



# New Skater Packet

Rev 7/26/2010

# Welcome

On behalf of the entire league, **welcome** to Central New York Roller Derby! We are SO excited to have you. Central New York Roller Derby (CNYRD) is an all-female flat track roller derby league based out of Utica NY and representing the Central New York region in the exciting and fast growing roller derby revolution currently sweeping the US and Canada. Starting on 2011, CNYRD has 3 league teams, 'The Utica Clubbers', 'The Blue Collar Betties', and 'The Rome Wreckers', along with a travel team comprised of the best skaters from these three. We have a broad range of women on our league; we are business owners, professionals, single working moms, and students, among other things. We were founded in December 2007, and continue to grow today with each new group of recruits.

NO experience is necessary to become an amazing roller derby player. If you have the dedication (or addiction in some of our cases), we will make sure you get the training. One of the great things about roller derby is that no matter what size or shape you are, there is a position for you! You'll hear the terms 'Newbies' and 'Fresh Meat' a lot...that's what we call new players coming in. Don't be insulted, it's a term of endearment.

## Derby Rules!

Here is a brief synopsis of how roller derby works: There are two teams of five girls on the track. On each team there is one pivot, three blockers and one jammer. The blockers and pivot form the pack. The pivot is a blocker, but starts out at the front of the pack (identified by their helmet cover with a stripe down the middle). Pivots are generally supposed to dictate the pace of the pack. The pack starts off from the pivot line with the blow of the first whistle. Once the last blocker passes the pivot line, two fast whistles are blown and the jammers (point scorers) sprint out from behind the jammer line (30ft behind the pivot line). The jammers then have to make their way through the pack without incurring penalties. The first jammer through the pack without penalties is the "lead jammer". The lead jammer has the strategic advantage of being able to call of the jam at any time. Once through the pack each jammer continues to sprint around the track and through the pack again, this time scoring points for their team. For each member of the opposing team they pass from their second time through the pack on, they receive one point. This goes on for two minutes, or until the lead jammer calls off the jam. The blockers are always acting both offensively and defensively. They want to help their jammer through the pack, while preventing the opposing team's jammer from making their way through.

As you go on you'll learn the rules in detail. Everyone is always encouraged to watch and do as much research on their own as possible. You can view bouts online, go to a local bout and of course go to the WFTDA website ( [www.wftda.com](http://www.wftda.com) ) to view the official rules which we follow.

This is not the roller derby of the past which was much more like pro-wrestling on skates. Illegal moves such as punching, biting, hair pulling, and tripping are not allowed. It is, however, a very aggressive, competitive sport, and it is very common and HIGHLY encouraged to see girls flying around or off the track because of an amazing hit!

## Time Commitment

Roller derby requires a big time commitment. Practices will be at *least* two times a week after you've completed your required probationary period, and there are also mandatory league meetings, committee meetings and local events to keep up with. As a business, we are skater owned and operated, which means we do everything ourselves, with the help of some great volunteers. That being said, don't be discouraged. We know everyone has a life outside of derby, and are willing to work with you. There are many women on the league that balance work, family, school and derby, it is possible and you'll see it's well worth the time commitment.

## Practices:

Our practice space options are in a constant state of change, but currently, winter practices (September through March) are at the Utica Center for Development, 726 Washington Street Utica, NY 13502 (the old YMCA building on the corner of Genessee St and Washington). Summer practices (April through September) are held at JFK Civic Arena in Rome NY (our home bout site).

New skater practices will be weekly, from 7-10pm. The exact weeknight may change from one newbie class to the next, please ask the recruitment chair what night the next one is.

There are also practices that are geared towards advanced skaters. You will eventually be invited to join these also. Practice schedules are sometimes dependant on when we can use our venues. They may change seasonally, but we will notify you well in advance.

## What to Expect:

A typical practice begins with a warm up, generally taking some laps at your own pace. Then we move into a guided warm up routine which you will get used to as you learn. There are fast/slow drills, turn-around drills, kinetic stretching, skating in the opposite (clockwise) direction, and a number of other small things that we include in warm-ups. We usually then bring everyone into a group and do some static stretching while we talk about what's in store for practice.

Once everyone is warm and limber, we do a range of endurance drills and agility and skills maneuvering drills for the next hour or so. We try to devote at least the last 30 minutes of practice to scrimmaging.

The probationary period last for twelve weeks. New recruits are required to attend a minimum of 10 out of the 12 available newbie practices, and once they have been invited to participate in advanced practices, they must attend 3 of these within the 12 week probationary period for a total of 13 required practices.

## Communication

As said previously everything you see coming from CNYRD is accomplished by the skaters and volunteers. Keeping the lines of communication open is very important for the league. We use email as our main communication method, through a newbies' email group, which you will be invited to join. We *expect* you to check your email daily. If you cannot get to a computer, please ask a fellow newbie to help by calling or texting you with important updates. Once you are a full member, you will be invited to the league's private group. We have frequent league meetings to keep everyone up to date with everything that is happening with the league. As mentioned before we also have committees, and every member is required to contribute to at least one. This makes it easier to divide up the work load, and to refer people to the right person when they have a specific question.

