

TWIN STATE DERBY ROOKIE TRAINING 2015

Rookie Trainers:

Bruise On Tap (practice)

Bertha Blue **Blazes** (practice)

Eliza**Death** Taylor (practice, rookie liaison)

Apple Corrie (practice)

TB (practice and cross training)

Wild **Rumpus** (cross training)

Reach your trainers at: uv.vixens@gmail.com (please include "training" in your subject line)

Practice Schedule

Initially, there will be one designated rookie practice a week on Thursdays - shifting to both Tuesdays and Thursdays in mid-November. Additionally, at least one veteran skater will be in attendance during Great View's open skate time on most Saturdays (see calendar) to help any interested rookies. This means that there are at least two opportunities a week for rookies to be on skates with guidance from trainers or veteran skaters.

Cross-training opportunities are once a week, on Sundays or Mondays (see calendar). There is a separate private Facebook page for cross-training that we will invite you to (TSD-XT) where locations will be announced. All dates and times are already listed on the Vixens calendar and in the Facebook events. Cross-training is a vital component of playing roller derby that will improve your skating skills and help you get to know your fellow league mates. We will be emphasizing muscle development and balance throughout the rookie season. Please wear sneakers and workout clothes.

We recommend all skaters add the [uv.vixens](#) Google calendar to keep up-to-date on event and practice times and locations. If sources conflict, follow the [uv.vixens](#) calendar.

Dates of Rookie Practice:

Rookie practice is from 6:30-8:30pm. Doors open 15 minutes before practice, and we encourage all skaters to be ready to start practice right at 6:30.

	Tuesday	Thursday
Week 1:	n/a	October 8th
Week 2:	n/a	October 15th
Week 3:	n/a	October 22nd
Week 4:	n/a	October 29th
Week 5:	n/a	November 5th
Week 6:	n/a	November 12th
Week 7:	November 17th	November 19th
Week 8:	November 24th	n/a – Happy Thanksgiving!
Week 9:	December 1st	December 3rd
Week 10:	December 8th	December 10th

Dates of Open Skate Nights:

Please note: Open Skate is run by Great View (not TSD) and costs \$8 for attendance or \$11 for attendance and skate rental. Often they offer discounted admission for TSD skaters - always ask. Free skate is open to the public so expect obstacles, loud music, and interruptions.

There will be at least one veteran skater present at most Saturday afternoon open skates from 1-2:30 to help you!

Other Important Dates:

October 9th: Meet and Greet, location/time TBD

October 13th: Rookie Training: Gear Night and NSO Basics, 6:30, Great View

October 17th: Bruised Boutique trip - buy some skates, time TBD

October 17th: Boston Derby Dames Home Team Championships - learn the game, 4:00-10:00

October 18th: Black and White Scrimmage - rookies will practice NSO positions, 5:00, Great View

October 27th: Rookie Training: Basic Rules, 6:30, Great View

October 31st: TSD at Gory Daze, time TBD

November 8th: League D1 Watch Party, 4:00, location TBD

November 10th: Rookie Training: Gear Maintenance Night, 6:30, Great View

November 14th: Bruised Boutique trip, if interested

December 15th: End of Season Holiday Party, location/time TBD

Aside from the couple *social gatherings* and the scrimmage, these events are designed for you! We strongly encourage attendance. The scrimmage is a great time to put your new NSO skills to practice.

Other Notes

- If practice is canceled due to inclement weather, you will be notified via email and social media at least an hour before practice.

- TSD will be taking a break from skating from December 10th until after the holidays. During this time it is encouraged that both Rookies and Vets keep active both on and off skates.

DERBY GEAR

What gear is required?

- Skates (quads, not blades)
- Knee pads, elbow pads, wrist guards, all with a hard outer shell
- Helmet (a skateboarding, hockey, or derby helmet will do)
- Mouth guard

We can lend all of the above equipment, except mouth guards, until you buy your own. You can buy a mouthguard at Stateline Sports (West Lebanon) but we recommend Sisu mouthguards for their comfort if you have time to order online (<http://www.sisuguard.com/>).

