



# River City Rollergirls

## Frequently Asked Questions

We know you have a lot of questions, so we've tried to answer as many of them as possible here. If, after you read through this, you still have questions please let us know!

### **GEAR**

#### ***What gear do I need?***

You need to have quad skates, a skateboard-style (multi-impact) helmet, mouth guard, elbow pads, knee pads and wrist guards. Bike helmets are not acceptable. We have some extra gear available for girls to borrow. However, sizes and availability are limited and it is vitally important that you have gear that fits you properly in order to avoid injury.

#### ***Where can I buy gear?***

You can buy all the gear you need except skates at any store that carries skateboard gear. Dominion Skateboards in Carytown will give you a 10% discount if you tell them you are with RCR. A full set of gear, minus skates, will cost you roughly \$75 - \$100. Your best bet will be to order them online through a site like Sin City Skates ([sincityskates.com](http://sincityskates.com)).

#### ***Where do I go to buy skates?***

Your best bet will be to order them online through a site like Sin City Skates ([sincityskates.com](http://sincityskates.com)). You should also check out eBay/Craigslist/etc... if you are interested in buying used skates. The girls at Sin City Skates are a wealth of information and they will be able to answer any questions you may have about sizing and gear.

#### ***Which skates/wheels are best?***

A lot of this is personal preference and how much money you are willing to spend. Do some online research to learn more about the equipment and get a feel for what is out there. Any of the girls on the team will be happy to let you try on their skates to get a feel for sizing and comfort. The girls at Sin City Skates are a wealth of information and they will be able to answer any questions you may have about sizing and gear.

#### ***How much do skates cost?***

Derby skates will run you anywhere from \$125 - \$500. You may want cheaper skates initially, particularly if you are still learning the basics of skating. You can always upgrade later!

#### ***What should I wear to practice?***

Much of this is personal preference. You will want something breathable that allows for ease of movement. Some girls practice in fishnets and "booty shorts" while others prefer basketball shorts or spandex. The most important thing is to have something comfortable covering your legs and hips to prevent rink burn.

### **PRACTICE**

#### ***When can I scrimmage with the rest of the team?***

For your safety and the safety of the other skaters, you will need to obtain WFTDA insurance and pass skills assessment before you will be allowed to attend inter-league scrimmages. You may practice drills with the rest of the team once the coaches have determined your skill level is sufficient to do so.

***When can I take Skills Assessment?***

You must attend at least 50% of practices over the course of 90 days before you are technically eligible to take the skills assessment. The coaches will determine when you are ready to take this test.

**MISCELLANEOUS*****What is WFTDA Insurance?***

WFTDA is the Women's Flat Track Derby Association's coverage that all derby skaters are required to have. **This insurance is designed as a supplement only.** Roller Derby is a full contact sport and you will need to have your own primary care insurance in addition to WFTDA Insurance. You will want to register for WFTDA Insurance within your first few weeks of practice. The cost is \$55 per year. In order to participate in contact drills you must have obtained WFTDA Insurance.

***When do I get a skater name and number?***

When you pass skills assessment and are placed on a team, you will be allowed to choose a skater name and number. Feel free to start thinking about possibilities in the mean time though! To find out what names are already taken, visit [www.twoevils.org/rollergirls](http://www.twoevils.org/rollergirls).

***How much are dues?***

Fresh meat dues are \$20 per month, member dues are \$35 per month.

**Some other things you should know:**

Practice schedules often change from one week to the next. Be sure to visit our website at [www.rivercityrollergirls.org](http://www.rivercityrollergirls.org) for updates. The website and Facebook are the best way to keep up with the league news and upcoming events so check regularly!

You will only get as much out of practice as you put into it. Try to attend as many practices as you possibly can. Open skates are also a great way to work on your endurance. Basically, the more time you spend on skates, the faster you will improve.

You are going to have times when you feel discouraged by your progress. A positive attitude and a willingness to keep working hard will help you get the most out of each practice.