



*Please read through this information pack and all supporting documents carefully as it is important that you understand the commitment required for roller derby.*

*Hi there!*

*Firstly, welcome to the PRD Fresh Meat Intake for 2010. We're sure you have plenty of questions about how this is going to work and when you'll make it into the league, so hopefully once you have finished reading this Fresh Meat Info Pack you will have a better understanding of how we will run Fresh Meat and you will still be eager to get on your skates and show us what you have got.*

### Big changes!

The great news is that we are now opening up our Fresh Meat Intake **all year round!** That means there is no time limit for you to reach a certain skill level before joining our league! We will teach wannabe derby girls and zebras everything they need to know from beginner level basic skating to full contact roller derby! It also means that if you can't make a session one week, for any reason, it's okay, just come along the next week and continue developing your skills.

The other great news is that PRD have two fabulous Fresh Meat Co-ordinators (that's us – Tora Hymenov and Dirty K.O.!) on board to help you out with all of your queries. At least one of us will be at the Thursday night Fresh Meat training sessions, so feel free to pull us aside if you have any questions.

**When** Every Thursday starting Feb 4th, 6–8pm (please arrive at least 20 minutes early to check in and gear up!)

**Where** Morley Rollerdrome, 95 Catherine Street, Morley

**Cost** \$10 session entry, includes skate hire. Must have own safety gear! Skaters of all levels welcome.

But first, some things we thought you might want to know...

### Who is PRD?

The Perth Roller Derby league (PRD) formed in early July 2008 and now boasts more than 30 skaters, coaches and referees. PRD is a not-for-profit incorporated association **run by the skaters, for the skaters** and dedicated to organising and promoting the sport of women's flat track roller derby in the Perth metro area. Our aim is to facilitate a group of passionate women dedicated to roller derby as a legitimate roller sport. PRD recruits women aged 18+ to skate in the league and we are committed to maintaining high safety standards and developing skills and athleticism. We value the sense of fun and individuality that roller derby represents, while promoting teamwork as an essential factor for success.

PRD operates under a Constitution that sets out rules for the organisation. PRD members are expected to abide by a Code of Conduct, and adhere to policies in relation to harassment, pregnancy and grievance resolution. These, and more, are available on our website: [www.perthrollerderby.com.au](http://www.perthrollerderby.com.au) > Official Documents.

### What is RD?

Roller derby is a contact sport played on quad roller skates around a flat, oval track. It was invented in the 1930s in the USA and enjoyed substantial worldwide popularity in the 1960s and 70s. Since 2001, roller derby has been revived as an all-women, grassroots sport with a distinct feminist edge. There are now roller derby leagues functioning in Australia across most states and territories, including men's and mixed leagues.

The game evolved from formation speed skating and involves two teams of five women skating around a tight track, gaining points by overtaking opposing players, some say it's like rugby on roller skates! Derby skaters are serious



athletes who train two or more times a week and wear full protective gear including knee and elbow pads, wrist guards, helmet and mouthguard.

### Heads of States

<i>President</i>	Maggie Snatcher	<a href="mailto:president@perthrollerderby.com.au">president@perthrollerderby.com.au</a>
<i>Vice President</i>	Huh-Knee Badger	<a href="mailto:vicepresident@perthrollerderby.com.au">vicepresident@perthrollerderby.com.au</a>
<i>Co-Secretary and Merchandise</i>	Hurty Gerty	<a href="mailto:secretary@perthrollerderby.com.au">secretary@perthrollerderby.com.au</a>
<i>Co-Secretary and Safety Officer</i>	Malice Springs	<a href="mailto:safety@perthrollerderby.com.au">safety@perthrollerderby.com.au</a>
<i>Treasurer</i>	Kellateral Damage	<a href="mailto:treasurer@perthrollerderby.com.au">treasurer@perthrollerderby.com.au</a>
<i>Media/PR Officer</i>	Trans Em	<a href="mailto:media@perthrollerderby.com.au">media@perthrollerderby.com.au</a>
<i>General Position/Media</i>	Femme Ferox	<a href="mailto:enquiries@perthrollerderby.com.au">enquiries@perthrollerderby.com.au</a>
<i>Coaching Sub-Committee Chair</i>	Huh-Knee Badger	<a href="mailto:enquiries@perthrollerderby.com.au">enquiries@perthrollerderby.com.au</a>
<i>Rules and Refs Chair/Head Ref</i>	M'Damn Terrafly	<a href="mailto:enquiries@perthrollerderby.com.au">enquiries@perthrollerderby.com.au</a>
<i>Bouting Sub-Committee Chair</i>	Bo Skiddley	<a href="mailto:enquiries@perthrollerderby.com.au">enquiries@perthrollerderby.com.au</a>
<i>Fresh Meat Co-ordinators</i>	Tora Hymenov and Dirty K.O.	<a href="mailto:prdfreshmeat@gmail.com">prdfreshmeat@gmail.com</a>

If you are interested in joining or contributing to a sub-committee, please contact the relevant chair person to discuss.

