

IE Derby Divas New Skater Handbook



2022 Season

First Day of Practice Checklist

Documents

- IEDD Waiver
- Proof of WFTDA Insurance
- Proof of medical insurance
- New Skater Form to be completed at:
https://docs.google.com/forms/d/1oLXsxul8ypjmZg0W_rm0OiB-b9w16h_2ZN7NKu1wDY/edit?usp=drive_open&ths=true
- IEDD Code of Conduct acknowledgement signed

Equipment

- Mouth guard
- Knee pads
- Elbow pads
- Wrist guards
- Quad skates
- Water bottle

Fees

- \$50 monthly dues

Dues can be paid through PayPal at dues@iederbydivas.com

First Month dues are waived for new skaters

Attire

- Athletic wear similar to gym or running clothes
- Socks
- Athletic shoes
- Outdoor weather appropriate garments

Wear clothing that is comfortable and non-restricting for the movements made during practice. Due to outdoor conditions, wear appropriate attire for the weather (sweaters/jackets in the winter, cool clothing in the summer). If wearing shorts, we highly recommend wearing tights underneath or other protection for your legs to prevent rink rash.

Who are the IE Derby Divas?

Founded in February 2006, the IE Derby Divas are the Inland Empire's premier women's flat track roller derby league. Our league is proudly run by skaters, for skaters. We welcome individuals ages 18 and up of all skill levels, backgrounds, shapes and sizes. Our league skates, plays and adheres to the Women's Flat Track Derby Association (WFTDA) rules and regulations. Like our governing sports organization, our principles are to build strong empowering friendships, support our community, build strong athletes and enhance our competitive abilities. With over 60 women from all over the Inland Empire, we represent all corners of San Bernardino and Riverside counties.

The IE Derby Divas' roster is growing and getting stronger every season. Our bouting teams this season have a competitive schedule consisting of games both local and out-of-state. We also have a dedicated team of non-skating officials (NSOs) and referees for individuals whom are interested in joining but are not ready to bout or want to get involved with our league in another capacity.

League Leadership

Coaches:

- Divas Coach = Training Committee
- Knockout Coach = Training Committee
- Vixens Coach = Training Committee
- Betties Coach = Bambino

Board of Directors (BOD):

- President = Ms. Tris of All Evil
- Vice President = Pocket Rocket
- Secretary/League Liaison = Heartless Throat-Punch
- Treasurer = Kwyet Wryot
- Head(s) of Training = ViVicious

Committee Heads/Other Positions:

- Head of Events =
- Head of Sponsorship =
- Head of Merchandise =
- Head of Media = Bambino
- Head of Bout Production =
- Head of Recruitment = Whips n Salsa
- Skater Advocates =
- Inclusion Manager =
- WFTDA Representative = Pocket Rocket

Betty Program (Beginning Skaters)

Our Betty program is for new skaters to learn basic skills and skating fundamentals needed to participate in roller derby and successfully pass WFTDA minimum skills. No skating experience is required to join the program and we welcome skaters of all shapes and sizes. Attendance is key in successfully completing the **Betty** program and therefore is highly recommended that you miss as few practices as possible. **The Betties** is your team name and it is our hope that as a team, you will bond with other new skaters and support each other as you move through the program and graduation. You have a FaceBook group dedicated to your team, The Betties, for you to share information and motivation as you all work to complete the program and prepare for bouting.

What to expect

This is going to be **HARD**. This is going to be **REWARDING**. This is going to be **FUN**. You will get **FRUSTRATED**. Your coach and your team will **NEVER** give up on you. Roller derby can be a life changing experience that hopefully you will love. It will be great way to challenge yourself and escape the daily life stressors. You will create special bonds and friendships with your teammates that will last a lifetime.

As amazing as the adventure is to play roller derby, be aware that this is a serious commitment. There are practices, meetings, events, bouts, recruiting, and planning required to run a roller derby league. It is important to remember that this a volunteer run sport that requires commitment and time from each of the skaters and volunteers. That being said, we still try to have fun in all the things that we do and the time commitment spent is SO worth it!

Getting Started

Gear

Protective gear is a **must**. This includes mouth guard, knee pads, elbow pads, wrist guards, helmet and quad skates. We do have several sets of pads available for the new skaters to borrow, however, the loaner pads are available on a "first come, first served" basis and only used temporarily. We recommend trying on gear before purchasing, especially with skates. Try on various sizes and brands to see what feels most comfortable to you. Most shops offer New Skater packages. We know buying gear is daunting but we'll help you figure it out.

Options on where to buy your gear:

- **Wicked Skatewear** is located in Huntington Beach. They are a skater owned and operated skate shop. Mention IEDD and you get a 10% discount. For more information visit their shop online at: <https://wickedskatewear.com/>. Layaway is available
- **Empire Skate Shop** is located in Upland. The owner, Amy (Amyzon) is a former Roller derby player. They offer a 10% discount too. For more information visit their website at: <https://www.empireskateshop.com/>. Layaway is available.
- **Derby Warehouse** is an online retailer that provides a 10% discount to our team. Use the code **IEDD** at checkout to get the discount. For more information go to www.derbywarehouse.com

Insurance

Accidents and sports injuries happen in roller derby, just as in any other sport. For this reason, all skaters are not only required to wear protective gear, but are also required to have personal medical and WFTDA insurance. Proof of insurance should be mailed to: WFTDAREP@iederbydivas.com

- **Personal Medical Insurance** - If you don't have health insurance through your employer, parent, spouse, or other organization, there are other options for affordable individual plans through reputable insurance companies. For instance, AFLAC offers an affordable accident protection plan.
- **WFTDA Insurance**- Each skater is required to carry accident insurance through WFTDA. The cost is \$75 annually, and covers you through December 31st, 2020. Insurance fee is non-refundable. This supplemental insurance can be purchased directly on the WFTDA website at <https://resources.wftda.org/insurance/>. Be sure to enter IE Derby Divas as the league name when entering your information.

