



## **Training Camp**

### **2011 Program Information**

Humboldt Roller Derby is proud to present a comprehensive training camp where participants will develop their athletic ability, leadership and communication skills while learning the sport of roller derby. Instructors will focus on activities that foster trust and communication between teammates while teaching proper skating form, team awareness, track positions, and basic Derby strategy. The goal is to gain the knowledge and skills required to become a part of Humboldt Roller Derby while having fun in a safe environment. Participants will play by Women's Flat Track Derby Association (WFTDA) rules which allows for contact while skating and blocking. Every registered participant will participate in practices, but will be required to pass a skill assessment before participating in any full-contact drills, scrimmages or bouts.

#### **Registration Information**

All registration materials must be submitted by Tuesday, June 28th before 5PM. Space is limited so sign-up early.

Required registration materials include:

- 2011 Registration Form
- Assumption of Risk and Indemnity Agreement
- Medical Questionnaire
- Insurance Questionnaire
- Photo Release Agreement
- Skater Code of Conduct
- WFTDA Waiver and Enrollment
- Copy of Birth Certificate, Driver's License, or Identification Card
- \$100 (see Payment Information below)

#### **Ability Level**

Skaters need to be comfortable standing on their skates, be able to propel themselves forward without assistance, and be able to stop without falling or using their hands prior to their first day of training camp.

#### **Age Requirement**

Participants must be at least 21 years old by the first day of practice.

#### **Payment Information**

You can pay with cash or make checks or money orders out to "Humboldt Roller Derby"

#### **SCHEDULE**

The 12 week program runs from July 5th to September 22nd. Practices will be held on most Tuesdays and Thursdays from 6-7:00pm. Practice will begin promptly so please arrive 10-15 minutes early to allow enough time to gear up.

	Tuesday	Thursday	Saturday
July	5, 12, 19, 26	6, 13, 20	TBD
August	2, 9, 16, 23, 30	4, 11, 18, 25	TBD
September	6, 13, 20	1, 8, 15, 22	TBD

### **Location**

Practices will be held in Franchesci Hall at Redwood Acres, 3750 Harris Street in Eureka. Any weather permitting, outdoor Saturday practices may be announced at location to be determined.

### **Equipment**

**Properly fitting protective gear must be worn at all times while on skates.** Please contact the training staff listed at the bottom of this page if you have any questions about fitting or quality brands. Local retail options include S.T.I.L., (carries skates and all required gear); AMPT and Sport and Cycle (carries protective gear). There are also many online sites to purchase derby equipment.

- **Helmet** - Bicycle or skateboard type is acceptable.
- **Protective Gear** - Wrist guards, elbow and knee pads.
- **Mouth Guard** - Football standard mouth guard is required for Level 1 and Level 2.
- **Quad Skates** - Skates should be comfortable and well built. Properly fitting skate boots reduce the risk of injury. Wheels with a hardness rating of 88-92 are recommended.
- **Tail-bone protectors or butt pads** - Optional

### **Women's Flat Track Derby Association**

As a part of your fee, you will be receiving insurance coverage through the WFTDA. You will be covered during practices, on skates or not, as long as you are following safety protocol. This insurance will cover you at league events and practices until December 31, 2011 and provides the following coverage:

- Accidental Medical Coverage
  - \$1k deductible for skaters with primary insurance
  - \$3k deductible for skaters without primary insurance
  - \$25k maximum

The following must be submitted along with the Training Camp registration materials:

1. Completed WFTDA Waiver
2. A copy of the skater's birth certificate or a copy of a medical form which states the skater's full name and birth date or Driver's License or Identification Card

HRD staff will gather and submit these documents to WFTDA. Participants will receive confirmation of their WFTDA membership along with a membership card once it has been processed.

### **Staff Contact Information**

Please feel free to contact the Training Camp staff at any time. The Training Camp manager is Devil'an Durga and can be reached at 707-616-4315 or c7seas@hotmail.com

## 2011 Registration Form

**Participant's Legal Name:** \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

CELL / WORK / HOME \_\_\_\_\_ Email: \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_

Phone number: \_\_\_\_\_ Relation: \_\_\_\_\_

**The following must be received no later than Tuesday, June 28<sup>th</sup> by 5PM:**

- Registration materials with all forms and waivers completely filled out
  - Registration Form
  - Assumption of Risk and Indemnity Agreement
  - Medical Questionnaire
  - Insurance Questionnaire
  - Photo Release Form
  - Skater Conduct
  - WFTDA Waiver (check if you already have WFTDA insurance)
- Copy of Birth Certificate, Driver's License, or Identification Card
- \$100 Registration Fee payable to 'HRD'