### Stuffs to think about (Courtesy of VRDL)

#### DO

- be patient when learning new skills, getting to know the league and how it works
- ask lots of questions about equipment and skates and try lots of different skates and wheels to find out what works for you
- get Ambulance Cover and an appropriate level of private health insurance
- spend a little bit more on protective gear and get good quality brands
- wear all of your protective gear when you skate, even if you are not at a training session
- be respectful of your trainers and co-ordinators – they are volunteering to help you
- join in with sub-committees and contribute positively to the league
- ask a fellow PRD skater to be your derby “sister/wife” (your buddy)
- carpool to training and league functions.

#### DON'T

- be disheartened if you can't skate as well as you did when you were a kid
- push yourself too hard, especially if you have not exercised in a while
- think that roller derby just happens magically on its own, all of us have, and continue, to put in time and energy to make the league run and advance our skills
- skate while you are injured
- buy Micro, Zinger or Cobra brand skates – they are not suitable for roller derby and are unsafe
- wear really flimsy knee pads – knee reconstructions cost a lot more than good knee pads!



### First night jitters?

Just remember, if it has been a little while since you've been on skates, then don't be nervous. Try and get yourself down to a public skating session at a rink to take the wobble out of your legs before you come to your first Fresh Meat night. Or you could just come and wobble with the best of us, everyone's had to go through it at some point!

Before getting onto the rink with us we need you to sign some forms, which include both Skate WA membership and PRD membership. Both of these memberships come with a small fee, more is explained later.

*Don't forget your safety gear and skates either! If you are missing any of your safety gear you won't be able to come onto the rink to train! And if you don't have any skates yet you will be able to hire some from Morley for the training session. It's also important that you eat at least half an hour before arriving at training and that you bring plenty of water or a sports drink with you to stay hydrated. And if you haven't been skating in a while... pack some thick/padded socks and bandaids!! Those blisters can be nasty!*

PLEASE DO NOT BRING... friends, family, children or pets to any of the training sessions. We know it's great to have moral support, but it will be difficult to function efficiently with bystanders milling about. Training sessions are not open to the public outside of participants.

### Priority #1: Safety

*All skaters skate at their own risk.* Skaters must notify the session coach if they have an injury or illness, or if they have a need to take medication, especially if it will affect training performance. If coming back from a prolonged or serious injury we will ask for a doctor's certificate to clear you for skating – if you do not have one, you cannot skate. We encourage you to read the Skate Australia Pregnancy Policy available at: [www.skateaustralia.org.au](http://www.skateaustralia.org.au) as it is relevant to your SkateWA membership and insurance coverage.

Your SkateWA membership fee covers you for personal accident insurance while skating at official league sessions, please note that it is not comprehensive coverage. We strongly advise you to purchase your own private health insurance at a level which you deem suitably appropriate for the sport that you participate in, also taking into account your financial situation.

A number of our girls are trained in first aid and we always have a first aid officer rostered on for each training session, as well as first aid kits located at each training venue. If you hurt yourself – let us help you. If it is a serious injury we can help you fill out the insurance paperwork to make a claim – it's why we have the insurance.

### Get your gear on!

Before starting the Fresh Meat classes you'll need your own helmet, mouth guard, wrist guards, elbow pads and knee pads. PRD has a strict **no-safety gear, no-skate** rule – you won't be allowed to train without all of your gear at every training session.

The Fresh Meat Intake will be held at Morley Rollerdrome, so you'll still be able to hire skates, but once you make your way through the ranks to become an Intermeat skater, you'll need to own your own skates because not all of our training venues have hire facilities. Roller derby is played on quad roller skates, so no, you can't wear inlines (unless you are a ref)!

