



LOCO Roller Derby Membership and Skater Information Package

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1. LOCO ROLLER DERBY FAQ

LOCO Roller Derby was founded in 2010 after a December 2009 idea between Nia Capps and Vansterdamn. After investigating Derby Lite, in Chicago, IL USA, and researching LOW CONTACT play alongside WFTDA teams in the US, London was in line to get their own low contact league playing scrimmages only and just spreading roller derby to retired and injured or returning derby skaters, to women that wanted to play roller derby but didn't want the full contact and competitive environment.

In January 2010, these two women pitched the idea to Switch Hit Her, a former leaguemate, and the three women agreed to help get LOCO Roller Derby started. Our first skate night was a success on Feb 12, 2010, and LOCO Roller Derby has an elected Board of Directors in place and is ready to grow and expand skate training, low contact roller derby sport, and roller derby in general in 2010.

Our sponsors include Rollerskates R Us in London, ON, Wicked Skatewear, <http://www.wickedskatewear.com>, and Derbyluv of <http://www.derbyluv.com>

LOCO has seen over 35 women come through our gym doors so far, and have a core of 15 skaters that come on a weekly basis and have become full voting members of the organization. It will grow from here. In 2010, we already have a partnership with Derbyluv.com and the YMCA Centre Branch in London to hold a Derbyluv Day, and we will be present at London's RibFest in summer 2010. A league picnic fundraiser and information day will follow up later in the summer, and LOCO is looking for opportunities to participate in charities, and in community events as we go forward.

If you know of an event where skaters would be fun to see, or where LOCO should be for new members and community awareness, please advise us at locorollerderby@gmail.com

Frequently Asked Questions (FAQ)

Q: Why was London LOCO Roller Derby founded, if London has a WFTDA-style league already playing in London?

A: Low Contact recreational roller derby is suited for a larger participation group, as it is geared for women that for varying reasons, do not want to play aggressive full-contact roller derby. Think of it like flag football versus the CFL, or playground basketball versus the NBA. We can still have all the fun and team spirit of roller derby, without being full-time athletes, and without the higher risk of injuries.

London's LOCO Roller Derby members are fans and some are members of, or were members of, the Forest City Derby Girls and other surrounding leagues, and will partner with them and volunteer to help them whenever we can. We encourage you, if you are interested in playing full-contact roller derby to please let us know! We will immediately put you in contact with FCDG or the closest full-contact league to your home.

Q: What do I need to do to join?

A:

- 1) Complete the included Skater Information and Insurance Applications.
- 2) Become insured. **Please see Insurance section 4 and Costs and Fees Section 6**
- 3) Purchase your gear. See “What Equipment Do I Need?” question below
- 4) Show up! See “Schedule” or check the MAIN home page for our latest event date.

Q: What does it all cost?

A: Skate for one session for \$5. Purchase 10 sessions in advance for \$40 in advance for convenience. See Fees and Costs in Section 6 for a full list of required and optional services that also may cost.

Q: What equipment do I need?

A:

1) Skates

Quad roller skates or quad speed skates are required.

Artistic boots or speed boots are your choices. Artistic boots are higher and offer more ankle support if you have weak ankles, but provide less ankle mobility for roller derby skating. It’s a personal choice, and trust us, your starter skates may last a very long time, but will not be your last pair if you like roller derby! Speed boots are the derby skate boot, of course, so it’s your best bet. We will strengthen those ankles in no time! If you do not have skates, check the appendices for ways to find skates!