## Costs and Equipment

Normal dues are between \$20-40 per month depending on the league's finances at the time. These will be prorated for the first couple of months since you will not be coming to all the league practices. All skaters are required to get skating insurance from WFTDA at a cost of \$50 for a year of coverage (even if you already have primary medical insurance) **within 1 month of their start date**. Skating insurance covers major injuries during practice and competitions, but is no substitute for primary care coverage, which we **STRONGLY** urge you to have.

All skaters are required to have (or get soon) the following equipment: Quad skates, knee pads, elbow pads, wrist guards, helmet and a mouth guard. Some other items you'll want to pick up are duct tape, toe guards, socket wrench/skate wrench, febreze, as well as **1 black and 1 white t-shirt or tank (required for all practices)**. There will be rental skates available for your use in the beginning as well as loaner pad sets and helmets, although it is encouraged to get your own gear as soon as possible.

Upon full membership, you will also be responsible for the cost of uniforms and various other necessities. The league tries whenever we can to cover costs like this for the skaters, but ultimately it is each member's responsibility to have the right stuff

## Quad Skates

Skates can run anywhere from about \$100 to \$700+. Skates are available in both high and low top styles, although most girls wear the low tops because they provide for more mobility, and they have more varieties available. Skates are a very personal choice for every derby girl, so here are just a few suggestions, and don't be afraid to do your own research and ask other girls of their preferences. When looking to purchase skates, one of the first things you'll notice is that you can choose a nylon (plastic) or aluminum plate. Aluminum is going to be stronger, and will most likely last longer, especially for heavier skaters. They will cost more than the nylon plates. Nylon plates are becoming more popular, because they are now being made much better, and are much less expensive than the aluminum ones, and some also some come with a lifetime warranty. If nothing else, you *definitely* want a leather boot. Skate sizing is sometimes vastly different than shoe sizing, since many of us do not wear correctly fitted shoes. Do not just buy your shoe size online and expect them to fit correctly. As a general rule, Riedell is the brand which has become the industry standard for quality skates, however there are other brands which are just as good. Before you go ahead and purchase your skates it is highly recommended that you talk to the head of recruitment. The average price for a decent pair of skates is about \$250 to \$450.

## Wheels:

You'll need a pair of outdoor wheels and a pair of indoor wheels to start out with. Outdoor wheels are softer than indoor wheels, making it easier to skate across rough surfaces. They run from about \$30 to \$40 dollars, and have a hardness rating usually around 78A, for our purposes any outdoor wheel in that range should be suitable. As far as indoor wheels are concerned there are a vast variety to choose from. Some wheels are better on certain surfaces than others. For this reason it is always good to have at least a couple different sets to choose from (so you have the best wheel for our away bouts/practices). The following are a few recommendations for good all around derby wheels:

### Low Price:

SureGrip Fugitives	92-95a	\$59.00
Atom Omega	93a	\$63.00

### Higher Price:

Atom Omega 2.0	93a	\$89.00
Atom D-Rod	95a	\$89.99
Atom G-Rod	93a	\$89.99
Atom G-Rod 2.0	93a	\$89.99
Radar Mojo	88a	\$89.99

### Highest Price:

Hyper Shamans	92-97a	\$135.00
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It's important to note that a wheel that works really well for some people won't necessarily be the best for you. Based on your size and the position you usually play you may want a wheel with more or less grip. The rating next to the wheel name is called the 'durometer', the lower the number the softer (grippier) the wheel. There is also the wheel width to consider. To start with, we recommend something like a Fugitive, which is a wider wheel to learn on. Once you are a more experienced skater, you may choose to get something thinner for more agility. Wheels are definitely a personal preference, but you'll never know until you try them out. After you've been skating a little while, feel free to ask around.....most of our members are happy to let you test out their extra set for a practice so you can feel different things before you buy, or even give you their hand-me-downs.

### **Bearings:**

As a general rule, wheels do not come with bearings in them- the part that attaches the wheel to the skate and allows it to spin freely. You have to buy them separately. You should plan to buy a set of bearings with each set of wheels you own, so that swapping wheels is a simple matter of loosening one nut on each axle. In the beginning, do not worry about the various ratings on bearings. You'll see terms like the 'ABEC' rating with a number after it. Anything ABEC2 or higher is plenty good. Each wheel takes 2 bearings, so you need to buy them in sets of 16.