There is a huge range of different derby skates and wheels to choose from, just have a look at [Sin City Skates](#)! Don't freak out or get too excited just yet though – unless, of course, you're an avid skater and know your stuff. A lot of online derby stores have Fresh Meat packages with specific skates and padding to make it easier for you. Even with these packages it is wise to shop around – some are more comprehensive than others and offer you a discount. One thing to look for is that you can choose specific sizes for your padding. Trust us, the one-size-fits-all-limbs cheap pad sets are not a wise investment!

Unfortunately because we live in Perth there aren't many places that sell a huge range of roller skates, much less derby skates. It is always a good idea to try skates and padding on before buying. Some of the skate shops stock padding that isn't a 3-set combo, which means you can try it on and work out exactly what size you need for each limb. And now that roller derby is becoming more popular there are a few places around town that are starting to stock derby skates.



You can buy safety gear from most skateboarding shops – ProTec, Triple8 and 187s are all good brands. Check out Beyond Skate in Morley or Whitfords City, Hockey Action in East Vic Park, Momentum Skate Shop in Fremantle or Claremont, Outer Limitz in Perth, or Star Surf & Skate in Perth to name a few.

Boil and bite mouthguards are available from most chemists or sports shops, but a dentist-made mouth guard is probably best if you're sure you're in to derby for the long haul. If you are interested in a custom made mouth guard let the Safety Officer Malice Springs know because we can bulk order them through one of the derby girls.

Most derby girls buy their skates online and PRD is sponsored by [Sin City Skates](#), which means you can get a discount (the details are included as an attachment to this pack). If you're keen to try before you buy, ask a derby girl if you can try on her skates to get a feel and the right fit! Ozzy at Morley Rollerdrome, Tony at Rollaways O'Connor and Ben at Hockey Action all stock a limited selection of derby skates and gear too. And it doesn't matter if you wear artistic boots either! As long as what you are wearing on your feet are *quad roller skates* you'll be fine. Only refs are allowed to wear inline skates if they prefer.

### Let's go Shopping!!

For quality safety gear you're probably looking at an outlay of about \$200 all together. This seems like a lot, but it's much cheaper than physio, dental work or knee reconstructions! Skates cost anywhere from about AU\$200–\$800, depending on quality, and where you buy them from, but don't feel that you need to buy these straight away. Shop around too, local, national and online; sometimes they are cheaper if you do a little bit of research – you might be able to get a discount if you order all of your Fresh Meat gear at once from the same store.

If you want to custom make your skates you can find bits and pieces locally at some of the skate shops, ops shops, quokka/garage sales, etc., or you can shop online overseas or in Australia. There are a number of derby owned-and-run online shops. The best advice we can give you is to do your research on the parts and prices before you commit to buying them. You can always jump onto our [forums](#) and ask us questions too, you'll get lots of different answers due to people's personal preferences, but we should be able to help.

Or get onto the Australian Roller Derby Forum [z4.invisionfree.com/rollerderby](http://z4.invisionfree.com/rollerderby) – this is an awesome forum that is full of information about all things derby. Great place to log in and meet members of other Australian derby leagues! All your questions about rules, equipment and doing it derby style can be answered here.

If you are travelling interstate, or even overseas, contact the local derby leagues and ask them where the best places are to buy/try on gear. You can also ask them when their training sessions are and if you can join in or watch. Make sure you tell them that you are at Fresh Meat level before you get on the track with them... we don't want them to break you!

**Sin City Skates:** [www.sincityskates.com](http://www.sincityskates.com) – the best place to get skates and gear online. PRD league members get discounts! Hit it while the Aussie dollar is strong! Based in San Diego, California.

### Need to learn a thing or two?

If you already know how to roller skate, that's great. There is still a lot to learn to play roller derby. It's a good idea to try to get as confident on wheels as you can, and the best way to do this is to head to Learn-to-Skate classes at your local rink:

**Morley Rollerdrome:** [www.morleyrollerdrome.com.au](http://www.morleyrollerdrome.com.au); 9276 9870

All of the Learn-to-Skate classes at Morley are coached by Rock-on Ron, who is PRD's Head Coach and has over 30 years experience teaching people how to roll. These classes are not affiliated with any league, they are run by Morley Rollerdrome.

- Wednesday night: 7–9pm public social skate + 9–10pm Adult Learn-to-Skate class for \$12 (includes skate hire).
- Saturday and Sunday mornings: 9–10am Learn-to-Skate class + 10–12noon public social skate, \$12 (includes skate hire). Beware: there are bound to be small children at the weekend classes, but it's still a great place to learn, and you'll need to learn how to skate around obstacles at some point!