Other items that you can get, but are not required:

- Shorts with padding (helps ease the falls!)
- Knee Gaskets
- Tool kit

- Outdoor wheels

Where to get it?

Twin State Derby is happy to support our local sponsors:

Bruised Boutique, Nashua, NH

<http://www.bruisedboutique.com>

At Bruised, you can get 10% off in store or online using the code UPPERVALLEY10. They also offer 15% off rookie packages.

****We will have a chaperoned trip to Bruised on November 14th so veterans can help you pick out your gear*****

Spank Alley Skate & Board, Concord, NH

<http://www.spankalley skate.com>

Spank Alley offers Vixens rookie skaters 15% off their first purchase and 10% off subsequent purchases. They also teach a free “Skater 101” class on derby gear maintenance and care.

Second-hand Gear

<http://www.queenoftherink.com/roller-derby-classifieds/>

Roller Derby Recyclables on Facebook

SKATER FREQUENTLY ASKED QUESTIONS

How old do I have to be to skate with TSD?

You must be 18+ to skate.

Do I have to know how to skate to join rookie season?

You do not! Derby is a special sport (for many reasons) in that you can arrive, put on skates with us for the first time and see where it takes you. We will help you learn how to skate. You’ll need to bring the enthusiasm and determination to develop your skills.

To skate with the league what are some skills that I’ll need to have or need to develop?

Check out the basic skills description page in your packet AND learn about the game (join our facebook page, watch youtube videos of derby drills and skills, go to scrimmages and bouts in the area, follow derby blogs). We will teach you how to skate and train you on the rules of the game but you’ll improve fastest if you do some research yourself as well!

What does it mean to be a member of Twin State Derby?

We expect skaters to show up at practice on time & bring your best “can do” attitude. Dues are paid monthly.

Attendance policy: Skaters need to attend **five** practices/month in order to scrimmage or bout.

Committee participation: League members are also asked to be on **ONE** committee to help build the team and organize events and to volunteer for at least four hours a month. Some of our current committees are Bout Production, Volunteers, Community Engagement, Training and Communications. We are a non-profit, volunteer-led organization so everyone helps by pitching in!

How much does it cost?

First practice and gear rental is free! \$10/practice per practice not to exceed \$100 for the rookie season. You will become an official member of Twin State Derby on January 1st and pay \$50 per month in dues.

How often do you practice?

During the regular season skaters practice on Tuesdays and Thursdays from 6:30-8:30 pm. See the above schedule for rookie season practice times. There is also a weekly cross-training session open to all skaters.

Do I have to pass a test?

All rookies have to pass WFTDA minimum skills requirements to play derby. There are two rounds of skills tests (R1s and R2s) and a written test. You must pass R1s before being able to contact another player while on skates. We will work with you until you pass R1s, as long as you show dedication and don't give up. That's why we don't have a set date for R1 testing. You will be assessed when you are ready!

What equipment do I need & how much will it cost?

Great View Roller Skating (where we practice) or a veteran skater will rent you skates. We pay for your first rental. After that it's up to you (\$3 per rental). We have some gear you can borrow in the beginning as you decide if derby is for you and while you wait for your equipment to arrive.

You will need: mouthguard, helmet, knee pads, wrist guards, elbow pads, and of course...skates. A low end decent starter package of all of those things should cost around \$300. You can go higher, you can go lower. We're more than happy to share our skate buying stories, knowledge & experience. Check out the "derby gear" section in this packet for more information on where you can buy your gear.

How often are there injuries?

Derby is a contact sport. Injuries are possible. The harder you work and the more you train, the less likely you are to be injured. This isn't to say that even the strongest skater won't make a mistake and get hurt. It happens. As a member of the league you will be required to sign a "Hold Harmless" waiver & to purchase WFTDA insurance (\$75 for the year, see <https://wftda.com/insurance/purchase> for details).

How welcoming is the team?

Twin State Derby and the Vixens are a very welcoming bunch. If you have a burning desire to learn to play derby, you've found yourself a very enthusiastic bunch of highly motivated skaters who are more than happy to take you under their... skates? Join us. We'd love to have you.