Dues

Monthly dues are \$50 and can be paid through PayPal to dues@iederbydivas.com. If paying via PayPal, be sure to select "friends and family" to avoid extra fees to the team. Dues must be paid by the 5th of every month to avoid a \$5 late fee.

Practice

Attendance is essential to complete the Betty Program and advancing in our team. Practice **outside** of practice time is also strongly encouraged and recommended – both on skates and off! The more you can build your skills and strength between practices, the more you'll get out of each practice and the faster you'll progress.

That being said, life happens. If you need to miss a practice, arrive late, or leave early, email attendance at attendance@iederbydivas.com.

Schedule

**This schedule is subject to change due to rink and coaching availability. All practice updates will be posted in our team communication FaceBook group "IEDD Party Line"*

- Always arrive at least 15 minutes early to allow time to gear up.

Location

We practice at the Summit Hockey Rink in Fontana. The address is: 15610 Summit Ave, Fontana CA 92336

Structure

- It is highly recommended to attend 2 practices per week minimum
- It is strongly encouraged that skaters (especially Betties) attend Sunday practice for additional skill building
- The structure for each practice day is slightly different, especially at the Betty level, so it's important to come to every practice if possible

Team Communication

Facebook

- IEDD Party Line = group page for all League Members for official or casual communication. We post all things important such as team calendar, changes in practice times, upcoming events, and fundraisers. It's the best way to stay up-to-date.
- IEDD's Betties = group page for Betties and members of training for Betty-specific information and collaboration

WFTDA Portal

You must create an account on the WFTDA Portal

(<https://wftda.ps.membersuite.com/Login.aspx?redirectURL=%2fdefault.aspx>) and register there and complete the information for our official League Roster. You will also use this portal to gain WFTDA insurance and sign Codes of Contact and other official documents from WFTDA.

Note that other apps and/or forums are used by the various committees

Scrimmages and Bouts

Betties are encouraged to help at bouts and scrimmages by serving as a NSO (non skating official). Serving as a NSO is the best way to learn the game and rules. Our Head NSO will be there to teach and guide you through the different NSO positions. You'll find that scrimmages and bouts are actually a lot of fun, and participation is extremely rewarding (in addition to being expected 😊).

Committee Requirements

League members are required to participate in two committees. As a Betty, you're automatically a member of Recruitment, so it is encouraged that you keep flyers or other recruitment materials with you in case you encounter someone who may want to join. You are also required to join a second committee. Feel free to talk to committee heads and members and select a committee that you are interested in. It is important to remember that this a volunteer run sport that requires commitment and time from each of the skaters and volunteers. That being said, we still try to have fun in all the things that we do and the time commitment spent is SO worth it!

Skater Advocates

Emotions can run high in Roller Derby, and especially when you're trying to learn new skills and struggling to meet your own expectations. Personalities will clash, but when this happens it is vital to maintain appropriate conduct and respect to continue to foster a safe environment for all. If you feel comfortable, it's always best to try first to approach the person in an open and non-accusatory way to sort things out. If you don't feel comfortable doing so, or don't think that route is best for a given situation, seek out a Skater Advocate to discuss or email them at SAdvocate@iederbydivas.com.

WFTDA Minimum Skills

Minimum Skills

The minimum skills determined by WFTDA to be necessary in order to play in WFTDA-sanctioned games, but in our league minimum skills are required before moving on to scrimmages or contact drills. Description found on: static.wftda.com/resources/wftda-minimum-skills-requirements.pdf?fbclid=IwAR2SsfZkWnV1HVurSyULGTuNfzC0n7nbejhAWZJqgDrN_04L9Kyz0oXoPEs

25 laps in 5 minutes

To be "scrimmage eligible" you have to be able to skate 25 laps in 5 minutes on a WFTDA regulation derby track

27 lapt in 5 minutes

To pass your minimum skills you have to be able to skate 27 laps in 5 minutes on a WFTDA regulation derby track

Written Test

There is a written test covering rules and penalties that you must pass once in your skating career. Rules can be found at rules.wftda.com

- Test: static.wftda.com/training/wftda-rules-test.pdf
- Answer Key: static.wftda.com/training/wftda-rules-test-answer-key.pdf
- Flashcard set: <https://quizlet.com/70wnga>

Derby Name and Number

90 days after you begin paying dues, you will be eligible to submit your proposal for a name and number to the Board of Director's for approval. Role-playing is part of the fun, so assume your own identity. All we ask is that you keep it appropriate! To get a head start, pick a catchy name that is not already taken or similar to an existing or retired skater. Depending on the similarity to names already in use, be prepared with a back-up name (or two). Your name cannot match a name already in use and the number you choose has to be unique only within IEDD. Your derby sisters would be happy to help you find the right name, or you may discover the perfect name during the Betty program!

Officials

If being a player is not for you, there are other roles in the roller derby community that might be a better fit. Some of these roles include on skates referee, non-skating official, announcing, and many more. IEDD is always recruiting and training new officials of all genders to staff the bouts and make sure that games are safe and fair. Officials are essential to roller derby and we wouldn't get to do this without them.