**Rollaways O'Connor:** [www.rollerways.com](http://www.rollerways.com); 9337 9444

- Saturday and Sunday mornings: 10–11am Learn-to-Skate class for \$5, + 11–1pm public social skate for \$4 (includes skate hire). **Beware:** there are bound to be small children at the weekend classes, but it's still a great place to learn, and you'll need to learn how to skate around obstacles at some point!

**Skate International Joondalup:** [skateinternational.com.au](http://skateinternational.com.au); 9301 0222

- Beginners speed skating: Monday night – 7–8pm; Thursday night 6–7pm.
- Learn-to-Skate: Tuesday afternoons – 4–5pm, casual rate \$12 (includes skate hire); Thursday nights – 5–6pm, casual rate \$12 (includes skate hire).
- Adult session: Wednesday morning – 9.30–11.30am, \$10 (includes skate hire + morning tea).

**Midvale SpeedDome:** [www.speeddome.wa.gov.au](http://www.speeddome.wa.gov.au); 9250 6701

This is where we hold our bouts. While it is not a skating rink they do allow people to come in on Saturdays between 1–3pm for skating practice for just \$7/hr.

**Women's Flat Track Derby Association:** [www.wftda.com](http://www.wftda.com)

These guys are the governing rules body in the USA, but most international flat track derby leagues adopt their rules as well (including PRD) – it makes inter-league bouts so much easier when you are all playing by the same rules. This website has everything you need to know about the rules; you can download the latest copy; research a rules query; and even find out more about becoming a referee/zebra. Before starring in one of our bouts you need to pass a skills test and a written test – so read up and ask questions.

Rules learning forms a regular part of derby training, but sitting down and having a read is a good place to start. Don't worry if it doesn't make sense now, after you have been involved in roller derby for a few months go back and reread them and see how much sense they start to make.

### How do I know I'm ready for the next level?

Level 1 covers basic derby skating skills and is open to absolute newbies who have never strapped on skates before (everyone starts at Level 1 until we can establish what level you should be skating at). Level 2 starts to work on your endurance and agility. Level 3 focuses on speed, contact and skating in a pack. Level 4 is where you learn scrimmaging skills and tactics. You will be given an assessment sheet which will show you what you need to master before being assessed and moving onto the next level. This cannot be rushed through, derby skills need to become second nature, plus you need time to learn all of the rules... there will be a test at the end! ;)

### From spectator to pivot line

It has taken us over 12 months to get where we are now, so be realistic and don't think it happens in a matter of weeks! Everyone will start at Level 1 and progress through to Level 4 before being selected for a bouting team. How quickly you pass through the levels will entirely depend on your current skating skills, your ability to pick up new skills and practice them and your dedication to how many hours you put in on 8 wheels. You have more of an advantage the longer you take to work on your skills. If you aren't quite ready to get on a team during this year's season we'd love to see you helping us out on the side lines, or as a zebra, where it is just as much fun, and exhausting!

*How long will it take?* This is a tricky one – because it really does depend on you. In the first couple weeks that you attend we will be assessing your skills level. This will determine what level of skating you are at – 1, 2, 3 or 4 – and where you need us to give you a little more assistance. If you don't do as well in your testing as what you thought you would, don't worry, learning to skate is tricky and it takes some people a little bit longer than others to master – there is no pass or fail, just what level are you – 1, 2, 3 or 4? There is also a chance that your skills won't all be at the same level, so if you can skate really well maybe you can't block, so you'll be at a different skill levels. The great news is that we won't turn you away from PRD if you are not the fastest thing on 8 wheels!

Derby is an athletic contact sport. Before you can learn to block and hit, you need to learn how to skate and fall. Unless you're a super-woman skating machine (most of us certainly weren't when we started), this isn't going to happen overnight. It will probably take 3–6 months of training 2–3 times a week before you'll develop the skills to be able to scrimmage safely, and possibly another 3–6 months after that before you'll be bout ready. There's also the small matter of 40+ pages of rules to learn... don't worry though, it's all part of the derby experience, and well worth the wait if you stick with it!