2) Safety equipment

a) Knees

Although we will let you skate with any pads of your choice, we recommend a skateboard/skating knee pad with at least 1 ½ inches of padding. This is so that you can learn to fall safely, and to perform exercises on your skates more comfortably.

b) Elbows

Same as above. Some falls we teach require elbow pads to connect with the floor, and we want you to be protected.

c) Wrists

A wrist guard protects the weak wrist joint from injury when you use your hands to prevent a fall, which is common for beginners when they fall backwards.

d) Mouth guard

You can pick a boil-and-bite mouth guard up at any sports/hockey equipment type store. We recommend you pay the little bit extra for a SHOCK DOCTOR mouth guard, as it comes with insurance. In case you fall and face-plant, you want your smile to stay pretty! Plus, it helps prevent concussions from biting down hard and suddenly during a fall.

e) Helmet

We recommend a skate or skateboard helmet, but any helmet certified for skating or cycling is acceptable for beginners.

For first timers:

If you do not have any safety equipment:

You will not be allowed to perform drills. You can however, observe, or participate in off-skate drills that will help you once you start skating. Just ask the trainers or intake staff for information. We do have a few extra pieces of pads and helmets, but proper sizing and availability is subject to first-come first serve.

Rollerblades, rollerblade starter pads, bike helmets, and low-level mouth guards are accepted for first-timers that are just trying it out. Boil and Bite mouth guards are less than \$5 for first timers, and borrowed pads are fine.

Q: What if I can't come to a practice?

A: That's ok! There are no contractual agreements or attendance requirements for LOCO Roller Derby. We'd love to see you and play with you, but if you can't make it, it's fine. See you next time! If you become a member, we'll want to know about extended absences, just so we don't worry about you and know you'll be back!

Q: Am I too old? Too big, too small, too young, too short, too tall?

A: No. If you're female and aged 19 or over, you can come exercise with us on roller skates. All drills will be provided with modifications for beginners, intermediate skaters, and advanced skaters. You choose your own intensity level and your own skill level. And since we are playing no hitting rules, it won't matter what size you are, you'll be able to play when we start scrimmaging.

Q: Will I get hurt?

A. Just like any physical activity (running, cycling, skiing, swimming) there's always a chance of an injury occurring. We practice at the YMCA which has staff on hand to address any injury and support us with first aid. We will fill out incident reports and insure you are properly cared for.

Q: Where and when will we practice?

A) At the YMCA Centre Branch – Full gym (North and South combined) 382 Waterloo St. Corner King, London, ON. Fridays 7-9 PM. Informal groups skate together at the NLOCC on Wednesday night adult skate nights, and in summer, other on-time off skate and outdoor informal groups may be available.

Q: What should I expect? What should I wear and bring?

A: Expect to be welcomed, and we'll first ask if you are already a skater, and you can choose what level to start at. Beginners will be Rookies, and we'll have a rookies instructor assigned at every practice to help you learn the basics. ! You'll also participate in group drills and skates with the more advanced skaters so you can learn confidence and mingle.

Intermediate and Advanced skaters will have another instructor to give you some fun drills and practice things to do. Sometimes, we'll play games as a group, or advanced skaters may pair up with less advanced skaters so we can all learn together.

Please see “Sample Practices” for an idea of the kinds of drills we might do. But don’t worry, we will let you skate at your own pace and intensity level, and we’ll look to you to tell us what you like and don’t like. We’ll also get free skate time for fun, and even play games on skates, just for fun. Once we can all safely skate together, we’ll start learning roller derby.

As for what to wear and bring:

Wear comfortable clothes that make you feel good in them. It’s not recommended to wear jeans or club-style clothes, as we will be wearing safety gear and sweating, falling, and sliding, but other than that it’s up to you. Anything from work-out pants to shorts, knee socks to fishnets, from skating skirts to athletic gear – it will work just fine. Think of comfort! Derby girls often wear leggings and shorts or boy-shorts, or mini-skirts over leggings or fishnets and boy shorts, or workout pants, or shorts, with knee socks, (to protect their legs from falls/slides). T-shirts and tank tops are best, but bring a track jacket or something to prevent chills when you leave if we have been sweating. Whatever you want to wear that you can skate, fall, and slide in – will work just fine. All of our indoor practice locations will have somewhere to change prior to and after practices.

