

Thanks for your interest in Mad Rollin Dolls (MRD) roller derby league! This document should help answer your questions about tryouts.

1. How do I get on the email list to receive info?

Email DutchOven@Madrollindolls.com to get on the email list. Contact her with any further tryouts related questions.

2. Who can tryout?

All women who are over 21 can try out! If you are interested in being a referee, men and women over 21 can try out. Please note, you must be at least 21 to participate in open skates as well.

3. Do I need to know how to skate to tryout?

No, you do not need to already know how to skate to try out (but it helps!). We will teach you how to skate and how to play derby.

4. How do I prepare for tryouts? How can I get extra skating practice skating?

There are lots of ways to prepare for tryouts. First off, you should skate as much as you can. You can attend open skates at the many skating rinks in the area: [Fast Forward](#) in Madison, [Skate Express](#) in Watertown, [Skaters Edge](#) and [Gem Roller Rink](#) in Appleton, [Incredi-Roll Skate & Family Fun Center](#) in Milwaukee.

MRD will hold a series of Derby 101 Open Skates at Fast Forward where we will teach you the skills you'll be asked to perform at tryouts. The dates for these open skates are tentatively:

Wed Jun 9 @ 4:30-6:30 pm Open skate
Sun Jun 13 @ 10am – 12pm Open skate
Wed June 16 @ 4:30-6:30 pm Open skate
Sat Jun 19 @ 4:30-6:30 pm Open skate
Sun Jun 20 @ 10am – 12pm Open skate

These dates and times are subject to change- changes will be emailed out to the mailing list and posted on our website. The cost for the open skates is \$5 with skate rental and \$3 without skate rental. We will have some pads and helmets for you to borrow, but you don't need to have gear for the open skates.

We are currently in the process of starting up a recreational derby league (Mad Wreckin' Dolls). They hold skating sessions and have scheduled an 8 week derby beginner training camp in April 2010. Email Booty Callins (mrdreclague@gmail.com) for more info, or check out their Facebook page: <http://www.facebook.com/group.php?gid=394206097497>

5. When are tryouts?

Wed Jun 23 @ 6-9 pm Tryouts Day 1

Sun Jun 27 @ 9am -12 pm Tryouts Day 2 (Call-backs)

Please plan to attend both days for the full time, although not everyone will be asked back on the second day. These dates and times are subject to change- changes will be emailed out to the mailing list and posted on our website.

6. Should I buy gear before tryouts?

We recommend that you do NOT buy gear before tryouts. Gear can be very expensive, and we have skates, pads and helmets you can borrow for open skates and tryouts. If you make it past tryouts, then we ask you to buy all of your own gear. Some practices may require you to have a helmet- either a bicycle helmet or skateboarding/derby helmet will do.

However, if you want to buy gear anyway, we won't stop you! In fact, we recommend you get some advice from some MRD vet skaters on what to buy and where. Email Dutch Oven for more info.

7. What happens at tryouts?

Tryouts consist of two parts: skating skills and an interview. The skating skills you'll be asked to perform will be the same skills we'll teach at our open skates. You don't already need to be an expert skater, but showing improvement, listening, and incorporating constructive feedback from the instructors into your technique are huge pluses!

Come ready to skate, wearing comfortable clothes you'd wear to exercise. Jeans or other not-stretchy fabrics are not recommended, but really you can wear whatever you want!

What we are looking for in a skater at tryouts: teachability, skating skill, and a great attitude! Roller derby is hard, so you need to show that you are ready to make the time commitment, the physical commitment to get in excellent shape, and the mental effort to learn the rules and policies of MRD! Also, MRD is an all volunteer organization run by the skaters, for the skaters, so we are looking for skaters with skills that can help keep our league running.

