



# INLAND EMPIRE DERBY DIVAS

## GENERAL INFORMATION

\*PLEASE PRINT LEGIBLY!\*

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (    ) \_\_\_\_\_ CELL (    ) \_\_\_\_\_

EMAIL \_\_\_\_\_

DATE OF BIRTH            MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_

HOW DID YOU HEAR ABOUT IEDD?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ON A SCALE OF 1-5 (5 = EXCELLENT) HOW WELL DO YOU SKATE

1

2

3

4

5

**WHAT DO YOU KNOW ABOUT ROLLER DERBY?**

---

---

---

---

---

**WHY DO YOU WANT TO BE A PART OF ROLLER DERBY?**

---

---

---

---

---

**WE NEED SPONSORS, EQUIPMENT, VOLUNTEERS, MERCHANDISE, ARTWORK, MONEY ETC, PLEASE LIST ANY SPECIAL SKILLS OR RESOURCES THAT YOU MAY BE ABLE TO OFFER TO CONTRIBUTE TO THE LEAGUE:**

---

---

---

---

---

---

---

---

**TELL US ABOUT YOU! WHAT ARE YOUR HOBBIES? WHAT DO YOU DO IN YOUR FREE TIME? DO YOU HAVE ANY PETS? ETC...**

---

---

---

---

---

---

---

---

# INLAND EMPIRE DERBY DIVAS

## EMERGENCY CONTACTS & MEDICAL INFORMATION SHEET

**\*PLEASE PRINT LEGIBLY\***

THIS FORM WILL BE USED IN CASE OF AN EMERGENCY TO PROVIDE APPROPRIATE INFORMATION TO MEDICAL TREATMENT STAFF, ALL INFORMATION REMAINS CONFIDENTIAL

NAME: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: ( ) \_\_\_\_\_ ALT. PHONE: ( ) \_\_\_\_\_ TYPE \_\_\_\_\_

### EMERGENCY CONTACT:

NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

PHONE: ( ) \_\_\_\_\_ ALT. PHONE: ( ) \_\_\_\_\_ TYPE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

### SECONDARY EMERGENCY CONTACT:

NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

PHONE: ( ) \_\_\_\_\_ ALT. PHONE: ( ) \_\_\_\_\_ TYPE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

### TREATMENT CENTER INFORMATION:

(THE FOLLOWING FACILITIES ARE COVERED BY MY INSURANCE AND ARE LISTED IN ORDER OF PREFERENCE)

#### URGENT CARE CENTERS

1. \_\_\_\_\_ 1. \_\_\_\_\_

2. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 3. \_\_\_\_\_

PRIMARY CARE PHYSICIAN / FAMILY DOCTOR: \_\_\_\_\_

PHONE: ( ) \_\_\_\_\_

MY INSURANCE REQUIRES PRE-APPROVAL FOR URGENT CARE / ER VISITS:

YES \_\_\_\_\_ NO \_\_\_\_\_

MY INSURANCE REQUIRES DOCTOR REFERRAL FOR URGENT CARE / ER VISITS

YES \_\_\_\_\_ NO \_\_\_\_\_

(ATTACH A COPY OF YOUR INSURANCE CARD WITH POLICY/CONTACT NUMBERS)