#### **Some example prices (sets of 16)-**

Generic ABEC7 bearings (JFK pro shop): \$20  
Bones China Reds \$30  
Bones Swiss \$70 +

### **Knee Pads:**

You'll be landing on your knee's most often when you fall. It will pay off in the long run to protect them. If there is any item of protective equipment that you should invest a little extra in, its your knee pads! Here are a couple of recommendations:

ProTec Park Knee Pads \$30-\$35  
187 Pro Killer Knee Pads \$60 *-Highly recommended and worth the extra money!!!!*

### **Elbow Pads:**

187 Elbow Pads \$27  
Triple Eight KP-55 Elbow Pads \$26  
ProTec Park Elbow Pads \$30

### **Wrist Guards:**

Triple Eight WristSavers \$18  
Pro-Tec Wrist Guards \$22

### **Helmets:**

Most of the league uses Triple Eight Helmets or ProTec Helmets that run from about \$30-\$40. Helmet fit is very important. You want your helmet to be snug, but comfortable. It should NOT be easy to slide forward and backwards on your head once in place.

### **Mouth Guards:**

These can run from about \$5 upwards. Most people use the boil and bite mouth guards, but you can also go to your dentist and ask for a custom mouth guard. Spend the extra \$5 to get one that has a dental guarantee. If your teeth get knocked out they pay for it! You may also want to spend a couple dollars extra on a small plastic case

that will protect your stored mouthguard from the rest of your (soon to be) gross sweaty gear. Many of us prefer the Shock Doctor brand mouth guard which come with a helmet leash so that they stay tethered to our chin straps during practice.

### Where To Buy:

We HIGHLY recommend that you buy in-person. Its **much** better to try things on and feel them in your hands before purchasing...Black Mamba Skate Shop (and Rink!) is located in the Shoppingtown Mall in Syracuse and is co-owned by Johanna aka 'Princess Impaler', of Syracuse's Assault City Roller Derby. She's very knowledgeable and helpful in finding what fits and what you need, and tell her you're from CNYRD for a derby discount;)

If Syracuse is too far, ProTec equipment as well as mouth guards can be found at Dick's in Sangertown Mall. Helmets are also commonly found at Zumiez. Bikes and Boards on Commercial Drive has a small selection of 187 pads and helmets

JFK Arena in Rome stocks a small selection of derby wheels and bearing at really good prices in their pro shop- even during the winter, if you want something, they can get it fast. They also have a wide range of mouthguards, athletic tape, bearings, and some wheels on hand for last minute purchases.

All of this equipment can be found on the internet at:

[sincityskates.com](http://sincityskates.com)

[skatmall.com](http://skatmall.com)

[rollerderbydepot.com](http://rollerderbydepot.com)

## Paperwork

Everyone's favorite subject! The next two pages will be required before you strap on skates. Please print them, sign them, and bring them with you!

## Central New York Roller Derby (CNYRD)

### ROLLER DERBY WAIVER & ACKNOWLEDGEMENT

**Please Print**

Participant's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Emergency Contact Name and #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Do you receive & reply to text messages? Yes / No

**Medical:** It is the responsibility of the undersigned to insure that the above named person is medically fit to participate in strenuous on-rink/flat track or off-rink 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 CNYRD. Additionally, the undersigned must have medical insurance in place (primary insurance preferred, but USARS insurance required also) for the participant to cover any expenses related to any potential injury that may arise from their participation in CNYRD.

**Equipment and skates:** Participants must wear the following mandatory safety equipment during all CNYRD on-rink/flat track activities and practices: Knee and Elbow pads, Wrist Guards, Mouth Guards and Helmet. Eyeglasses must have plastic shatter-proof lenses. **The undersigned must take full responsibility that the above named participant is wearing the aforementioned safety equipment at all times and that it is properly worn.** Only quad 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.

**Conduct:** Spectators and/or skaters (patrons on the premises as a result of your involvement in the roller derby) 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.

**Indemnification and Risk Acknowledgment:** In consideration of being allowed to participate in any way in CNYRD, athletic sports programs, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injuries from the activities involved in the program is significant, including the potential for permanent paralysis and death, 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 others, 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(s) 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 the behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS CNYRD, the rink/facility, 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 NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

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

Participant's Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_

**CNY Roller Derby Emergency Contact Information**

Legal Name: \_\_\_\_\_

Skater Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Primary Emergency Contact Information:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

**Secondary Emergency Contact Information:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

**Primary Health Insurance:** \_\_\_\_\_ **Group#** \_\_\_\_\_

Policy # \_\_\_\_\_

**Primary Care Physician:** \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Preferred Hospital:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

\_\_\_\_\_

**Medical Conditions:** \_\_\_\_\_

\_\_\_\_\_

**Have you Breast Fed within the last 6 months, or have any condition known to weaken bones?**

**Yes** \_\_\_\_\_ **No** \_\_\_\_\_

**Do you want this information kept private unless it needs to be used in an emergency?**  
**(if yes, you will need to fill out a second copy so we have one for file and one for rink)**

**Yes** \_\_\_\_\_ **No** \_\_\_\_\_

I certify that to the best of my knowledge the above information is current correct and true.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_