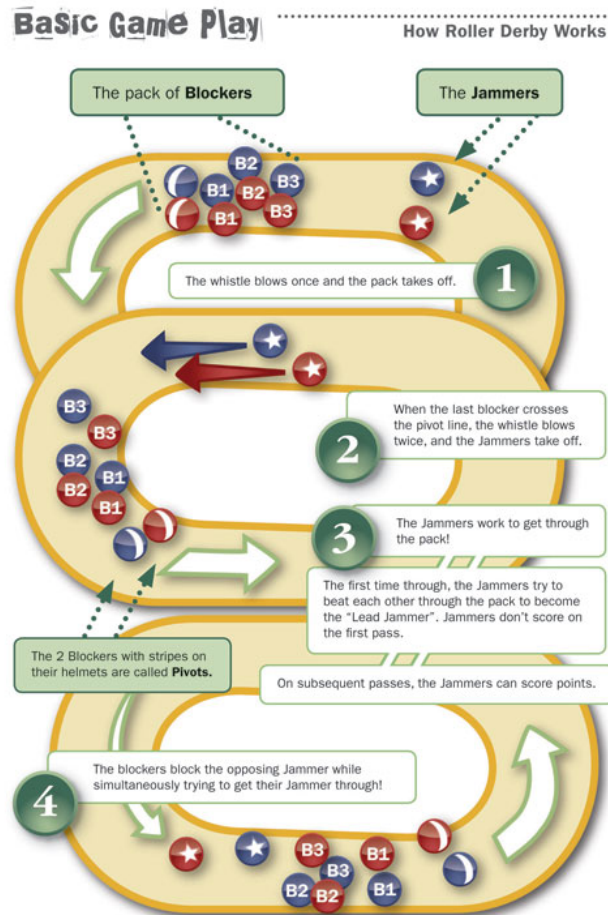


Long Beach Derby Gals

***Our Mission:** Help women become their own super hero by training them to compete in amateur roller derby competitions. “Women supporting women through competition” !*



www.LongBeachDerbyGals.com * FaceBook: LongBeach DerbyGals * Email: narlee.lbderbygals@gmail.com



What is Roller Derby?

Roller derby is a full [contact sport](#) played on roller skates by two teams with five members each. Bouts, or games, have two 30-minute half's. Teams face off in a series of 2 minute "jams". The Jammer scores points by lapping members of the opposing team. Teammates known as Blockers assist their Jammer while blocking the opposing Jammer — in effect, playing both offense and defense simultaneously.

BOARD OF DIRECTORS: ROLES AND RESPONSIBILITIES

NARLEE President & Founder of Long Beach Derby Gals / Co -Founder of Long Beach Derby Productions

Phone: 310-999-4770

Email: narlee.lbderbygals@gmail.com

SHAWN ELIS Co-Founder of Long Beach Derby Productions

PERCY CUTE League Accountanting & League Business Advisor

ESTRO JEN Head of Coaching

moxiskates@gmail.com

BANZAI Creative & Marketing Director

****All artwork & Marketing will have to be approved by LBD Production****

tracy.banzai.ugai@facebook.com

SKINNY DIP Skater Liaison

jaymee.pendergast@facebook.com

BUSTER Director of Sponsorship

-Being the main contact person for interested sponsors and donations for the League.

BLOCK LOBSTER Recruitment & Volunteering

<http://facebook.com/jebhoward>

SWEET & LOW BLOW Director of Special Events & Community Involvement

angela.kearnsroman@facebook.com

ANITA NOTHER Director of Media

-Contact person for all media relations -

Point person for other leagues to connect to LBDG (partnering with Estro)

AnitaNother1051@gmail.com

MAJOR MUFF Head Official & Safety

joanna.stanford.7@facebook.com

Becoming a Long Beach Derby Gal

Name _____ Derby Name _____

E-Mail _____ Derby Helmet Number _____

Cell _____

Current Ability Level

- ☐ Beginner – interested, want to learn how to skate confidently
- ☐ Novice – can skate confidently, want to learn the game
- ☐ Intermediate – have played derby before, want to get more competitive
- ☐ Advanced – have played more than 2 years do not want to travel out of So California
- ☐ Advanced – have played more than 2 years, want to compete regionally

Dues

Complete the attached form to have \$40 monthly dues withdrawn from your checking account or credit card.

\$5 Drop in fees per practice. \$10 per week(3 practices). Please be advised; only skaters who are current on dues \$40 maintain 70% attendance, & pass the skills requirements will be eligible to make a team.

Insurance

Must show proof of primary medical insurance for current year. Additional skater insurance may be required this insurance will cover you for any/all derby clinics, bouts or events nationwide.

Equipment

Protective gear must be worn during every practice and game.

- ☐ Quad roller skates
- ☐ Helmet
- ☐ Wrist guards
- ☐ Elbow & knee pads
- ☐ Mouth guard

Volunteer committee (optional)

Check which committee you would like to work with, and briefly explain how you can help.

- ☐ Coaching _____
- ☐ Marketing _____
- ☐ Community Events _____
- ☐ Membership _____
- ☐ Other (be specific) _____

I have read the LBDG code of conduct and media & liability wavier forms. I agree to the terms and promise to abide by them.

Signature _____

2013 Long Beach Derby Gals Calendar

Practices

7:00 – 10:00pm Wednesday, Thursday, Friday

Home Games

Friday, March 22 – Back From the Dead

Friday, April 12 – In the Garden of Beaten

Friday, May 24 – Mamma Say Knock You Bout

Community Events

Saturday, Feb 9th – Long Beach's Mardi Gras

Saturday, May 18 – Gay Pride Parade

Meals on Wheels

Saturday, October 5 – Long Beach Spirit Walk

More TBA

Travel Games: TBA

Making a Team

Beginner (Fresh Meat) Learn basic skating skills and WFTDA rule set until they can pass assessments and test.