I love skating but I have decided that I don't want to hit. What else can I do to remain in derby?

Become a Skating Official (SO) or a non-skating official (NSO)! SOs and NSOs are integral parts of any derby league. If you love the sport, but do not want to hit/be hit, be a part of the team in other, important ways! We love our SOs and NSOs and cannot operate without them!

What's the deal with derby names?

After you pass your assessments, we will start calling you by your chosen derby names if you select one. If you'd like examples of names, check out the derby name registries at www.twoevils.org/rollergirls and www.derbyrollcall.com

If you have any questions or concerns that aren't answered in this packet, feel free to get in touch with Death, the rookie liaison, or any of the rookie trainers.

OFFICIAL FREQUENTLY ASKED QUESTIONS

How will I learn all the rules?

- Reading the WFTDA rules book – over and over
- Researching online
- Talking and working with other officials at our practices, or scrimmage/games.
- Talking to the skaters
- Training clinics for officials around New England
- Most of us are learning as well and are always happy to talk rules and try and figure them out together.
- Watch derby locally and online. Watch with other skaters and officials and ask questions. It will all slowly begin to make sense

What if I can't skate?

Not a problem. We will teach you if you would like to be a skating official. You can be on quad skates (a total of 8 wheels) or inline skates.

How good of a skater do I have to be?

For safety reasons it is important that you develop into a pretty good skater. Officials skate a lot during a game. They also have to avoid players and are getting hit out of bounds of falling in front of them. We will make sure you are well prepared for this.

What is this minimum skills requirement? Do I have to pass those?

The minimum skills requirements are a list of things that every skater is assessed on in order to be able to hit other players or eventually play in games. They include things like being able to stop, knowing how to fall and being able to see what is going on behind you. Officials do have to pass these. They are for the safety of the ref. The team assesses skaters and officials together and it is actually a fun, team building practice time!

Everyone has these strange derby names... do I get one?

YES! Officials all have derby names as well. You get to pick yours. Some officials' names include:

- Ref Doomsday
- Miranda Rights
- Freddie Mercenary
- Testosterone Jeremy
- Snidely Whipstach
- Mean Mountain Boy

Start thinking of yours!

How many skating officials are generally at a flat track roller derby game?

7 is the max and 3 is the minimum.

What are all those whistles going on?

1 whistle blow starts the jam

4 QUICK whistle blows ends the jam

1 long whistle is used to designate a penalty – a skater is going to the penalty box

Why do leagues need officials?

1.) Officials are SUPER important for every derby team. Derby has lots of rules. Rules are what shape the strategy that each team uses. When officials are at practice making calls on skaters it helps the team to grow by learning the rules knowing if our strategy is working.

2.) TO HELP US STAY OUT OF THE PENALTY BOX IN GAMES! Every penalty is 30 seconds in the box. The fewer penalties we can get the more people we have on the track to PLAY derby. Officials help us to avoid getting penalties by calling them on us in practice

3.) Because officials are fun and are great people to talk about rules and strategy with.

When do the Vixens practice?

Tuesday and Thursday from 6:30-8:30pm at Great View Roller Rink in Enfield, NH.

What does it cost to be an official?

For rookies season you will pay the same practice and rental fees that were outlined for skaters. Following the January 1st Officials have the option of paying half dues in order to have voting privileges within the league.

Do I have to be at every practice?

