



SKILLS TRAINING

There are three skill levels on our team. Skaters are trained for each level and the skater will demonstrate proficiency of skills by performing a skills test prior to progressing to the next level. Each skater will progress at their own speed, but they will not be allowed to participate in activities For the next skill level until they pass the skills test for that level. The training becomes more interesting for each skill level, so the players will be motivated to move on as quickly as they can.

Skaters must also demonstrate knowledge of the rules and must pass a written rules test for each level as well.

Skaters are tested in regular intervals each season.

Skill Level 1

Skills Level 1 Focuses on learning to skate safely and effectively. Skaters are taught proper derby stance, how to skate safely, how to stop safely, how to fall safely, and are taught Footwork and stability.

Upon completion of level 1 training, skaters will be stable on their skates, and will be able to skate safely and effectively without becoming a danger to themselves or other skaters. They will know how to stop safely using several techniques, and how to Fall safely using a number of falls. Experienced skaters will very quickly master these basic skills, but will still be required to pass the skills test before moving on.

Until skaters pass level 1 training, they are not allowed to skate in a pack or participate in any scrimmages.

Skill Level 2

Skill Level 2 focuses on safely skating in a pack, positional blocking, advanced skating techniques and derby strategy. Skaters are taught how to safely skate in a pack, how to positionally block a jammer and how to work through a pack as a jammer.

Upon completion of level2 training, skaters know all of the positions, will be able to perform each position. Players who have passed level 2 testing may participate in derby scrimmages and bouts as long as they are limited to positional blocking.

Until skaters pass level 2 training, they are not allowed to perform any hitting drills or activities

Skill Level3

SkillLevel3 focuses on safely performing and receiving blocks and checks. Skaters are taught how to safely execute shoulder blocks and hip checks. Skaters are also taught how to receive blocks and checks and advanced strategy.

Once a player passes level 3 testing, they are fully trained and qualified to participate in a bout allowing all legal hits and checks.

Note: Skaters who have passed level 2 will scrimmage and/or bout with level3 tested players, but level 2 skaters are not allowed to engage in hits or checks, and level 3 skaters are only allowed to hit or check other level3 players.