



Humboldt Roller Derby Redwood Saplings Junior Derby Program

2012 Registration Materials and Information

Humboldt Roller Derby is proud to present the Redwood Saplings 2012 Program. This season includes a Basic Skills Class for beginning skaters and a Derby Skills Class for intermediate/advanced skaters. The Saplings Program invites females ages 11-17 to participate in a fun, healthy, contact sport while developing their athletic ability, leadership and communication skills. Participants learn the game of derby while making new friends, learning new skills and mastering game strategies.

Basic Skills Class

This beginning level class is designed for new skaters to the Sapling Program. Skaters signing up for this class MUST 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. Skaters will learn a variety of basic derby skating skills needed for more advanced play. Participants will end this 5 week course with an opportunity to take the Level 1 Skills Assessment. ***Passing this Assessment is a requirement for advancing into the Derby Skills Class.***

Basic Skills Schedule The Basic Skills Class will run from January 18th-February 15th. Classes will be held on Wednesdays at Redwood Acres in Eureka from 4-6PM, and on most Saturdays at the Blue Lake Roller Rink from 11-1PM.

Derby Skills Class

The Derby Skills Class is open to skaters who have passed the Level 1 Skills Assessment, either in the Basic Skills Class or from the 2011 Sapling Season. This class will focus on activities that foster trust and communication between teammates while teaching proper skating form, team awareness, track positions, and derby strategy. Throughout the program skaters will have opportunities to play in scrimmages and a home Championship Bout.

Derby Skills Schedule The Derby Skills Class will run from February 29th-June 9th. Classes will be held on Wednesdays at Redwood Acres in Eureka from 4-6PM, and on most Saturdays at the Blue Lake Roller Rink from 11-1PM.

Age Requirement

Female participants must be at least 11 years old by the first day of practice and will age out of the program once they turn 18.

Registration Information

The following Registration information and forms apply to both the Basic Skills and the Derby Skills Classes.

All registration materials must be submitted by Monday January 9th before 5PM. Space is limited so sign-up early.

Required forms/payment(s):

Registration Materials: 2012 Registration Form , Assumption of Risk and Indemnity Agreement, Medical Release Form, Photo Release Agreement, Skater Code of Conduct, Parent/Guardian Code of Conduct

Fees: Separate payment is required for the Basic Skills Class, the Derby Skills Class and for the USARS membership. See "Payment Information" below

USARS Membership: All Sapling skaters are required to become a member of USARS. See "USA Roller Sports Membership" below.

Parent Volunteer Hours: Each Sapling family is asked to volunteer 10 hours of their time to support the Saplings Program and the operating needs of Humboldt Roller Derby. Families can opt-out of this volunteer requirement by becoming a Humboldt Roller Derby Sponsor. More information will be made available regarding Parent Volunteer Hours once the program begins in Jan 2012.

Mailing Address: Humboldt Roller Derby c/o Redwood Saplings PO BOX 6238 Eureka, CA 95502
Coach Contact: saplings@humboldtrollerderby.com or (707) 616-6975



Humboldt Roller Derby

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USA Roller Sports Membership

USA Roller Sports (USARS) is a national governing board for roller sports. The Saplings program is a USARS chartered club which requires that all skaters become USARS members. More information on USARS can be found at <http://usarollersports.org/roller-derby>.

To become a USARS Member submit the following with your Saplings Registration materials:

- Completed USARS Membership application. (*This application is not available to the public yet. The 2012 Membership Application will be released by USARS prior to Jan 1, 2012. Once released these will be made available on the Humboldt Roller Derby website, the USARS website, or you can request that one be mailed to you by contacting the Sapling coaches at 'saplings@humboldtrollerderby.com.'*)
- A copy of the skaters birth certificate or a copy of a medical form which states the skaters full name and birth date
- Separate check made out to USARS for \$35

Sapling staff will gather and submit these documents to USARS. Participants will receive confirmation of their USARS membership along with a membership card once USARS processes these items.

Payment Information

Separate checks are required for the Basic Skills Class, the Derby Skills Class, and for the USARS Membership. Scholarships are available.

- Basic Skills - \$50 paid to "Humboldt Roller Derby"
- Derby Skills - \$170 paid to "Humboldt Roller Derby" (Refundable fee if the Skater does not pass the Level 1 Skill Assessment in the Basic Skills Class)
- \$35 - paid to "USA Roller Sports"

Scholarships

Scholarships are available on a limited basis for up to \$170. To apply, submit the following along with the other Registration materials:

- Demonstration of financial need, either with a copy of the parent/guardian's current tax record stating the household annual income OR with a copy of a recent pay stub. (*These documents will be destroyed after processing*)
- Short essay from the Sapling explaining her interest in roller derby, or how participating in this team sport positively impacts themselves and/or their community. Essay must be typed or neatly hand-written.

Medical Insurance

There are inherent risks that can lead to injury when playing roller derby and participating in Sapling practices. Each participant must provide evidence of existing primary medical insurance coverage on the Medical Release Form. Humboldt Roller Derby does not provide medical insurance for Sapling participants.

Equipment

Properly fitting protective gear must be worn at all times while on skates. The following is required:

- **Helmet** - Bicycle or skateboard type is acceptable.
- **Protective Gear** - Wrist guards, elbow and knee pads.
- **Mouth Guard** - Football standard mouth guard is recommended.
- **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**

Local Retail options: S.T.I.L - 2940 Broadway, Eureka (707) 269-0210; AMPT Skate Shop - 1040 H St, Arcata, CA 95521 (707)822-9500). There are a variety of other sporting good stores where helmets and mouthguards can be found.