Bring your skates and safety equipment and a water bottle! It’s important to hydrate, and particularly important if you are new.

Q: Will we do anything besides skate and train like derby girls?

A: Yes! London LOCO Roller Derby hopes to grow into an organization that is part of the London community, and that will raise funds, not only for our own training and playtime, but for organizations important to our city. We might do parties, sell raffles, or show up in skates at various events. We’ll decide as a league what fund-raising and charities we will participate in.

There will often be after-practice gatherings (after-parties) drinks, sewing/craft circles, gear cleaning and repair clinics, and informal gatherings, as well as formal league meetings when we’ll talk about how things are progressing and what we want to do next. We hope that many friendships will grow from our time sweating together, and are open to suggestions for events. This is not only an exercise class, but can also be a great way to network, make new friends, and participate in charitable activities while you get in shape! We are about the three Fs of roller derby: FUN, FITNESS and FRIENDSHIP!

Special Events will also be common occurrences. We will invite all members to attend the local FCDG roller derby bout, or we may take road trips to see games that are in nearby locations. Everyone will be welcome to join! Just because we are retired and non-hitting skaters that don’t want to get hurt anymore, doesn’t mean we shouldn’t remain fans and supporters of local full-contact roller derby!

You can also volunteer! Are you interested in becoming a board member? In leading practices? Can you help with promotions for LOCO Roller Derby? Do you know of any sponsors or companies that might help us procure training space, equipment, gear, or money for promotions? Can you sew and help make training equipment? Let us know and we’ll find jobs to suit you!

2. Skater Information and Accident Waiver

(Please Complete and return to the Intake staff at your next practice.)

Last Name	First Name
Derby Name and #	
Email:	
DOB: mm-dd-yy	Ph#
Address:	
Postal Code:	Cell: (or alternate phone)
Emergency Contact and Ph#	
Known Health Issues:	
Fees Paid:	
<p>By signing below, you agree that you shall assume the risk of injuries to your person, including, without limitation any and all physical, emotional and/or psychological injuries, or injuries to your property, and the person or property of others arising out of your participation, and you hereby release LOCO Roller Derby (LRD), and their principals, officers, agents, employees, volunteers, successors and assigns, and all others acting in concert or participation with LRD from and against any claim, demand or liability arising out of such injury, and will protect and indemnify LRD and those persons released with respect to any claim, demand or liability arising out of such injury. You will be liable for any damages of any person, equipment or the premises where practices, bouts, or scrimmages are conducted that you are responsible for. You skate and train at your own risk.</p>	
Date:	
Signature:	Witness:
Print:	Print:

3. Membership Information

Anyone can come out and exercise on skates with us, but members also become part of the organization and have the right to vote on all issues pertaining to league operations that would directly impact the skaters.

This includes, but is not limited to:

You choose who runs LOCO Roller Derby! Voting Members of LOCO Roller Derby vote to accept Board Members and can also serve on the Board of Directors, if voted in.

You can serve as a Committee Head for Promotions, Social Events, Training, or others.

You'll also be invited to attend all general membership meetings, (elections annually, other meetings as needed) and be privy to financial reporting, and all decisions made by the BOD.

4. Insurance

LOCO Roller Derby is a member league of the Canadian Women's Roller Derby Association. All Skaters and Members of LOCO Roller Derby are required to become members as part of our league. Membership includes: Membership listing on CWRDA website, league liability coverage and personal insurance coverage.

The Full coverage document is found online, but highlights are below:

- **League Liability Coverage up to \$5,000,000.** This coverage allows us to skate at the YMCA.
- **Accidental Medical Reimbursement benefits**
 - Nursing services up to \$5000 per any one accident.
 - Ambulance services up to \$2000 per accident
 - If an ambulance is not required, but other transport is, up to \$50 can be claimed.
 - Hospital Charges – the difference not paid by provincial health insurance, such as semi-private accommodations.
 - Rental of wheelchairs, iron lungs, and other therapeutic equipment, \$5000 maximum.
 - Physiotherapy, when referred by physician, \$500 per accident
 - Drugs and Medicines with prescription \$150 per accident
 - Miscellaneous items, ie hearing aids, crutches, casts, braces, \$750 (does not include dental)
 - Chiropractor Services to \$500 per accident.