**MEDICATIONS CURRENTLY TAKING (LIST ANY OTC OR PRESCRIPTION MEDICATIONS AND VITAMINS/SUPPLEMENTS):**

---

---

---

**FOOD/DRUG ALLERGIES (AND SHORT EXPLANATION IF NECESSARY):**

---

---

---

**SERIOUS MEDICAL CONDITIONS (SEIZURES, FAINTING, DIABETES, ETC...)**

---

---

---

**FAMILY HISTORY OF MEDICAL CONDITIONS (IMMEDIATE FAMILY MOST IMPORTANTLY):**

---

---

---

**DO YOU SMOKE? No \_\_\_\_\_ Yes \_\_\_\_\_ QUANTITY \_\_\_\_\_ PER \_\_\_\_\_**

**CONSUME ALCOHOL? No \_\_\_\_\_ Yes \_\_\_\_\_ QUANTITY \_\_\_\_\_ PER \_\_\_\_\_**

**ANY OTHER INFORMATION WE SHOULD PROVIDE DOCTORS?**

---

---

---

**CERTIFICATE OF ACCURACY/RELEASE FROM LIABILITY:**

- I CERTIFY THAT THE ABOVE INFORMATION IS ACCURATE AND COMPLETE TO THE BEST OF MY KNOWLEDGE
- I UNDERSTAND THAT IT IS MY RESPONSIBILITY TO KEEP THIS INFORMATION UPDATED AND ACCURATE
- I UNDERSTAND THAT SHOULD I BE SERIOUSLY INJURED DURING A PRACTICE OR BOUT, THIS INFORMATION WILL BE PROVIDED TO ALL APPROPRIATE MEDICAL PERSONNEL.
- I UNDERSTAND THAT THIS INFORMATION WILL REMAIN CONFIDENTIAL, AND WILL NOT BE USED TO MAKE DECISIONS ABOUT MY ABILITY TO PLAY OR MY POSITION ON THE TEAM.
- I UNDERSTAND THAT BY SIGNING BELOW, I AM CONSENTING TO ALLOW INLAND EMPIRE DERBY DIVAS MANAGEMENT TO TAKE APPROPRIATE ACTION FOR MEDICAL TREATMENT, IN THE EVENT THAT I AM RENDERED UNABLE TO PROVIDE DIRECTIONS FOR MY TREATMENT.

**I UNDERSTAND THAT BY SIGNING BELOW, I AM RELEASING INLAND EMPIRE DERBY DIVAS AND THEIR REPRESENTATIVES FROM ANY AND ALL LIABILITY DUE TO COMPLICATIONS ARISING FROM ANY MEDICAL SERVICES PROVIDED DIRECTLY OR INDIRECTLY TO ME IN THE EVENT OF INJURY.**

**PARTICIPANT'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_**

**WITNESS SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_**

**WITNESS PRINTED NAME: \_\_\_\_\_ DATE FILED: \_\_\_\_\_**

# INLAND EMPIRE DERBY DIVAS

## ROLLER DERBY WAIVER & ACKNOWLEDGEMENT

\*PLEASE PRINT LEGIBLY\*

PARTICIPANT NAME: \_\_\_\_\_ USARS \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ SOCIAL SECURITY NUMBER \_\_\_\_\_

HOME PHONE: ( ) \_\_\_\_\_ EMERGENCY PHONE: ( ) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

### MEDICAL:

IT IS THE RESPONSIBILITY OF THE UNDERSIGNED TO INSURE THAT THE ABOVE NAMED PERSON IS MEDICALLY FIT TO PARTICIPATE IN STRENUOUS ON-RINK 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 THE INLAND EMPIRE DERBY DIVAS. ADDITIONALLY, THE UNDERSIGNED MUST HOLD USA ROLLER SPORTS INSURANCE (USARS) TO COVER ANY EXPENSES RELATED TO ANY POTENTIAL INJURY THAT MAY ARISE FROM THEIR PARTICIPATION IN THE INLAND EMPIRE DERBY DIVAS.

### EQUIPMENT AND SKATES:

PARTICIPANTS MUST WEAR THE FOLLOWING MANDATORY SAFETY EQUIPMENT DURING ALL INLAND EMPIRE DERBY DIVAS ON-RINK ACTIVITIES AND PRACTICES: KNEE, ELBOW AND WRIST PADS, HELMET AND MOUTH GUARDS. EYE GLASSES MUST HAVE PLASTIC SHATTER-PROOF LENSES. **THE UNDERSIGNED MUST TAKE FULL RESPONSIBILITY THAT THE ABOVE NAMED PARTICIPANT (INCLUDING SELF) IS WEARING THE AFOREMENTIONED SAFETY EQUIPMENT AT ALL TIMES AND THAT IT IS PROPERLY WORN.** ONLY QUAD ROLLER 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. PARTICIPANTS SHOULD USE THE SOFTEST WHEEL COMPOSITION AVAILABLE TO ACHIEVE THE BEST POSSIBLE GRIP ON THE SKATING SURFACE.

