



### **COSTS PER SHOW**

- (1) ICAN MAN Show • \$365 per school
  - (2) ICAN MAN Shows • \$430 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](http://www.icanschoolshow.com)  
e-mail: [icanman@gmail.com](mailto:icanman@gmail.com)  
1.800.886.9438

## Happy Healthy KID Assemblies

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

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

e-mail: [icanman@gmail.com](mailto:icanman@gmail.com)  
[www.icanschoolshow.com](http://www.icanschoolshow.com)

**"The ICAN MAN is our "SOL Secret Weapon"**  
*Victor Roberts, Assistant Principal, Oceanair 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)

## **"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!

**1.800.886.9438** - [www.icanschoolshow.com](http://www.icanschoolshow.com)  
[icanman@gmail.com](mailto:icanman@gmail.com)



## About the I CAN MAN

Richard Adams (The I CAN MAN) is a former public school music teacher and elementary school counselor with undergraduate and graduate degrees from James Madison University. For fifteen years, Richard has been producing and performing school assemblies promoting "Character Education," "Bully Prevention," "Drug Prevention" and "Standardized Test Preparation and Motivation." Richard will engage the students and staff with humor, stories and music.

The "HOTTEST" shows last year were the "DON'T BE A BULLY SHOW" and the "TEST PREP RALLY." The "DON'T BE A BULLY SHOW" received rave reviews by students, teachers and parents. When the students leave the assembly, they know and are able to recognize a bully and have practical coping strategies for dealing with bullies.

The "TEST PREP RALLY" is extremely popular during April, May and June. The show teaches basic test taking skills and strategies. Test time is often stressful and this show is designed to motivate, educate and de-stress all involved.

## Two Shows and a School Song in a Day!

The ICAN MAN will come to your school and help your students create their very own "SCHOOL SONG!" Check out [www.ican-schoolshow.com](http://www.ican-schoolshow.com) to hear some of the School Songs that are being played for morning announcements in schools everywhere. Gather up 20 to 30 students and Richard Adams will facilitate the writing and recording of the school song on the school property. All he needs is a "quasi" quiet room, a table and a marker board. He'll provide the portable recording studio, original soundtrack and

"Two years ago, I was teaching guitar to a Junior at Bridgewater College. He saw the ICAN POSTER on my office wall. He looked at me and started chanting the ICAN MAN Song and doing the hand motions that went with the song. He saw the show when he was nine years old at a Arrowhead Elementary in VA BEACH."

- Richard Adams



In addition to performing 60 to 70 ICAN MAN shows per academic year, Richard is also a music instructor at Bridgewater and Blue Ridge Community Colleges. He was named the 2005 "Educator of the Year" for a musical he wrote about the life of Woodrow Wilson. In 2008, Richard won a National Award for writing the music for "Spirit of Augusta", a play written in cooperation with the Jamestown 400 celebration. In 2009, he received recognition from National C.C.C. Legacy for writing the musical "Shenandoah Moon".

In November, Richard's new musical based on a WWII story about Virginia's "Bedford Boys" will premiere in Waynesboro, VA.

Richard founded Happy Healthy Kids Songs in 1993. This allowed him to use his skills as a professional musician, recording engineer and videographer to produce CDs, DVDs and School Assemblies that promote healthy and happy lifestyles for children.

Richard is past president of the Staunton/Augusta Rotary Club, Central Valley Counselors Association and is active with Hospice of the Shenandoah.

expertise. You will not believe how professional the songs sound.

### Here's the price....

- (1) ICAN MAN SHOW (PLUS) SCHOOL SONG IN SAME DAY .....\$675.00
- (2) ICAN MAN SHOWS (PLUS) SCHOOL SONG IN SAME DAY .....\$750.00
- SCHOOL SONG ONLY .....\$400.00

School will receive 25 CD's of the song one week later.

## 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, Chairman of the Bully Prevention Committee, Hanover County Public Schools, VA*

### The "S.O.L. PREP RALLY" Show

(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*

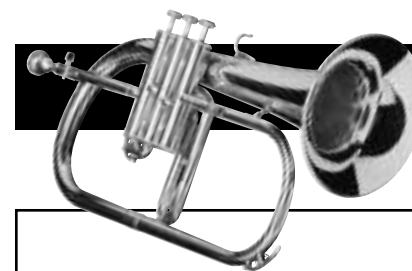
WE WILL • • • WE WILL • • • ROCK THIS TEST • • • !!!

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

# I CAN MAN

1.800.886.9438

## 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*