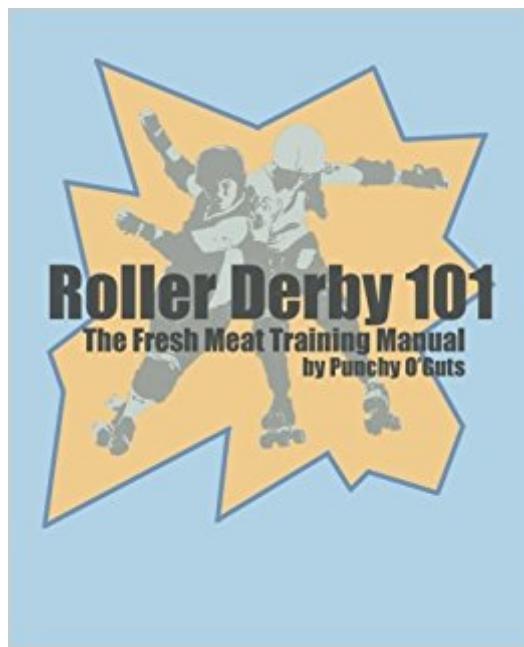


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# Roller Derby 101: The Fresh Meat Training Manual



## Synopsis

Roller Derby 101: The Fresh Meat Training Manual is a twenty-two class curriculum to teach basic skating skills, pack skating, assisting, and blocking - all the skills needed before passing a skater to scrimmaging. The manual provides step-by-step, detailed class itineraries that include a warm-up, drills to accompany the theme of the class, and homework. The manual also includes assessment templates, a drill index, and suggestions for Fresh Meat try-outs, orientation, and exit interview.

Roller Derby 101 is everything a coach needs to transform Fresh Meat skaters into derby machines!

## Book Information

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## Customer Reviews

Punchy O'Guts is a mother, writer, skater, and derby coach who joined Maine Roller Derby six months after it was founded in March of 2006. One of the league's pioneers, she skated competitively on the WFTDA-sanctioned all-star team (The Port Authorities), and has worked just about every position imaginable: league coach, event coordinator, marketing director, interleague liaison, sponsorship, webmaster, WFTDA rep, all-star team captain, and a member of the board of directors. She travels to leagues to guest coach and openly helps leagues and skaters with questions about skills, rules, running a derby league, or whatever the present issue might be. She's dedicated to the growth of the sport of roller derby and passionately offers her expertise and knowledge to anyone who needs it. Punchy earned a Bachelor's degree in Liberal Arts at Penn State University and an MFA in Creative Writing at the Stonecoast program at the University of Southern Maine. She grew up in southwestern Pennsylvania and moved to Portland, Maine in 2004 to pursue a career in journalism. Punchy wrote as a professional journalist (under her name Amy Martin) for more than five years for the Portland Phoenix, Face Magazine, Maine Switch, Portland

Press Herald and Maine Today. She specialized in writing about local entertainment (music and theater), and left journalism to pursue a writing career that allowed her the freedom to write without limitation.

As a coach on a very newly established league we weren't really sure how to go about training our fresh meat, having basically taught ourselves everything from YouTube. This book covers pretty much everything you will need to know, I highly recommend. There are some things that are a little advanced for freshies, but that just means you have things you can teach further down the track.

I like how this is set up step by step, however its hard to follow when you have people skating with such different levels. Like I don't see where they teach cross overs, but they want you to do your laps and endurance. you need to know your cross overs first.

As a new junior derby coach this was a great basic training tool. I like how it broke down various rules, practice times, and drills.

I was hoping for a few more basic skills in the first half of the book, transitions specifically and maybe a different way to incorporate them into practice. Overall, it's a good place to start your adventures in roller derby.XOX

great read, implemented in my fresh meat program right away; only wish I could print so as to have lessons on hand as a paper copy, rather than having to use my tablet to refer to.

This was a great help to our league, easy to follow and very in depth. At times it does require more skill than our fresh meat had but it can easily be changed around to suit.

Great points to refresh for anyone starting or getting back into it. It helps understanding what your being graded on.

Great read for any derby level player! Great for leagues who want to retain players after testing, also great as a curriculum for a boot camp

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