



GET OFF YOUR ASS AND SKATE!!!

It's the best way to prepare to be a derby girl! The following basic skills are taken directly from the Women's Flat Track Derby Association's (WFTDA) minimum skills for interleague play. We removed the derby skills because we will teach you those (and trying most derby moves at an open skate will probably get you removed from the rink!)

There are many rinks in the Detroit Metro area. Here is a short list of rinks with open skates:

Riverside Arena- www.riversidearena.com

Bonaventure, Skatin' Station II, Rollerama II, and Skat-o-rama-

<http://www.bonaventureskate.com/>

Skate World of Troy- <http://www.skateworldtroy.com/>

Skateland West- <http://www.skatelandwest.com/>

Basic Skating Skills

Skating Posture

- Bends at knees and hips with shoulders back
- Swings arms fluidly with a forward and backward motion

Stride

- Has steady, confident, fluid strides
- Uses both feet to push forward on straightaways

Crossovers

- Performs smooth crossovers while skating at a brisk pace going into and coming out of turns.
- Uses both feet to push during crossovers

Speed

- Can complete 5 laps around the track in one minute or less (based on WFTDA regulation track)

Stops

Skater must come to a complete stop from a brisk pace, using proper form and without losing her balance using

- T-Stop
- Toe Stop

Other skills

- Performs one-foot glides with each foot for the length of the straightaway with good balance
- Has the ability to propel self while keeping all eight wheels on the floor
- Can move easily and fluidly from one side of the skating lane to the other.

Balance/Agility

Skater must demonstrate the ability to perform the following tasks without losing her balance or falling

From a standstill:

Stepping

- Forward and Backward
- Side to side in both directions

While skating:

Squatting

- Squats and coasts through the entire straightaway and turn
- Squat and propels self on straightaways and around turns

Hopping

- With both feet, moving forward, both feet landing simultaneously
- From one foot to the other

Focus

- Can look left, right, and behind quickly and unexpectedly while skating

Weaving

- Maneuvers through 10 cones placed six feet apart, covering both straightaways and turns

Backwards Skate

- Skates backwards steadily and fluidly