And the insurance **will pay up to 12 months after the date of a reported incident.** You must **file an accident report if you are injured at LOCO Roller Derby** to be allowed to claim against the incident.

\$500 or a percentage of \$500 will be paid out for fractures, dislocations, tendon severance or other injuries to bones and tendons/ligaments. See President and VP of LOCO Roller Derby for detailed schedule.

- **Tuition Reimbursement!**

Within 100 days of the accident, if you miss an excess of 40 days consecutive school days, due to confinement to home or hospital, you or your parent can receive tuition reimbursement up to \$1000.

Rehabilitation Benefits

If your injury prevents you from continuing your current work and activities, you can receive up to \$5000 for training for a new occupation for yourself.

Accidental Death and Dismemberment Indemnity

The principal sum of \$10,000 will be paid out for loss of life, and Two Times for loss of specific body parts or the use of specific parts. See President or VP for detailed Schedule. Includes Twice the Principal payment for Paralysis and loss of Hearing and Speech, loss of Sight, etc.

And you are covered when engaged in any LOCO ROLLER DERBY organization Roller Derby activity, transportation to and from roller derby activities with LOCO Roller Derby. Additional one-time event coverage may be required if you choose to attend a training camp outside of LOCO Roller Derby, or to participate in open bouts in other areas of Canada and the US.

See Section 6 for Fees and Costs.

5. Gear and Equipment

As stated in the FAQ, you will need to have your own skates and safety equipment. Prices vary depending on how you find equipment, but we can help you.

Our sponsor, RollerSkates R Us, right here in London, Ontario can help you with skates. Starter skates of a used variety can be below \$100. We also recommend that you can check a retail store, such as Roughhouse Skates in Hamilton, ON, or that you shop online with Rollergirl.ca or Rollerbug. Talk to us about skates and wheels that are best for our spaces, and we'll help you!

If you attend and do not have your gear, you will not skate, as you will not be covered under our insurance and YMCA agreements. Safety First!

6. Costs and Fees

Mandatory:

Per skate:\$5 per skate for one-time, first-time and casual skaters

Or Skate Cards: 10 skates for \$40, a savings of \$10 for the skater that is coming regularly.

Monthly:\$5 at first practice of each month.

Derby dues. For operational costs for Space, equipment maintenance, training equipment, and running LOCO Roller Derby.

Insurance.....\$50 annually due on or before 5th skating session

Due annually for following year, Jan – Dec coverage. National Coverage included so anywhere LOCO skates, you are covered. See section 4 for Insurance details.

Optional:

Voting Membership Fee \$ 10 Annually.

Must be paid in minimum 2 weeks time prior to any membership vote to be valid.

North London Optimist Center Skating Sessions.....\$6.50 Adult Admission 18 years & older

Note rental skates are not available but are returning soon! Ask for details! These sessions are for your own practice time and are informal skater gatherings.

Friday Night After Parties

After every practice on Fridays, various numbers of skaters go for drinks and snacks at The Morrissey House. Costs depend on what you order, and it's a lot of fun!

Additional equipment and Gear

As you get addicted to skating, you will want to have outdoor wheels and indoor wheels, faster wheels, or better bearings. You'll start to want to look like a part of your league and want roller derby clothing and LOCO merchandise. We are sponsored by Wicked Skatewear to offer you a discount on derby-clothing and we are working on sponsorships for other skating equipment. The sky is the limit, but if you wanted a good quality, long lasting full package (head to skates) for roller derby gear that, you can expect to pay around \$300. But you can work your way up slowly, from starter skates to the better skates over time, and we do not pressure members to spend more as we make no money from any gear sales.

