

Photos by Wendy Devent



## About the League

What started as a Facebook group in 2009 and established in 2010, the Lethbridge Roller Derby Guild is a non-profit roller derby league in Lethbridge, Alberta that's growing fast.

Home to the Deathbridge Derby Dames and house teams Coalbank Crushers and Windy City Wench, the league practices throughout the year, hosting bouts and attending away games all over Alberta and western Canada. The Lethbridge Roller Derby Guild welcomes men and women aged 18 and over.

Roller derby is still considered a new sport but it's popularity has grown immensely over the past few years, with new leagues popping up all over western Canada! We invite you to become part of one of the world's fastest growing sports!

## How to Join

Attend a Fresh Meat practice and find out if roller derby is a sport for you.

To participate in practice, you must provide proof that you are 18 years of age. You also must wear all the equipment which includes roller skates, helmet, knee pads, elbow pads, wrist guards and a mouth guard.

Loaner gear is available but we recommend you bring your own mouthguard and helmet. (Mouthguards are available for \$5 from your Fresh Meat Coach.)

## Costs

### Gear

[RollerGirl.ca](http://RollerGirl.ca) has a variety of Fresh Meat packages which cater to a wide range of prices and provide you with good quality gear. Price ranges from \$275-\$385.

Used gear can be found on a variety of resources online, from league skaters and garage sales around the city. [Click here](#) for advice from RollerGirl on how to buy good used gear.

You must own your own gear before advancing from the Fresh Meat program

### Fees

#### Fresh Meat

**Practice fee:** \$5/practice

**Insurance Waiver:** free and good for 14 days

**3-month Apprentice Insurance:** \$30 for 3 months  
(Must be purchased after 14 day waiver expires)

### Full-Skate

**Membership signup fee:** \$25 (one time)

**Canadian Roller Derby Insurance :** \$50 (yearly) Fresh Meat

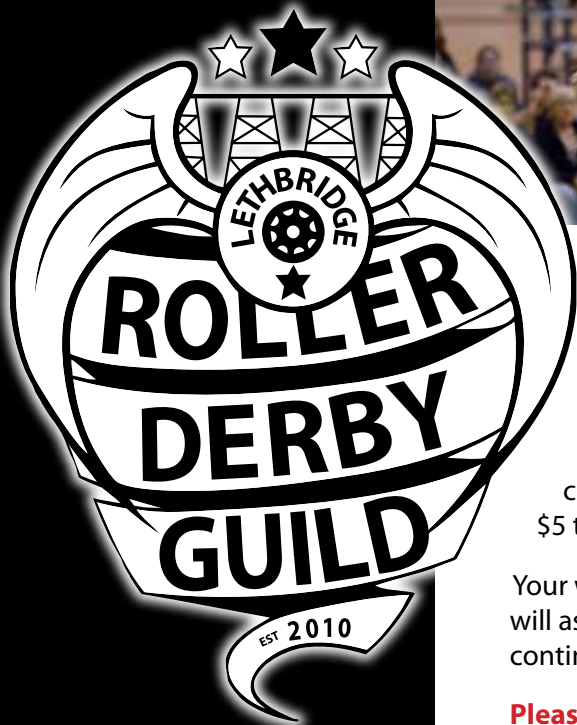
**League Facility Fee:** \$40 (monthly)

(Due at the beginning of each month and \$5 penalty for failure to pay facility fee by the 15th of the month)

**Uniforms, scrimmage shirts, gear, merch:** Your cost

[Text underlined in red are clickable links to more information. Document best viewed using Adobe Acrobat Reader](#)

[www.lethbridgerollerderby.ca](http://www.lethbridgerollerderby.ca)



Photos by Wendy Devent



# Fresh Meat File

## Practices

### What to Expect

On your first visit to Fresh Meat practice, you will be asked to sign a waiver and supply some personal information, including your health care card. Please remember to bring it. You must also bring \$5 to every practice to put toward the facility fee.

Your waiver is only good for 14 days. After that point you will ask to make a 3-month insurance commitment to continue your derby journey.

