

Morgantown Roller Vixens Fresh Meat Brochure

Hi!!! Welcome to the Morgantown Roller Vixens, Morgantown's first and only Women's Flat Track Derby Association (WFTDA) league!! We are excited to share the enjoyment of roller derby with you and hope that you are interested in being a part of the league! Here is some information to keep in mind as you begin your roller derby journey:

1. *How committed am I to roller derby?*

- Roller derby does require a level of commitment just like any other amateur sport or organization. When you receive a copy of our bylaws you will see that we have an attendance requirement for practices (70% of all practices) AND charity events/fundraisers (50%). Unless otherwise noted, all practices will be on Tuesday and Thursday evenings from 7 p.m. until 9 p.m. Additionally, all league members are expected to attend all home bouts unless it has been discussed in advance with one of our board members. We know that everyone has different circumstances and we are not asking you to drop your entire life to be on the league, but we do expect everyone to pull their weight and take the events that we organize seriously.

2. *Do I still want to be involved with the league even if I determine that I am not going to skate?*

- If during the course of fresh meat training, you find that skating is not for you, but you still enjoy the many other aspects of roller derby, there are other options. We are always on the look out for non-skating officials, volunteers, and referees to help with the various aspects of the team. Please feel free to speak with a veteran skater or our head non-skating official, Madelaine, about other options or if you have any questions.

3. *What is my budget right now?*

- Roller derby requires an investment in various things:
 - During training camp, you will be able to borrow skates and protective gear to use. We only require that you purchase a mouth guard. Once you complete your training, you will be required to purchase your own gear. You will need: skates, wheels, knee pads, elbow pads, wrist guards, and a helmet. Depending on how much you spend on each, you will spend roughly \$400-\$500 in gear. Once you are drafted onto a team, you will also need to purchase a uniform top which will cost about \$40.
 - Once you complete training and are eligible to skate with the team, we will require you to purchase WFTDA personal insurance. This insurance must be purchased even if you already have primary insurance. It will cover you if ever sustain a derby related injury at a bout or practice. The cost of WFTDA insurance is \$75 per year.
 - We also require active skaters to pay monthly dues which we use to cover league expenses such as venue rentals. Dues are currently \$30 a month and \$15 for students.
- If you think finances will be an issue, please speak to our skater representative (Bohemian Blasphemy) and we will work with you to find ways to alleviate some of the financial burden.

4. *Do I want the best gear I can get now, or would I prefer decent gear for now and upgrade later on?*

- Talk to some other veteran skaters about what gear brands they use. You may be inclined to make your purchases based on price. DON'T DO THIS! Not all equipment needs to be top of the line but when it comes to protection, go with quality not price! (You will end up replacing cheaper gear faster or with having bruises and pain where you shouldn't.)

5. *How will being a part of the league be beneficial to me?*

- We all are members of this league because we love roller derby!! There is something in it for everyone. Whether you are looking to get into better shape by exercising, compete in a unique team sport, make new friends, have a positive influence in the community, or all of the above, there is a place for you on our league.

Expectations of Fresh Meat Training Camp

-  During the fresh meat training, we will teach you all skills that you will need to be a competent skater and roller derby athlete. Each practice will provide different skill sets to help you become a competitive skater. Missing too many practices will set you back from advancing your overall skating ability, combining techniques, and improving your skills from previous weeks. Therefore, you need to attend at least 8 out of 12 training camp practices to successfully complete the program and be eligible to take the minimum skills test.
-  Cross-training and practice outside of training camp practice such as cardio, strength training, weight training, yoga, or any type of exercise outside of roller derby is helpful. It helps with your ability to master skills and form faster, helps with endurance, and will decrease the risk of muscle pulls and strains. You are not required to cross train, but we encourage it. Also, you may not be able to master all of your roller derby skills during the allotted practice time. If you have somewhere in your house to practice these skills during the week, great! If not, you may want to take advantage of a local skating rink, the coliseum parking lot, or rail trail (once the weather gets better) to practice your skating skills.
-  Roller derby is more than just skating. There is a lot of strategy and rules involved. At the end of the training camp you will take a written test on the rules and gameplay of roller derby. You will learn some of these rules during training and we will set aside some time to go over the main rules, but it would be beneficial to read over the newest edition of the WFTDA rules found here (<https://rules.wftda.com/>). To get a better grasp on the how the game works, we will require new trainees to participate in NSO training on Tuesdays after training camp from 7-8.
-  At the end of fresh meat training, you will be tested on your minimum skating skills and knowledge of the rules. If you pass, you are eligible to be drafted onto one of our two teams – the Vixens or the Foxfire. The Vixens is the more advanced travel team that competes for WFTDA rankings. The Foxfire is our "B" level team that competes against other local roller derby teams. Unless you have prior skating experience, you will start on the Foxfire team. This will allow you start getting bout experience safely with other newer skaters as you become more confident in your skating abilities. If you do not pass your skills test the first time, that is perfectly fine. You will still be able to come to practice from 6-7 to independently work on the skills that you need to pass and will be included in other league activities. Once you feel confident that you have mastered all of your minimum skating skills, you can be retested.
-  Do your best and most importantly, have fun!!!