7. Committee Information

Training Committee:

Members: (current as of May 2010)

Vegas
Betty Bones
AssassCin
Roxem Hard
Dark Wolf – Rookie Trainer
Nia Capps – on maternity leave from training

The trainers are former WFTDA Roller Derby players that know what skills we need and what kinds of drills and exercises will get your body ready to play and take the rigors of skating top speed for 2 minutes, with agility and strength to prevent injury. They rotate positions so that Rookies get a feel for all kinds of training styles. Most commonly Vegas or Betty Bones will be running the advanced skater practice, as well as stretching and strength training.

However, any skater that has been skating with us for a minimum of 6 sessions and has demonstrated skating skills can submit a training plan, drill list, or idea to the committee to have it be included in a practice.

The Training Committee is training you based on WFTDA rules, while removing checking and hitting. They are also responsible for finalizing both low contact scrimmage rules, and we plan to provide a pick-up game playground-style rule set as well.

The Training Committee also will provide Skill testing to award you with a Skill level of between 1 and 5 (5 is the highest) so that you can see your own progression in your skating skills. A level 5 skater would be sufficient to play under current WFTDA regulations skills for full contact play (if they learned hitting) and would be suitable trainers to join the Training Committee for advanced skaters.

Promotions:

Members: current as of May 2010

Switch Hit Her (T-shirts)
Vansterdamn (buttons)
Nia Capps – events sponsorship, sponsor relationships, website, and posters/flyers.
Roxem Hard – Posters and Flyers

Promotions committee members will participate in events and ideas on how to promote LOCO Roller Derby and Roller Derby in general. Current Responsibilities include design of posters and flyers for recruitmet, LOGOs, T-Shirts, the creation of other merchandise, planning and organizing promotional events and fundraisers, and for getting LOCO into ads, media, and on the internet so we can grow!

Social:

Members: New Committee, current as of May 2010

Dark Wolf
Dreadly Sin
Nia Capps

If you are interested in helping with Promotions or Social committees, please speak to one of the members to attend their next meeting to join their contact list.

8. LOCO Skill Levels

Skill Levels Testing

LOCO Roller Derby is committed to the 3 Fs of roller derby:

FUN

FRIENDSHIP

FITNESS

To honour those goals, we have developed 5 skill levels so that we can help you monitor your skating development, and reward you for your meeting your training goals every step of the way.

Levels range from level 1 (beginner) to level 5 (advanced).. At a Level 5, you would be able to pass current WFTDA minimum skill requirements to play in full contact roller derby, should you want to do that.

At Level 3, you'll be ready to play in low contact bouts with LOCO Roller Derby for fun. We ask that skaters joining the advanced training committee be at a level 4 or 5.

Skill testing will be done once every 6-8 weeks. There will be simple tests on a lot of items, but 8 main skills will drive your movement up in level. The 8 points are:

- 1) Speed
- 2) Endurance
- 3) Falls
- 4) Recovery
- 5) Stops
- 6) Starts
- 7) Transitions
- 8) Hops/Jumps

Following there is an explanation of each, as well as the skill levels and the skill measurements for each level.

1) Speed

- a. How fast can you skate?

2) Endurance

- a. Can you hold your pace for 20 minutes?

3) Falls

- a. Can you safely perform the falls that will save you from injury in a bout?

4) Recovery

- a. Do you recover smoothly, quickly, without using your hands from falls?

5) Stops

- a. Can you slow down and stop with good balance, quickly and effectively?

6) Starts

- a. Can you sprint to catch up to a pack with duck runs, toe stop runs, or sprints?

7) Transitions

- a. How do you manage to transition from front to back, and do you use transitions to play?

8) Hops/Jumps

- a. To avoid fallen players and get over/past someone in your way, can you hop, leap or jump over?

