



Major Turbulence Program Information

The DRD Junior Derby (Major Turbulence) is a division of Denver Roller Derby (DRD), a 501(c)(3) non-profit flat track derby program. It is open to all youth age 6 - 17. These youth represent the future of DRD and of Roller Derby worldwide. Our league is proud to present Junior Roller Derby and help develop the next generation of roller derby athletes!

DRD Junior Roller Derby will encourage and enrich children and teenagers in developing character, confidence, leadership, and social skills. DRD Junior Roller Derby will also develop the athletic skills of its participants through fine tuning athletic abilities and/or discovering latent skills.

We believe in the following:

1. Safety
2. Sportsmanship
3. Participation

Age Groups & Requirements:

- All skaters shall be 7 years or older on or before the start of his/her participation
- All skaters shall be 17 or younger as of January 1st, 2014
- Age divisions will be determined based on interest in the league and competition between other area junior derby leagues

Practice & Scrimmage Information

- Practices will be held at the Glitterdome (3600 Wynkoop St Unit A3 Denver, Co 80216) Saturday for all levels from 9am – 1:00pm and Thursdays for levels 2 and 3 from 5pm - 6:30pm. Access to the practice space will begin at 8:40 am on practice days and parents are expected to pick up their children NO LATER THAN 1:15 pm
- Scrimmages have not been scheduled yet. Notification of scrimmage dates will be made as soon as they are determined

Registration Fee, Dues, and Insurance Coverage

- Each Skater will pay a \$15 registration fee
- Each Skater will purchase his or her own uniform.
- Each Skater will pay dues by the 10th of each month. Monthly dues for Beginner Skaters is \$25. Monthly Dues for advanced skaters is \$30
- Each skater is to have primary insurance and is required to have Junior Roller Derby Association (JRDA) secondary insurance
- JRDA annual insurance is \$30 per year and runs January through December
- Each Skater is required to have primary health insurance coverage, as JRDA insurance can only be used for major injuries
- If a skater is offered the opportunity to scrimmage during a DRD bout or any other prospective events all spectators/parents may be charged admission to the event.

Skates & Safety Equipment

- Skates will be available to use at the Glitterdome. These are old "brownies" and once skaters have become dedicated to the sport, participants are expected to purchase their own skates with removable toe stops.
- Required safety gear includes a helmet, mouth guard, knee and elbow pads, and wrist guards.
- DRD junior league has safety gear (except mouth guards) to borrow at the Glitterdome. Participants in the league need to own ALL required safety gear by the 4th week of participation.
- Each participant must have his/her own mouth guard AT EVERY PRACTICE or they WILL NOT BE ALLOWED TO PARTICIPATE.



