

# California Superbike School Level 4 Student Questionnaire

Name: \_\_\_\_\_

Date of school: \_\_\_\_\_

Track: \_\_\_\_\_

Have you ridden this track before?      Yes.      No.

1. When did you last attend the school? (month and year is fine) \_\_\_\_\_

2. What track was it? \_\_\_\_\_

3. Is this your first time doing Level 4?      Yes.      No.

4. How would you describe your current riding level?

- A newer rider still getting comfortable with things.
- Used to ride years ago; getting back into it but rusty.
- Mainly a street rider, not aggressive.
- Street rider but on the aggressive side.
- Street riding mostly but go to the track occasionally.
- Mostly ride on the track.
- Racer.

5. **(CHECK ONE)** Which best describes you below?

- I want more control and to be safer on the street.
- I want to improve my track skills.
- I want to move in the direction of racing.
- I want to improve my race lap times.

6. **(CHECK ONE)** What would you most like to improve today?

- Basics: throttle, turning, relaxing, making the bike stable under me, etc.
- Vision: where to look and when, solving target fixation, feeling less rushed, etc.
- Dynamic interaction with the bike: body position, moving around on the bike, etc.
- I want to target this specific track and drop my times here.

7. Do you think it takes you too long to learn a new track?

- Yes, too long       No, I'm pretty good with a new track       I'm hit and miss

8. Regarding corner entry speed, do you normally enter:

- too slow       too quick       just right

9. Do you have a lot of attention on getting your body position on the bike sorted?

Yes I need sorted

No I'm OK, or not really worried about it

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**Rate yourself from 1 (lowest) to 5 (highest) on these skills:**

1=Terrible

2=Poor

3=Fair

4=Good

5=Excellent

- Throttle control..... 1 2 3 4 5
- Finding and using turn points..... 1 2 3 4 5
- Getting the bike turned quickly..... 1 2 3 4 5
- Relaxing on the bike..... 1 2 3 4 5
- Able to consistently and accurately make apexes..... 1 2 3 4 5
- Finding and using reference points..... 1 2 3 4 5
- Getting good drives off the corners..... 1 2 3 4 5
- Having a wide view..... 1 2 3 4 5
- Quickly transitioning from one side of the bike to the other..... 1 2 3 4 5
- Able to comfortably take alternate lines if needed..... 1 2 3 4 5

10. In your past training with the Superbike School, which technique gave you the most improvement?

11. Are there any other aspects of your riding that you would particularly like to work on today?

