

So you want to skate for WKRRJDL.

WKRRJDL is always open to fresh meat recruitment. What that means for you, is that you can come to almost any practice and start your exciting derby career.

It's your chance to ask questions, meet skaters and other people involved in the league and essentially find out if you want to take the next stride.

Fresh Meat

You're "Fresh Meat", which means you're new to WKRRJDL—you're a "derby-girl/boy intraining" and are in the process of testing and being drafted to the team. You are a Beginner Level skater.

Beginners learn the basics of roller skating: stopping, falls, cross overs and proper form. You also work on skills such as balance and footwork. You work together with other fresh meat at practices to perfect your skating skills and communication within the pack.

You are encouraged to skate in as many endurance and skill drills as you can without any contact. You'll also participate in group activities including fundraising, community events and volunteer at our home and away bouts.

While at Beginner level of your skating career you're being taught and assessed by our fresh meat coaches.

Practice is held Saturday 9:00 – 11:00 AM and Wednesday 6:30-8:30 PM. @ Kingsway Skateland.

Requirements to participate as a Fresh Meat skater:

You must be 17 or younger.

A parent or legal guardian must fill out and sign the WKRRJDL and Kingsway liability waivers, emergency contact forms and all other JRDA forms before being allowed to practice.

You must sign an anti-bullying contract.

Equipment: Skaters must provide their own equipment. We have some league gear to get you started but you will want and need to purchase your own.

Each new skater enters the league as a Beginner level and remains a beginner until becoming a member and passing minimum skills.

Rules: We follow Women's Flat Track Derby Association (WFTDA) modified rules. All skaters must pass rules tests for each level in order to level up to the next level. From Beginners to Level 3 (Don't worry, we will teach you!).

Skills: We run our practices based on JRDA skill requirements. You must pass a minimum skills test in order to move up each level from Beginner to Level 3 and carry JRDA skater insurance (League paid).

Costs: \$6 Saturday and \$4 Wednesday or \$35 monthly.

Visit juniorrollerderby.org and see what you are getting yourself into.

What do you need to get started?

Grab Your Gear. Every derby girl and boy needs their gear: knee pads, elbow pads, wrist guards, helmet, mouth guard and quad roller skates.

Roller derby is a full-contact sport and it is very important to have good quality protective gear that fits properly. There are many places online where you can buy Fresh Meat packages that have everything you need to get started. Just ask and we'll be more than happy to point you in right direction on gear and skates.

Locally, you can check out our sponsor, Kingsway Skateland at 3430 Wayne Sullivan Dr. in Paducah.

Along with your skates and gear, you will also be required to purchase a purple scrimmage shirt and bout jersey with name and number on the back.

Last but not least, be prepared to fall in love with the sport and your team mates. Derby is a family like no other. You're going to live and breathe derby!

How to sign up.

Find us on line at:
wkjuniors.com

[Facebook.com/WestKentuckyRockinRollersJuniorLeague](https://www.facebook.com/WestKentuckyRockinRollersJuniorLeague)

or email us at
info@wkjuniors.com

WHO ARE THE WEST KENTUCKY ROCKIN' ROLLERS Junior Derby League?

Our league was founded in March 2012 by a group of fabulous kids. We have been recruiting like-minded skaters since then and our membership now includes 20+ individuals. We also have wonderful volunteers who assist us with our training, fund raising and bouts. We are so looking forward to our next bouting season!

The West Kentucky Junior Roller Derby League is here to teach all kids 17 and under the skills, teamwork, and strategy they need to play junior flat track roller derby. We strive to create a safe, fun, and positive environment where kids of all ages can be athletic, increase their confidence, and obtain new friendships. We work to instill positive ideals and help these young adults grow up with a "can do" attitude.

The West Kentucky Rockin' Rollers Junior Derby League is a Not for Profit organization, that nurtures bold self-confidence in area youth by developing teamwork and athletic ability while treasuring individuality within a culture of integration, encouragement and service to others.

A big part of the Roller Derby culture is to give back to the community that supports Junior Roller Derby.

Through volunteering, you will participate in enjoyable projects. You will learn to appreciate your community. You will develop your self-esteem as you see you can make a difference. Even the youngest SKATER can bring joy to others when they volunteer!

Remember!

Roller derby is an extreme full contact sport. You will absolutely fall and have bruises; it's an unavoidable part of the game. Safety is our number one priority in this sport...you'll be taught proper techniques, skating skills and wear protective gear to help reduce the risks of injury. Health insurance is required for all junior skaters and all junior skaters must sign an anti-bullying contract

Your personal WKRRJL representative:



Fresh Meat Handout

