



# Official Skater Packet

2024



## Welcome to the Wonderful World of Roller Derby!

We are excited that you are interested in joining our league and have put together some information to get you started while you wait to participate in your first practice. Badfish Roller Derby, founded in January 2014, is a skater-operated, full-contact, locally competitive, flat track roller derby league. We strive to maintain home teams as well as a competitive travel team. We nurture a family-friendly atmosphere and give back to our local communities through donation and volunteer opportunities. We fundraise to support our league travel team expenses, specialty league events and prizes, pertinent league equipment and ultimately a permanent space to use for future practice and bouts.

### **BFRD Board Members**

Slammin de Beers, Cynthia Beers, President	Killer Snark, Alie Quistberg, Secretary/Treasurer
Squirrel, Jennifer Lee, Vice President	Déjà Bruise, Elise Vu, Logistic Officer

### **Coaching Team**

Creepy Taco, Manual Grimaldo, Head Coach	
Grimlynn, Alma Grimaldo	Wild Thing, Ezra Phelps
Champaine, Charlene Saddul	Bette Danger Eyes, Erin Gipson Ficker
Jung Blood, Kristen Coult	Na'cho Luckiday Keiana Daniel
Killer Snark, Alie Quistberg	Déjà Bruise, Elise Vu
Frida K'O, Astrid La Cruz Montilla	Squirrel, Jennifer Lee

## **Contact and Other General League Information**

**Email:** [BadfishRollerDerby@gmail.com](mailto:BadfishRollerDerby@gmail.com)

**Website:** [BadfishRollerDerby.com](http://BadfishRollerDerby.com)

**PayPal:** [badfishtreasurer@gmail.com](mailto:badfishtreasurer@gmail.com)

**Practice Facility:** El Dorado Park West 2800 Studebaker Road Long Beach, CA 90815

**Practice Schedule (subject to change):** Tuesdays and Thursdays, 7-9 p.m.

## **League Communication Channels**



### **TeamSnap: Badfish Roller Derby**

Once new skater paperwork has been turned in and the first month of dues have been paid, skaters will receive an invite to download and create a TeamSnap profile. TeamSnap is where you will confirm your availability for bouts, see practice schedules and Badfish scrimmages, house contact information (legal full name), upload copies of your medical insurance and WFTDA insurance (for School skaters). It is very important if any information changes to keep your TeamSnap profile up to date.



### **Discord: Badfish Roller Derby**

Once new skater paperwork has been turned in and the first month of dues have been paid- skaters will be invited to join the Badfish Discord Server. We have different channels for the four levels of skaters (Guppy- School) where we share league announcements, practice information, Bad-Fit-Club, and our Chatter (informal conversation) channel. Discord is our primary source of league information so be sure to check the channels regularly for all announcements.

**Bad-Fit-Club** is a channel on the Badfish Discord server. It is for active members to share and promote off-skates strength training. Additional off-skates training will improve your overall speed, muscle recovery, balance, hits, stance, stopping and holding power on the track. Workouts can be strength/ weight training or cardio.

### **Requirements and Guidelines To Count Towards a Make-up Practice**

- Share a written post or post workout selfie in the Bad-Fit-Club Discord channel listing the major muscle groups worked and duration of your workout. You can share your sets/weight if so inclined.
- Each workout will count as 25% of make-up credit towards a missed practice.
  - Ex: 4 workouts = 1 missed practice
- Maximum of 2 workouts per month will count toward make-up credit.

### **Badfish Roller Derby's Four Level of Skaters**

**Guppies** – Guppies Level 1 (AKA Fresh Meat in the larger derby community) are new skaters to derby. This is where you learn the basics. This group focuses on learning to skate, start, stop, derby stance, and introduction to contact with wheels underneath you. You will learn the necessary skills to pass Badfish's minimum skills assessment and written test.

These skaters are not cleared for contact (hitting) during practice and not cleared for Badfish-hosted scrimmages. Guppies are welcome and highly encouraged to participate in Badfish-hosted scrimmages as Non-Scoring Officials (NSO), e.g., penalty box timer, score keeper, etc., to learn the rules and flow of the game.

**Pufferfish** – Guppy Level 2; Advanced in the basics but not quite cleared for Sea Monkeys. A Pufferfish has knowledge of basic skating skills but will work on hitting, advanced basic skills, and derby rules. Cleared for positional blocking (upon discretion of coaches and captains). Cleared to participate in Badfish-hosted scrimmages.

**Sea Monkeys** – Skaters who have passed minimum skills assessment and written test and are on the verge of becoming a part of The School, so we want them to learn from the school. You will experience full contact and are invited to play with The School but are not roster eligible for bouts.

**The School** – All skaters cleared for contact. You may engage in roller derby activities, including full contact scrimmages and bouts. Get on rosters, go to scrimmages, and soak up all the derby knowledge out there!

**The School Bout Day Roster** – What goes into making the bout day roster? Selection consists of the below. Selection of the roster will be at the discretion of the coaches and captains.