**Please click here to download and print off a waiver to fill out before attending your first practice!**

In order for you to become a full-skate member and participate in bouts, you must pass a **benchmark skills exam** and **written rules test**. Once you pass the exams, you will be assigned to a house team and eligible to play in bouts and scrimmages.

## Training

### Practice Attendance

As Fresh Meat, we hope you make the effort to come to every practice to show your dedication to the team. However, we understand there is life outside of derby. Because Fresh Meat pay a drop-in fee, there is no attendance taken at practices. However, the more you come to practice, the faster you will pass your benchmarks and be eligible for apprentice status.

Once you become a full-skate member attendance is monitored and will be a factor in determining rosters for house teams. Extended absences must be brought to the attention of your Coach or Board President so you don't lose your full-skate status. We understand your family and personal issues will take precedent. So certain situations will be excused from attendance. Speak to your Coach for more details.

Members of the Deathbridge Derby Dames travel team have minimum practice requirements they must meet every month to maintain travel team status.

## Training On Your Own

We encourage you to skate on your own outside during the summer months to help you get solid on your feet.

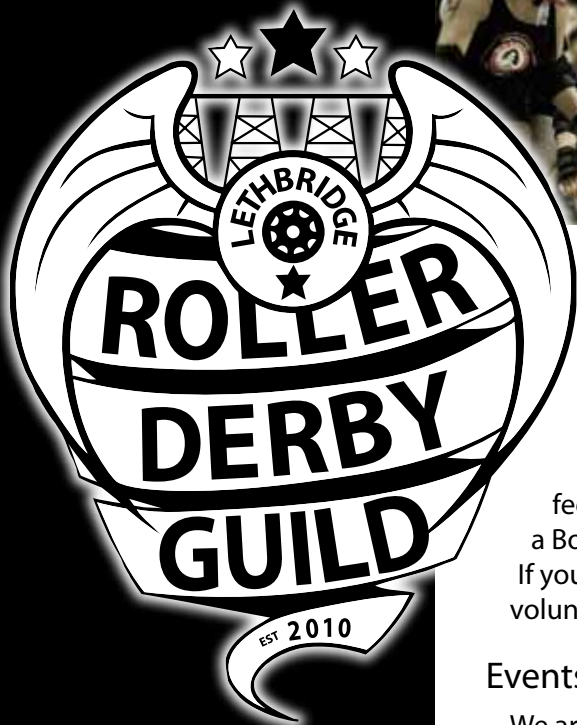
Cross-training is important too! Weight training, biking, running and many winter activities are beneficial to roller derby and will help reduce injury as you build muscle and flexibility.

## Learn The Rules

You will be expected to have a **basic knowledge of the rules** before participating in any scrimmage at practice. Click here to view the rules. Please learn the basics and you will learn the strategy and more complex scenarios at practice.

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# Fresh Meat File



## Volunteering

### The Lethbridge Roller Derby Guild Board

The board has meetings on the 3rd Monday of every month. Skaters who have a paid membership fee may attend the board meeting. Please speak to a Board Member indicating you would like to attend. If you wish to become involved, we are always taking volunteers to help out on committees and events.

## Events and Fundraising

We are a non-profit organization and are always looking for more ways to put green in our pockets. We make appearances at events and do all our own fundraising. While attending isn't mandatory as part of the team, it's always a fun time hanging out and getting to know your teammates off the track. If we don't do these events, we don't have a league, so we'd love your help!!!

## Helping Other Non-Profit Organizations

We are always looking for partnerships within the community and often seek out opportunities to volunteer for other organizations as well. We collect donations to the food bank at public practices and have worked with Womenspace, the local cancer centre and the Lethbridge Skateboard Association. Joining us is a great opportunity for you to give back to the community.

## Get In Touch

### Join Our League Facebook Page

[Join our Facebook Page](#) (search Lethbridge Roller Derby Guild) and start friending all the gals on the team too. We use Facebook as a main way to talk to our fans and talk to each other!

## League Info

If you have any questions regarding the league, please ask your Coach and they will direct you to the best person to speak to or email our general league email.

## General League Email

Email general inquiries to: [skate@lethbridgerollerderby.ca](mailto:skate@lethbridgerollerderby.ca).

