



THANK YOU FOR YOUR INTEREST IN
LAFAYETTE ROLLER DERBY!

LRD wants to give those interested an opportunity to experience roller derby. More important than your current skill level is your attitude and willingness to put the work into yourself and our team. Many current skaters came to the league with little or no experience -- but plenty of grit!

Our Mission Statement:

Lafayette Roller Derby is a community of dedicated and unique women committed to strengthening the international resurgence of Women's Flat Track Roller Derby as a competitive sport. LRD exists to encourage women's leadership, empowerment, camaraderie, and athleticism. As a grassroots organization, we understand the importance of giving back to our larger community and whenever possible support local businesses and charities through volunteerism and donations.

Costs:

Derby is a pay-to-play sport and is a financial commitment. Costs may accrue along the way. As a new skater, you pay a \$20 / month until you become roster-eligible.

Gear: *see additional handout

League dues: currently \$40 / month for roster-eligible skaters, \$20 / month for skaters in training
WFTDA insurance: currently \$70 / year (required for skaters & refs once you begin scrimmaging)
Travel costs to and from away bouts vary.

Time Commitment:

It typically takes a new skater 6-9 months of consistent practice and exercise outside of practice to become bout-eligible. There are usually 6 hours of on-skates practice a week and skaters in training ("freshies") are required to attend at least 1/3 of practices. Bout-eligible skaters are required to attend 2/3 of practices to be roster-eligible. Exercise outside of practices is also strongly recommended.

Aside from practices, all skaters must serve on a committee and attend events such as promotion and fundraising. Currently, committees meet monthly and the league meets quarterly.

Gender Policy:

Consistent with the WFTDA policy on gender (<https://wftda.com/wftda-gender-statement/>), anyone who feels they belong on a women's team is welcome to skate with LRD. Official and volunteer positions are open to all.

Helpful Websites:

www.wftda.com **Look for the RULES OF THE GAME, here!
<https://www.facebook.com/lafayetterollerderby>



NAVIGATING LAFAYETTE ROLLER DERBY WELCOME! HERE'S HOW TO GET STARTED:



Skate, skate, skate! Come to as many practices as you can (you can pay the drop-in rate until you sign a contract), skate outside, skate in your driveway or parking lot, skate on trails! Review the minimum skills on the WFTDA website; we will use them to guide your training, but you should also put time into it outside of practice.

Exercise! Derby is a sport, and the main muscle groups used are core and leg muscles. But, I promise you, you will have days when you will have no idea why your arms are sore. So... it's really a whole body thing.

Watch derby! This is the best way to learn rules, strategies, etc. You can find tons of videos on youtube, or you can watch team scrimmage, or you can check out a game in the area. We love this series from Iron Octopus on how to get the most out of watching derby:

<http://ironoctopusfitness.com/blog/analyzing-derby-live-derby-edition/>

Here's how you progress as a member of Lafayette Roller Derby:

1. Attend boot camp.
2. Sign a new skater contract. This outlines our expectations of new skaters and our commitments to you while you are in training, but not yet eligible to play. This will trigger the following:
 - a. You will be assigned to a committee.
 - b. You will begin paying partial or full dues.
 - c. You will start signing in at practices to meet attendance requirements.
 - d. You will get forum and Google calendar access.

From this point on, you will be a new member in our league, commonly known as a "freshie" or "skater tot," until you become bout-eligible. As a freshie, you can attend practice and league events, participate in MSR assessments, etc. If you choose to pay full dues, you can also vote at league meetings and hold elected positions within the league.

3. Purchase WFTDA insurance on <http://WFTDA.com/insurance/purchase>. This is not required until you become scrimmage-eligible, but we highly recommend it once you are regularly doing full-contact drills, especially if you do not have primary health insurance.
4. Sign the WFTDA Non-disclosure agreement (NDA).

LaFAYETTE ROLLER DERBY: LEAGUE STRUCTURE 2018

President: Bang A. Rang

Vice President: Sisco Inferno

Secretary: Sterling Siren

Treasurer: Toxic Sugar

Fundraising, Donations, Promotions Committee Chair: Phoenix Envy

Volunteers and Vendors Committee Chair: Skittles McBoom

Skater Relations and Safety Committee Chair: Radioactive Blast

Training Committee Chair: Scar of David

Captain: Apocalypse Meow

Assistant Trainers: Kidd, Rampage

All members of the league can be contacted on the forum.

The main contact people for new skaters are as follows:

- Scar of David (training chair): amydavid@gmail.com -- training questions
- Radioactive Blast (skater relations): kristina.courtney@comcast.net -- anything non-training related, including committees, contracts, and general questions

LAFAYETTE ROLLER DERBY: F. A. Q.'S

Q: How do I learn about league activities, up-to-date information, league calendar...

A: We utilize a forum and Google calendar (see the additional handout for specific forum info). Prior to signing a contract with the league, you are eligible for limited forum access (including calendar).

Q: When can I start attending league meetings?

A: You can attend at any point, but you cannot vote until you begin paying full dues.

Q: When can I scrimmage?

A: Skaters may not scrimmage (or play!) until they have demonstrated they are proficient in WFTDA minimum skills requirements (MSRs or checkoffs). The Training Committee will do their best to provide the tools and training to prepare you for MSR assessments, held at regular intervals throughout the season. It typically takes a skater at least 6 months of consistent practice to be scrimmage-ready.

Q: When do I get to play in a game?

A: Once you can participate in scrimmages and are consistently safe on the track and consistent with your skating skills, you are roster eligible.

Q: How do I get on the roster?

A: Follow the attendance policy, be current on dues, and do your committee work, but ultimately roster is determined by the Training Committee.

Q: When do I get to pick a derby name?

A: Whenever you want! Some people choose one right away, others wait for it to come to them, and many people ask for input or will try one or two on. Some skaters are moving toward using legal names and foregoing derby names altogether.

Q: Are you going to hit me right away?

A: Nope! We will progress with skills and contact as is appropriate to your level and comfort.

Q: Can I pay dues electronically?

A: Right now, no. We want to, but it won't work with our current banking situation.

Q: How do I get a t-shirt?

A: Talk to our merchandise person, Phish Taco.

Q: Is there gear I can use to try and see if I like it before I buy?

A: Yes and no - we have some old, used gear you can try out, and some skaters have some old skates, too. We don't have all sizes, but we'll do our best to find something to fit or to try on if you want to order gear online.

BASIC RULES FOR SUCCESSFUL LRD FORUM USE

brawlindolls.proboards.com

New skaters, go to above address to register, then you will have limited access until you sign a contract.

1. Remember LRD basic Rules of Conduct apply to the forum
2. Try to keep postings as brief as possible
3. Be sure to post announcements under correct threads/headings
4. Read posts carefully before posting a reply
5. Avoid writing anything online that you wouldn't be willing to say to someone face-to-face. Don't post highly negative, insulting, or disparaging things
6. State your views confidently but kindly, including your differences of opinion
7. Try to give someone the benefit of the doubt if you're unsure about the meaning or tone of a comment
8. Try to check important areas of the forum weekly and participate in discussions as appropriate - this will keep you informed and help the league manage our business