinforcement such as stickers or candy to make learning more enjoyable, we are **not** currently equipped to provide ABA-based behavior support at camp. Parents are responsible to ensure that their child is able to participate in camp activities without behavior supports that go beyond universally designed motivators. If you have any questions regarding behavior, please feel free to reach out to the camp directors at info@theadaptiveartsandmusicproject.org and we would be happy to talk through your child's needs and the supports available at camp.

ENGINEERS

Students at camp connect with their chosen instrument in a way that is unique to them. Often this involves developing a device that has never been built before. We work closely with the engineers at May We Help, a volunteer organization that builds unique devices for people who need them. Not all of these volunteers have an engineering degree, but all design and engineer the devices we will use at camp so we call them our engineers. These people are passionate about making musical instruments accessible for our students!

TENTATIVE SAMPLE CAMP SCHEDULE:

8:30	Arrival and announcements
9:00	Private lesson
10:00	Improv
11:00	Recreation
12:00	lunch & games, rest time
1:30	Practice time
2:30	Group (orchestra, band, etc)
3:30	Engineering Time
4:30	General Music Class

Evenings - all-camp activities for families to enjoy

CAMP LIFE

Parents, students, staff, and faculty will be staying in university housing, and will be provided meals through the university meal service. We are encouraging all to eat together as it helps to build community. We will also have fun activities and entertainment each night of camp.

While we will have a small first aid station at the registration table, parents are responsible for the medical care of their child throughout camp. In case of emergency, a branch of Saint Elizabeth's Hospital is located just off of the university campus. Cincinnati also has an extensive network of nationally ranked hospitals and medical centers.

NEXT STEPS and WELCOME PACKET

Once we receive your application and tuition we will contact you to set up a Zoom visit where we will discuss the camper's specific instrument choice and adaptation.

We will send out a welcome packet several weeks before camp begins which will contain a more detailed packing list along with further information about camp.

We look forward to working with you this summer!