

Modesto's Flat Track Junior Derby League

Welcome:

Thank you for your interest in Modesto's 1st co-ed Flat track Junior Derby League. This league will consist of boys & girls ages 5-17 who will train to play & ref roller derby games based on JRDA (Junior Roller derby Associations) rules & regulations.

As of February 2010 there were over 40 teams in the United States, many of which are right here in California. We hope to be working close with our neighboring teams to grow this sport in the valley.

Skaters will receive training from our Adult team, the Sintral Valley derby Girls. No skating experience is required because we can train you from the basics of learning to skate to the complex defenses of the sport. Much like our adult team, learning how to play Jr derby will take dedication & effort, but our main focus is promoting a healthy lifestyle & attitude while having fun.

Training information:

To play Roller Derby it takes a strong body, so our skaters need to prepare for practice by eating well balanced meals, & drinking at least 8 glasses of water each day. You should also make a habit of doing your stretches & strength training at least 3-4 times a week. Before each practice you should have a light snack and drink plenty of water that day.

Practice will be held Sunday's, 2-4pm & Wednesday 's our group that has passed their minimum skills skate from 6-7pm, All ages are welcome to free skate from 7-8pm. Since practice is only a couple hours it is important that skaters arrive 15 min early so they can gear up be on the track at their start time, any skater that arrives late will be required to take time to stretch before he or she can join the group.

During our Sunday practice from 2-3pm Coach Dawg works off track with our 9 year old & up group. His training consists of on & off skate strength training & basic derby skills. Coach Purple & volunteers from our adult league work with our 5-8 year old group on the track. Her training consists of basic skating skills, endurance, & positional derby (no hitting). Then from 3-4 pm Coach Dawg takes all skaters that have been released to play in games on the track. This training will include endurance, scrimmaging, & small group blocking drills. Our older kids are not allowed to hit or block the 8 & under skaters aggressively so all ages are able to participate in all drills.

For those that need more one on one training, or have never skated before we have extra volunteer coaches available on the sidelines to assist until they are comfortable with joining the group.

Required Gear

- Quad skates in good working order
- Knee & Elbow Pads skateboard style- acceptable brands are: Razors, protec, triple 8, & Rector.
- Wrist Guards
- Helmet
- Mouth guard (boiled & fitted or Custom)

IMPORTANT: FALLING IS PART OF DERBY; KNEE & ELBOW PADS MUST HAVE ADAQUATE CUSHIN TO PROTECT YOU

Our team has partnered with Yours & Mine Sports on 416 N 9th Street to provide the best price newbie packages starting at \$135. Let them know you are joining Modesto's Team for an additional 10% off all in stock products & help with sizing.

Online stores also offer a wide selection of gear & pricing a few of our favorites are: rollergirlskates.com, backstreetskates.com, lowpriceskates.com

All gear is required before you are able to join us on the track, but you are welcome to come watch practice to see if it is for you.

Costs Involved:

Because of the initial start up fees involved in buying your gear, we allow skaters to skate their 1st month free with the team. After that there is a zero enrollment cost, Monthly dues are \$20 per month due by the 1st practice of the month or \$5 per practice you attend. If you have additional children joining they will be \$15 for each additional kid per month or \$5 per practice they attend. If your child decides to train to become a ref their monthly dues will be waived when they are able to meet their minimum skill requirements to ref. Each year in January every skater will be required to sign up for USARS insurance which covers your child anytime they are practicing or playing in games, the cost is \$55 per year. In addition to practice fees & insurance, skaters will be required to pay their own travel costs, gear upkeep, & uniforms. A parent booster club has been started to come up with ideas to offset costs.

Games & Scrimmages:

Our junior team has just completed their 1st year! We have already played in a few tournaments, scrimmages, & games & are beginning to plan for next season. A few of our local teams include Merced, Sacramento, Sonora, Santa Cruz, & Fresno so we hope to schedule to play all of them. We plan to have an estimated 8 games per season with an average travel time of less than 2.5 hours. At this time the games we play are co-ed & open to all ages 5-17, but there may be games were younger or positional only skaters are excluded from for their safety. We work together with the parents & skaters & come up with a plan that works for everyone.

In Addition:

We are very excited about bringing this great sport to our local families. Roller Derby is an amateur sport & a skater owned & operated business. Just like our adult team, our juniors will be required to help with the set up & tear down of games & events, fundraising to offset costs of their program, recruiting, and encouraging each other in a positive way.

Director Boppin (Cetrina) 209-499-6677

Coach Dawg (Chris) 209-499-8619

Coach Purple Pusher (Erika) 209-345-1065