



May 2010

HCRG DERBY 101 TIPSHEET

Info: 8 sessions for \$80 + \$50 RollerSports Canada Insurance which covers until Dec. 31st. Insurance is mandatory for everything you do including Derby 101. Please bring a photo copy of photo id for insurance purposes - mandatory in order to be able to skate.

Gear: Every derby girls needs her gear! We use skateboarder style knee pads, elbow pads, wrist guards, helmet, mouth guard and quad roller skates. Roller derby is a full contact sport and it is very important to have the right protective gear that fits properly. There are many places where you can buy rookie packages that have it all for between \$250 and \$400 and are great to start with. Check out Roughhouse Skates in Stoney Creek (www.roughhouseskates.com), Roller Girl Canada (www.rollergirl.ca) or Sin City Skates (www.sincityskates.com). Sin City Skates really know their gear, the website is a great resource for checking up on all the brands as they test them all and post feedback.

Rules and Information: The HCRG is one of almost 80 leagues that are members of the Women's Flat Track Derby Association (WFTDA), and there are nearly 400 leagues worldwide. For the latest ruleset and other derby related information check out their website at www.wftda.com. Derby News Network (www.derbynewsnetwork.com) is a great website where you can check out game recaps from all leagues –WFTDA, non WFTDA, mens and junior derby as well as banked track. Other interesting resources are online derby magazine www.fracturemag.com and printed quarterly Five On Five. Visit www.layer9.ca for archived HCRG bouts and other area leagues.

Where to watch derby: Our home season runs from May-August (schedule at www.hammercyclerollergirls.ca), some surrounding leagues play during the winter:
Toronto Roller Derby - www.torontorollerderby.com (Toronto, ON)
Queen City Roller Girls - www.queencityrollergirls.net (Buffalo, NY)
Detroit Derby Girls - www.detroitrollerderby.com (Detroit, MI)

Pre-Training: There is no requirement for previous skating or even athletic experience it is recommended that anyone taking an HCRG training session learn some basic skating skills beforehand. Scooters Roller Palace (www.scooters.on.ca) in Mississauga is the closest roller rink to us (about 30 min drive, right at Clarkson GO station). You can rent skates there and they also have great skating classes, whether it's your first time on skates or you want to brush up on your skills. Scooters also hosts a speed skating club that offers classes for beginners on up. Most of our vet skaters started off at Scooters and it has really paid off!

Commitment: Modern roller derby is a do it yourself (DIY) structure – by the skaters for the skaters, so the track isn't the only place you'll be pouring your blood and sweat. We require skaters to make it to 2-3 practices a week as well as participate in committees that contribute to the overall betterment of our league and community. It is a very rewarding experience but can take up a bit of your time.

If you'd like to sit in on a weeknight practice or skate with the HCRG at Bayfront on the weekend, please email to arrange: **Perky Set - freshmeat@hammercyclerollergirls.ca**