

# Eagle School of Cycling

208 Bismark Drive  
Broussard, LA 70518  
(337)837-8034  
Eaglewheel@Hotmail.com  
"Excellence in education for any age"

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## Eagle School Course Offerings

### Public Courses

**How to ride a bicycle** This course is meant to take a person of any age from 3 years old and up and teach them how to balance and ride on a two wheeled bicycle. Riders are accepted for this course depending on their maturity level.

Length: per hour as needed

Price per student: \$35.00 per hour with a \$10.00  
Minimum

**Kids I** Is taught to the Parents of children who are starting to ride who want to know how to guide their young riders.

Length: 1 or 3 hours

Price: Free

**Kids II** is taught to children about 10 to 12 years old and is meant to give a basic understanding of the responsibility of road users and bicyclists in particular. This course is NOT like a bike rodeo. The students are taught all of the basic skills a bicycle rider must know to start using a bicycle safely and they are drilled until they show competency. The course includes a test at the end. Examples of some of the things the students learn are:

- Helmet use and care
- Bike maintenance
- Basic bike skills such as getting on and off and mounting the bike to ride
- Basic handling skills such as riding in a straight line, balancing with control and scanning behind for cars without swerving
- Exiting a driveway
- Hand signals and communication with other drivers
- Road position for both riding straight and turning
- Many more skills that could best be described as defensive driving

Length: 10 hours

Price per student: \$100.00 Group or school discounts available

**Road I** Is an adults class that is meant for riders who already drive or ride and want to learn how to ride in the safest, most efficient manner possible. It is equivalent to 8 years of riding experience under all possible riding conditions.

Length: 9 hours

Price per student: \$90.00

**Road II** Takes up where Road I leaves off or is meant for riders who already have many years of experience. Taking both Road I and Road II courses is the equivalent of 15 years of riding experience under every kind of weather, temperature and traffic extreme.

Length: 12 hours

Price per student: \$ 100.00

**Commuting** Teaches you how to use the most efficient, most convenient and least expensive form of transportation ever invented to go to work, the grocery store and anywhere else you want to take it.

Length: 3 hours

Price: Free with Road I or \$60.00 later per student

**Mechanics Classes** Are available as either a "learn by the hour" or how to do a specific task

Length: as needed

Price per student: \$35.00 per hour

**Coaching** Learn how to train for that big ride or to start or improve your racing.

Length: as needed

Price per student: \$35.00 per hour or packages

### **Government Courses**

**Bike Rodeo**

Organize a bike rodeo using the service clubs and police of an area.

Length: Actual time

Price: Negotiable

### **Safe Routes To School**

**Safe Routes To School Bicycle Course** This course is the yet to be released bicycle module that is taught to 9 to 13 year old students. It is similar to the BikeEd Kids II course, but a little shorter.

Length: 9 hours

Price: Negotiable

**Safe Routes To School Walking Course** This course is the yet to be released walking module that is taught to 7 to 13 year old students. This course includes a module on environmental awareness along with walking safety.

Length: 3 hours

Price: Negotiable

### **The courses below are not national courses.**

**Set up Safe Routes To School Course** This is where I go into a school system and set up the school system from scratch in teaching a Safe Routes To School Walking and or Bicycling course. My experience in setting up my own program can help you get up and running as fast as possible with fewer errors during the process.

Length: Varies

Price: \$5,000.00 plus reasonable expenses

**Partial Day Course** This course offers the information that allows local officials to decide if Safe Routes to school makes sense for their community. The modules include teaching a variation of the "Why Safe Routes to School Matters" module and showing the video. This is an upbeat informational course meant to fire a community up about getting a Safe Routes to School program started.

Length: Approx 1 to 2 hrs.