EQUIPMENT CHECKLIST

- **Quad Skates (4 wheels - no inlines)** - You have finally discovered the sport of Roller Derby and have decided you are passionate enough to participate for the long term, purchasing a solid pair of skates will be your first major step. **Riedell** makes several levels of a boots that accommodate many skill levels. If you are new to the sport you may want to start out with the **She Devil** an entry level inexpensive boot, prices range from \$100 and up. Once a boot has been chosen you will need to decide on a plate, **SureGrip** makes a good solid plate. Wheels and bearings are a personal preference, there are many manufacturers to choose from, most skate shop and online vendors offer packages which include the boot plate, wheels and bearings.
- **Helmet** - A proper fitting helmet is arguably the most important piece of safety gear you will invest in. There are two kinds of helmets to choose from; a hard foam lined single impact PSC rated up to 30mph helmet that should be replaced after one hard impact, bicyclists typically wear this type of helmet. The second choice is a multi impact, or skateboard helmet which is lined with a softer foam and is not rated or certified, this type of helmet would not need to be replaced as often however the foam liner breaks down over time and will need to be replaced periodically. Your helmet should fit snug, almost to the point of discomfort. There are many brands to choose from consult your league experts or local skate shop.
- **Knee Pads** - Your knees are important, young bodies are still growing and their knee's need attention. Make sure that the knee pad fits tight enough so that it will not slide off. Knee pads will compress over time and wear out, you should inspect them regularly for cracks, rips, and exposed rivets. Some good name brands are **Pro-Tec, Rector, 187, TSG, and TripleEight**. You can plan on spending \$35 to \$85 on knee pads.
- **Elbow Pads** - Elbow pads should fit snugly just like knee pads. You should treat your elbow pads just as you would knee pads, inspection, care and maintenance are essential for long lasting protection.
- **Wrist Guards** - Wrist guards are designed to protect your hands and wrist, they absorb impacts to the hand and give support to your wrists. Some guards have splints on the top or bottom and some have splints on both sides. Like all protective gear your wrist guards need to be sized correctly for optimum support, keep in mind that you will be replacing the wrist guards often so inspect frequently.
- **Mouth Guards** - Mouth guards protect against concussions, the inside of your mouth, and teeth. There are a couple of different styles to choose from, most skaters use the boil and mold (Football) mouth guards, you may have a custom one made by a dentist or buy a non molding type typically used by people with braces, this style comes in two options...protection on the top teeth or top and bottom. Night guards are not acceptable.
- **Hip Pads** - Hip pads protect your hip bones, tailbone, and help to prevent large hematomas. **McDavid** makes a custom pad that is longer, has a thicker tailbone lining, and wraps around to protect the hip bones better. This style was designed for the roller girl at the request of FastGirl Skates in Seattle, www.fastgirlskates.com. Hip pads that have a hard shell are not recommended because they can hurt an opposing skater.
- **Gladiators** - **Gladiators** are extra padding under the knee pad that are designed to support ligaments, cartilage, and the patella. Additionally they help keep the knee pad from slipping. The Gladiator is optional and not a required piece of gear.
- **Reusable Water Bottle**
- **Recommended Extras for quick fixes and maintenance**
- **Roll of Duct Tape** (Repair loose pads, Tape Feet, Etc.) • **Dry Rag** • **Wet rag in a plastic bag** • **Tools** (Adjusting Trucks, Axle nuts, and toe stop. **Powerdyne** tool by **Riedell** works well) • **Spare Bearings, Axle Nuts, Toe stops, Laces, Mouth Guard**
- **Care & Maintenance** - You have just invested a good deal of money on equipment so make it last as long as possible by taking proper care of it. Moisture, Metal, and plastic are a bad combination when left to marinate, be sure to remove your gear from your skate bag after practice and bouts to preserve integrity of your equipment where moisture will occur. It is also recommended to use some kind of bacteria neutralizing agent to keep your gear from getting too pungent. Helmets, protective gear, and mouth piece can be purchased at many sporting good stores. A good resource is your local skate shop or skate rink, they have experience and good advice for the beginner and novice skater. Please make sure the equipment purchased fits correctly. Additionally, please review the equipment maintenance forms. For more information feel free to email a Junior League Representative for recommendations on purchasing your skates and gear.



SKATER REGISTRATION INFORMATION

Name _____ Birth Date _____ Age _____
Home Address _____ City _____ Zip _____
Email _____ Phone _____
School _____ Grade _____
Derby Name _____ Skater

What is your level of roller derby experience?

_____ I barely know how to skate
_____ I can skate, but I haven't played roller derby
_____ I've done some roller derby, but I have a lot to learn
_____ I have done FULL CONTACT junior derby and I have bout experience
Months or years of junior derby experience _____

Parent/Guardian Info

Skater is in the custody of :

_____ Both Parents _____ Mother Only _____ Father Only _____ Other

Contact Info:

Parent/Guardian 1 _____ Email _____

Best Daytime Phone # _____ Alternate # _____

Parent/Guardian 2 _____ Email _____

Best Daytime Phone # _____ Alternate # _____

If I am not available in an emergency, these people may take responsibility for my child:

Name _____ Phone _____ Relationship _____

Name _____ Phone _____ Relationship _____

In addition to the Parents/Guardians listed above, these individuals are permitted to pick up my child (PHOTO ID REQUIRED)

My Child is old enough and can leave/drive herself/himself:

(Parent Signature)



HEALTH HISTORY

The Parent/Guardian must provide this information in order to give DRD Junior Derby health care personnel all necessary background so that they can provide appropriate care.

