

So, you want to be a South Sea Derby Girl?

South Sea Roller Derby is on the hunt for fun, friendly, kick-ass girls of all ages, skating abilities and fitness levels to bring the Roller Derby down to the South East Melbourne coast!

SSRD is a brand spankin' new league, so if you want the satisfaction of building a skater-owned and run league of kick ass ladies into a bustling metropolis, then jump on board!

If you want to get fit the fun way and are prepared for bumps, bruises and rink rash while dressed in quirky costumes, then strap on your skates! Even if you are not the most graceful gal on wheels, or haven't skated in years, a little practice and training from us will see you tearing up the track in no time!

If you want to be a part of the wildest sport in town but do not want to skate, or are of the wrong gender, then we can always use your skills for Refs, first aid, random minion jobs or admin.



So what is Roller Derby I hear you say?

Roller Derby is a female team sport played on a flat oval track. It consists of two teams each with 5 players on the court during play.

Jammers in Roller Derby try to get through the pack and the first one who does is the lead jammer. The lead jammer has the right to stop the jam, and the decision to do so is considered a strategic one in Roller Derby. Points are scored in Roller Derby when the jammers go through the pack a second time.

Blockers do their best to stop the opposing jammers, but they also have to help their own jammers move through the pack by doing what is known as whipping. Whipping means pulling or pushing the jammers. The jam is over either when it is called off by the lead jammer, or when a set period of time is reached.

Each jam is 2 minutes long with 30 seconds between each to allow the pack to reform; each bout consists of two 30 minutes halves.

Check out this link for a great a visual explanation:
http://www.youtube.com/watch?v=_T8izdlc-dY

Wanna know what you need to get started?

---Safety Gear---

To start off with you can hire skates from the rink and gear from the league. Safety gear will cost you \$1 a piece. The following items are not optional; they are required for all training sessions and it is highly recommend you wear them if joining us for a casual skate session. You will not be allowed on the rink for training if you are missing any padding or if it is not suitable, damaged or too flimsy for roller derby.

Kneepads:

The bigger they are the better! They will feel like tissue boxes on your legs to start but it will not take long to get used to. Look out for flatter caps as they will be much easier to slide on than curved caps. Expect to spend \$100 - \$150 for a very good set of knee pads, or \$40 to \$80 dollars for a cheaper set appropriate for beginners without existing knee problems. When it comes to protective gear, your kneepads will be your single biggest purchase, and it's a good place to spend a little money. You'll be using your knee pads a lot; to fall on, slide on, turn on, and to slow down, among other things. Remember that a decent pair of knee pads will be much cheaper than knee surgery.

Gaskets:

Gaskets are made from a wetsuit type fabric and help to stabilize your knee. They are worn underneath knee pads. If you have had knee problems in the past, or just want some extra padding, then you can purchase gaskets from Rebel sport, So Cal Skate Shop (www.socalskateshop.com) or your local chemist. These will cost around \$50 a pair.

Helmets:

We recommend helmets used for skateboarding as they are designed to take more frequent low impact crashes on hard surfaces rather than bicycle helmets which are designed to take one large crash and then be replaced. ASTM helmets have a hard shell with dense, soft foam lining rather than a solid Styrofoam lining which is designed to crack on impact. Expect to spend \$50 - \$80 on a helmet

Other Padding:

Elbow pads - \$35 - \$60

Wrist Guards - \$35 - \$90

Mouth Guard - \$5-\$25 dollars for a boil and bite mouth guard or \$300+ for a custom mouth guard fitted by a dentist or orthodontist

Note: Cheaper pack sets of padding can be purchased from sports stores such as Rebel Sport and include wrist guards, elbow pads and knee pads. We do not recommend purchasing these sets if you are able to spend the extra on higher grade gear, but the wrist guards and elbow pads included may be fine to use for the first few week when you are working within a tight budget. Please do not use the knee pads from these sets as they are completely useless.

---Skates---

Once you have sufficient safety gear you can start thinking about your skates. We recommend buying a second-hand pair of lower end skates to begin with. Try out other players' skates before deciding; as a decent pair of skates will be a big investment and you want to make sure they are the right skates for you. A good pair of leather skates will last you many years and the smaller parts such as plates, wheels and bearings can be changed and upgraded as you progress. Roller skates are generally in USA men's sizes which are about 2 below Australian ladies sizes (e.g. Australian ladies size 8 = USA men's size 6)

A lot of girls start out with Starfires. You might recognise these as traditional roller skates with a white boot, a small heel and red wheels. They are artistic skates, not traditional derby skates, but will be fine to start with and can be used as outdoor skates when you upgrade later on. They are easy to find and are available from most roller rinks, or large sports stores such as Rebel sport, and cost around \$100. You will need to change the wheels over to derby wheels though as the axel sticks out from the wheel and can cause injury to yourself or other players and damage the rink. You could also check out E-bay, Oztion, Gumtree or the Trading Post for second-hand skates but please have an experienced skater look over them to make sure they are safe to use; as buying second-hand skates can be much like buying a second-hand car and you may end up with a 'lemon'.