Price: \$800.00 per group plus reasonable expenses

**Full Day Course** This course is meant to teach a local community about how to start up their own Safe Routes to School program and learn how to evaluate it to keep it going. This inclusive course involves teaching the complete set of one day modules. These modules can change as needed by a community:

*Welcome, introductions and visioning exercise, Setting the context: Safety, health and transportation, Engineering strategies, Enforcement strategies, Education and encouragement techniques, How communities are making it happen, Field exercise at school: Observation of school environment, Identifying problems and solutions, Making it happen here*

Length: 7 to 8 hours

Price: \$2,500.00 per group plus reasonable expenses

**Full Day Course with Coordinator Duties** This involves working as a coordinator with a local community as well as instructing the One Day Course.

Length: Varies

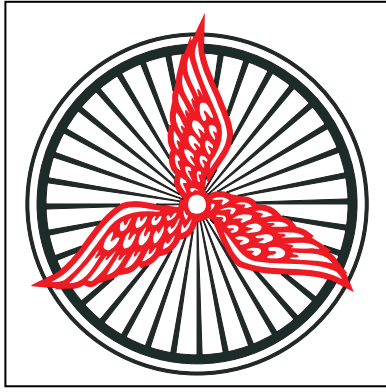
Price: Actual time plus reasonable expenses in addition to the above Course fee.

**Version 1.2 Revised on 11 August 2006**

**Supersedes all previous versions**

**Louisiana Safe Routes To School**  
**Sample One-day Course Agenda**  
 (this agenda based on 8:30 am – 3 pm school day)  
 and includes observation of student arrival

	<b>Module Length</b>	<b>Sample Agenda</b>
Observe student arrival	30 min	8:00 – 8:30
Welcome, introductions and visioning exercise	45 min	8:30 – 9:15
Setting the context: Safety, health and transportation	30 min	9:15 – 9:45
Break	15 min	9:45 – 10:00
Engineering strategies (Note: Time slots for engineering strategies and education and encouragement techniques are interchangeable)	60 min	10:00 -11:00
Break	15 min	11:00 -11:15
Pick up and drop off strategies	15 min	11:15 -11:30
Enforcement strategies	30 min	11:30 -Noon
Lunch and local issues	45 min	Noon –12:45
Education and encouragement techniques	60 min	12:45 – 1:45
How communities are making it happen	15 min	1:45 – 2:00
Field exercise at school: Observation of school environment	30 min	2:00 – 2:30
Identifying problems and solutions	45 min	2:30 – 3:15
Making it happen here	30 min	3:15 – 3:45
Adjourn		3:45



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## Who is Eagle School of Cycling?

- This company (Eagle Wheel) is owned by Chris Daigle.
- Eagle School teaches cycling and cycling related subjects to people of all ages.
- We can teach riders how to ride a bike as well as use it with confidence and competence for any purpose having to do with transportation of any sort under any traffic or weather condition.
- Chris Daigle has been involved with bicycling advocacy and education for 28 years and his experience includes working as the Bicycling instructor for Lafayette Parish Schools.
- Organized and implemented classes that taught every 6th, 7th and 8th grade student in Lafayette Parish Schools a ten day bicycle education course for the school years of 2000-2001 to 2004-2005.
- Used a trailer and ten bicycles with helmets and printed materials to travel to every Lafayette Parish Middle School and teach the ten day course.
- Chris' other experience as an instructor includes being a League Cycling Instructor since 1996 and teaching dozens of cycling classes from Effective Cycling and Road I, Road II, Kids I classes and taught 10,000 school children Kids II. Also chosen to co-teach Road I course at the League of American Bicyclists National Rally in West Lafayette, Indiana in 1997.
- Chris has been a League Cycling Instructor Trainer for the Southeast parts of the United States since 2004 and taught LCI classes to certify cycling instructors in Lafayette, LA; Austin Texas; Athens Georgia; Knoxville Tennessee; Baton Rouge LA.; Houston Texas and Houma, LA. Other cycling education experience includes being a licensed coach for USA Cycling for ten years.
- Chris attended the Safe Routes To School National Course Instructor Training in Baton Rouge on May 16-18, 2006.