### CONDUCT:

SPECTATORS (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.

**IDENTIFICATION AND RISK ACKNOWLEDGEMENT:**

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY WAY IN THE INLAND EMPIRE DERBY DIVAS ATHLETIC SPORTS PROGRAMS, RELATED EVENTS AND ACTIVITIES, THE UNDERSIGNED ACKNOWLEDGES, APPRECIATES AND AGREES THAT:

1. THE RISK OF INJURIES FROM THE ACTIVITIES INVOLVED IN THIS PROGRAM IS SIGNIFICANT, INCLUDING THE POTENTIAL FOR PERMANENT PARALYSIS AND DEATH, AND 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 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 BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE INLAND EMPIRE DERBY DIVAS, THE RINKS, 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 THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

**I HAVE READ THIS ASSUMPTION OF RISK AGREEMENT, ACKNOWLEDGMENT 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.**

**PARTICIPANTS SIGNATURE:** \_\_\_\_\_

**DATE SIGNED:** \_\_\_\_\_

# INLAND EMPIRE DERBY DIVAS

## \*\*\* FREQUENTLY ASKED QUESTIONS\*\*\*

- **HOW DO YOU PLAY ROLLER DERBY?**

THERE ARE TWO TEAMS OF 5 PLAYERS EACH ON THE TRACK. EACH TEAM HAS ONE SCORING PLAYER CALLED THE JAMMER, SHE STARTS IN THE BACK. THE REST ARE ALL BLOCKERS AND FORM WHAT IS CALLED A PACK. THE JAMMERS FROM EACH TEAM HAVE TO GET THROUGH THE PACK AND COMPLETE A LAP BEFORE THEY CAN START SCORING. THE SECOND TRIP THROUGH THE PACK, THE JAMMER GETS A POINT FOR EVERY BLOCKER FROM THE OPPOSING TEAM SHE PASSES, WHO ARE ALL TRYING TO KEEP HER FROM PASSING.

- **WHAT ARE THE RULES?**

THE WOMEN'S FLAT TRACK DERBY ASSOCIATION (WFTDA) IS THE INTERNATIONAL GOVERNING BODY FOR THE SPORT OF WOMEN'S FLAT TRACK ROLLER DERBY AND A MEMBERSHIP ORGANIZATION FOR LEAGUES TO COLLABORATE AND NETWORK. THE WFTDA SETS STANDARDS FOR RULES, SEASONS, AND SAFETY, AND DETERMINES GUIDELINES FOR THE NATIONAL AND INTERNATIONAL ATHLETIC COMPETITIONS OF MEMBER LEAGUES. YOU CAN VIEW THE RULES AT THE FOLLOWING WEBSITE: [HTTP://WFTDA.COM/RULES](http://wftda.com/rules)

THE FOLLOWING IS A LINK TO WFTDA REF HAND SIGNALS. KNOWING THESE HAND SIGNALS IS IMPERATIVE TO UNDERSTANDING THE CALLS THAT REFS ARE CALLING AND UNDERSTANDING MORE OF THE GAME. [HTTP://WWW.YOUTUBE.COM/WATCH?V=RIT7WdMRxQo](http://www.youtube.com/watch?v=rit7WdMRxQo)

\*\*PLEASE NOTE, WE ARE NOT A WFTDA MEMBER LEAGUE. HOWEVER, WE FOLLOW THE WFTDA SET OF RULES. \*\*

- **HOW OLD DO I HAVE TO BE?**

TO FULLY PARTICIPATE IN ALL ACTIVITIES OF THE LEAGUE, WE ASK THAT ALL SKATERS BE AT LEAST 19 YEARS OF AGE. HOWEVER, ANYONE OF ANY AGE CAN SUPPORT IEDD BY VOLUNTEERING, SUCH AS THROUGH OFFICIATING, PROMOTING, FUNDRAISING, ATTENDING EVENTS AND BOUTS, BUILDING TEAM BENCHES, MAKING SIGNS, SPONSORING, ETC.

