

Orlando Roller Derby Recruitment Packet

Who is Orlando Roller Derby?

We are a skater-run, skater-operated roller derby league based out of Orlando, Florida. The members of our league are strong, motivated women who train hard and work hard. Our mission is to bring about positive change within ourselves and within our community.

Our Objectives as a league are to:

- Develop a passionate league dedicated to the sport of women's flat track roller derby
- Encourage athleticism and teamwork
- Invest and participate in Orlando's local community and culture through donations, volunteering and support
- Inspire women of all ages as well as our fans
- Maintain high safety standards
- Provide an alternative form of entertainment to all ages and backgrounds
- Build and sustain camaraderie and sisterhood through team bonding opportunities
- Display a positive public image by being mindful of actions and appearances

OPCDG Social Media

Website: www.orlandorollerderby.com

Facebook: www.facebook.com/orlandoderbygirls

Instagram: www.instagram.com/orlandorollerderby

Tumblr: www.psychocityderbygirls.tumblr.com

Twitter: www.twitter.com/ORLDerbyGirls

What is Recruitment?

The recruitment period to be a member of the Orlando Roller Derby (ORD) is a 6 month process of specialized training to prepare you for the rigors of playing roller derby. You *do not need skating experience*, we start from the ground up. We will teach you all about your gear, how to skate, how to stand, how to hit, and how to properly fall safely. After 4 months your skills will be tested and you will advance to our interim team to await placement on one of our leagues home teams.

The Basics

ORD Practice Location

Semoran Skateway
2670 Cassel Creek Blvd,
Casselberry, FL 32707

LunaChic (Fresh Meat) Practice Location

Barber Park
3701 Gatlin Ave.,
Casselberry, FL 32812

Dues

\$45 per month

Due on the first practice of the month regardless of how many times you make practice.
All monies will be collected by the league treasurer.

Insurance

If you do not have health insurance, you will need to purchase WFTDA Insurance. After recruitment, WFTDA Insurance must be purchased if you plan to continue with the league, even if you have health insurance.

Practices

Sun. 8:00-10:00am (Lunas only)

Wed. 9:00-11:00pm (Endurance/Drills League Members and Lunas)

Dress Code

ORD is a family friendly league, so dress code is very important. Shirts should cover your front and back. Bottoms: Shorts (but not booty/short shorts), pants, or acceptable skirts. If you chose to wear short shorts or skirts, then your thighs must be covered with an opaque legging type of material.

Required Equipment

Impact certified Helmet

Mouth Guard

Elbow and Knee Pads

Wrist Guards

Quad Skates

Time Commitment

You are required to make 75% of all practices

Contacts

Recruitment: Recruitment@orlandoderbygirls.com

President: President@orlandoderbygirls.com

Vice President: Vice_president@orlandoderbygirls.com

Treasurer: Treasurer@orlandoderbygirls.com

Practices: Practices@orlandoderbygirls.com

Secretary: Secretary@orlandoderbygirls.com

Events: Events@orlandoderbygirls.com

Games: Games@orlandoderbygirls.com

Media Relations: Media@orlandoderbygirls.com

Sponsorships & Vendors: Sponsorship@orlandoderbygirls.com

Referees / NSOs: Zebras@orlandoderbygirls.com

If you have issues regarding practices, gear, requirements, etc...please send them to the recruitment email only.

Please DO NOT message your coordinator through facebook.
Please DO NOT message your coordinator through the online forum.

Questions regarding events attendance and requirements should be sent to the Events email and CC'd to the Recruitment email.

Questions regarding game attendance and positions should be sent to the Games email.

Equipment

Helmet - The helmet is one of the most important pieces of protective equipment needed. This must be impact certified. Expect to pay around \$50. S1 or Triple 8 brand recommended.

Knee Pads - Your knees are important and you will fall A LOT. Good knee pads are a great investment. Make sure the knee pad fits tight enough so that it will not slide off. Knee pads will compress over time and wear out, so you should inspect them regularly for cracks, rips, and exposed rivets. Oftentimes, you can find a package deal that includes elbows, knees, wrists, and sometimes helmets. \$30 to \$85. Triple 8, Smith Scabs, 187 killer pads brands recommended. Please note, the thinner the pad the less protection it offers.

