



League Cycling Instructor Certification Seminar

Agenda: Austin, TX - September 12-14, 2008

Fred Meredith, LCI #343: Seminar Coach
John Doe, LCI # 666: Site Facilitator

Day 1: Friday 5pm - 9pm

1. Check-in paper work: 5:00/0:30 = *start times/minutes to this session*
 - a. Check-forms, rosters, etc.

2. Introductions: 5:30/0:45
 - a. Coach and attendees, entry activity (Handout: First Bike)
 - b. Objectives, post on walls (Handout: Seminar objectives)
 - c. Review material in LCI Manual
 - d. Review of pretest question #76 Attributes question about LAB's goals

3. Basic Teaching Skills: 6:15/1:45
 - a. Learning styles (Handout/exercise: What's My learning style?)
 - b. Student/Instructor (Exercise/handout: Expectations--responsibilities)
 - c. Communication (Exercise: Acme Puzzle Factory)
 - d. Listening Skills (Exercise/handout: Listening Skills)

4. **Basic Teaching Skills: 8:00/60**
 - a. Preparing for class (Handout: Preparing for class)
 - b. Teaching strategies
 - c. The Learning Cycle
 - d. Effective questioning techniques (Handout: Effective questioning)
 - e. Dealing with difficult students (Handout: Difficult students)
 - f. Constructive criticism
 - g. Presenting Skills and Methods
 - h. Feedback forms (Handouts: Feedback forms)

5. Assignment of times for student presentations: 9:00/10

Break for the day 9:30 pm. Trainer will be available to advise participants until 10:00

Day 2: Saturday, 8am - Sunset + 1.5 hours

Sign in, please.

1. Preview ride of course (*actual*): 9:00 /01:30
 - i. Introduce map of route
 - j. Road test score card demonstration
 - k. Explanation of rotation
 - l. Model teaching and interaction techniques:
 - i. Preview route
 - ii. Tell what you want to see and check for understanding
 - iii. Ride & watch
 - iv. Debrief students, what happened- how did it feel?
 - m. Guide insights to knowledge

2. Student teaching: **Participants** 10:30/01:40
 - a. Presentation
 - b. Critique
3. **Break for lunch & get bikes ready for parking lot drills** 12:10/01:20
4. Handling & skills drills (on bike 1:30/1:00) *These are to be assigned to participants as on-the-spot-presentations* (4 drills @ 15 minutes each)
 - a. Mounting & dismounting: **Participant**
 - b. Starting/Stopping: **Participant**
 - c. Straight-line: **Participant**
 - d. Scanning, signaling: **Participant**
5. Handling & skills drills (on bike 2:30 /1:20) *These are to be assigned to participants as on the spot presentations* (4 drills @ 20 minutes each)
 - a. Swerving : **Participant**
 - b. Rock-dodge : **Participant**
 - c. Quick-stop : **Participant**
 - d. Instant-turn : **Participant**
6. **Break before returning to classroom** 3:50 /15
7. Working with the League 3:05 /55
8. Student teaching: **Participants** 4:00 /01:40
 - a. Presentation
 - b. Critique
9. **Break** 5:40 /00:20
10. **Ride for grade** 6:00/0:45
11. Student teaching: **Participants** 6:45/01:40
 - a. Presentation
 - b. Critique
12. Review third day 8:25/00:20
- Break to prepare for night cycling outside** 8:10/20
13. Night Riding Experience: 8:30 /60
 - e. How reflectors work:
 - f. Required nighttime equipment
 - g. Lighting systems and how they look at night
 - h. The dark side of the cycling experience

Day 3: Sunday, 8am - 4pm

1. Road exam: *Participants* 8:00/0:45
 - a. Participants & instructor in small groups
 - b. Preparation of road score cards.
 2. Class marketing: 8:45/0:45
 - a. Choosing a site
 - b. Marketing
 - c. Insurance
 - d. Adapting LAB courses for local conditions and exceptions
 3. Need to know modules: 9:15/0:40
 - a. Children
 - b. Adults & teens
 - c. Commuters
 - d. Road 2
 - e. Motorists
 - f. Kids
 - g. Group Riding Skills
 4. Student teaching: *Participants* 9:55/1:40
 - a. Presentation
 - b. Critique
 5. **Lunch break and get bikes ready 11:35/1:00**
 6. Student teaching: Parking lot drills 12:35 /1:20
 7. Seminar feedback forms: 1:55/0:30
 8. Seminar Agreements: 2:25/0:45
 9. Goodbye & Good Luck: Photo Opportunity 3:10/0:15
 10. Finish 3:30 + or --
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