Insurance Info:

Is the skater covered by medical insurance? Yes ___ No ___ ID# _____

If yes, What is the plan carrier? _____ Group # _____

Carrier Address _____

Name of Insured _____ Relationship to Skater _____

Name of family doctor: _____ Phone # _____

Name of family dentist: _____ Phone # _____

DRD Junior Derby REQUIRES that all participants carry primary insurance for injuries.

Allergies: List all known food/medicine/insect allergies and describe the reaction and treatment.

Medications: List all medicines, including over-the-counter, taken regularly.

Med #1 _____ Dosage _____ Reason _____

Med #2 _____ Dosage _____ Reason _____

Immunizations: Are the participant's immunizations current? Yes ___ No ___

If no, give reason: _____

Additional information about participant's emotional or physical health of which the staff should be aware. Please include activity adaptations and limitations.

I hereby give my permission to the medical personnel selected by DRD Junior Derby to secure emergency treatment for my child in the event that I cannot be contacted. I verify that my child is in good health and can participate in all activities (other than any listed). I will see that my child is kept away from practice in the event of illness or exposure to any communicable disease. I understand that every reasonable effort to contact a parent/guardian will be taken.

If your insurance requires a specific hospital for emergency treatment, please list it here:

Signature of Parent/Guardian _____ Date _____



DRD JUNIOR DERBY MEDICAL RELEASE

I, _____ parent or legal guardian of
_____ (league member's name) hereby gives authorization for participation in any and all DRD Junior Derby League activities. I hereby grant permission to managing personnel and league representatives to authorize and obtain medical care from any licensed physician, hospital or medical clinic, should the skate become ill or injured while participating in league activities when neither parent nor legal guardian is present to grant authorization for immediate treatment. I assume all risks and hazards incidental to such participation, including transportation to and from league activities, and for hereby waive, release, indemnify, and agree to hold harmless the DRD Junior Derby, Denver Roller Derby and any Junior league and its agents, assigns, representatives, officers and employees from any and all claims arising out of the skater's participation in any and all league activities.

I HAVE READ AND UNDERSTAND THE HEALTH REGISTRATION FORM AND PARENTAL AUTHORIZATION/MEDICAL RELEASE. I VERIFY THAT I HAVE COMPLETED THIS FORM AND THAT THE INFORMATION PROVIDED IS TRUE AND CORRECT. I FURTHER AGREE TO ABIDE BY THE RULES/GUIDELINES SET FORTH BY THE JUNIOR ROLLER DERBY ASSOCIATION AND MY REGIONAL JUNIOR DERBY LEAGUE, DRD JUNIOR DERBY.

Printed Name of League Member (Legal Name): _____

Signature of Parent / Legal Guardian: _____ DATE: _____

Printed Name of Parent/ Legal Guardian: _____

PLEASE LIST BELOW ANY MEDICAL INFORMATION OR CONDITION THAT MAY BE RELEVANT TO THE CARE AND TREATMENT (EMERGENCY OR OTHERWISE) OF THE CHILD/PLAYER.



VIDEO & PHOTO RELEASE AGREEMENT

For consideration which I acknowledge, I irrevocable grant to, licensees, assigns and successors the right to use my image and (skater) name in all forms and media including composite or modified representations for all purposes, including advertising, trade, or any commercial purpose throughout the world and in perpetuity. I waive the right to inspect or approve versions of my image used for publication or the written copy that may be used in connection with the images. I relinquish any right that I may have to examine or approve the completed product or products or the advertising copy or printed material that may be used in conjunction therewith or the use to which it may be applied. I release licensees, assigns, and successors from any claims that may arise regarding the use of my image including any claims of defamation, invasion of privacy, or infringement of moral rights, rights of publicity or copyright is permitted although not obligated to include my name as a credit in connection with the image. I have read and understood the photo release agreement.