Elbow Pads - Elbow pads should fit snugly, like knee pads. \$20 and up.

Wrist Guards - Wrist guards are designed to protect your hands and wrists. They absorb impacts to the hand and give support to your wrists. Some guards have splints on the top or bottom and some have splints on both sides. Like all protective gear, your wrist guards need to be sized correctly for optimum support. Keep in mind that you could be replacing the wrist guards often, so inspect frequently. \$20 and up.

Mouth Guards - Mouth guards help protect the inside of your mouth and teeth and may offer protection against concussions there are a couple of different styles to choose from, but most skaters use the boil and mold (Football) mouth guards. The basics start at \$1. Sisu brand is recommended.

Skates - For beginning skaters, the quality of skate is generally not significant during the first year. That said, having good gear can make a huge difference in your skating ability. For good skates, buy in the \$100 or more range. (please avoid roller girl skates skate brand) (**please make sure the toe stop is removable before purchase**) Riedell Dart, Riedell R3, Suregrip Rebel brand/style recommended.



Plates - If you purchase a skate that already has plates and wheels, you may want to consider purchasing another plate. The stock plate is generally made of plastic. Although plastic is light it can break or crack easily. There are so many different plates on the market and everyone is different in their reasons for choosing one plate over another. Research will be the key here in deciding on which plate is right for you. Your fellow derby girls are a really good resource of information about their particular set ups also, so don't forget to check with them.

Wheels - You will need a set of **indoor** wheels (92A-97A) and outdoors (84A-88A). Most skates will come with one or the other, but sometimes you can find a package deal that includes both. \$40 and up (make sure you are getting 8 wheels).



Bearings

At some point you will need to replace your bearings. Having an extra set of bearings for your outdoor wheels is also helpful. You can find these in the skateboard section of most sport stores or online. We recommend ABEC 5 or higher. \$20 and up.

Fresh Meat Packages - Many websites feature inexpensive fresh meat packages that contain everything or just about everything you need in one lump sum. Bruisedboutique.com offers packages starting at \$181.00. If you go this route please make sure you are getting a certified helmet.

Optional Equipment

Butt pads - These are called butt pads because they protect your butt, but they also protect your hips and tailbone. Some types are also known as crash pads. If you are going to spend the money on butt pads, make sure you go all out and get one with a tailbone insert. We don't recommend the thin ones—they don't offer any protection.



Derby Commandments

Sometimes the pressures of practice and life in general can hurt your derby focus. The following Derby Commandments are meant to help everyone understand what we are all working towards as a league.

1. A Skater will attend every practice.

Life is not always perfect, ORD understands that. People get sick and babysitters fail, but plain “not feeling well” is not an acceptable excuse to cut practice. Even if injured, a skater should still attend practice to strengthen weakened muscles, referee scrimmages and help out with coaching. Know that if you are regularly missing practice you will not be allowed to compete in a game.

2. A skater will listen to coach, captain and referees.

Those in coach/captain/referee positions are ORD’s most valuable assets. When someone is running practice, listen to them carefully and follow their instructions. Learn to take constructive criticism and steer clear of negative comments. Remember: Our coaches, captains, and referees are the main reason this league functions and continues to improve.

3. A skater will know the rules of the game.

WFTDA rules are in effect, a skater will learn them, live them, and love them. Never assume a rule’s validity unless you can quote it. Better yet: carry a copy of the rules in your bag at all times.

4. A skater will try to like her neighbor.

Sometimes your best friend is your practice partner-and sometimes not. As a league, we must learn to work together, regardless of our individual personalities, likes and dislikes. Respect each other as teammates at all times, and understand you’re all working towards the same goal.

5. A skater will say nice things about others or nothing at all.

Roller derby can sometimes reek of drama. However, ORD can help keep that to a minimum by respecting all other leagues and presenting a good face to the public. Steer clear of the rumor mill. This also goes for all past, present, and future ORD league members. A professional league is a well-respected league.

6. A skater will talk it out or let it go.

Despite our best efforts, sometimes we upset someone often without realizing what we have done. If you have been offended by another’s words or actions, you should respectfully address the offense as soon as possible. Should you require assistance with your conversation/call/email, you may contact Leadership. Put out the fire before it starts.

