



ROLLER DERBY LEAGUE INFORMATION PACKAGE

Welcome to BCB's Fresh Meat Program!

Learning to play roller derby:

As with all sports, when first learning to play you must start from the bottom earning your title as a Fresh Meat skater. Border City Brawlers (BCB) run a 20 week training program providing you with the necessary skills and knowledge to successfully skate and bout. Your training will conclude with a physical on skates skills test and written test. BCB are a member of the Women's Flat Track Derby Association (WFTDA), abiding by the current WFTDA rule set. You must be 18 years or older to skate.

Registration fee, dues and insurance coverage:

BCB collects monthly dues from all league members to cover the rental cost of our practice venues. All dues are collected by the treasurer or designated representative the first week of each month.

The \$30 registration fee will include BCB swag! This will cover your first month of dues and hook you up with some BCB swag on us. All monthly dues thereafter will be \$40 a month. You have the option of paying your dues monthly or bi-annually.

Each skater must purchase secondary insurance from Canadian Roller Derby Information and Services (CRDi) in order to participate on skates as a Border City Brawler. The cost is \$50 per year, or \$30 for the first 3 months, with an additional option to extend to full year coverage for the additional \$20 fee. For more information about the insurance required to skate please visit www.crdinfo.ca (East)

The cost of equipment is not included in the monthly fee (see page 3 for an equipment checklist and prices).

Commitment:

Do I need any qualifications to play? No. Will I need to invest my time and energy into training to be the strongest player, teammate and league member I can be? Absolutely!

Fresh meat skaters will train 1-2 hours, once a week. All fresh meat skaters are required to maintain 75% attendance throughout their training/probation period. This being said, work, school, or family can keep us all very busy and accommodations are negotiable.

Throughout your 20 week training schedule, should you miss a practice, the onus will be on you to contact your trainer and work on missed skills.



ROLLER DERBY LEAGUE INFORMATION PACKAGE

You will be expected to volunteer at home bouts and become acquainted with non-skating official (NSO) positions to support your league mates. All for one and one for all!

Training:

BCB veteran skaters will provide you with weekly training sessions. They will go over everything you need to know including how to skate, stop, turn, fall, and every skill in between to prepare you for game play.

Trainers have years of derby and roller skating experience behind them and strive to encourage safe participation of all fresh meat skaters. In addition, a first aid representative is present at each practice – safety first!

Bylaws, code of conduct, and media release forms:

Once you have registered into the fresh meat program skaters will be required to read and sign our bylaws and code of conduct. These documents will be provided to you upon registration and kept on file.

You will also be required to fill out a BCB Health form that will be submitted to our First Aid Committee and kept on file.

Fresh Meat roller derby practice times:

Time: 7 – 9 pm

Venue: John Atkinson Memorial Community Centre

Address: 4270 Alice St, Windsor, ON N8Y 2B8

Time: 5 – 6 pm

Venue: Atlas Tube Centre

Address: 447 Renaud Line Rd, Maidstone, ON N0R 1K0

Come chat with our Coaches, trainers and vets, try on gear, and learn more about our fresh meat roller derby program! Locations may vary due to availability and rental cost.

How do I join?

Register today at your Fresh Meat Recruitment Session!

Or contact....

Skaters: freshmeat@bordercitybrawlers.com



ROLLER DERBY LEAGUE INFORMATION PACKAGE

What next?

Here are some resources that we have compiled to help with gear and game play.

Local roller derby shops:

Anime to Skateboards

13587 Eureka Rd

Southgate, MI

- Skates, pads, helmets, mouth guards, wheels, tools, accessories
- 10% discount for BCB members

Online shops:

www.rollergirl.ca

www.skateneon.com

<http://www.wickedskatewear.com>

(Discount codes for members of BCB available)

Website to learn about derby:

WFTDA <https://wftda.com/>

fiveonfivemag.com

The Apex (follow on Facebook)

Search YouTube for the latest broadcasted derby games/highlights (i.e. The Apex) or drills (i.e. Sarah Hipel)

Helpful Tips:

1. Purchase a scrimmage jersey (black and white reversible)
2. Train outside of practice, roller derby skaters are athletes first and foremost and conditioning outside of practice is always advised – endurance and strength training!



ROLLER DERBY LEAGUE INFORMATION PACKAGE

ROLLER DERBY EQUIPMENT CHECKLIST

You have finally discovered the sport of roller derby and have decided you are passionate enough to participate for a while. Welcome to the club, my friend! You're going to need a few things though...

	<p style="text-align: center;">SKATES</p> <p>Roller derby skates are mostly low-cut and always quad-style. We don't play derby on inlines, just as soccer players don't wear tennis shoes. They come with wheels and bearings which you can upgrade as you get better and find your own personal skating style.</p>
	<p style="text-align: center;">HELMET</p> <p>A snug-fitting impact-certified helmet is arguably the most important piece of safety gear you'll invest in. Matte or glossy finish, it's a personal choice. In time, you'll want to put your derby number on it to make identification easier for our referees. You'll likely want to decorate it in other ways too!</p>
	<p style="text-align: center;">KNEE PADS</p> <p>Your knees are important, particularly for young girls whose bodies are still growing. Make sure the pads fit tight enough that they won't slip off. We recommend finding pads that offer protection to the side of the knee as well. In time, they will compress and will need to be replaced. Check them regularly for rips, cracks, and exposed rivets.</p>
	<p style="text-align: center;">ELBOW PADS</p> <p>Elbow pads should fit snugly just like knee pads. You should inspect and care for them just as you do with your knee pads for long-lasting protection.</p>
	<p style="text-align: center;">WRIST GUARDS</p> <p>These are designed to protect your hands and wrists, helping to absorb impact and giving support. They need to have splints on the palm side but some have support all over. Like all protective gear, these need to fit snug.</p>
	<p style="text-align: center;">MOUTH GUARD</p> <p>These protect your teeth, the inside of your mouth and help prevent concussions. There are lots of styles to choose from. Night guards are not acceptable.</p>

Other things you might want: outdoor wheels, hip pads, gaskets, skate maintenance tools, and water!