I (the undersigned) do hereby confirm the consent heretofore given you with respect to your photographing me or my child in connection with any video and any documentary. Additionally, I hereby grant to you, your successor, assigns, and licensees the perpetual right to use, as you may desire, all motion pictures and soundtrack recordings which you may make of me or my child, and the right to use my name and/or child's name or likeness in or in connection with the exhibition or any other use of such video or recording.

Printed Name of League Member (Legal Name): _____

Signature of League Member: _____ DATE: _____

Printed Name of Parent/ Legal Guardian: _____

Signature of Parent / Legal Guardian: _____

Staff Initials: _____

Home Address: _____

Email Address: _____



HOLD HARMLESS AGREEMENT

Participant's Name: _____

Date of Birth: _____ Home Tel #: _____ Emergency #: _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____

Parent's Name : _____

Medical: It is the responsibility of the undersigned to insure that the above named person is medically fit to participate in strenuous on-rink or offrink activities. As stated below, participation in Roller Derby activities presents an inherent risk of injury to person or property. The undersigned certifies that the above named participant has no known conditions that prohibit or limit participation in any derby/skating activities held by or in association with the Junior Roller Derby Association (JRDA). Additionally, the undersigned must have Primary, JRDA, or WFTDA medical insurance in place for the participant to cover any expenses related to any potential injury that may arise from their participation in JRDA affiliated programs.

Equipment and Skates: Participants must wear the following mandatory safety equipment during all Roller Derby on-rink activities and practices: Knee, Elbow and Wrist pads and Helmet and Mouth guard. Eyeglasses must have shatterproof lenses. **The undersigned must take full responsibility that the above named participant (including self) is wearing the aforementioned safety equipment at all times and that it is properly worn.** Only quad roller skates are permitted. All skates must be rink safe, meaning that their use must not gash, indent or blemish the skating surface or any other surface and that the skates will not cause injury to property or person(s). All liabilities thereof are undertaken by the undersigned. Participants should use the softest wheel composition available to achieve the best possible grip on the skating surface.

Conduct: Spectators (patrons on the premises as a result of your involvement in any JRDA affiliated program) as well as participants must behave in a respectful manner to both person and property. Behavior which could potentially lead to intentional or unintentional bodily injury or injury to property will not be tolerated.

Participation: The above named person is joining a JRDA affiliated program with the intention and goal of completing the prescribed training program, passing the safety skills assessment test and playing the sport of roller derby in accordance with the guidelines and codes of conduct set forth by the JRDA. It is the responsibility of the participant to inform their local program if they choose to withdraw from that program.

Indemnification and Risk Acknowledgement: In consideration of being allowed to participate in any way in a JRDA athletic sports program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injuries from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury remains; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or other, and I assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS JRDA and its local affiliation, the rinks, coaches, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors and advertisers ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss, or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS ASSUMPTION OF RISK AGREEMENT ACKNOWLEDGEMENT, AND I ACCPET RESPONSIBILITY; I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I HAVE GIVEN UP MY SUBSTANTIAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature: _____ Date Signed: _____

Parent's Signature: _____ Date Signed: _____



SKATER CODE OF CONDUCT

By signing below I hereby agree that:

1. I will lead by example and demonstrate good sportsmanship with fellow skater, coaches, officials, parents, and other attendees at every game and practice.
2. I will make a concerted effort to attend every practice and bout. I will notify my trainer or DRD Junior League Representative if I will be absent. I will be on time to practices and bouts.
3. I will listen and learn from my trainers and other league members.
4. I will treat my trainers, other league members, officials, and fans with respect regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
5. I deserve to have fun during my sports experience and will tell parents or trainers if it stops being fun!
6. I deserve to play in an environment that is safe and free of drugs, alcohol, and tobacco. I will not use drugs, alcohol, or tobacco.
7. I recognize the importance of school and will not allow my derby commitment to interfere with my academic success.
8. I will learn the rules of the game of Flat Track Derby according to the most current JRDA standards.
9. I will not engage in any behavior which would endanger the health, safety, or wellbeing of trainers, parents, participants, officials, or any other attendees.
10. I will not engage in the use of profanity, verbal or physical threats, or any abuse aimed at trainers, parents, participants, officials, or any other attendees.
11. I will wear the appropriate practice or team uniform to all practices and bouts. My attire will be appropriate at all times as deemed by Junior League trainers and representatives.

