



SKATE FREE OR DIE Rollergirls! NHRD New Hampshire Roller Derby

New Skater Info Packet

All team skaters must be 21 or over, and female.

Women 21+ can tryout to skate for the Skate Free or Die Rollergirls!

Men and Women can join as referees, announcers, coaches, stagehands or rink rats.

Anyone of any age can help support SFOD Rollergirls through promoting, fundraising, sponsoring, volunteering and attending events and matches.

What are the rules?

Detailed rules will be discussed later—here's a synopsis of the game:

Basically, there are two teams of five ladies. Each team consists of one in scoring position called a jammer, three blockers and one pivot. The blockers form a skating pack. The blockers/pivots start skating at the first whistle, and then the jammers (who start behind the pack) start sprinting at the second whistle. The jammers then have to skate through the pack! The first one through the pack is called the lead jammer. Both jammers continue to sprint around the pack a second time and get through the pack again. On their second and future trips, they get a point for every opponent they pass. Everyone else tries to stop the other team's jammer from passing and help their team's jammer get through. The Jam goes on for 2 minutes or until the Lead Jammer calls it off.

What if I get hurt?

It's not if you get hurt, it's when you get hurt! Pulled muscles, sprains, strains, bruises, and broken bones will happen. This is why protective gear is required and we also train, stretch and practice falling to help reduce injuries and their severity. Primary and secondary health insurance is strongly recommended. You must have at least one form of health insurance to skate with the Skate Free or Die Rollergirls. This is not debatable. We recommend ALL skaters whether you have primary insurance or not to have secondary insurance through USARS. This will help cover any injuries you may sustain during practice if your primary insurance won't cover it. We require insurance to skate with the SFOD Rollergirls because we care about you.

How much of my time will it take up?

Roller Derby is a big commitment: it's like a second (or third) job. You'll be expected to attend league practices for two hours once a week to begin and three times a week when you start to advance; everyone is expected to help at bouts and other official events and fundraisers. We are a skater run organization; so don't forget about being on a committee and attending a few meetings! We're not telling you this to scare you, but we want to be honest: There are a lot of rollergirls on our teams that work and go to school, so it's not an altogether unattainable goal. Any Derby Girl will tell you that it is totally worth it, and think of all the great people you'll meet!

We require you participate in 75% of practices/meetings/activities, when we are holding regular practices or benefits, we will give you advanced notice of when they are. This team is DIY and relies on its members to form and support the league. Your teammates will also rely on you to be involved in order to play the game. You will miss out on important skills if you don't attend practices. We encourage people to spend any time with the league as they can, finding sponsors, working on promoting, getting press coverage, making documentaries... whatever! This league is ours; we built it from the ground up... so we determine what it is like to be a Skate Free or Die Rollergirl!

What do I need to join?

Every skater will be required to wear a helmet, wrist guards, elbow pads, kneepads, mouth guard and quad roller skates.

How much does it cost & what equipment do I need?

The biggest expense will be for your equipment, monthly dues and health insurance.

To start Open Skates are highly recommended. They help you get acquainted with being on roller skates, and you can rent cheap equipment there. The Skate Free or Die Rollergirls attend regularly the open skate on the first Friday of the month at 7pm at Roller Kingdom (Tyngsboro MA) this is also a great way to meet us and see if you like what we are about. For your first month you can use rental skates provided by Roller Kingdom. But we highly recommend that you purchase some QUAD speed skates as soon as you can...cause the rental skates suck!

Once you skate regularly with us for a little while you may be eligible to try out to join (see the last page). Once you join there will be dues \$35/mo. (subject to change) which will go towards private skate practice spaces, and league fees (insurance, equipment, liability, etc.) to keep our league running. Remember in NHRD no one is on salary and every penny has to go back into the league.

You can find speed skates, kneepads, wrist guards, elbow pads and helmets online. Pro-Tec is a good brand to stick with, or Triple 8. 8-ball is another brand with an easier price tag. We also have a sponsorship with Eastern Boarder in Nashua, who will sell you equipment at a discounted price. Talk to your Local

Rollergirl for more special discounts you get, just for being a part of this league! We will also help you get into the right kind of skate for roller derby.

SO you still wanna play Roller Derby...

It's understandable... Roller Derby is awesome!

Here is what you need to know.

Is Roller Derby fake like wrestling?

No. Roller Derby is a real sport! Like Rugby, or table tennis. Like wrestling, however, the fun, competitive, and aggressive nature of the sport lends itself well to rink side theatrics and drama that has nothing to do with the sport. This just adds to the fun and spectacle that is Roller Derby!!

Does size matter?

No! One of the greatest things about roller derby is that whatever size/shape you are you are at an advantage!

What if I'm really little? Don't you have to be big and burly to be in Roller Derby?

No way! The smaller girls are, generally speaking, the faster girls and are usually placed in the Jammer position as team scorers. They are squirrely, quick, and easy to whip around the rink, and generally fall down less, since they have a lower center of gravity.

What if I'm really big? Don't you have to be athletic and in shape to be in Roller Derby?

Get out of here! Big girls are hard to push around and make for great blockers. Skating on a Roller Derby team will most likely get you in the best shape of your life!

What if I haven't been on skates since Junior High? Don't I have to be a great skater to even attempt Roller Derby?

Nope. A lot of us haven't been on skates for years. Some of us, not at all. We will all start out at different skill levels, but at our practices we teach everyone the skills to skate Derby Style. New skaters go through training programs. Don't worry, just wear your protective gear and take it slow at first! Don't be too scared by the term "tryouts." Being a derby girl is a lot more than just being a good skater; although we will primarily be looking for basic skating skills, we also look at your potential as a derby girl.

Some of the things we will be looking for in SFOD Rollergirls are:

Basic skills:

- Forward skating
- Power stride (getting the most out of each push)
- Gliding on one foot at a time
- Crossovers
- Balance
- Squats

Derby Skills:

- Skating low
- Plow Stop

T-stop
Blocking strength

Endurance:
Number of laps in 2 minutes

Other:
Attitude
Basic knowledge of the sport
Ability to listen and apply new knowledge and willingness to be a part of the league!

This is all great information, but how can I join NH Roller Derby?

Come skate with us at Roller Kingdom on the first Friday night of the month at 7pm. We will be holding tryouts on a date TBA as our season gets going. Keep checking the website for when the try-outs will be held as well as a list of what basic skills you will need to know!! In the mean time go to any open skates you can to learn your basic skating skills!

Here is where you can get a copy of the rules and minimum skating requirements: <http://www.wftda.com>

Once you become a Rollergirl, you will need the following:

1. Photocopy of valid ID proving they are 21+ to join.
2. Photocopy of valid insurance card.
3. All paperwork and health care/emergency information and waivers must be completed and signed.
4. \$35 non-refundable monthly skater dues (which may be subject to change).
5. USARS insurance fee (\$40) and application once a year.

Fresh meat calendar of events:

1st Friday of the month - Recruitment at Roller Kingdom

3rd Saturday of the month- Skate Clinic at Roby Park (weather permitting). If you have all your gear come skate, or just come and bring your insurance forms and whatnot.

4th week - You can come WATCH a practice while Scarley Davidson is getting your insurance forms over to USARS.

1st Thursday of the new month - Begin practice insured and happy!

If you have any questions you can email PutUNya Grave at:

nhrd.freshmeat@gmail.com

Other NHRD Rollergirls information:

Website: www.nhrollerderby.com

www.myspace.com/nhderby