- **WHAT IF I HAVEN'T BEEN ON SKATES IN YEARS? DON'T I HAVE TO BE A GREAT SKATER?**

NOT AT ALL! VERY FEW OF US CAME IN TO THIS HAVING SKATED REGULARLY, IF AT ALL, IN RECENT YEARS. WE ALL START OUT AT DIFFERENT LEVELS, BUT WITH A LOT OF HARD WORK AND PRACTICE, WE HAVE GREAT TEAMS THAT WILL BE UP AGAINST SOME OF THE MORE SEASONED LEAGUES AROUND THE STATE & COUNTRY VERY SOON. DON'T WORRY; JUST TAKE IT SLOW AND EASY UNTIL YOU GET MORE COMFORTABLE. IEDD HAS A LOT OF DRILLS TO HELP YOUR CONFIDENCE IN SKATING AND PUSHING EACH OTHER AROUND, AS WELL AS A SKILLS ASSESSMENT THAT WILL HELP US ALL ACHIEVE GREATNESS AT A PACE THAT WORKS FOR ALL OF US, INDIVIDUALLY.

- **WHAT IF I GET HURT?**

IT'S NOT A MATTER OF "IF" YOU WILL GET HURT; IT'S A MATTER OF "WHEN". PULLED MUSCLES, SPRAINS, STRAINS, BRUISES, AND BROKEN BONES HAVE AND WILL HAPPEN. FOR THIS REASON, ALL SKATERS ARE REQUIRED TO WEAR PROTECTIVE GEAR AND ALSO HIGHLY RECOMMENDED TO MAINTAIN HEALTH INSURANCE.

- **HOW MUCH TIME WILL IT TAKE?**

PRACTICE, MEETINGS, FUNDRAISING, MATCHES, PROMOTING, AND PLANNING FOR THE IEDD WILL TAKE A CONSIDERABLE AMOUNT OF TIME COMMITMENT, ESPECIALLY FOR SKATERS. IT CAN BE AS MANY HOURS AS YOU HAVE AVAILABLE. WE WILL HAVE A GREAT DEAL OF FUN AT ALL OF OUR EVENTS AND MOST SKATERS WILL BE ENCOURAGED TO PARTICIPATE IN AS MANY ASPECTS OF THE LEAGUE AS POSSIBLE. THE AVERAGE AMOUNT OF TIME SPENT WILL BE APPROXIMATELY 8-10 HOURS PER WEEK.

- **WHEN DO YOU PRACTICE?**

OUR PRACTICE SESSIONS ARE MONDAY & WEDNESDAY EVENINGS FROM 8:30PM TO 10:30PM @ CALSKATE GT, 22080 COMMERCE WAY, GRAND TERRACE, CA 92323. WE ALSO PRACTICE ON SUNDAYS @ ARLINGTON PARK (CORNER OF MAGNOLIA & VAN BUREN IN RIVERSIDE, BEHIND JOE'S SUSHI) FROM 11AM TO 1PM.

- **HOW MUCH WILL IT COST?**

AFTER YOUR 2<sup>ND</sup> PRACTICE WITH IEDD YOU WILL BE REQUIRED TO PAY AN ENTRY FEE OF \$100.00. THIS INCLUDES YOUR 1<sup>ST</sup> MONTH'S DUES (\$50) AS WELL AS YOUR USARS INSURANCE (\$45) AND A PROCESSING FEE (\$5). AFTER YOUR 1<sup>ST</sup> MONTH THERE ARE MONTHLY DUES OF \$50 TO HELP WITH RINK PRACTICE FEES AND OTHER EXPENSES. MONTHLY DUES ARE DUE ON THE 1<sup>ST</sup> OF THE MONTH TO THE TREASURER, AND ARE CONSIDERED PAST DUE AFTER THE 5<sup>TH</sup>. YOU CAN ALSO PAY DUES ONLINE AT [WWW.PAYPAL.COM](http://WWW.PAYPAL.COM) TO [BOARD@IEDERBYDIVAS.COM](mailto:BOARD@IEDERBYDIVAS.COM) (PAYEE). IF YOU PAY ONLINE, PLEASE INCLUDE THE PAYPAL SERVICE FEE IF APPLICABLE. WE OFFER A 15% DISCOUNT ON DUES IF YOU PAY 3 OR MORE MONTHS AT A TIME. YOUR BIGGEST EXPENSE WILL BE PERSONAL HEALTH INSURANCE. THE NEXT BIGGEST EXPENSE WILL BE EQUIPMENT AND PROTECTIVE GEAR. OTHER EXPENSES WILL REQUIRE FUNDRAISING EVENTS FOR ITEMS SUCH AS ADVERTISING, UNIFORMS, ETC. THIS TAKES US TO THE NEXT QUESTION.

