

Hello!

Thanks for your interest in becoming a skater with **South Sea Roller Derby**.

Here at SSRD we are all about **fun, fitness** and good ol' fashioned **roller derby**. As a new league we welcome skaters of **all abilities** and backgrounds, however you need to be **female, over 18** and prepared to hire or buy **quad roller skates**.



When you come along to one of our training sessions you will be participating in basic derby skating drills. Don't worry, we aren't going to throw you in the deep end and expect you to know the rules or start hitting people on skates from day one. Roller derby is a **contact sport** but there is a lot of **love** and **respect** between leagues, teams and players. Please reconsider your decision to join our group if you are looking for a 'fight club' style sport, as aggressive or malicious behavior and bullying will not be tolerated.

Training sessions consist of things like **endurance** skating, learning **speed** and direction **control**, correct **stance** and learning how to **fall safely**. In 2-6 months time, depending on your ability, you will then learn how to **hit** or **block** other skaters. **Rules** and **game tactics** will all be taught to you in due time. Plus we do on and off skate **strength training** such as push ups, lunges, squats and whatever else we can come up with.

Our sessions are **hard work**, you will **sweat!** You will be training for a sport so please keep that in mind and **wear comfortable clothing**, bring a **water bottle** and ensure you have your own **mouthguard** which can be purchased from any chemist or sports shop (like Rebel Sport).

We skate at **Peninsula Skateworld** located at 3/2 Amayla Crescent in Carrum Downs (Melways Ref – 100:C4), on a Tuesday night and skates can be hired from the rink. (You can also purchase 12 month rink membership for \$20 which gives you half price entry to every skateworld general skate session.) We also train Fridays and Sundays (attend the session of your choice) at **'The Shed'** in Greaves Reserve, off Bennet Street in Dandenong (Melways Ref – 90:A7). There is no skates hire available at this location, however **please** don't run out and buy a heap of skate gear before either reading our information kit, attending a Fresh Meat Info session or checking out what our skaters are wearing. We don't want you to waste you're hard earned cash on useless equipment.

What next? Firstly, come along to a **Fresh Meat** Info session. You'll learn about all things derby, we'll answer all your questions and you can sign up for the next Boot Camp. **Contact** us at rollerderby@live.com.au to be informed of the next scheduled session and book your spot. Dates will be posted on the website (www.southsearollerderby.com) but as we run this session dependent

on numbers (approximately 3 times a year) it'll come about faster if you email. This session currently runs on a **Tuesday** evening from **6:30pm** at Peninsula Skateworld.

Our **four week** Fresh Meat **Boot Camp** begins shortly after the info night. Boot Camp runs 4:30pm to 6:30pm on a **Sunday** and costs \$50 for the four sessions. You need a signed membership form and will also require \$25 skate Victoria **insurance** to participate (which covers you for the calendar year). Don't forget to bring your **mouthguard, water bottle** and any other pieces of safety equipment you own. You can hire knee pads, wrist guards, elbow pads and helmet from us for \$1 an item, but it's first in gets the equipment. Safety equipment will be discussed at the Fresh Meat Info evening so you'll know what you need if you're going shopping (also see our Fresh Meat info document available on the website).

In the Boot Camp sessions you will start learning derby basics including correct derby skating stance, crossovers, how to stop and knee slides. These sessions are derby-specific training and **not open to the public**, so anyone not participating in a training session may be asked to leave. You will need to pass a basic skills assessment at the conclusion of this course before receiving an **invite** to attend training. If you don't pass the first time - don't panic! Just continue attending general skates sessions, practice and ace the next boot camp.

We look forward to **seeing you** on the **rink**.

Smashes and crashes,

South Sea Roller Derby