## If You Have A Problem Or Issue

If you feel you are being treated unfairly by anyone, please get in touch with the Coach, Skater Rep or the Board President and they will do their best to help resolve it.

If you are having personal issues that are affecting your attendance at practice, please also contact the Coach or Board President.



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# Derby History In brief...

You wouldn't think it, but North America's love affair with roller derby actually started in the 1880's, when the increasing popularity of roller-skating lead to endurance races in the United States. By 1922, the Skating Union of America had announced rules regarding rough play, and coined the term "derby". In the 1950's, roller derby was airing on television out of New York. By the 1970's, roller derby was experiencing record attendance at bouts held in the United States.

In its historical form, roller derby was viewed as a WWE-like pseudo-sport with an obvious faux nature, and putting showmanship before the sport is what led to its unfortunate decline in popularity. Today, in its current revival, roller derby is punk rock – DIY in nature. While it still contains elements of the theatrical roller derby of old, today's derby is developing into a true sport.

In 2000, derby was reborn in Austin, Texas, and the all-female DIY movement spread not just across North America, but the world over. In 2006, the first Full International Bout was held in Edmonton, AB. Now in 2010, there are over 500 leagues worldwide, including England, Australia, Belgium, Sweden, Germany and Canada, with both banked and flat track teams represented.

It is in the spirit of continuing the development of roller derby as a sport that the Deathbridge Derby Dames were born. After some meetings in late 2009, a core group of dedicated girls pulled together to find a practice space, raise funds and learn the game. With helpful advice from leagues all over Alberta, indeed all over Canada, the girls are finding their way through the rough and tumble world of roller derby. And lucky you, you get to be part of the action! THE EXCITEMENT! Welcome, one and all, to the...

# Deathbridge Derby Dames!

contact us at:  
[deathbridgederbydames@yahoo.ca](mailto:deathbridgederbydames@yahoo.ca)  
or follow us on facebook

## Helpful Advice

FOR FRESH MEAT

**ABOVE ALL ELSE  
DO NOT TAKE ANYTHING  
PERSONALLY**

WHAT HAPPENS AT DERBY,  
STAYS AT DERBY!  
THIS CANNOT BE  
STRESSED ENOUGH.

Do not underestimate the seriousness of the game. Roller derby is an extremely physical, full-contact sport, and will require a high level of commitment. With continued effort, you will become a member of the team, and this means that your actions will affect others. Be cognoscente of this and you can have plenty of fun learning the sport. Remember to take care of your body. Stretch, work out, and if injured, don't play.

# Roller Derby:

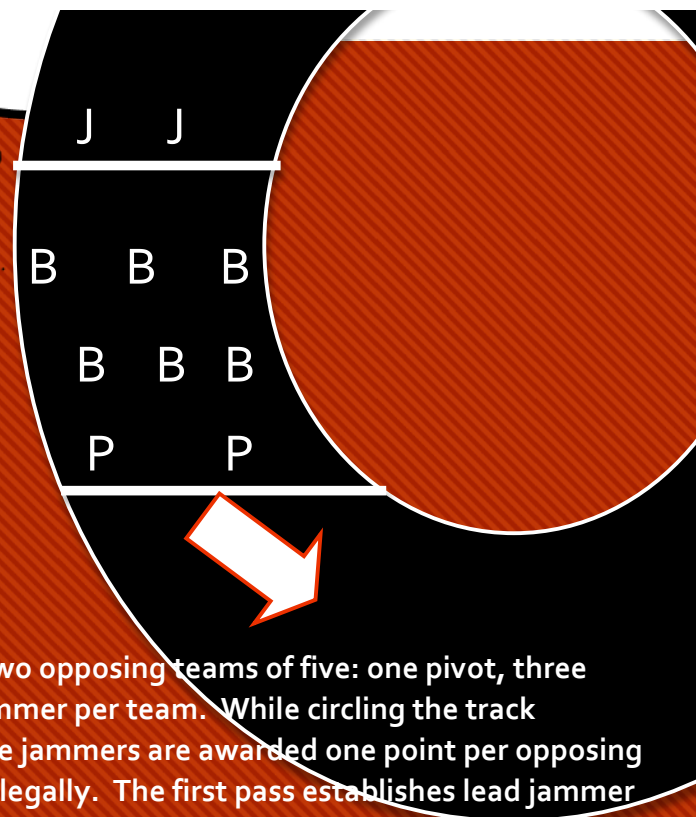
## A brief tutorial on game play and rules

As per  
diagram.