- **WHAT EQUIPMENT DO I NEED?**

EVERYONE HAS THEIR OWN OPINIONS ABOUT WHAT GEAR TO BUY, WHICH PADS ARE THE BEST, WHICH SKATES ROCK THEIR SOCKS ETC. WHEN YOU DECIDE THAT IT'S TIME TO GET SERIOUS ABOUT DERBY YOU WANT TO INVEST IN TWO THINGS, SKATES AND GOOD KNEE PADS.

### **SKATES —**

YOU CAN GET AFFORDABLE SKATES AT ANY SKATING CENTER, SPORTING GOODS STORES, EBAY, ETC., IF YOU DO NOT WANT TO USE RENTALS. WHEN YOU BUY SKATES, PLEASE TAKE THE TIME TO TRY THEM ON. EVERYONE'S NEEDS ARE DIFFERENT AND NOT ALL SKATES FIT THE SAME. ONCE YOU DECIDE ROLLER DERBY IS FOR YOU. YOU WILL NEED TO INVEST IN A GOOD PAIR OF SPEED SKATES, WHICH WILL COST ABOUT \$100 – 200+. TRUST US, THE CHEAPER SKATES WILL SLOW YOU DOWN AND MAKE SKATING MORE DIFFICULT.

### **PADDING —**

YOU WILL NEED A SET OF ELBOW, KNEE, AND WRIST GUARDS. THEY ARE REQUIRED. YOU CAN BUY AN INEXPENSIVE SET AT PLACES LIKE TARGET, WALMART, ETC., FOR AROUND \$20.00 (ALTHOUGH THIS IS NOT SUGGESTED FOR THE SAKE OF YOUR OWN BODY). OR YOU CAN GET A DECENT SET OF PRO TECH PADS AT SPORTS CHALET, FOR ABOUT \$20 FOR EACH ITEM. THERE ARE VERY GOOD PADS AT [WWW.SINCITYSKATES.COM](http://WWW.SINCITYSKATES.COM) & [WWW.WICKEDSKATEWEAR.COM](http://WWW.WICKEDSKATEWEAR.COM) OR MID-GRADE PADS AT MOST SKATEBOARD SHOPS FOR AROUND \$50 - \$75.

### **HELMET —**

A HELMET WILL ALSO BE REQUIRED FOR OFFICIAL PRACTICES. THEY WILL COST AROUND \$25 AND CAN BE FOUND AT MOST SKATEBOARD SHOPS.

### **MOUTH GUARD —**

A MOUTH GUARD WILL ALSO BE REQUIRED. THESE RUN FROM \$2 - \$25 AT MOST SPORTING GOODS STORES.

BELOW ARE WEB ADDRESSES FOR 2 LOCAL DERBY GIRL OWNED COMPANIES, THEY WOULD BE MORE THAN HAPPY TO HELP YOU PICK A GREAT PAIR OF SKATES, PADDING OR HELMET:

[HTTP://WICKEDSKATEWEAR.COM/](http://wickedskatewear.com/)

[HTTP://WWW.SINCITYSKATES.COM/](http://www.sincityskates.com/)

\*WE DO NOT WANT ANYONE TO BE LEFT OUT FOR ANY REASON. IF THERE MAY BE A FINANCIAL PROBLEM WITH ALL OF THE NECESSARY EQUIPMENT, PLEASE LET US KNOW AND WE MAY BE ABLE TO ASSIST YOU.