Remember to skate at a level you are comfortable and competent at. We will teach you new skills, but learn at your own pace. If you have not exercised in a while, join in slowly and at a level that will not cause you injury. If you have never skated before, it may take you a while to become comfortable, so engage in the drills you feel that you can undertake safely and competently. Everyone will be learning the same skills, just at different levels of skill, the basic breakdown of levels goes something like this:

- Newbies become Level 1s when they can skate without falling over for no reason or wobbling.
- Level 1s become 2s when they can fall naturally and safely and understand the basics of blocking – you can skate pretty well by the time you're a 2.
- Level 2s become 3s when they've got the skills down – and it's time to start putting them into practice and begin preparing for bouts.
- Level 3s become 4s when they can do the skills in a light contact scrimmage and stay safe. *You are proficient in derby skills by now, so advancing beyond this level is about safety, not skill.*
- Level 4s are practicing to be on bouts teams and train in full contact scrimmages. *You are not on a team at this point and still need to pass a written rules test before team selection.*
- To get onto a team you will need to know and perform: derby posture and form; crossovers; squats; stops and falls; stepping; gliding; jumping; weaving; endurance; slides; whips; blocks; pushes; pack skating; rules; strategy and scrimmaging.

Speed is practically essential if you want to be a jammer, but remember the story of the tortoise and the hare? And skating backwards is good to know for your confidence, but not essential for the track.

PRD training sessions are as follows (arrive 20 minutes early to gear up):

- Mon: 8–9.30pm @ Morley RollerDrome, 95 Catherine St, Morley  
*Levels 2, 3, 4 + PRD (all dues paying members)*
- Wed: 7–9pm @ Midvale SpeedDome, Eddie Barron Dr, Midland  
*Levels 3, 4 + PRD (scrimmaging night)*
- Thu: 6–8pm @ Morley RollerDrome, 95 Catherine St, Morley  
*Fresh Meat night! Newbies, Levels 1 + (all levels welcome)*

All *dues paying* derby girl members (Level 2 and above) are required to attend a minimum of six (6) training sessions a month. If there is a valid reason for not being able to attend (i.e. work commitments, holidays, injury, etc.) you need to notify the Secretary in writing. Please take the training sessions into consideration if you already have commitments on these nights (school, job, hobbies, etc.). In addition to these weekly practices, all league members are expected to attend league meetings and donate time to help further the league (for example serve on a sub-committee, help with fundraisers, or set up and tear down at bouts).

The bouts seasons will vary from year to year, depending on what we have planned in the off-season. Due to a number of events planned for the first half of the year the 2010 bouts season will start in late May and end in November. There is a possibility that you may be selected for a team during this bouts season, depending on how quickly you make it through the levels, but it will take most people about nine (9) months to develop the skills to make it on to a team. At the moment there are only 2 teams in PRD: the *Mistresses of Mayhem* (green and black) and the *Bloody Sundaes* (red, black and white). Some leagues on the east coast have only just introduced a third team to their league and they are a few years (and league numbers) ahead of us at the moment. A full team will consist of 20 grrls. A full roster for a bout is 14 grrls. At the moment in PRD we have less than 10 grrls in each team, so it will be a little bit longer before we introduce a third team.

A couple things to know if you need to take extended time off (i.e. holidays or injury) during the year, or if your work commitments prevent you from attending every week, i.e. shift rosters, FIFO. Essentially it will all depend on how much time and when. Obviously it will affect your development as a derby skater, *but if you put in the hours when you can it may not affect you much at all*. If you are concerned about your availability during the year please speak with the Fresh Meat Co-ordinators who can raise it with the necessary committee. Or email us: [prdfreshmeat@gmail.com](mailto:prdfreshmeat@gmail.com).



## Zebra kill or Derby Grrl?

The intake is designed for you to progressively gain the foundation roller derby skills and knowledge to enable you to become a PRD derby grrl and/or zebra. You will be helped along the way by approachable and supportive trainers, who welcome you to ask for help whenever you need it.

As already mentioned derby grrls need to make it to at least six (6) training sessions a month, but on-skates zebras need only attend a minimum of four (4) – they can attend more if they like. In the four (4) weeks leading up to a bout all skaters are asked to attend as many training sessions as possible.

Zebras also need to know the rules which will require extra time to read, and re-read, and read again! Zebras train with the derby grrls too, it is the best way for them to increase their fitness and reffing skills and to get to know the grrls, and of course their bad habits. The refs need to be as good a skater as the derby grrls. Zebras will also learn the majority of derby skills, including blocks, falls and pack skating – it helps them to referee by better understanding reactions and instincts while on the track. We encourage male refs to learn these skills as well (usually against other male refs).

