



## ***Flat Track Roller Derby Van Diemen Rollers***

Van Diemen Rollers (VDR) is Launceston's only DIY skater-operated league dedicated to playing the all-female, full contact sport of flat track roller derby. The sport was revived and modernised in the US back in 2001 and has since spread across the UK, Europe and Australia. At least 20 derby leagues have sprung up in Australia since 2006 of which Tasmania currently boasts two - Van Diemen Rollers in the north and Convict City Rollergirls in the south.

Having commenced training at the beginning of 2009, the Van Diemen Rollers are set to play official competition in early 2010. The league invites girls 18+ of any shape, size and with no, little or plenty of skate experience to give roller derby a go - you just gotta be fearless!

Both men and women 18+ can join as referees, announcers, statisticians, coaches, stagehands or rink rats. Anyone of any age can help support VDR through promoting, fund-raising, sponsoring and attending events and matches.

### ***What is Flat Track Roller Derby?***

Roller Derby is played on quad skates around a flat oval circuit. It's an adrenaline-fueled, fast and furious team sport that involves strategic play, knocks and blocks, and plenty of booty action.

A roller derby game is called a "bout" and is comprised of two 30 minute periods. Each period is made up of an unlimited number of jams which last two minutes or less. A jam consists of two teams, five players each: four Blockers and one point-scoring player, called the Jammer (denoted by a helmet cover with stars on the sides). Blockers from both teams skate together in a "pack" and are continuously lapped by the Jammers. Initially, the Jammers have to get through the pack and then on their second and future trips around the circuit they get a point for every opponent they pass. Using legal blocks and contact, the Blockers in the pack try to stop the other team's Jammer from passing.

# ***What do I need to do to join the VDR?***

**1. Make the decision to make the commitment!** You've registered your interest by emailing/contacting us. Congratulations! If you're joining as a rollergirl/player you will need to commit to at least 2x2 hour training sessions a week once you become a member. And as we're a small fledgling league, you'll be expected to support the league with their efforts to raise money and promote the sport in Launceston.

If you join anytime from November to the end of May in the following year, there's an annual membership fee of \$130. From June through to the end of November of any year, it's \$90 to become a member. \$50 of this amount covers the compulsory personal insurance you must pay through *Skate Australia* before training commences. The rest goes primarily towards subsidising hire of training venues, club insurance, publicity and the various administrative costs for running the league. Upon request, the VDR Secretary or Treasurer can supply you with both the VDR membership application and Skate Australia insurance forms.

Training sessions will cost \$5 per session + \$1 to the VDR kitty. VDR members have the option to pay \$50 per month for unlimited access to both training sessions and general skate sessions.

**2. Buy the gear.** You will need a pair of quad skates (not in-line), good quality knee pads, elbow pads, wrist guards, mouth guard and a helmet. For insurance purposes and your own well-being, the protective gear is essential.

There's a collection of club skates and protective gear you can borrow and use short term while you give roller derby a go or incase you have trouble finding skates for yourself. You can find good 2nd-hand skates and gear on eBay. And scouring local op shops can also yield great bargains.

Brand new Roller Derby skates and accessories can be sourced locally or online from a few different mainland/overseas stores. Try the following:

## LOCAL

**Jimmy's Skate & Street** (offers 10% discount on protective gear for VDR members)

<http://jimmyskate.com>

**Red Herring, Bike Zone** and **Kmart** can be useful to source inexpensive protective gear.

## INTERSTATE

**DaKlinic** in Adelaide (free postage to Tas when spending over \$100)

<http://daklinic.com/shop/catalog/index.php?cPath=127>

**Skater HQ** in Sydney

<http://www.skaterhq.com.au/default.asp?DeptID=103>

**Sydney Derby Skates** (skater owned and run!)

<http://sydneyderbyskates.com>

**Hot Quads Roller Skates** in Adelaide (skater owned and run!)

<http://www.hotquadsrollerskates.com>

## OVERSEAS

### **Sin City Skates**

<http://sincityskates.com>

### **3. Practise, practise, practise!** Good places to practise are...

K-Mart and Decorama car parks

Empty warehouses, empty netball and tennis courts. Your driveway - any pseudo-rink you can find!

#### **General Skate Sessions**

Mowbray Indoor Sport N Skate, Mowbray. VDR members get in for \$5 a session or pay \$50 per month for unlimited access to sessions.

Fri 6-9pm

Sat 1-4pm

Sun 12-3pm

During school holidays, every weekday between 1-4pm

#### **Formal Training**

Mowbray Indoor Sport N Skate, Mowbray. \$6 entry (includes \$1 to VDR kitty)

**5.30-8.30pm**

Mondays - Basic skating and derby skills (Beginners)

Tuesdays - Contact drills and scrimmaging (Experienced)

Thursdays - Endurance (Mixed)

### **4. Do your research.**

**Women's Flat Track Derby Association** - for rules, derby rink dimensions and a tonne of info on the flat track Derby community <http://wftda.com>

Join the **Australian Roller Derby Forum** <http://www.rollerderby.com.au/>

**Roller Derby Explained** [http://www.youtube.com/watch?v=\\_T8izdlc-dY](http://www.youtube.com/watch?v=_T8izdlc-dY)

Roller Derby magazine **Blood & Thunder** <http://www.bloodandthundermag.com>

YouTube...just type in "roller derby" and have hours of entertainment [www.youtube.com](http://www.youtube.com)

### **5. Start talking about Roller Derby to your people.**

They will talk to their people and their people will talk to more people and then the people of Launceston will (almost!) be ready for the wild sport and community of Roller Derby!

# Van Diemen Rollers – Membership Application Form

## Personal Information

Full Name: \_\_\_\_\_  
*First* *Last*

Address: \_\_\_\_\_  
*Street Address*

\_\_\_\_\_ *City* *State* *Postcode*

Home Phone: ( ) \_\_\_\_\_ Mobile Phone: ( ) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

## Skating Information

Roller Derby Name \_\_\_\_\_ Roller Derby Number \_\_\_\_\_

Skating Ability(Please Circle)

**Beginner**

**Intermediate**

**Derby (Advanced)**

## Emergency Contact Information

Full Name: \_\_\_\_\_  
*First* *Last*

Address: \_\_\_\_\_  
*Street Address*

\_\_\_\_\_ *City* *State* *Postcode*

Primary Phone: ( ) \_\_\_\_\_ Mobile Phone: ( ) \_\_\_\_\_

Relationship: \_\_\_\_\_

## Consent

I, \_\_\_\_\_ attest that I am over 18 years of age.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Treasurer/Secretary to Complete

Membership Fees Paid: \_\_\_\_\_ Date Paid: \_\_\_\_\_

Treasurer/  
Secretary  
Signature: \_\_\_\_\_