**P PIVOT:** Wears a stripe on the helmet. Sets the pace of the pack and is the last line of defense. Attempts to block the opponent's jammer while also clearing a path for her own jammer.

**B BLOCKERS (THE PACK):** Blockers are defense players. The majority of pivots and blockers including members of both teams create "the pack".

**J JAMMERS:** Wears a star on helmet, and is the lone point scorer for each team. Attempts to break through the pack, receiving one point for each opponent passed legally (without incurring a penalty).



A "jam" consists of two opposing teams of five: one pivot, three blockers, and one jammer per team. While circling the track counterclockwise, the jammers are awarded one point per opposing player that is passed legally. The first pass establishes lead jammer and no points are scored. The lead jammer may call off the jam at any time. If a jammer incurs a penalty while trying to get through the pack, there may be no lead jammer, and the jam continues for a full two minutes. Meanwhile, the blockers attempt to block the opposing jammer while simultaneously making room for their own jammer to get through the pack and score points for their team.

Dangerous moves such as tripping, pushing, pulling and elbowing are explicitly illegal. The severity of the foul will earn a skater a minor or major penalty. Major fouls, or the accumulation of four minor fouls, will land the skater in the penalty box, and the team will skate short until they have served their penalty time. There is no blocking allowed 20 feet in front of the pack, or 20 feet behind. There are also procedural penalties such as false starts, delay of games, etc.

**Welcome to derby, Fresh Meat!** Enjoy!

# creating a healthy derby community

IDA SLAPTER, RAT CITY ROLLERGIRLS

## How do we create a healthy community when the foundation of modern derby is based on league shake-ups and break-ups?

What we accomplish together is immeasurable. But does it ever seem like some skaters are sabotaging our efforts? If the basis of derby is “for the skater, by the skater,” how do we ensure equality and let skaters be themselves, even when we disagree with almost everything another skater wants, especially if she is the most domineering member in the group? All actions begin with intentions, but well-meaning skaters step in crap once in awhile too. Why is it that our efforts frequently are unsuccessful? How we relate in derby says much more about who we are as women than many skaters are willing to admit.

As a chronically confrontational person, I rub people wrong all the time. When I joined derby in my mid-30s I found that many women didn't seem to understand how to disagree with each other, stand up for themselves, speak up to have their voices heard or stand in solidarity with other women. Something as obvious as supporting and respecting our fellow skaters can sometimes seem like an impossible task.

Problems can arise when one skater (or a group of skaters) tries to control the behavior of a skater or control committee output. In most instances the other skater or committee reacts and you have derby drama. Overbearing skaters might try to keep members in the dark about what is happening in the league. These conflicts can plague a league over the course of months or even years and can have a longstanding impact on day-to-day business dealings. A league needs active and informed members. When a skater(s) attempts to subvert equality it's up to everyone to ask a skater to change her behavior.

Many collectives have a person or group that will act as the ruling elite; in other words, that skater believes “they” run things. Small friendship groups can form into what is called an “informal communication network” (aka the grapevine or gossip network) where rumors spread quickly and can be difficult to stop. Because these groups function outside of committee or league meetings, they often have more knowledge about league operations. A league might even have a few different groups competing for power.

In some situations these small groups will try to micro-manage what other members are doing. You don't have to love (or even like) every member of the league to agree with what a member is working on. It's better to not disrupt another skater's work unless it goes against the core values of the league. Letting a task go can be difficult for many skaters, but setting aside your own expectations about “how you would do it” or letting go of your personal feelings can help the overall harmony of the league. Yes, the outcome can be spotty, but making mistakes is how everyone learns. Trying to force a committee or the entire league to agree with a certain outcome based on your personal feelings, esthetics, or your own viewpoint can only lead to problems and usually results in more work for everyone.