Roller Derby skates and wheels are much more expensive. www.sincityskates.com has some great rookie packs but please do your research and check prices. Even though items seem extremely cheap in the USA, costs such as shipping and currency exchange add up quickly. Decent base-level Roller Derby skates will cost between \$100us and \$160us, which after conversions and shipping means you will be looking at around \$200au - \$350au. There are a number of shops in Australia now stocking Derby skates, so you will be able to find skates locally at a decent price and avoid lengthy shipping delays.

Riedell skates are the most common Derby skate and are a great quality product but they do tend to run narrow - so if you have medium to wide feet we suggest looking at other brands. Sure Grip has some great skates that run a little wider than Riedell. Sin City Skates note in their skate descriptions if the skates are appropriate for wider feet. Again, please talk to experienced skaters and skate stores about their skates and try on lots of skates before purchasing.

Here are some complete skate sets we recommend when starting out:

- Sure-Grip GT-50 (comfy for wide feet)
- Rock Flames (for REALLY wide feet)
- Riedell R3 (narrow feet)
- Riedell Torq (for long narrow feet)
- Sure Grip Rebel (comfy for wide feet)

These skates will last you about 9 - 12 months before your skills will outgrow your skates but they will make great outdoor skates when you are ready to upgrade.

The wheels that come with these skates are very cheap and quite slippery. The black Fugitives are rated 92, but my 93's which should be harder, are so much gripper and quicker.

I skated on Fugitives for 9 months before upgrading, so you do get used to them. Some good wheel upgrades for the floor we are skating on include:

- Radar Tuners
- Hyper Witch Doctor
- Atom/Answer Tantrums
- Hyper Cannibal
- Atom/Answer G-Rods (available in narrow or wide width - narrow for agility, wide for stability)

When replacing bearings remember to purchase 16 (two packs of 8) as you will need 2 for each wheel. Bearings can cost from \$25 upwards and should be replaced around every 6 months (or less often depending on where you are skating and how regularly you clean them).

So what happens at training?

Our training sessions run for two hours and include a combination of on and off skate fitness focusing on agility, speed, endurance and team work.

We expect skaters to attend a minimum of 4 to 6 sessions per month to be able to progress their skill level at a decent pace; though we do understand that sometimes life gets in the way of a good time and you may not always be able to attend. Also, please remember to wear comfortable clothing to training; you are there to train for a sport, not to swagger about on a catwalk. Wear clothes you don't mind sweating in and bring a water bottle, it's important to stay hydrated.

All skaters require 9 – 12 months of training before playing an official bout against other leagues or against highly skilled players. Scrimmaging and informal bouts between players at a medium skill level will be introduced into training sessions after approximately 4 - 6 months of practice for those who are starting from a very basic skill level. This may seem like a long time to train before the fun begins, but we are playing a contact sport on roller skates; so you will need to be a competent and safe skater before you can safely give as well as take blocks from other players during game play.

Remember that we all learn at a different pace, so don't get discouraged if you don't pick it up straight away. We expect it to take a couple of casual skate sessions for skaters to learn the basics such as stops, crossovers, turning and skating backwards. We ask that you attempt everything you are asked to do unless you have a medical reason not to participate in a drill, in which case you will be expected to do an alternate exercise. We will never push you to do anything which is beyond your capabilities - we want all of our skaters to stay safe.

Safety

Safety is our #1 priority which is why we require such a long training period before you can bout. This is a contact sport so there will be injuries. We **highly recommend ambulance cover** which is approximately \$60 a year. Healthcare card holders may be eligible for free

ambulance cover, but please check with Centerlink before assuming you are covered. Please consider health insurance if you are not already covered. If you have private health insurance, please check their Ambulance policy, as some will only cover pre-arranged transport (e.g. for transport between hospitals) which may require an insurance approved booking up to several days in advance. Others require your ambulance request to be accessed based on the level of your emergency and since broken bones are not life threatening you may have to wait several hours (which would not be very pleasant when you are in serious pain.)

When you are at the chemist picking up your mouth guard please purchase a stretch bandage to keep in your skating bag and consider getting a small first-aid kit. This will be very handy if you have an injury while skating outside.

Useful links:

South Sea's Home Page: <http://www.southsearollerderby.com/>

Find us on Myspace: <http://www.myspace.com/southsearollerderby>

This is where we train: <http://www.skateworld.com.au/>

Roller Derby Rules: <http://www.wftda.com/>

Learn to skate or just get your confidence back: http://www.skatevictoria.com.au/art_contacts

Skate & Gear Shops

Bayside Blades (in Highett)

Mostly inline but some quad gear available
www.baysideblades.com.au

Da Klinik (Adelaide Store)

www.daklinik.com

Low Price Skates

www.lowpriceskates.com

Rink Rash Skatewear

Clothes and stuff
www.wickedskatewear.com

Roller Girl Skates

www.rollergirlskates.com

Sin City Skates

Skate shop in the US
www.sincityskates.com

Skates.com

Cheap shipping, fast and reliable
www.skates.com

So Cal Skate Shop

Great place to buy gaskets
www.socalskateshop.com

Sydney Derby Skates

Rollergirl owned
www.sydneyderbyskates.com

Fast Times Skateboarding

Bayside Shopping Centre, Frankston (near Target)
Some pro-tec padding and can order 187s