7. A skater will respect the decisions of Leadership.

Leadership is the voice of ORD and makes decisions based on what it feels will do the majority of the league the most good in the long term. Its members are human though, and sometimes make mistakes. Leadership will address any questions, comments, or concerns brought forth in a constructive manner. Leadership will continue to have the best interests of ORD at heart in all decisions.

8. A skater will retain personal responsibility.

ORD is a league of adult women (and men). As adults, we must be personally responsible for every aspect of our ORD involvement. Respect the fact that even those league members in important positions live full lives outside of the league and may not be able to accommodate last minute requests.

9. A skater will take care of herself.

Roller derby is an extreme sport fraught with injury. Make sure to address all injuries including minor injuries like bumps, bruises, and blisters as soon as possible. Be aware of your diet, nutrition and exercise routine outside of practice. Also remember that mental health is just as important as physical health.

10.A skater will have major ass-kicking fun!

Why else would we have started all of this?! Roller derby is FUN! Roller girls are BAD-ASS! Get out there and rule that track!

What must I have to become an Orlando Derby Girl?

1. To be eligible for the Lunachic program, all skaters must have completed the following documents:

- Copy of Driver's License, State ID card or Passport
- Copy of front and back of private Health Insurance Card (if applicable)
- If you do NOT have Health Insurance you must turn in proof of your WFTDA Insurance. Please email President@orlandoderbygirls.com for assistance with WFTDA Insurance.
- Read Lunachic packet and submit signed Paperwork
- Monthly Dues

These items MUST be turned in during the FIRST week of practice to the Recruitment Coordinator.

2. All skaters must have required gear outlined on Equipment page of this packet.

3. COME PREPARED TO PRACTICE!!!

- Sneakers
- One white shirt
- One black shirt

Optional items: (but you should probably have them...)

- 1 gallon of water & 1 large bottle of Gatorade/PowerAde/Drink with Electrolytes
- Towel
- Extra skate laces
- Extra socks
- Skate tool
- Band-Aids, sports wrap bandages or tape, blister pads, and blister block
- Extra set of wheels
- Knee brace to wear under your safety gear
- Padded shorts to protect your tailbone

What must I do to become a member of Orlando Roller Derby?

- 1. All skaters wishing to become a member of Orlando Roller derby must go through the Lunachic Program. The Lunachic program is a six (6) month introductory period with the league. During this period, Lunachics will be evaluated in the following areas:**
 - Practice Attendance
 - Service Credits
 - WFTDA Minimum Skills and Rules Tests
 - Fitting in with the League's Mission, Objectives, Culture, & Code of Conduct
 - Performance, Attitude, Appearance at Practices and Events
 - Level of Determination, Dedication, and Loyalty
 - During the Lunachic program, skaters are required to participate in 75% of each month's practices.
 - o Participation is defined as participating during drills, scrimmages and practice, both on and off skates. Arriving late, leaving early, and practice absences MUST be cleared by emailing your Recruitment Coordinator recruitment@orlandoderbygirls.com at least 2 hours before practice begins. If a skater arrives late or leaves early without proper notice, it is at Recruitment Coordinator's discretion as to whether the practice will count or not.
- 2. NO Lunachics are allowed to participate in scrimmages with other leagues outside of Orlando Roller Derby practices.**
- 3. All skaters are required to earn Event Credits.**
 - During the Lunachic program, skaters are required to earn at least 6 Event Credits.
 - o Event Credits are defined as active participation during league sanctioned activities of the league's discretion. Opportunities will be announced at practice and posted on the forum.
- 4. All skaters must join the league's online forum; it must be checked regularly.**
 - Sign up to the forum using your *real name*. It will prompt you for a "Nickname"; this is where you use your REAL name. Make sure to look for an activation email (may be sent to your junk/spam folder) and click the link in the email. Within a few days following your first practice, you will have access to the forum.
 - Forum Registration: <http://opcdg.org/forum/ucp.php?mode=register>
 - If you are having issues with registering to the forum, please send an email to our Media Director: media@orlandoderbygirls.com
- 5. All skaters must pay a practice fee.**
 - There will be a fee of **\$45.00** every month during the Lunachic Program.
 - These payments begin at your first practice and every first Wednesday of the month hereafter.
 - Upon arrival, fee is paid to the treasurer. You will not be allowed to skate until you pay the fee.