- Bout Skill Level
- Skater Attendance
- Skater Availability
- Sports-personship and Attitude
- League Priority and Dual Leagues

**Skater Attendance** – Attendance is mandatory. Skaters must come once a week to remain in good standing with the league and you must have at least 66% attendance overall to be the initial players considered for bouts. Once the 20-person roster has been announced for a bout, skaters must maintain an 80% attendance to keep roster position. Dipping below the 80% attendance could result in substitution with the roster's alternation skaters. We do know that life happens so if you have a schedule conflict, please talk to a coach, captain, or board member.

**Dual Derby Leagues** – Learning from other leagues and skaters is a fantastic way to grow your personal skills with other leagues, however when it comes to roster selection, priority be given to skaters who dedicate their time primarily to Badfish.

### **League Requirements and Information**

- Dues are \$43 per month, due on the 1<sup>st</sup> of each month. There is a \$5 late fee for dues paid after the 10<sup>th</sup>. PayPal to badfishtreasurer@gmail.com is preferred but cash and check (payable to Badfish Roller Derby) are accepted. PayPal payment type should be *Personal Payment*.
- Skaters are required to join and actively participate in league events. Roller Derby is known for its DIY nature. It takes every one of us working hard to make games happen. Each skater will have duties on game day. If you are not assigned a specific duty, please volunteer!
- To be an official league member, the signed waiver, code of conduct, contact form, copies of personal medical insurance card and a photo ID must be turned in to a Board Member.
- Attendance is mandatory. You must come once a week to remain in good standing with the league and you must have at least 66% attendance overall to be the initial players considered for bouts.
- Members must always have good sports-personship and attitude, whether on skates or off.
- You must obtain Women's Flat Track Derby Association (WFTDA) insurance within 90 days of joining or before your first game, whichever comes first (\$75 per year in 2024).
- Learn the rules of the game. Go to the WFTDA website (<https://rules.wftda.com>) and read/print the current rules. There are a lot of rules and many can be confusing so ask tons of questions.

### **Tips on Preparation Training**

If you are new to skating or just getting back into after a long break, try to be in your skates as often as you can. The more you do in your skates, the quicker you will progress at practice. You need to feel comfortable with wheels under you before you can really work on being successful at the skills required to play derby. Other tips to help you along:

- Strength, endurance, and core training are essential to becoming a great derby player.
- Practice outside of scheduled derby practice hours to become the best derby player possible.
- You will progress MUCH faster the more you are on your skates. If you need suggestions, just ask a coach.

**Don't Get Discouraged!** Remember, we all started somewhere. Some of us had never skated until we started playing roller derby. Keep coming to practice and give your BEST effort. Effort requires zero ability and can be given by anyone. Roller derby is not for everyone, but the roller derby community and our derby family can be. So even if you prefer no-contact skating or no skating at all, we have a spot for you within the league.

### **Other Helpful Links and Information To get Started**

Roller Derby Equipment Resources:

- Roller Derby Recyclables (Facebook Group) – Place to buy, sell, trade new or used derby equipment.
- Wicked Skatewear (Local Skate Shop) – Online and two in-store locations to try on new roller derby equipment! Wicked offers GREAT Freshmeat packages to get you started in your new roller derby journey.

Beginner Skating and Derby Resources:

- For a quick informational video on how the game is played, watch *WFTDA: Women's Flat Track Derby Association - Roller Derby 101: Gameplay* (<https://www.youtube.com/watch?v=Old6gId2LCM>)
- For beginning skating tutorials, visit *Dirty School of Skate* (<https://www.youtube.com/@Dirtydeborahharry>)



# Badfish Roller Derby

## Assumption of Risk and Release from Liability Agreement

This agreement is entered into between Badfish Roller Derby (BFRD) and the undersigned participant with respect to participation in BFRD league activities. In consideration of the participation in BFRD activities, participant agrees to the following:

1. Participant forever waives any cause of action against BFRD and its affiliates, its Owners, and agents, which might arise from participation in this activity.
2. In the event a third party (or parties) is injured in any occurrence in which the undersigned participates, the undersigned shall forever indemnify, defend, and hold nameless BFRD, its affiliates, its owners, and agents from ALL costs and expenses which arise from claims by such injured parties.
3. Participant authorizes any medical treatment deemed necessary in the event of any injury while participating in BFRD activities. It is the responsibility of participant to carry full and complete insurance coverage for personal bodily injury and personal property damage to participant and any other individuals who may be injured resulting from league activities (or, in its absence, agree to pay all costs of rescue and/or medical services that may be incurred on behalf of the participant).
4. Participant understands and accepts that roller skating, in its various forms, is a hazardous sport and has many dangers and risks, which include serious bodily injury, communicable diseases such as MRSA, influenza, and COVID-19, and death. Participant hereby agrees to freely and expressly assume and accept any and all risks of injury or illnesses.
5. Participant represents that she is physically fit and able to safely participate in this physically demanding activity, and that she does not suffer from any injury, defect, ailment, illness, or the like which could conceivably lead to injury or death from participation in this activity. **(Please initial \_\_\_\_\_)**
6. The participants Assumption of Risk and Release from Liability Agreement is on behalf of the league participant, and her spouse, personal representatives, assigns, heirs, next of kin, family, relatives, executors, trustees, conservators, administrators, agents, and guardians.
7. Participant agrees to give up their right to a trial by court or jury. Any dispute or claim between participant and BFRD, including those arising out of or related to this Agreement, the interpretation of this Agreement, or any damages, shall be settled by binding arbitration in accordance with the Rules of the American Arbitration Association. The arbitrator's award shall be final and binding upon the parties, and judgment upon the award may be entered by any court of competent jurisdiction. The place of arbitration shall be the county of Los Angeles.
8. Participant agrees to provide their own required protective gear that must be worn at all times during league activities.
9. I understand, consent to, and authorize, in advance, the use of my name, voice, picture or other likeness, in combination or alone, in any broadcast, telecast, print medium, advertising, promotion, or other account of a league event as approved by BFRD.