If I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include but is not limited to the following:

1. Verbal warning by a DRD Junior Derby Representative or DRD Junior League Committee Member
2. Written warning
3. Player Practice/Game Suspension
4. Player Season Suspension

Printed Name of League Member (Legal Name): _____

Signature(s) of Parent/Legal Guardian: _____

Printed Name(s) of Parent/Legal Guardian: _____

Date: _____



PARENT/GUARDIAN CODE OF CONDUCT

By signing below I agree that:

1. I will not force my child to participate in the DRD Junior League
2. I will promote the emotional and physical well-being of the skaters ahead of any personal desire I may have for my child to win.
3. I will inform the trainer(s) of any physical disability, injury, or illness that may affect the safety of my child or other junior derby participants.
4. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, trainer, skater, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
5. I will not step onto the skate court during practice or scrimmage at anytime unless invited by a trainer.
6. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
7. I will encourage my child to treat other participants, trainers, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
8. I will respect the officials and their authority during games and will never question, discuss, or confront trainers at the practice facility and will take time to speak with trainers at an agreed upon time and place.
9. I will encourage a safe sports environment for my child that is free from drugs, tobacco, and alcohol.
10. I will refrain from coaching my child or other participants during games and practices, unless I am one of the official trainers for my Junior Derby League.
11. I have read and understand all of the supplied information pertaining to the DRD Junior League.

If I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include but is not limited to the following:

1. Verbal warning by a DRD Junior Derby Representative or DRD Junior League Committee Member
2. Parental Game Suspension
3. Parental Season Dismissal

Printed Name of League Member (Legal Name): _____

Signature(s) of Parent/Legal Guardian: _____

Printed Name(s) of Parent/Legal Guardian: _____

Date: _____



Contact List

Denver Roller Derby will create a contact list each year so they can contact you to keep you up to date on team affairs. If you would like to opt-out of your information being added to this list please check the opt-out box below.

Please include the information you would like to have available to other skaters and/or parents.

Skater Name _____ Legal Name _____

Skater Email Address _____ Skater Phone # _____

Parent #1 Name _____ Email Address _____

Parent #1 Address _____ Phone # _____

Parent #1 Name _____ Email Address _____

Parent #1 Address _____ Phone # _____

I would like to opt-out of sharing this information:

Derby Name _____

Legal Name _____

Signature _____

DATE: _____



Registration Checklist

- _____ Skater Registration Information
 - _____ Health History
 - _____ DRD Junior Derby Medical Release
 - _____ Video and Photo Release Agreement
 - _____ Hold Harmless Agreement
 - _____ Skater Code of Conduct
 - _____ Parent/Guardian Code of Conduct
 - _____ Contact List
 - _____ JRDA Concussion Information (Optional and Online)
 - _____ \$30 Dues for the month or \$75 per quarter to DRD (Level 2/3)
 - _____ \$25 Dues for the month or \$60 per quarter to DRD (Level Beginner/1)
 - _____ \$15 Registration Fees to DRD
- JRDA Members
- _____ \$30 to DRD (DRD will pay JRDA one lump sum)
 - _____ Copy of Skater's Birth Certificate (New skaters only)
 - _____ Health Physical



Please email all of the above to DRDjuniors@denverrollerderby.org or bring all paperwork to the Glitterdome on January 10th from 10:00am-12:00pm.

DRD Junior Derby Contact Information

Junior League Email: DRDjuniors@denverrollerderby.org

Website:

<http://denverrollerderby.org/join-us/junior-derby/registration/>

Practice Facility – “The Glitterdome”
3600 Wynkoop St., Unit A3
Denver, Co 80216