Of course this isn't just typical of roller derby. Some of these behaviors have plagued the women's movement for years. In your own life you can look back at how you acted on the playground. Girls learn early on to form social groups by ganging up on each other. Many skaters feel like outsiders or disenfranchised even before starting derby. At some point most of us have felt awkward, misunderstood or out of place.

Even if you feel that you are a natural born leader, don't be shocked to realize that not everyone might see you in a leadership role. Being overbearing usually alienates other skaters, and let's be honest here – those other skaters are probably gossiping about how they don't want you to be in charge (even if they're not actually doing anything about the problem). You don't want to be the skater that gets power by controlling others, right? Self-appointed leaders don't usually have much loyalty. If you are elected into a position of power or if you have some authority in the league, it's your responsibility to be genuine and fair to the people that voted you as their leader.

Sometimes just being aware and staying informed can help to eliminate some of these problems. Realize that misunderstandings and conflicts may still happen, but trying to correct a bad situation early on, even when it feels really hard, will go a long way. Power belongs to everyone, not just a small group of skaters. We are all in this together and everyone's opinions and input are necessary for the health of the sport.●

# stretching for roller derby

BUSTER SKULL, SILICON VALLEY ROLLER GIRLS

Stretching is absolutely essential for proper muscle function and development. Not only do you risk pulling a muscle by not stretching, you also hinder the progress your muscles make during practice. Proper stretching will help with muscle toning, growth, and muscle memory. But with limited rink time and an unlimited number of muscles required to play roller derby, it's difficult to manage your team's stretching time. Rather than stretching less, stretch efficiently. Use your stretching time to talk business while thoroughly stretching all of the muscles necessary to play the strenuous sport of roller derby.

photos by Ashley Salada

After consulting with yoga instructors, physical therapists, nurses and fellow derby girls, I have compiled an ideal set of derby specific stretches.

## some tips for stretching

Remember to breath during each stretch. These stretches should be performed slowly and controlled. Gradually reach a point of tension and hold it for approximately 15-20 seconds. Perform each stretch twice to receive the maximum benefits.

It is important to warm-up your muscles before stretching to increase your range of motion and significantly reduce the chance of injury. It is recommended that the warm-up you do prior to stretching targets the muscles that you will be stretching. Skating moderately (while swinging your arms and remaining in good stance) for 5-10 minutes will sufficiently warm-up all of the muscles you will be stretching.

Stretching after practice is equally as important as stretching prior to practice. This will relax your muscles and gradually lower your heart rate and breathing rate to their resting rates.

## upper trap stretch



Drop your left ear as far to your left shoulder as possible. Reach your right arm behind your back. Do not raise your shoulders. You should feel the stretch on the right side of your neck and top of your right shoulder. Repeat on the other side. Hold for 15-20 seconds, twice on each side.

## triceps stretch



Reach up as far as you can with your left arm, bend it and drop it down the center of your back. Grab the top of your left elbow with your right hand and gently push it lower down your back. You should feel the stretch in the back and side of your left arm. Repeat

on the other side. Hold for 15-20 seconds, twice on each side.

## posterior shoulder stretch



Reach your right arm across your chest. Use your left arm to gently pull it toward your chest. You should feel the stretch in your right shoulder. Repeat on the other side. Hold for 15-20 seconds, twice on each side.

## chest stretch

Reach both hands around the back and interlock your fingers. Slowly push your shoulders back and chest forward as shown. You should feel this stretch in your chest. Hold for 15-20 seconds and repeat.



## hip flexor stretch



Move right leg forward as shown. The right knee should be directly over the ankle. The other knee should be

resting on the floor. Gently lower the front of your hip. You should feel the stretch in front of the hip. Repeat on the other side. Hold for 15-20 seconds, twice on each side.

## calf and hamstring stretch

Following the hip flexor stretch, extend your right leg and slowly bring your hands



as close to your right foot as possible. You should feel this stretch in your right hamstring. To feel the stretch more in your calf, pull your toes toward you. Repeat on the other side. Hold for 15-20 seconds, twice on each side.

## gluteus/pigeon stretch



Lower your right leg to the floor perpendicular to your hips, as shown.