**Mail all materials/fees to: HRD c/o Training Camp PO BOX 6238 Eureka, CA 95502**

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**STAFF USE ONLY**

Payment Method: Cash \$ \_\_\_\_\_ Check: (number/amount) # \_\_\_\_\_ \$ \_\_\_\_\_

Staff Initials: \_\_\_\_\_

## Assumption of Risk and Indemnity Agreement

Participant understands that the sport of roller derby and related training can be hazardous. Such hazards include, but are not limited to injuries sustained in travel, slipping, falling, collision with persons and objects at high rates of speed, and pushing and shoving due to close and aggressive physical contact which is an inherent part of the sport. Hazards such as these and others can cause death or physical injuries, which can be permanent in nature, including but not limited to fractures, lacerations, dismemberment, paralysis, loss of sight, loss of hearing, bruising, sprains, strains, torn muscles and ligaments, soft tissue damage, and brain damage.

Participant acknowledges these risks. Participant acknowledges and desires to engage in the sport of roller derby and related training under their own free will, with a full understanding of the risks involved.

To the fullest extent allowed for by law, Participant assumes all risks associated with engaging in the sport of roller derby and related training with respect to any and all activities of Humboldt Roller Derby, a California corporation, and its directors, officers, agents, employees, members, volunteers, and other sporting participants (herein "Roller Derby Parties"). Participant acknowledges that assuming such risks can result in Participant having no legal recourse against the Roller Derby Parties in the event of injury sustained by Participant. Participant nonetheless assumes such risks.

Participant agrees to indemnify, defend and hold the Roller Derby Parties harmless from any and all liability arising from or related to the breach of any warranty or misrepresentation made hereunder, or any other activity of Participant that may otherwise result in liability to such parties.

Dated: \_\_\_\_\_, 20\_\_\_\_

**PARTICIPANT:** \_\_\_\_\_  
Print Name

\_\_\_\_\_  
SIGNATURE

## Medical Questionnaire

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_

Work: \_\_\_\_\_

Cell: \_\_\_\_\_

List all known medical conditions, including food allergies and/or drug allergies. In addition, include any and all over-the-counter and/or prescription drugs taken regularly. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List previous sport history and any past or present injuries. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In an emergency contact: \_\_\_\_\_

Relationship to participant: \_\_\_\_\_

Phone Numbers: (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

Or contact: \_\_\_\_\_

Phone Numbers: (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

Physician's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Numbers: (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_

**OPTIONAL** Dentist's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Numbers: (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_



## Photo Release Agreement

For consideration which I acknowledge, I irrevocably grant to Humboldt Roller Derby (HRD), and HRD assigns, licensees and successors the right to use my image and name in all forms and media including composite or modified representations for all purposes, including advertising, trade or any commercial purpose throughout the world and in perpetuity. I waive the right to inspect or approve versions of my image used for publication or the written copy that may be used in connection with the images.

I relinquish any right that I may have to examine or approve the completed product or products or the advertising copy or printed material that may be used in conjunction therewith or the use to which it may be applied.

I release HRD and HRD assigns, licensees and successors from any claims that may arise regarding the use of my image including any claims of defamation, invasion of privacy, or infringement of moral rights, rights of publicity or copyright. HRD is permitted, although not obligated, to include my name as a credit in connection with the image.

HRD is not obligated to utilize any of the rights granted in the Agreement. I have read and understood the photo release agreement.

Signature of Skater: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Skater: \_\_\_\_\_ Date: \_\_\_\_\_

## Skater Code of Conduct

By signing below I hereby agree that:

1. I will lead by example and encourage good sportsmanship from fellow skaters, coaches, officials and parents at every scrimmage and practice.
2. I will attend every practice and scrimmage that I can, and will notify my coach if I cannot. I will be on time for practice and scrimmages.
3. I will do my best to listen and learn from my coaches.
4. I will respect the privilege of use of the track, equipment, and Humboldt Roller Derby facilities.
5. I will maintain a spirit of cooperation and fellowship with your league mates.
6. I will treat everyone fairly regardless of gender, place of origin, color, sexual orientation, religion, political beliefs, economic status, team, or skating ability.
7. I will put the sport before the league, the league before your team, and the team before yourself.
8. I will treat my coaches and other skaters with respect, and I will expect to be treated accordingly.
9. I will remember that sports are an opportunity to learn and have fun and will alert coaches if it stops being fun!
10. I will not engage in unsportsmanlike conduct with any coach, referee or skater.
11. All language, gestures, and behavior needs to be "PG-13" for games and public appearances.
12. I will not engage in any behavior that would endanger the health, safety, or well being of any coach, referee or skater.
13. I will not engage in verbal or physical threats or abuse aimed at any coach, skater, or league official.
14. I will learn the rules of the game of Flat Track Derby.

Signature of Skater: \_\_\_\_\_

Print Name of Skater: \_\_\_\_\_

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