### WAIVER OF LIABILITY

Participant, member, guest, or patron shall participate in roller skating and/or use any of BFRD activities at his/her own risk. BFRD shall not be liable for any damages for personal injuries sustained by any participant, member, guest, or patron in, on, or about the premises on which BFRD gathers for practice, games, scrimmages or any other league related activities.



# Badfish Roller Derby

## Assumption of Risk and Release from Liability Agreement (*continued*)

### PERSONAL PROPERTY AND VALUABLES

BFRD shall not be liable for the loss or theft of, or damage to, the personal property of any participant, member, guest, or patron.

By signing this form, I acknowledge that I have read the document in its entirety and fully understand this release. I am \_\_\_\_\_ years of age and agree to the terms above. I am signing of my own free will and volition.

### COVID-19 PLAYER GUIDELINES

1. Follow all CDC guidelines as well as those of state & local health authorities.
2. If you are comfortable wearing a mask, you may choose to do so.
3. Stay home if you are sick.
4. Wash hands thoroughly before and after games. Cover all coughs & sneezes.
5. Bring, and use, hand sanitizer at every practice &/or game.
6. Sanitize & wash all gear frequently.
7. The league the right to modify COVID-19 guidelines if necessary or advised by local, State, or Federal health authorities.
8. Masks and/or testing may be optional and/or required by the League if a COVID-19 case occurs or if requested when visiting another league.

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**Signature**

**Date**

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**Print Name**

**Email Address**





# Badfish Roller Derby Skater Information and Emergency Contact

## Contact Information

Legal Name:		
Derby Name:	Skater Number:	
Street Address:		
City:	State:	Zip Code:
Email Address:		
Mobile Phone:	Date of Birth:	
Signature:	Date:	

## Insurance Information

Health Insurance Provider:	
Policy Number:	Exp. Date:
Preferred Hospital:	
Known Allergies:	
WFTDA Number:	

## Emergency Contact – Primary

Name:		
Phone Number:		
Address:		
City:	State:	Zip Code:
Relationship to Skater:		

## Emergency Contact – Secondary

Name:		
Phone Number:		
Address:		
City:	State:	Zip Code:
Relationship to Skater:		



# Badfish Roller Derby Code of Conduct and Participation Agreement

The following is a copy of the Badfish Roller Derby Code of Conduct and Participation Agreement that will need to be signed and submitted with all new member forms. Please read it carefully and speak to a board member for any questions or comments. The participants, coaches, and officials shall be required to follow the Code of Conduct, set forth as follows:

## CODE OF CONDUCT

I hereby pledge to be responsible for my words and actions while attending, coaching or participating in a Badfish Roller Derby event and shall conform my behavior to the following code of conduct:

1. I will wear protective gear at all times that I have on skates.
2. I will not use or encourage anyone else to use drugs or alcohol while participating in a sport event.
3. I will not engage or encourage anyone else to engage in unsports-person like conduct with any coach, player, participant, official or any other attendee.
4. I will not engage or encourage anyone else to engage in any behavior which would endanger the health, safety or well-being of any coach, player, participant, official or attendee.
5. I will treat any coach, player, participant, official or any other attendee with respect.
6. I will not engage in or encourage verbal or physical threats or actions aimed at any coach, player, participant, official or any other attendee.
7. I will pay dues in full and on time.
8. I will fulfill attendance requirements to the best of my ability and have the courtesy to notify the proper person if I will be late or absent from a scheduled event or practice.
9. I will strive to learn new skills and improve myself as an athlete and a teammate.
10. I will work to create a welcoming environment for every Badfish Member by maintaining a positive attitude, helping my league-mates to realize their potential in athletics and beyond.
11. I will abide by any decision rendered by the board regarding my behavior.
12. I will conduct myself in the best interest of Badfish Roller Derby when in uniform or at Badfish events such as recruiting, bouts, after parties, roll-outs, fundraisers, etc.
13. I will read the Badfish 2024 operating manual and abide by its contents.

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**Signature of Participant**

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**Print Name of Participant**

**Date**