8. What happens after tryouts?

If you make it past try-outs, you'll be invited to be an MRD Babydoll, and attend Babydoll training. Babydoll training is approximately 14 weeks long, and involves comprehensive training on how to skate with good technique and how to play roller derby, led by veteran MRD skaters. At the end of the 14 week training, we will hold a super-secret draft, where skaters from the babydoll pool will be considered for membership onto one of the 4 MRD home teams. Not all babydolls will be drafted. Babydolls are expected to pay dues monthly to help cover the cost of rink rental. We don't know how much it will be this year, but last years' dues were \$30/month.

Babydolls also must pay a yearly one-time fee for insurance, which runs about \$30-\$50. Lastly, babydolls are expected to purchase their own skates, pads, helmets and mouthguards.

9. How many babydolls will get drafted?

We never know in advance how many babydolls will be drafted. Each of the four MRD home teams has a roster size limit of 20 skaters, so they can only draft skaters if they have an open spot (if a team member retires). We'll have a rough idea of how many skaters will be drafted closer to the draft date (sometime in September or October, 2010). Different teams are looking for different things when they are drafting. Some of the things might be: does the skater fit in with the team? Will she contribute to the team off the derby track? Does she have the skating skills we need on our team (or the potential to develop those skills)?

10. What happens if I get drafted?

If you get drafted, you are officially a member of a team and of MRD! You will be expected to meet all of the membership requirements of Mad Rollin Dolls, which include but are not limited to:

- Monthly dues of about \$30/month to help cover rink rental.
- Attend at least 2 Community Outreach and Charity events throughout the year.
- Attend four All-League-Meetings per year.
- Regular attendance at practice (currently a minimum 1.5 practices/week average).
- Active participation in your home team and league.

11. What happens if I don't get drafted

If you don't get drafted, we hope you'll continue to stay active in our league as a referee, non-skating official, or volunteer! We need tons of help running our league. Becoming an active league member shows us that you are committed to MRD and will look good for you if you try out again. We encourage you to stick around and try out again next year! In the meantime, there is always the Mad Wreckin' Dolls recreational derby league (see question #4).

12. What is the time commitment expected of Babydolls? Of league members?

Being a member of MRD, either as a babydoll or a skating member of a team, is a big time commitment. As a skater, we must follow a strict attendance policy for safety reasons. All skaters must follow a strict attendance policy that was designed to keep us safe on the track. As babydolls the bare minimum is usually about 66% or 2 practices/week, and this number is relaxed a bit after the draft. Of course, the more practices you attend, the better it looks come draft time! Also, as a member of a team, you will be expected to attend team meetings (different time commitment for each team, expect meetings to be about once every-other week), and team practices. Also, see above question #10.

13. How long is the MRD season?

If you make it past tryouts and get drafted, your first year of being a derby skater will be about 12 months long- tryouts are in June 2010, and the 2011 season will run till about May. The following summer (2011), you can choose to continue skating, either helping with training of next year's babydolls, or with one of our two interleague teams: The Dairyland Dolls or Team Unicorn. Or you can take the summer off, and come back in September to start training for your second season.

14. What are some of the costs associated with being a babydoll? A league member?

Playing derby isn't cheap, and until we go professional, we'll have to continue to pay for it ourselves. The costs involved are the same for babydolls and league members and include:

- Monthly dues (expect to be ~\$30/month).
- Gear: skates, wheels, bearings, pads (knee, elbow, wrist), helmet, mouthguard. This entire package will usually cost between \$250-\$500. Get advice from vets on what to buy! As you might guess, with pads, you get what you pay for, and it's important to protect your body! We can also give you advice on where to shop and get discounts at certain retailers.
- Once a year insurance payment of ~\$50. This is a secondary insurance for you, and also helps protect the league against liability.
- \$\$ for the bar! We have a lot of meetings at bars and restaurants. This can add up if you're not careful, but if you're watching your wallet, you can eat before you go 😊.

15. **Any more questions?** Email Dutch Oven: DutchOven@MadRollinDolls.com . Can't wait to see you at tryouts! Also, become our friend on Facebook and Twitter: <http://www.facebook.com/group.php?gid=2217652348> and <http://twitter.com/madrollindolls>