If you are not sure whether you want to be a zebra or derby grrl, that's okay. Until you have the confidence to get out on the track and scrimmage with the rest of us grrls, you might feel more comfortable "out of harms way" skating on the inside or outside of the track. But fear not! Everyone who wears skates to training invariably ends up with bruises and blisters – it's the nature of the beast!

Roller derby isn't necessarily an aggressive sport, it's more about strategy and skill. The best players aren't always the biggest hitters... because sometimes the biggest hitters spend more time in the penalty box and not enough time on the track helping out their team! If you choose to referee for a season whilst you are still developing your skills, you are in fact doing yourself a favour because you have more time to practice without too much pressure and you have the advantage of learning the rules inside and out, meaning that when you finally get selected for a team you are an asset. There are also plenty of off-skates duties at bouts for grrls who are injured or still honing their skills too.

## What's it worth to me?

PRD Membership fees are as follows:

- a \$15 one-off joining fee for PRD (this is free for off-skates officials as they only volunteer at bouting events)
- \$25\* for your first years' SkateWA membership, valid 01/01/2010 to 31/12/2010 (this is how we cover skating members with insurance) \*the price will vary depending on your skating level, as per below:
  - » \$15 (associate membership) for referees only
  - » \$25 (recreational membership) for novices in their first year of derby who have not previously been members of Skate Australia/SkateWA
  - » \$45 (development membership) for skaters who have previously been members of Skate Australia/SkateWA and/or are in their second year of membership and/or if they are affiliated with another club<sup>^</sup>
  - » \$90 (competitive) for inter-league bouting players.
- ongoing monthly/quarterly dues – which pay for our coach and venue hire. Refs pay \$25/month whilst derby grrls pay \$55/month
- Level 1 skaters only pay \$10 per session for Thursday night PRD Fresh Meat sessions at Morley RollerDrome.

*<sup>^</sup> If you are affiliated with a club from another skating discipline (e.g. artistic, hockey, speed) please speak to the Treasurer or Fresh Meat Co-ordinators about how to fill in your SkateWA membership form.*

Once you advance to Level 2 in the Fresh Meat Intake we would like you to start paying monthly/quarterly dues as you will be allowed to attend additional training sessions. This works out to be a huge saving as you will be able to attend at least two (2) training sessions a week.

Dues are paid regularly by each skater and on-skates referee to cover the cost of venue hire and our paid coach. All other league costs (administration, first aid, promotion, merchandise, etc., are covered by fundraising and bout proceeds. Dues may go up or down over time, but are kept as low as possible and PRD will always remain not-for-profit.



Dues can be directly deposited into the following account:

Account Name	Perth Roller Derby Inc
Bank	Westpac
Branch	40 St George's Tce, Perth
BSB Number	036001
Account Number	323922
Reference	(first name, surname initial and the amount of time your payment is made to cover)

PLEASE make sure that you attach a reference to EACH of your deposits, detailing at least your first name, surname initial and the amount of time your payment is made to cover, e.g. a deposit of \$165 may be labelled "JenniferS 3m". Direct deposits are preferred, although you can pay by cash or cheque to the Treasurer if need be.

Please pay your dues within the first seven (7) days of the month in which they fall due. We ask that wherever possible you pay your dues three (3) months in advance (\$165 for derby grrls or \$75 for zebras) in early January to cover Jan-Feb-Mar; \$165/\$75 in early April to cover Apr-May-Jun; etc. This makes our bookkeeping a lot easier and means you are less likely to forget and we are less likely to have to chase you up every four weeks. Failure to pay your dues for an extended period of time (without discussing your situation with us first) may result in your membership being suspended or revoked, as set out in our Code of Conduct.

If you have any problems paying your dues on time for any reason, please don't hesitate to talk to the Treasurer or any other Management Committee member to organise an alternative solution. Any financial discussions you have with a committee member will be kept confidential. If you are not able to participate due to serious injury or extended absence please talk to the Treasurer or any other Management Committee member to organise a potential reduction in dues.