Level 1:

Speed: 0-2 laps / minute
Endurance: 0-5 laps / 20 minutes
Falls – Learning on mats
Recovery – N/A
Stops – Basic Toe Stop or Starter T-Stop
Starts – Learning
Transitions – N/A
Hops/Jumps – N/A

Skill testing will include the 1 minute and 20 minute lap tests. We will also test standing in skates, walking and comfort in skates, body mechanics, and balance. Concentrate on your skating form, knees bent, shoulders in line with ankles, stable stance.

Level 2:

Speed: 2-3 laps / minute
Endurance: 5-12 laps / 20 minutes
Falls – Falls Safely with good form on one knee and two knees.
Recovery – Gets up smoothly and is back to skating
Stops – Basic Toe Stop to a complete stop. Starter T-Stop (perfection not required).
Starts – Learning
Transitions – Learning
Hops/Jumps – N/A

Skill testing will include the 1 minute and 20 minute lap tests. Also falls, recovery and stops known to the skater. We will also test standing in skates, walking and comfort in skates, body mechanics, and balance. Concentrate on your skating form, knees bent, shoulders in line with ankles, stable stance, and stopping completely without falling. Concentrate on proper form when falling and try to recover quickly as well as smoothly.

Level 3:

Speed: 3-4 laps / minute
Endurance: 12-20 laps / 20 minutes
Falls – Falls Safely with good form on one knee, two knees and baseball slides.
Recovery – Gets up smoothly without using hands
Stops – Can do toe stops as well as full stops using T-Stop from a brisk pace.
Starts – Can perform Duck Runs efficiently and quickly with good form.
Transitions – Can turn from front to back, and reverse, while skating.
Hops/Jumps – Can hop from one foot to the other while skating, can leap over a line/object one foot at a time.

Skill testing will include all 8 points. We will also test standing in skates, walking and comfort in skates, body mechanics, and balance. Concentrate on your skating form, knees bent, shoulders in line with ankles, stable stance, and stopping completely without falling. Concentrate on proper form when falling and try to recover quickly as well as smoothly. Mouth guards are required!

Level 4:

Speed: 4-5 laps / minute

Endurance: 20-25 laps / 20 minutes

Falls – Falls Safely with good form on one knee, two knees, baseball slides and 4-point falls.

Recovery – Back to skating within 3-5 seconds, and used no hands to get up.

Stops – Can slow and come to full stops as needed using basic as well as half and full plow stops.

Starts – Can perform Duck Runs efficiently and quickly with good form, as well as toe stop runs.

Transitions – Can turn from front to back, and reverse, in both directions, while skating briskly.

Hops/Jumps – Can hop from one foot to the other while skating, can leap over a line/object one foot at a time and can hop over a line or object with both feet off the ground.

Skill testing will include all 8 points as in earlier levels.

Level 5:

Speed: 5-6+ laps / minute

Endurance: 25+ laps / 20 minutes

Falls – Falls Safely with good form on one knee, two knees, baseball slides and 4-point falls as well as suicide falls.

Recovery – Back to skating within 2 seconds, and used no hands to get up.

Stops – Can slow and come to full stops with all stops, including lateral and transitions.

Starts – Has developed own preferred starts, that are fast, sprint-like, using duck run, toe stops, or crossovers .

Transitions – Can hop from front to back, and reverse, in both directions, while skating briskly.

Hops/Jumps – Can hop and jump over object 3 inches in height or higher.

Skill testing will include all 8 points as in earlier levels.

9. LOCO Low-Contact Rules

Effective in May 2010, the Training Committee will be finalizing the low contact rule set. But until then, you can review the full WFTDA rules, and just make mental notes that we do not CHECK or HIT in Low Contact roller derby, but we do booty block, position block, nudge and follow all the other rules. You can find those rules at: <http://wftda.com/rules>