- **WHAT IS USARS?**

USARS STANDS FOR USA ROLLER SPORTS. USARS IS THE NATIONAL GOVERNING BODY (NGB) OF ROLLER SPORTS IN THE UNITED STATES. USARS CARRIES ACCIDENT AND LIABILITY INSURANCE FOR THEIR CLUBS, ATHLETES, COACHES AND OFFICIALS. USA ROLLER SPORTS PURCHASES THESE POLICIES FROM AN INSURANCE COMPANY THROUGH AN INSURANCE BROKER. WHEN AN INDIVIDUAL JOINS USARS (BY SUBMITTING A COMPLETE MEMBERSHIP APPLICATION), THEY ARE ELIGIBLE TO RECEIVE THE MEMBERSHIP BENEFITS (MAGAZINE SUBSCRIPTION, EXCESS ACCIDENT/MEDICAL COVERAGE, ETC.). USARS MEMBERSHIP IS RENEWED EVERY YEAR IN JANUARY AND IS A REQUIREMENT TO SKATE WITH IEDD. ADDITIONAL INFORMATION ON USARS INSURANCE CAN BE FOUND ON THEIR WEBSITE:

[HTTP://USAROLLERSPORTS.ORG/ROLLER-DERBY](http://usarollersports.org/roller-derby)

- **WHAT'S WITH ALL THE FUNNY NAMES?**

MOST ROLLER DERBY SKATERS (AND REFS) SKATE UNDER PSEUDONYMS, ALSO CALLED "DERBY NAMES" OR "SKATER NAMES," MANY OF WHICH ARE CREATIVE EXAMPLES OF WORD PLAY WITH SATIRICAL, MOCK-VIOLENT OR SEXUAL PUNS, ALLITERATION, AND ALLUSIONS TO POP CULTURE, SOME OF WHICH ARE THE SUBJECT OF SOME CONTROVERSY. YOU ARE ELIGIBLE TO REGISTER A DERBY NAME WITH IEDD ONCE YOU HAVE PASSED YOUR SKILLS TEST. EACH LEAGUE HAS REGISTERED MEMBERS ON THE NATIONAL ROSTER UNDER THEIR LEAGUE AFFILIATION. TWO EVILS IS A NON-PROFIT ORGANIZATION THAT MODERATES THE INTERNATIONAL ROLLER DERBY NAME AND NUMBER DATABASE. HERE IS THE LINK TO THE WEBSITE: [HTTP://WWW.TWOEVILS.ORG/](http://www.twoevils.org/)

- **WHO IS IN CHARGE OF IEDD?**

THE IEDD IS OWNED, MANAGED, AND OPERATED ENTIRELY BY THE SKATERS THEMSELVES, VIA AN ELECTED BOARD OF DIRECTORS (BOD) AND VARIOUS SKATER-LED COMMITTEES; ALL WORKING TOGETHER FOR THE GOOD OF THE LEAGUE; TO ENSURE THE SUCCESS OF ITS PRACTICES, BOUTS, AND EVENTS. THE BOD CONSISTS OF THE PRESIDENT, VICE PRESIDENT, TREASURER, SECRETARY AND THE FOLLOWING COMMITTEE HEADS; RECRUITMENT, BOUT PRODUCTION, EVENTS/FUNDRAISING, MEDIA, SPONSORSHIP, COACHING STAFF & SKATER ADVOCACY. IT IS MANDATORY THAT EACH SKATER/MEMBER OF IEDD PARTAKE IN TWO OF THE ABOVE LISTED COMMITTEES.

- **HELPFUL WEBSITES:**

THE BEST WAY TO LEARN MORE IS TO DO RESEARCH ON THIS AWESOME SPORT!!! HERE ARE SOME WEBSITES THAT ARE FANTASTIC AND YOU WILL LEARN A LOT FROM.

[HTTP://WWW.DERBYLIFE.COM/](http://www.derbylife.com/) THIS WEBSITE HAS TONS OF INFO ON TEAM USA, TEAM USA IS COMPOSED OF THE BEST OF THE BEST DERBY PLAYERS FROM THE US. SERIOUSLY... IT'S LIKE WOW.

