

California SuperBike Camp

February 04-05 2006 @ Las Vegas Motor Speedway

Written by Editor ZX14.NET

"The past few years, I have read numerous rave reviews on the web about the "Twist of the Wrist" books, one and two written by Keith Code. I wanted to learn more about this program. I like many other riders who have ridden flawlessly for 20+ years never thought there was anything more I needed to learn about riding a motorcycle and boy was I wrong."



Photo courtesy of CSS and or ZX14.NET

Advanced motorcycle cycle training is for the day everything goes wrong at that particular point and time you will need skill to find an escape. The CSS program is geared to provide you with that skill. A must for riders that want to get every ounce of enjoyment out of motorcycling and for those who have prospects of racing someday. To be proficient in anything in life you need to be skilled, to get skilled you need training. If you are going to be trained, why not find the very best. That is what we did when we signed up for the first 2006 school offered by the twenty-five year old California Superbike School. Our class was held at the Las Vegas Motor Speedway in Las Vegas, Nevada. The average age of the attendees of this program is 40 years of age. What would have happened to my riding if I could have attended this program 21 years ago? Who knows maybe I would be racing somewhere today.

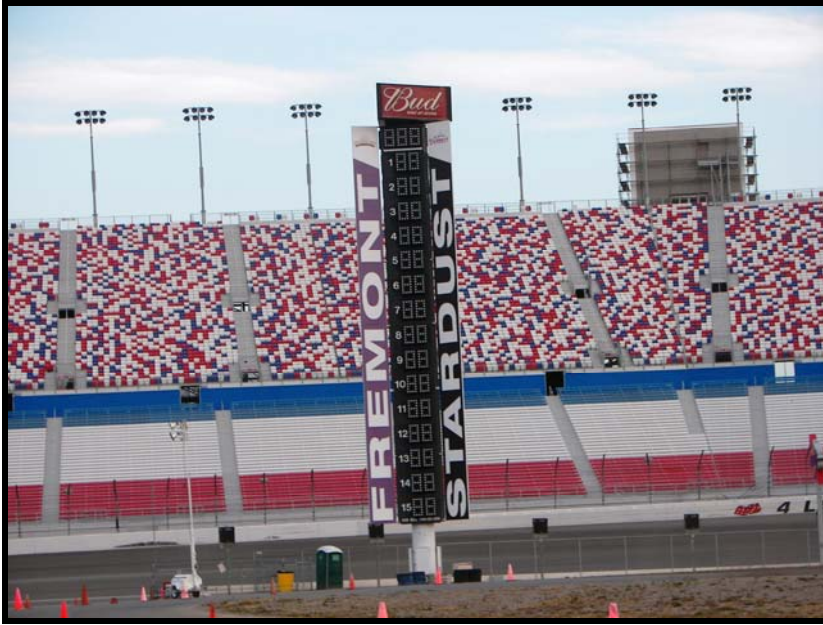


Photo courtesy of CSS and or ZX14.NET

The two day camp is instructed by Keith Code and a group of his hand picked staff members, "Coaches". Not only are the "Coaches" required to teach they are also required to live up to the high standards set forth by Keith Code. I am certain that is no easy task to live up to. This standard shows in the quality of the program. "A man's standards says a lot about the man".



Photo courtesy of CSS and or ZX14.NET

The registration process was very smooth. The entire process took no more than twenty minutes. The staff members were organized which was very refreshing. Considering that, we just signed multiple waivers and other paperwork that reinforced the reality that this training was serious and not a game. You can get hurt attending this program so do not think for a minute that it is all play and no risk. The control on the track and the reinforced track manners keep the safety net up.

Day one: began with a very formal introduction to the staff members and a review of their responsibilities in relation to the success of the program. There are no set job descriptions for each staff member other than the title of "Coach". Each coach has multiple jobs. All of the "Coaches" rotate around the multiple stations.

You are constantly getting a fresh set of eyes evaluating and critiquing everything you do. If you have a problem with being watched under the micro-scope, this program is not for you. After a full explanation of the requirements of the students and staff, we had our first seminar. The initial seminar would lay the foundation of purpose. It would identify the number one goal most motorcyclist wish to achieve "stability" of the motorcycle. "Your number one goal is to stabilize the bike", Keith stated to the class. He further broke down the building blocks needed to achieve that goal. It was way more complex than you can imagine. Keith stated there are 64 factors that go into negotiating a curve. So that should give you an idea on what I was missing out on until now.

After hearing Keith speak we were all motivated, itching to get on the track. After each track session, we met with our assigned "Coach". Your assigned "Coach" spent the majority of the time following you around the track taking notes and making observations of your riding skills. If there was something that needed to be addressed right then and there, you were pulled off into the pit lane for a one on one discussion. Which usually followed by a follow the leader, do as I do instruction on the track? If you mastered the task, your "Coach" then pulled over to the side and flagged you on to have it again. Once the track period ended, the riders would meet with their respective coaches for a debriefing. Because this was a camp, the training was much more personalized. We had one coach for every two riders.



Photo courtesy of CSS and or ZX14.NET

I was particularly impressed with the quality of the equipment. The 2005 Kawasaki ZX-6R's were highly maintained. These bikes were cared for as if one person rode them. We know that is not the case. Hundreds of CSS students have had saddle time on these bikes and it did not show at all.



Photo courtesy of CSS and or ZX14.NET

The riding gear supplied by the CSS was also impeccable considering the level of use. The CSS supplied full riding leathers, helmets and boots. Use of the CSS gear is inclusive in the camp package. I brought my own gear but many used the gear supplied by CSS. Use of the CSS Kawasaki Ninja ZX-6R's is also part of the camp package. The ZX-6R's are sponsored by the Kawasaki Motor Corporation. The two-day camp package will set you back \$2000.00 but it is money well spent. I just wish I attended this program many years ago.



Photo courtesy of CSS and or ZX14.NET

The program is packed with information. I learned more in two days than I did after 21 years of riding. Coming into this program, I was sure I was a great rider. I quickly learned there was a whole other side of motorcycling I had yet to explore. The program is geared to showcase your weak spots so you can identify them and overcome your personal issues. The off rack training equipment was outstanding and it clearly shared a purpose within this fascinating program.



Photo courtesy of CSS author pictured

With all this hard work, one has to eat. The meals provided by CSS were healthy and plentiful. Not only were meals provided. We also had plenty of water and supplements to assure we were energized and hydrated.



Photo courtesy of CSS and or ZX14.NET

Did I learn anything? The answer is yes, I learned a whole bunch. My first recorded track lap time was 1:46 seconds. My fastest lap time was 1:04 seconds. My average lap time was 1:10 seconds. In two days, I shaved 36 seconds off of my lap time. I can only imagine what a week of training would do. The training is pure and simply outstanding. The program gels together right in front of you, session after session I got better. The "Coaches" were outstanding. The location was perfect. My return on my investment is crystal clear.



Photo courtesy of CSS and or ZX14.NET



Photo courtesy of CSS and or ZX14.NET

In closing,

Special thanks to Keith Code and the entire CSS staff for a time well spent. I learned a great deal about motorcycling and me. I certainly shared an experience that will last me a lifetime of riding. I hope many more non-believers will pass through your program. Your program is outstanding, changing riders' one helmet at a time.

GPW

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