Lunachic First Practice Checklist

- _____ Copy of Driver's License, State ID card or Passport.
- _____ Copy of front and back of private Health Insurance Card (If Applicable).
- _____ WFTDA proof of insurance - if you DO NOT have Health Insurance.
- _____ Read/ fill out Lunachic Packet.
 - Sign Lunachic Packet Agreement
 - Fill out Emergency Contact information
 - Fill out Skater Application
 - Sign Liability Waiver
- _____ Signed up for the ORD Forum.

Signature of Compliance

I, _____, have read, and I understand and agree to the terms listed in the Lunachic Packet. I understand that to be a member of Orlando Roller Derby, I must sign this document. I am advised to keep a copy of this document for myself so that I can refer to it in the future.

Signature

Print Name

Date

ORLANDO ROLLER DERBY
League Member (Skater, Referee, Volunteer) Application
Please write legibly and fill out completely.

Basic Information

Full Name: _____

Derby Name & Derby Number (ONLY if a Transfer Skater):

Shirt Size _____

Mailing Address:

City, State, Zip:

Home/Cell Number (circle preferred number):

Date of Birth: _____ **Email Address:** _____

Profession: _____

Are you currently follow us on Facebook? _____

Do you have access to reliable transportation? _____

Are you interested in carpooling? _____

Interests

How are you interested in being involved with our league? ("X" all that apply)

_____ **Skater** _____ **Referee** _____ **Volunteer** (_____)

On a scale of 1 – 5 (1 = not at all & 5 = excellent) How well do you skate? (Circle answer)

1 2 3 4 5

Equipment Survey (Circle the equipment you own)

Quad Skates Helmet Knee Pads Elbow Pads Wrist Guards Toe Stops Mouth Guard

How did you hear about Orlando Roller Derby?

Have you ever been involved with a roller derby league? If yes, what league and in what capacity?

Why do you want to be a part of our league?

Why are you a good fit for our league and what sets you apart from the rest of those looking to join?

Please list any special skills / resources that you can offer that will positively contribute to the league:

Tell us about YOU!! What are your hobbies? What do you do in your free time? Etc.

Any additional information or comments:

Social Media Policy

Orlando Roller Derby (ORD) is committed to balance creative, aggressive promotion of our league via social media channels, with protecting the privacy of the skaters who make up our league. Our Social Media Policy (SMP) will outline the guidelines the league will follow to maintain that balance.

I. Social Media Channels

- Facebook
- Tumblr
- Twitter
- YouTube
- Instagram

II. Black List

The Social Media Coordinators will create a "Black List" for skaters who cannot appear on any social media channels. Skaters may not cherry-pick events or channels - it's all or nothing. Please note that OPCDG cannot be held responsible for images photographers and fans post on their pages. Additionally, skaters have to be okay with appearing in bout photo albums. Our commitment is that we will not use individual images of Black Listed skaters on our social media channels, or in league promotions such as flyers and posters.

How to be added/removed from Black List: email media@orlandoderbygirls.com with the subject line "Black list," and your request to be added or removed. Please include your skater name, real name and skater number.

III. Our commitment to skaters

The Social Media Coordinators are always operating in good faith. It is not our desire to endanger skaters' professional or private lives. However, understand that we are human and mistakes may happen. We are committed to presenting the league and its skaters in the best possible light, and if anyone is uncomfortable with how they're represented in OPCDG social media, we will do our best to rectify the situation, with the understanding that we have a responsibility to promote the league, our bouts and events.

IV. What we request from skaters

When it comes to social media, please be considerate when using images of your fellow skaters. This includes (but is not limited to) not posting photos or information related to:

- Private league events where alcohol is being consumed
- Bout photos where there may have been a wardrobe malfunction
- Skaters who are suffering from injury, especially during bouts when they're receiving medical care
- Closed practices
- Any event or image that is inconsiderate and/or does not depict your league-mate in a flattering light

Please practice the golden rule when it comes to sharing/tagging on social media - if you would not like that photo posted of yourself, don't post that photo of someone else.

V. What if there's a problem?

Email media@orlandoderbygirls.com with a description of the issue and a link to the offending image or page.

If it's an emergency, you may text AWOL at 407-583-9739. With the understanding that we both have lives outside of derby and may not be immediately available, we are committed to remedying any social media situation as soon as possible.