Gently lean

into the stretch. Walk your hands forward and rest on your forearms to deepen the stretch. You should feel the stretch on the right side of your gluteus. Repeat on the other side. Hold for 15-20 seconds, twice on each side.

## groin stretch (stripper stretch)



Kneel with your skates pointed out to the sides and your forearms on the floor. Spread knees apart and gently lower hips. You should feel the stretch in your groin and inner thighs. Hold for 15-20 seconds and repeat.

## spinal stretch (angry cat stretch)



On your hands and knees, arch your back, pushing your stomach toward the floor. Hold for 15-20

seconds. Then round your back toward the ceiling. Hold for 15-20 seconds. You should feel these stretches in your back. Repeat both poses.

## quadriceps stretch

Lie flat on the floor (it's okay if you don't want to put your face on the track). Bend your left knee and grab your left foot with your left hand. Now bend your right knee and grab your right foot with your right hand. Pull your heels toward your buttocks. You should feel the stretch in the front of your thighs. Hold for 15-20 seconds and repeat.



## hamstring stretch



Cross your left leg over your right and reach down with both hands to your right

toes. You should feel the stretch in the back of your right leg. Repeat on the other side. Hold for 15-20 seconds, twice on each side.

## standing hamstring stretch

This is another version of the hamstring stretch.

Cross your right leg over your left leg at the ankles and reach down to your left toes. Let your head hang loosely for an added stretch in your back. Repeat on the other side. Hold for 15-20 seconds, twice on each side.



## straddle stretch



Sit on the ground with your legs spread apart as far as possible. Reach both hands to your left toes, then to the middle, then your right toes. You should feel the stretch in your groin, buttocks, back, and hamstring. Hold each position for 15-20 seconds and repeat.



# stretching for roller derby

## torso stretch



Sit on the ground and cross your left leg over the right. Turn and place your right elbow on your left knee. You should

feel the stretch in your torso and buttocks. Repeat on the other side. Hold for 15-20 seconds, twice on each side.

## glute stretch



Lie flat on your back. Extend your right leg and cross your left leg over your right at the knee. Pull your right leg

gently toward you. For a deeper stretch pull your left leg closer to your body. Hold for 15-20 seconds, twice on each side.

## lying oblique stretch



Laying flat on your back, drop your right leg over your left side. Keep your shoulders flat on the ground. You

should feel the stretch on the right side of your lower back. Repeat on the other side. Hold for 15-20 seconds, twice on each side. ☺

## avoiding the flu

The Centers for Disease Control and Prevention (CDC) is warning that the 2009-2010 flu season could be more severe than usual. Here are a few simple things you can do to keep from getting sick.

### vaccine

Flu shots are available despite what you may have heard in the media. Contact your healthcare provider or state health department. Some people swear by the flu shot.

### eat right

Take the extra time to get a healthy meal at least twice a day. Yogurt is great for the immune system and a quick and easy breakfast. Garlic and ginger contain compounds that help fight off infections. Peppers like red chilis and red and orange bell peppers are rich in vitamin C and the hot ones help flush out your sinuses. Nuts, beef, turkey and tuna contain selenium that help ward off viruses. Vitamin E can be found in nuts, too. Good old-fashioned chicken soup is rich in vitamins and always makes you feel better.

### wash your hands

Washing up with soap and water three or four times a day is always a wise choice. A quick rinse won't do. Make sure to work up a good lather, worry about whether or not you have OCD for 30 seconds, then rinse.

### no touchy

Viruses can spread easily from your hands to your mucus membranes. Avoid touching your face, especially around your eyes, nose and mouth. Wash-up before you make-up.

### irrigate and gargle

Simple salt water rinsing of your sinuses and throat keeps viruses from propagating. Gargle with warm salt water and use a cotton swab dipped in salt water to rinse each nostril.

### work out

A good sweat is a great way to stay ahead of the flu. It helps you sleep, and being well-rested equals healthy. Avoid strenuous exercise if you have a fever.

### toss it

Use that Kleenex once then throw it away. If you feel like a cold or flu is coming on, toss out your toothbrush.

### use the force

Simply will yourself not to get sick. Stay positive, laugh, dance, sing, skate. Do something nice for yourself. May the force be with you. ☺