### Who said we're living in a paperless society?

As with any kind of membership, we have forms that you need to read, fill in, sign and return to us before your membership is official. Please return these completed documents and monies to the Secretary:

- PRD Membership Form
- SkateWA 2010 Membership Form
- PRD Code of Conduct
- PRD Participation Agreement, Waiver and Publicity Release

It is important that you read the following documents before agreeing to become a member of PRD, they are available on our website – [www.perthrollerderby.com.au](http://www.perthrollerderby.com.au) > Official Documents:

- PRD Constitution
- PRD Grievance Resolution Procedure
- PRD Media Policy and Procedure
- Skate Australia Pregnancy Policy, By Law 22 ([www.skateaustralia.org.au](http://www.skateaustralia.org.au))

To get discounted derby gear, we have also attached for your information:

- Sin City Skates Rookie Packages (quote our reference number PRD113 to get PRD's discount rate for purchases!) <http://sincityskates.com/2nd/packages/SCS-rookie.htm>

### Lines of communication

Become informed and involved, PRD communicates mainly via email and our website [www.perthrollerderby.com.au](http://www.perthrollerderby.com.au). Although it is not compulsory to have an email account or be signed up on our forums, it is the accepted practice, and we ask you to discuss other options with the Secretary if these communication channels present a problem for you – we don't want you to fall out of the loop with what is happening in the league.



Roller derby leagues everywhere are **run by the skaters for the skaters**, and we are no different, so to keep this show on the road we need skaters to contribute to everything from league management to bout organising, fundraising, coaching, refereeing and promotions. PRD is run by a Management Committee made up of skaters that are elected at an Annual General Meeting each year, but there are numerous sub-committees that are always looking for volunteers!

Every month a league 'Bruiseletter' is put out to keep everyone up-to-date with goings on, this is compiled by our Media Officer. Every two to three months a league general meeting is held (known as a 'Love In') which is an opportunity for the league to make decisions on important issues that may have come up.

### Alter egos

The beauty of roller derby is the individuality it gives each of us, especially in the freedom to pick our names and numbers. In order for your derby name to be registered on the International Master Roster, you must first show your dedication to the sport and our league by committing yourself to our training requirements, league policies and your fellow skaters for a minimum of three months. After that, you can wear your name and number with pride!

Derby names are an important part of creating your derby persona, and good fun to come up with! Derby names are integral to a skater's identity, and no name can be used that has been used elsewhere in the world without permission. Check out the International Register of Derby Names at [www.twoevils.org/rollergirls](http://www.twoevils.org/rollergirls) for more information. Once you have joined PRD and met your training requirements for a minimum of three (3) months, **the PRD Secretary will contact the twoevils register on your behalf and submit your nominated derby name and number.** PRD is home to names like Di Hard, Freyda Nuffin, Posh Slice, Minnie Screwdriver, PJ Carvey and General Justice ... what will your derby name be?

If you don't already have a name picked out before you sign up you have your initial three (3) months to think about it – and we'd be happy to help you come up with a name too, we've got some creative minds in our ranks! If you do have a name picked out, but somebody else registers it before your initial three (3) months is up please talk to the Secretary about your options – be prepared to pick another name though! If you decide to change your name before or after it is registered, notify the Secretary as soon as possible so that the twoevils register can be updated.

### The Links Effect

[www.perthrollerderby.com.au](http://www.perthrollerderby.com.au) – Our official website! Sign up to join in on forum discussions with your local derby girls!

[www.twoevils.org/rollergirls](http://www.twoevils.org/rollergirls) – The international register of derby names. Check it out for guidelines on choosing a name, and to make sure your bright idea isn't already taken!

[z4.invisionfree.com/rollerderby](http://z4.invisionfree.com/rollerderby) – The Australian Roller Derby Forum. This is an awesome forum that is full of information about all things derby. Great place to log in and meet members of other Australian derby leagues! All your questions about rules, equipment and doing it derby style can be answered here!

[www.skateaustralia.org.au](http://www.skateaustralia.org.au) – The national governing body for all roller sports and disciplines.

[www.skatewa.org.au](http://www.skatewa.org.au) – The state-wide governing body for WA roller sports and disciplines who cover you for personal accident insurance.

### Questions?

At any time during the Fresh Meat Intake you can ask the Fresh Meat Co-ordinators or someone on the Coaching Committee (currently that's Huh-Knee Badger (committee chair), Femme Ferox, Maggie Snatcher, M'Damn Terrafly (Head Ref), Megaton Son and Minnie Screwdriver) any questions you may have and we should be able to give you an answer, or send us an email to [prdfreshmeat@gmail.com](mailto:prdfreshmeat@gmail.com).

*See you on a Thursday night!*

*Breaks and bruises*

*Tora Hymenov and Dirty K.O.*

*PRD Fresh Meat Co-ordinators*