[HTTP://DERBYNEWSNETWORK.COM/](http://derbynewsnetwork.com/) THIS WEBSITE IS THE INTERNATIONAL HUB OF ALL OF ROLLER DERBY.

[HTTP://WWW.YOUTUBE.COM/](http://www.youtube.com/) YOUTUBE HAS TONS OF DERBY VIDEOS RANGING FROM BOUTS, TO TRAINING VIDEOS, TO OFF SKATES WORKOUTS

[HTTP://WWW.BLOODANDTHUNDERMAG.COM/](http://www.bloodandthundermag.com/) THIS MAGAZINE CONTAINS ALL THINGS DERBY. IT'S FAAAABULOUS FOR NEW SKATERS!

# YAHOO! GROUP

THE INLAND EMPIRE DERBY DIVAS YAHOO! GROUP IS CURRENTLY THE MAIN FORM OF COMMUNICATION FOR THE LEAGUE. OUR PRACTICE SCHEDULE, CONTACT LIST, LINKS OF WHERE TO GET GEAR AND DERBY HISTORY, AND ALL OF OUR UPDATES ARE POSTED ON THIS GROUP SITE SO IT IS IMPERATIVE THAT IT BE CHECKED REGULARLY. BECAUSE THERE IS A TREMENDOUS AMOUNT OF INFORMATION COMPILED ON THE GROUP, IT IS RECOMMENDED THAT THE FIRST TIME YOU SIGN IN; YOU TAKE A LOOK THROUGH EACH OF THE SECTIONS IN THE LEFT HAND MENU.

AS THERE ARE ALWAYS UPDATES, IT IS RECOMMENDED TO LOG ON TO THE ACTUAL HOME PAGE OF THE GROUP REGULARLY TO CHECK AS ALL UPDATES MADE FOR THE LAST 7 DAYS WILL BE NOTED AT THE TOP OF THE GROUP HOME PAGE. THIS IS ALSO A GREAT PLACE TO ASK QUESTIONS AND MAKE SUGGESTIONS.

**\*THE FIRST THING YOU SHOULD DO UPON APPROVED MEMBERSHIP IS ADD YOUR INFORMATION TO THE CONTACT LIST IN THE DATABASE SECTION\***

## HOW TO USE OR JOIN THE GROUP:

- GO TO [HTTP://SPORTS.GROUPS.YAHOO.COM/GROUP/INLAND\\_EMPIRE\\_DERBY\\_DIVAS](http://sports.groups.yahoo.com/group/Inland_Empire_Derby_Divas) AND CLICK TO JOIN. SINCE THIS GROUP IS FOR LEAGUE MEMBERS ONLY, PLEASE INCLUDE BOTH YOUR LEGAL AND ROLLER GIRL NAME (IF APPLICABLE) SO THAT YOU CAN BE IDENTIFIED AND APPROVED FOR MEMBERSHIP.
- IT IS RECOMMENDED TO SIGN UP FOR EITHER DAILY DIGEST (GET ALL THE DAYS MESSAGES IN ONE BIG EMAIL) OR INDIVIDUAL EMAIL (GET EVERY EMAIL AS IT IS POSTED).
- IF RESPONDING TO A POST FROM THE ACTUAL GROUP, MAKE SURE YOU CHECK WHO YOU ARE RESPONDING TO. IF YOU WANT YOUR REPLY TO BE POSTED ON THE GROUP, CHANGE THE "TO:" ADDRESS TO SAY [INLANDEMPIREDERBYDIVAS@YAHOOGROUPS.COM](mailto:INLANDEMPIREDERBYDIVAS@YAHOOGROUPS.COM), OTHERWISE YOU WILL ONLY RESPOND TO THE PERSON THAT MADE THAT POST.

FOR MORE INFORMATION AND HELPFUL LINKS, YOU CAN CONTACT JAILHOUSE JESSIE AT (909) 890-6225 OR [JAILHOUSE\\_JESSIE@YAHOO.COM](mailto:JAILHOUSE_JESSIE@YAHOO.COM). ALSO, DO NOT HESITATE TO ASK ANY OF US FOR ANY INFORMATION.

REVISED 1/2012