



## Welcome

On behalf of our entire league, welcome to the Whidbey Island Roller Girls (WIRG) Fresh Meat Boot Camp! We are excited to have you here! You will be hearing terms such as “booters”, “fresh meat” or “newbies”, but don’t be insulted; these are terms of endearment in derby. So, welcome, Newbie, on your journey into the world of Women’s Flat Track Roller Derby!

## What Is Expected of You in Boot Camp

### Commitment

Roller derby requires a commitment of your time. In boot camp, you will be expected to make practices on **Tuesdays 6:00 - 7:00 pm and Thursdays from 6:00 – 7:00 pm**. Additional practices will be available **Sundays 5:00 - 7:00pm**. After boot camp, league practices are currently Tuesdays and Thursdays from 7:00 – 9:00 pm. On league scrimmage days, you will be asked to officiate or observe while you are still in boot camp. This will help you to understand the game more clearly and quickly. If you must be absent, please let us know.

## Gear

Please review the Gear info in the Orientation Process to find the correct gear. If you are having problems finding anything, please let us know as soon as possible. You are responsible to provide your own skates and equipment. They must fit correctly and be in good repair at all times.

### The following are required to skate:

- Quad speed/derby skates (the Roller Barn offers rentals for \$5 for worst case scenario, but it is highly recommended to bring your own)
- Certified Helmet
- Knee and Elbow pads
- Wrist guards
- Mouth Guard

### You may also want to have:

- Water bottle
- Gym shoes (for off skates workouts)
- Skate tool for wheels, axle nuts and toe stops.  
There are some good all-in-ones.
- Duct tape and/or toe guards
- Padded shorts
- An amazing sports bra
- Outdoor wheels
- Extra “parts”
  - o Laces
  - o Toe stops
  - o Wheels
  - o Mouth guard
  - o Axle nuts
  - o Bearings

Now, after you’ve spent the money on all of that, please take care of it. When you get out of practice, air out your gear. You will sweat; bacteria will fester; it will stink. Do not leave your gear in your bag. If you have any questions regarding gear maintenance, please ask.

## Attire

At WIRG, we consider ourselves athletes and dress as such. Active wear meant for working out is highly recommended. Per the Roller Barn facility, spaghetti straps, excessively short shorts, and clothing with explicit language or images are not allowed.

## Attitude

You are expected to try to the best of your ability. Everyone succeeds differently. Don't get hung up on what you can't do yet. You will get there only by persevering.

## Communication

If you have any questions, please ask. If you have any concerns, let us know. If you have feedback, we'd love to hear it. Part of being on a team is to work together and the only way to do that well is to be willing communicators. We have many avenues to do so. You can post to our Boot Camp Facebook group or private message; you can email us individually or at [bootcamp@WIRG.org](mailto:bootcamp@WIRG.org); you can approach us at practices, but please, do not hesitate to speak up. You will be asked to join a Boot Camp Facebook group, where you will find valuable information.

## Knowledge

To prepare for your upcoming venture into Roller Derby please visit our Boot Camp 101 page at [www.WIRG.org/rollerderby101](http://www.WIRG.org/rollerderby101). Familiarize yourself with some of the common terms and skills associated with the sport. Learn how to get "Derby Fit" at [www.wirg.org/fitness](http://www.wirg.org/fitness). At the end of boot camp, you will be required to demonstrate that you can move on to the next level safely by taking a minimum skills test and a written rules test. You will not have to pass these tests to become a league skater.

## Course Line Up

### Session One | Skating Skills & Intro to Derby

- February 19 - March 14
- 4 Weeks, Tuesdays 6p - 7p & Thursdays 6p - 7p  
Extra practice Sundays 5p - 7p
- \$50 registration

This class is for anyone new to skating or roller derby. No previous experience is required. All practices at this level are non-contact. Not sure if derby is for you? This is the place to start. You'll learn starting and stopping, form, crossovers, general skater fitness and other principles of derby skills.

### Session Three | Tryout Training

- April 14 - May 9
- 4 Weeks: Tuesdays 6p - 7p & Thursdays 6p - 7p  
Extra practice Sundays 5p - 7p
- \$50 registration

Session Three is preparation for the WFTDA Minimum Skill Requirements to become a league skater or referee. You will work on strengthening your skills to prepare you for gameplay.

