



JUNIOR ROLLER DERBY LEAGUE

FAQ's

How do I stay informed?

There are four ways to stay informed about the goings on in Seattle Derby Brats.

Email – The league secretary will send out Announcements on a regular basis. Please do not ignore or skim emails sent by the league secretary. These are important!

Website/Calendar – www.seattlederbybrats.com/calendar - Details for events and practice will be posted on the calendar. Click on the event and more details are available.

Forum – Bylaws, Board Minutes, league correspondence, and team correspondence will be posted here. To register for our forum, go to www.seattlederbybrats.com and click on the forum tab in the upper right hand corner. Follow the directions to register and choose a unique user name, and our web administrator will approve your request.

Facebook – All of our public events will be announced here. Please send a friend request to Seattle Derby Brats.

What is Seattle Derby Brats Attendance Policy?

Maintaining attendance at practice is very important, especially since the girls practice once per week, and the skills they are taught build on skills taught the week prior. Whenever a skater will miss a practice, please email:

attendance@seattlederbybrats.com with the name of your daughter (real and skater name) as well as the reason for her absence. An absence that occurs with no email to the attendance address will be considered unexcused.

Three unexcused absences will result in a skater being placed on probation for the duration of the session (which means she does not skate at practices or events). She will still receive priority registration at the next session.

Do the skaters get uniforms?

Yes! Girls get uniform tops printed with their name and number. Please wear team colors for all practices and DO NOT wear uniforms. Uniforms should only be worn the last Friday practice of each month and at bouts.

Is there a dress code?

We ask that our girls maintain a fun and unique style while staying modest and age-appropriate. All gear must be in good condition and fit properly (coaches will check periodically). In general, we ask:

- No bare legs. Floor burns are brutal, take a long time to heal and can become infected. Legs covered with tights or leggings are required.
- Skirts and shorts MUST be as long as or longer than the tip of a skaters fingers when the arms resting at her sides. Skirts should NOT be longer than knee length to prevent tripping.
- No low cut shirts, bra tops or bare midriffs.
- Any skater violating SDB dress code policy will be sent home to change, she may not remain at the Rat's Nest. If the issue presents as a repeat problem, the board may discuss suspension or other disciplinary actions, at the discretion of the board in consultation with coaches and the parents.

Can skaters wear jewelry?

No jewelry is allowed as it poses a safety threat to the person wearing it and anyone else on the floor. Please remove all jewelry before arriving at practice or bouts.

Can I bring visitors to practice?

No, practices are a closed event for the safety of all skaters as well as our space at the Rat's Nest is limited. However, the last Friday practice of the month is our **Friends and Family Bout**. That practice is open to visitors who are friends or family of skaters.

Can I chew gum or have things have in my mouth while skating?

No gum, candy, food or drink (except water) is allowed during practice or at the Rat's Nest. This also poses a safety risk for skaters.

Can I take photos at practice?

No. Photo taking at practice is by permission only in order to respect the privacy of all skaters. You may take photos at public bouts (NOT at the Friends and Family Bout – this is still consider a closed practice event).



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Will there be a picture day?

Yes, we have a picture day once per session. We hire a professional photographer who will come in and take a head shot and a group shot. We will offer photo packages for sale.

How much water should a skater be consuming?

A skater should be drinking 64 oz of water every day, but especially on practice and bout days. This importance of adequate water intake is critical, and prevents cramping. Once at practice, skaters will be provided with water breaks approximately every 15 minutes, and she should be consuming an additional 4-8 oz during EACH of these breaks.

Can I attend board meetings?

Yes! We strongly encourage parents to attend our monthly board meetings. We meet once per month on the third Monday of each month at 6 pm. We are in the process of arranging a new venue for our meetings, so please check your email for an invite with the address.

What happens if a skater forgets a piece of gear?

A skater who is not fully geared up MAY NOT SKATE.

What happens if a skater gets hurt at an SDB sponsored event?

We realize it is always scary to see your child get hurt. Whenever a skater is injured, all play stops and remaining skaters are asked to take a knee to reduce chaos. A coach will then assess the situation, and a parent will be called over if the injury is deemed to require medical attention. In most cases, a few minutes of rest and ice is all that is needed. Please remain off the rink floor unless you are requested by a coach.

Do skaters get to choose a skater name?

Yes! Please ask your daughter to be very thoughtful about choosing her name. Once a request is sent in or registered, it may NOT be changed until the start of the next season. Names may not contain profanities or sexually explicit wording. Here is the process for choosing and registering your skater's name:

1. Visit <http://www.twoevils.org/rollergirls/> and scroll through the THOUSANDS of already registered names. Here you can get ideas as well as determine what names are already taken.
2. Choose THREE names and email your name choices to names@seattlederbybrats.com, listing your name choices in order of preference (#1 being first choice and so on).
3. If your daughter has a preferred number, please email the preference to secretary@seattlederbybrats.com otherwise she will be assigned a number at random. We do not guarantee requested numbers, but will take the request into consideration.
4. Once you have emailed your skater's name request PLEASE DO NOT continuously ask for an update. Names can take upwards of SIX MONTHS to be approved. We send in our league name requests to an International Registry, and have no control over the time it takes for a name to be approved. Thank you for understanding.

Where can my skater get additional practice or training?

We encourage skaters to attend open skate sessions at any of the local rinks: Lynnwood Bowl and Skate, Bellevue Skate King, or Everett Skate Deck. All of these facilities offer speed skate classes and open skating sessions. Check each venues website for more information. There is a special derby open session at Lynnwood on Sunday evenings.

Can I volunteer?

Yes. Every parent is required to volunteer on a committee or for a specific task. The volunteer sign up sheets are made available at registration. If you have not yet signed up, please email secretary@seattlederbybrats.com so that we can find something for you do help with.