



Getting Started At WestCo Derby

GEAR CHECKLIST

- SKATES (quads)
- HELMET (skate helmet)
- MOUTH GUARD
- ELBOW PADS
- KNEE PADS
- WRIST GUARDS
- SKATE TOOL

For extra protection, you may want to consider buying gaskets, which provide additional cushioning around the knee. Invest in your pads. Good knee pads are a must—"187" makes several great styles of knee pads. Ask your teammates what has worked well for them.

GEAR RESOURCES

Most derby sites have "rookie package" deals that include everything you need, but feel free to shop around. Here are some sites to get you started.

www.xsportsprotective.com
www.skates.com
www.fastgirlskates.com
www.rollergirlskates.com
www.wickedskatewear.com

YOUR FIRST MONTH or two!

Depending on your skill level, you'll likely be learning basic derby skating skills including a variety of ways to stop, fall, and the all-important "derby stance." This is a 'learn at your own pace' league. Don't feel intimidated by the more advanced skaters, and remember, all of them were beginners once. No one at WestCo will judge you. On the contrary, you'll find many of our skaters very helpful; feel free to ask questions and get to know each other. We're one big derby family!

OPEN SKATE

To help build your skating skills, you may want to hit up some open skates. The more time you spend on your skates, the better you will become. Hot Shots, Valley Skate Center, Latrobe Skating Center, and The Ice Mine all have open skating hours at a reasonable price (\$5 - \$7). Grab a fellow freshie and go or look for skate meet-ups with some of our veterans.

CAN I GET INJURED?

Yes, roller derby is a contact sport and injuries can happen. The important thing is to use proper padding, learn the right techniques, and practice, practice, practice. Not all injuries are preventable, but with the right tools and some common sense, you are likely to have a long, healthy derby career.

CROSS TRAINING

Derby is a great source of exercise, but to maximize its benefits (and your skills) it is important to cross train. Running, cycling, strength training, the elliptical machine, and even yoga are beneficial to building endurance, power, and flexibility.