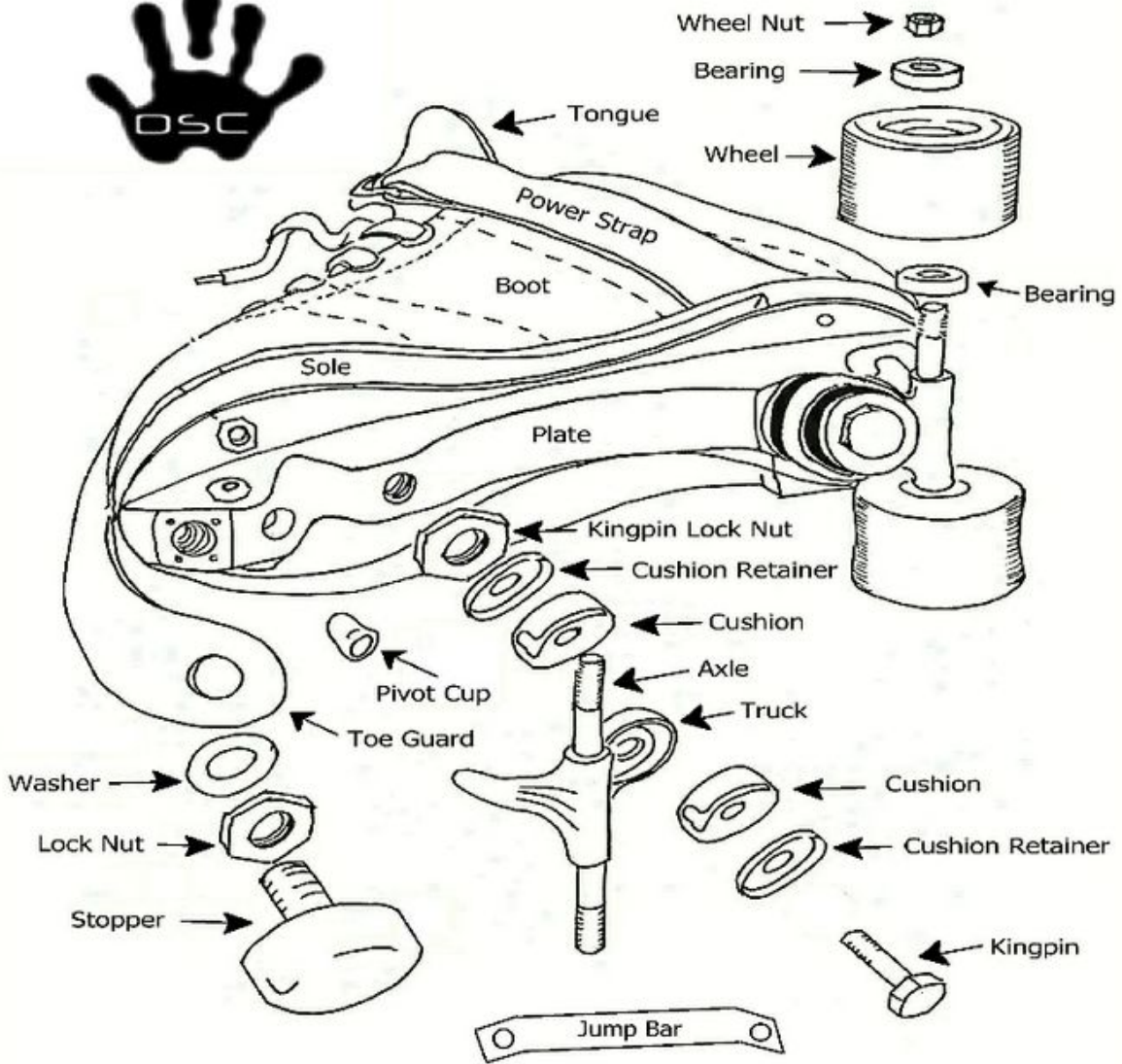
We will take you when we can have you, but things will sink in more the more you are there. We are happy to have you when you can make it. Training committee works to integrate officials into the drills that are run at practices.

Am I just a person in stripes or am I part of the team?

You ARE a valued member of the league, and very important to the Vixens. Officials help shape a team. They help the team to grow and learn and develop strategy around the rules that will win games. You will be a huge part of this team. When we play you will have to be a neutral official but you will practice with us, travel with us and celebrate with us!

Do I have to fully commit or can I try these stripes on for size?

You should try them on for size first. Some of you might want to end up being skaters and play the game. Some of you might want to end up being an NSO. We are happy to have you and introduce you to this awesome sport no matter what you decide.



Skills, Involvement & Commitment

I want to be a skater for Twin State Derby...



I want to be a skating official for Twin State Derby...