If it is a larger issue or you feel the problem was not remedied to your satisfaction, feel free to contact leadership to find a resolution.

Release of Liability and Assumption of Risk Agreement for Adult Roller Derby Participant

This is a release of liability. Read it carefully before signing. By signing this release, you are giving up your rights, now and in the future to sue the Orlando Roller Derby, its agents, employees, and any parties that operate, administer, co-organize or provide transportation in connection with the activities (as defined below)(collectively, the "Released Parties") or to expect the Released Parties to be legally responsible or pay for any medical expenses or damages if you are injured, killed or become ill, or your belongings are damaged as a result of you participation in the activities.

Voluntary Participation: I acknowledge that now and in the future, I am voluntarily choosing to (a) participate in one or more sports activities organized, co-organized, operated or administered by the Released Parties, and any activities incidental thereto and (b) be present at or use, as applicable, facilities, other location, equipment and/or transportation provided by the Released Parties or others in connection with my participation in the activities (the activities in clauses (a) and (b) are referred to collectively as the "Activities").

Acknowledgment and Acceptance of Risks: I understand that certain risks are inherent in the Activities, and that these risks cannot be eliminated, altered or controlled. I understand that the risks that contribute to the unique character of the Activities can be the cause of my injury, illness or death or damage to my belongings. I voluntarily elect, with knowledge of the risks involved, to participate in the Activities. Now and in the future, I acknowledge and willingly assume all risks and hazards associated with the Activities.

Medical: It is the responsibility of the undersigned to insure that the above named person is medically fit to participate in strenuous on-rink or off-rink activities. Participation in roller derby activities presents an inherent risk of injury to person or property. The undersigned certifies that the above named participant has no known conditions that prohibit or limit participation in any derby/skating activities held by or in association with Orlando Roller Derby. Additionally, the undersigned must be able to cover any expenses related to any potential injury that may arise from their participation in Orlando Roller Derby.

Equipment and skates: Participants must wear the following mandatory safety equipment during all Orlando Roller Derby on-rink activities and derby practices: knee pads, elbow pads, wrist guards, helmet, and mouthguard. Eyeglasses must have plastic shatterproof lenses. The undersigned must take full responsibility that the above named participant is wearing the aforementioned safety equipment at all times and that it is properly worn. Only quad skates are permitted. All skates must be rink safe, meaning that their use must not gash, indent, or blemish the skating surface or any other surface and that the skates will not cause injury to property or person(s). All liabilities thereof are undertaken by the undersigned.

Conduct: Spectators and/or skaters (patrons on the premises as a result of your involvement in roller derby) as well as participants must behave in a respectful manner to both person and property. Behavior which could potentially lead to intentional or unintentional bodily injury or injury to property will not be tolerated.

Release: I am an adult of sound mind, aged 18 years or older. In consideration for my being permitted to participate in these Activities, as an individual and on behalf of my heirs, executors, agents and assigns, (a) I voluntarily agree and promise not to make a claim against, sue or attach the property of the Released Parties, and (b) I forever release, waive, discharge and hold harmless, the negligence, fault, recklessness or any other act, omission, defect or hazard that causes my illness, injury, death and/or damage to my belongings, now or in the future, as a result of my participation in the Activities, if my illness, injury, death or damage to my belongings is either related to or incidental to my participation in the Activities.

Knowing and Voluntary Execution: I have read this document in its entirety. I understand that by signing this document, I am assuming all the risks of the Activities now and in the future. I understand that this is a release of any and all claims now and in the future. I understand that this is the entire agreement between me and the Released Parties and that it cannot be modified or changed in any way by oral statement by any Released Parties or by me. I voluntarily sign my name as evidence of the acceptance by me of all the provisions in this document and my agreement to be bound by them.

Emergency Contact(s) Information

(1) Full Name: _____

Relationship: _____

Home/Cell Number: _____

(2) Full Name: _____

Relationship: _____

Home/Cell Number: _____

Health Insurance and Medical Information

Do you have primary health insurance? (If yes, please provide a copy of your ID card)

Preferred Hospital:

Primary Care Physician:

_____ Contact Number: _____

Please list any injuries, illnesses, surgeries, medications or allergies the emergency medical staff may need to know about. (Include contact lenses)

Participant Signature: _____ Date: _____

Print Participant Name: _____