Online Retail options: There are a variety of Roller Derby gear websites. These are two of my favorites: cruzskateshop.com & sincityskates.com. The staff at both places are very helpful and are available by phone to answer gear questions.

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Application for: BASIC SKILLS CLASS DERBY SKILLS CLASS (check all that apply)

2012 Sapling Program Registration Form

Sapling Participant's Legal Name: _____

Skate Name (not required): _____

Birth Date: _____ Age: _____ Grade: _____

Parent/Guardian: _____

email: _____

Address: _____ City: _____ Zip: _____

Best Number to Reach Parent/Guardian: _____
Cell/Work/Home

Alternate Contact: _____

Phone number: _____ Relation to Skater: _____
Cell/Work/Home

The following must be received no later than Monday, January 9th by 5PM:

- Registration materials with all forms and waivers completely filled out
- Registration Fee(s) for desired class(es)
- USA Roller Sports (USARS) Member Application with:
 - Copy of participants birth certificate or medical record stating full name and DOB
 - \$35 fee payable to 'USARS'
- OPTIONAL - Scholarship request

Mail to: HRD c/o Redwood Saplings PO BOX 6238 Eureka, CA 95502

STAFF USE ONLY

Payment for BS: Cash \$ _____ Check: # _____ \$ _____

Payment for DS: Cash \$ _____ Check: # _____ \$ _____

USARS Paid: Cash \$ _____ Check: # _____ \$ _____

Scholarship Award Amount: \$ _____ Staff Initials: _____

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Assumption of Risk and Indemnity Agreement

The undersigned "Parent" represents and warrants they are the parent or legal guardian of the undersigned "Participant," a minor child under the age of 18, with full legal authority to undertake all obligations set forth herein, both on their own behalf and on behalf of the Participant.

Parent and Participant understand 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 and Parent acknowledge these risks and Parent represents and warrants that they have explained these risks to Participant and that Participant understands these risks. Parent and Participant acknowledge and Parent represents and warrants that Participant 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, Parent and Participant assume all risks associated with Participant 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"). Parent and Participant acknowledge that assuming such risks can result in parent and/or Participant having no legal recourse against the Roller Derby Parties and in the event of injury sustained by Parent and/or Participant. Parent represents and warrants Participant nonetheless assumes such risks.

Parent 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__

PARENT/GUARDIAN SIGNATURE

PARTICIPANT SIGNATURE

PARENT/GUARDIAN PRINT NAME

PARTICIPANT PRINT NAME

Participant Date of Birth: _____

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Medical Release Form

Participant's Name _____

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.

Emergency Contact: _____

Relationship to child/children: _____

Phone Numbers: (____) _____ (____) _____

Alternate Emergency Contact: _____

Phone Numbers: (____) _____ (____) _____

Physician's Name: _____

Address: _____

Phone Numbers: (____) _____ (____) _____

OPTIONAL

Dentist's Name: _____

Address: _____

Phone Numbers: (____) _____ (____) _____

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Medical Release Form

Primary Insurance Company: _____

Phone Numbers: (____) _____ (____) _____

Business Address: _____

Policy Holder's Name: _____

Address: _____

Relationship to child/children: _____

ID #: _____ Group/Policy#: _____

OPTIONAL Secondary Insurance Company: _____

Phone Numbers: (____) _____ (____) _____

Business Address: _____

Policy Holder's Name: _____

Address: _____

Relationship to child/children: _____

ID #: _____ Group/Policy#: _____

STATEMENT OF CONSENT

In the event of an emergency or non-emergency situation requiring medical treatment, I, _____, hereby grant permission for any and all medical and/or dental attention to be administered to my child/children, in the event of an accidental injury or illness, until such time as I can be contacted. This permission includes, but is not limited to, the administration of first aid, the use of ambulance, and the administration of anesthesia and/or surgery, under the recommendation of qualified medical personnel. Representatives, employees, agents, and volunteers of Humboldt Roller Derby are granted permission to seek such medical treatment, and I hereby agree to indemnify, defend and hold such persons harmless for any actions taken by such persons in reliance upon the Medical Release or any care rendered in reliance upon this Medical Release.

Parent/Guardian Signature: _____

Date: _____

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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 Parent/Legal Guardian: _____ Date: _____

Printed Name of Parent/Legal Guardian: _____

Signature of Skater: _____ Date: _____

Printed Name of Skater: _____



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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, scrimmage, and bout that I can, and will notify my coach if I cannot.
3. I will be on time for practice, scrimmages and bout(s).
4. I will do my best to listen and learn from my coaches.
5. I will respect the privilege of use of the track, equipment, and Humboldt Roller Derby facilities.
6. I will maintain a spirit of cooperation and fellowship with my league mates.
7. I will treat everyone fairly regardless of gender, place of origin, color, sexual orientation, religion, political beliefs, economic status, team, or skating ability.
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. I 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: _____



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Parent/Guardian Code of Conduct

By signing below I hereby agree that:

1. I will not force my child to participate in the Redwood Saplings Junior Derby Program.
2. I will promote the emotional and physical well-being of the skaters ahead of any personal desire I may have for my daughter to win.
3. I will inform the coach of any physical disability, injury, or illness that may affect the safety of my daughter or the safety of others.
4. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, skater, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
5. I will encourage my daughter to play by the rules and to resolve conflicts without resorting to hostility or violence.
6. I will encourage my child to treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
7. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the rink, and will take time to speak with coaches at an agreed upon time and place.
8. I will encourage a safe sports environment for my child that is free from drugs, tobacco, and alcohol.
9. I will refrain from coaching my daughter or other players during games and practices, unless I am one of the official coaches for the Saplings Program.

Signature of Parent/Guardian: _____

Print Name of Parent/Guardian: _____

Date: _____