### Session Two | Derby Training

- March 17 - April 11
- 4 Weeks, Tuesdays 6p - 7p & Thursdays 6p - 7p  
Extra practice Sundays 5p - 7p
- \$50 registration

Once you finish Level One, you will be moved into this intermediate class we call "Derby Training." We will spend time refining some of the skills you learned in Session One and introduce roller derby contact\*, strength & endurance training, and begin learning the WFTDA Ruleset.

### Session Four | WFTDA Ruleset

- May 12 - June 6
- 4 Weeks: Tuesdays 6p - 7p & Thursdays 6p - 7p  
Extra practice Sundays 5p - 7p
- \$50 registration

In Session Four you will learn more about our team and strategy as you prepare to join the league. You will experience gameplay through scrimmage scenarios and use rules knowledge in real time.

***\*Please Note: Though men are welcome to participate on our practices, contact drills will be women only.***

***Session may be cancelled and participants' money refunded if not enough people sign up for a particular session. Dates subject to change.***

### **Payment**

Payments can be made online, by cash or check. Payment is expected on or before the first day of each session and will be verified before you skate.

### **Paperwork**

You are required to fill out the attached paperwork (Liability Release & Emergency Data). Please email them to [bootcamp@WIRG.org](mailto:bootcamp@WIRG.org) or turn them in on the first day. Please remember that any time we spend doing paperwork the first day takes away from class time. You will be required to prove your identity/age as well. You may photocopy your ID and turn it in directly with the other forms or by email at [bootcamp@WIRG.org](mailto:bootcamp@WIRG.org) with the subject line "ID".

### **Boys and Girls Club of Oak Harbor Club Rules | At the Roller Barn**

#### ***Rules & Regulations for the use of the Boys & Girls Club of Oak Harbor***

- *No one under the age of 18 will be allowed on the floor while practice is in session.*
- All practices are closed to the public. No spectators will be allowed without Training Staff's explicit consent and agreement to terms.
- In the case that you are a non-skating participant, please keep noise levels at a minimum to assure that practice is not interrupted.
- Everyone must respect the property of the Boys & Girls Club. For example, no shoes or feet on the sofas, no sitting on the armrests of the sofas, no sitting/standing on the pool table, no playing in the bathrooms, no climbing walls or climbing over the bars, no playing with the water fountain, etc.
- Contents in cabinets are for the Boys & Girls Club use only.
- All electronic equipment such as the TV and stereo are for Boys & Girls Club use only, unless authorized by a Boys and Girls Club Staff member and WIRG Training member.
- No playing or rough-housing by the stairs.
- Due to safety concerns, please take off your roller skates before attempting to go up or down the stairs.
- No smoking will be permitted on the premises, including the parking lot.
- Facility must remain clean after each practice. Anything left behind is not the responsibility of the Boys and Girls Club nor the Whidbey Island Roller Girls.
- Please do not arrive any earlier than five minutes before the start of practice. I.e. 5:55 is the earliest arrival time permitted for a 6:00 practice.
- Any grievances regarding the Boys & Girls Club property or staff should be reported to the WIRG Board of Directors at [board@wirg.org](mailto:board@wirg.org).
- For any clarification of any rules or anything unstated, please refer to Training Staff or WIRG Board of Directors.

Thank you for your cooperation!

### **What You Can Expect From Us during Boot Camp**

The WIRG Training Committee is dedicated to making you the best derby athletes and referees you can be. Our sport is an ever-evolving one and we constantly research our sport for the latest studies in the roller derby athlete's body; the best techniques for teaching you basic to advanced skills; and the most effective and relevant drills. We will provide you with the proper skating and safety skills that you need to be successful.

Our future skaters will work closely with our veteran skaters. Our prospective referees will work closely with our officiating team, Whidbey Island Stats & Enforcement or W.I.S.E. Guys. Please keep in mind; no one on our league is paid. Our

coaching staff, our training committee members, our skaters, and officials all dedicate their time to making this league all that it is simply because they love the sport. We hope that in the coming weeks that you will share that same affinity for roller derby.

***We are glad that you're here and excited to work with you. Welcome to the WIRG Family!***