# FWRD SKATER INFORMATION

Until You Get Your Bearings…

New Skaters to FWRD are considered to be on probationary period for their first two (2) months with the League. During this time they are considered "Probationary Skaters" and must meet certain requirements in order to become full members of the Flood:

- Purchase your own required derby gear, including:
    - **Quad skates**
    - **Knee pads**
    - **Elbow pads**
    - **Wrist guards**
    - **Helmet**
    - **Mouthguard.**
    - While we do have several sets of loaner skates and pads available for new skaters to borrow, you should make every effort to get your own gear as soon as possible. Loaner gear is available on a first come, first serve basis and should only be used temporarily. Your gear will acquire your own personal derby funk and you really won't want to be stuck with someone else's existing odors.
- Purchase Women's Flat Track Derby Association (WFTDA) supplemental insurance coverage prior to skating - $80 / year, coverage valid from 1 September – September 31 the following year. (1 full year of coverage)
    - If insurance is not obtained prior to scrimmage or bout, Probationary Skaters will not be permitted to participate in on-skates activities.
    - Get your insurance here: WFTDA Insurance
    - Insurance sign up instructions
- Meet Probationary Skater Eligibility Requirements for two (2) consecutive months:
    - Pay Dues:
        - Groupon purchase or Dues of $30: up to 8 practices
            - Dues preferred via Venmo or Paypal
        - $30 for first 2 months
        - $50 each month after

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    - Practice:
        - Attend 66% of month practices (ex. If there are 8 practice dates that month you must attend 6 practices – decimals are rounded up or down accordingly.)
        - Bring off-skates workout attire (no denim) and most importantly athletic shoes
    - Events:
        - Attend and/or participate in a minimum of one (1) event and one (1) fundraiser per month.
- Have or create a Discord account to gain access to the Private FWRD Discord Group for skaters only
    - 1 attendance to event/ fundraiser or practice every 3 months minimum to remain in the Discord group
- Become familiar with the Women's Flat Track Derby Association (WFTDA) Rules of Flat Track Roller Derby, available at http://wftda.com/rules
    - Must pass WFTDA Rules of Flat Track Roller Derby test

Skaters who pass the two (2) month probationary period by meeting all the requirements listed above will become full members of The Flood and will obtain all benefits of FWRD League members. FWRD League members are:

- Eligible to promote as a skater within the League, a.k.a. "testing out" from Beginner to determine whether the skater will be promoted to the next skill level
- Promotion must be approved by Probationary Skater Training (for Beginner Skaters) or the Head Coach (for Intermediate Skaters).
- Each skater will receive an individual assessment meeting and final decision for promotion or retention.
- Required to be familiar with FWRD Bylaws and Procedures.

## Getting Started

The next few weeks will involve intense physical conditioning. It is in your best interest if you IMMEDIATELY begin muscle-building exercises such as squats, lunges, leg lifts and push-ups on your own time. Always remember to do warm-up and cool down stretches prior to every practice.

## Learn The Rules

Get a copy of the current rule set from the Women's Flat Track Derby Association's website, www.wftda.com. Don't be overwhelmed about the amount of, and complexity of, the rules; we'll be going over them throughout the program.

## Homework

Here are some things you can work on outside of practice that will help you in the first few weeks of the program:

OPEN SKATE SESSIONS AT LOCAL RINK

- Crossing over correctly and making smooth strides
- Keeping elbows in
- Staying in a low squat while skating
- Skating from the hips, not the knees
- T-stops and snow plows
- Balance
- Squats
- Cutting from one side of the track to the other
- Knee taps (wear your pads and stay low!!)
- Turning around to go backwards

HINT: Take advantage of reverse skating, backwards skating and speed skating sessions during open skates. Weave around people to practice agility and lateral movements.

AT HOME

- Wear skates as much as possible to become accustomed to the weight and feel
- Practice stepping to the sides, backward and forward on skates
- Do leg lifts or exercises with skates on
- Squat with skates on
- Work out a little every day, especially the legs, core and arms

# HELPFUL LINKS

## Gear and Shop Recommendations

Please do your research on what you like! These are only recommendations. Gear sizes are not one size fits all, please measure yourself first. Always check second hand or local if you can. (Facebook marketplace, OfferUp, facebook groups, etc.) and look around on different sites to compare!

Mouthguard: Sisu Aero https://www.sisuguard.com/sisu-aero-mouth-guard/?size=large

Pigeons Roller Skate Shop: https://pigeonskates.com/collections/roller-derby-accessories

Sucker Punch Skate Shop: Beginners Guide
https://www.suckerpunchskateshop.com/us/sizing-info/roller-derby-guide-for-beginners/

A detailed recommendation (with budget breakdowns):
https://www.rollergirl.ca/misc/roller-derby-fresh-meat-file.html

**TOR's Quad Shop**: (Local) https://www.instagram.com/torsquadshop/?hl=en
Skater-owned roller derby and skate shop, providing quality gear, protective equipment, and information to all levels of skaters.

Derby Warehouse: https://www.derbywarehouse.com/

- Use code "pinball" for discount on derby warehouse site.

## ROLLER DERBY INFORMATION

Roller Derby 101: https://www.youtube.com/watch?v=OId6gTd2LCM

What is Roller Derby?: https://www.youtube.com/watch?v=-Hw8I8hYTOo

Roller Skating Drills at home: https://www.youtube.com/watch?v=_TxlOToP3TY

Women's Flat Track Derby Association www.wftda.com . The primary regulating commission of roller derby leagues around the world.

Your most valuable resource is other skaters; if you have questions, don't hesitate to ask! We can always answer your questions or point you in the right direction. Contact us in the skater chat, SMS, insta @flood.water.roller.derby or at floodwaterrollerderby@gmail.com.

We are here for you!

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## ROLLER DERBY CHECKLIST

- **WFTDA Insurance**
- **Rink Waiver**
- **Athletic shoes**
- **Workout attire (No denim)**
- **Quad skates**
- **Helmet**
- **Mouth guard**
- **Wrist guards**
- **Knee pads**
- **Elbow pads**
- **Personal water bottle**

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