Home Team Skaters Passed skills assessments at WFTDA rules test. Selected by coaches and team captains as spaces become available. Teams can include up to 20 members.

Travel Team Skaters Will be selected based on skater's bout performance as well as strategic knowledge of the game. May be asked to help pay for some travel costs.

Referees Always recruiting a few good men and women.

Juniors program TBA at a later date

Assessments

Assessments are held on a regular basis and comprise both a demonstration of skating skills and knowledge of derby rules. The Coaching Committee will assess skills. Each coach reserves the right to drop a team member if they are not meeting the minimum skills, and/or flagrantly/continuously violate WFTDA rules or league code of conduct.

WFTDA rules test can be found online. Rules will be reviewed during practices. Tests will be given on the same day that skating skills will be assessed.

Long Beach Derby Gals Code of Conduct

1. Follow procedures to ensure safety of yourself and others at all times. No alcohol, drugs or prescription medication that can cause impairment are allowed by any member of LBDG in the Dome at any function including; practice, bouts, fundraisers or training clinics. Wear safety equipment while skating at all times including practices. Skates are last thing on and first thing off.
2. Demonstrate sportsman like conduct on and off the track. This includes intentional kicking, tripping or hitting penalties, coming off the bench after a skater.
3. Respectfully abide by referee calls and penalties. Under no circumstances should skaters be belligerent, rude or disrespectful towards members of the Ref team, volunteers, audience, announcers, security or any staff of the Queen Mary.
4. Support an environment free of unlawful harassment of all forms. Any aggressive, threatening comments or behavior towards anyone associated with LBDG or any other league will not be tolerated. Harassment in any form, including sexual, verbal, and physical harassment is expressly forbidden.
5. Maintain professional conduct whenever representing or

discussing LBDG or any other league in public or on the internet. A positive image for the organization as well as the sport of roller derby is crucial for the success of the league. When dressed in LBDG attire you are representing the league, act accordingly or take your clothes off. Remember you are always an ambassador for the league and the sport.

6. Discretely bring any and all grievances the attention of your Team Captain, the Skater Liaison and/or the Executive Director. To minimize negative gossip and rumors, any personal dispute will be resolved in a private mediation.

I have read and understand the league's code of conduct, which applies to all officers, skaters and volunteers. I understand that if I violate this code of conduct I will be subject to disciplinary action including suspension or expulsion from the league. Knowing this, I agree to take full responsibility for my actions and uphold the code of conduct to the best of my ability.

Signature/Date

Theatrical Release

I, _____, hereby authorize the Long Beach Derby, Long Beach Derby Gals and any of its affiliates, successors or assigns (collectively "LBD") to photograph, videotape, film or otherwise record me, my voice, and/or other theatrical performances, or any other activities in which I am engaged at LBD & LBDG. I irrevocably consent to LBD & LBDG use of my name, likeness, voice, biographical materials, activities, and similar characteristics in any and all publications, advertising, news media, video, World Wide Web materials, and in any other written, graphic or electronic materials (collectively "Materials") at any time and for any and all present and/or future purposes and uses as determined by LBD's & LBDG in its discretion. I understand and agree that all such Materials, including without limitation, all negatives, positives, prints, film, tapes, DVDs, CDs, and any other media now known or hereafter devised in which the Materials are stored, replayed, replicated or utilized (collectively "Media") are and shall remain the sole property of LBD's & LBDG. I hereby irrevocably assign and transfer to LBD's & LBDG any right, title or interest I may have in such Materials or Media, in any modifications or derivatives

thereof, and in any intellectual property rights related thereto. I also waive any right to assert any "droit moral" or moral rights against LBD's & LBDG or any third party with respect to the Materials or Media in which I may appear. I agree that I am not entitled to any compensation or any other thing for LBD's use or disposition of the Materials or Media. Upon LBD's & LBDG request, I will execute such documents and perform such acts as are necessary for LBD's & LBDG to obtain trademark, copyright or other intellectual property registration or protection for the Materials and Media, and further agree to cooperate with LBD's & LBDG in the enforcement of its rights to the Materials and Media. I hereby release LBD's & LBDG from any and all liability arising from or related to the development, production, distribution, sale, license, use or other disposition of the Materials or Media.

Long Beach Derby

By _____

Performer

Release & Waiver of Liability Agreement

I, _____
(Participant), acknowledge that I have voluntarily applied to participate in skating with the Long Beach Derby & Long Beach Derby Gals.

I AM AWARE THAT THESE ACTIVITIES ARE HAZARDOUS ACTIVITIES AND THAT I COULD BE SERIOUSLY INJURED OR EVEN KILLED. I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH KNOWLEDGE OF THE DANGER INVOLVED, AND AGREE TO ASSUME ANY AND ALL RISKS OF BODILY INJURY, DEATH OR PROPERTY DAMAGE, WHETHER THOSE RISKS ARE KNOWN OR UNKNOWN.

I verify this statement by placing my initials here: _____

Parent or Guardian's initials (if under 18): _____

As consideration for being permitted by the Long Beach Derby Gals, the Queen Mary, City of Long Beach, County of Los Angeles and state of California to participate in these activities and use the Dome premises and facilities, I forever release the LBD, LBDG, the Queen Mary, City, County, State, and any LBD/LBDG affiliated organization, and their respective directors, officers, employees, volunteers, agents, contractors, and representatives (collectively "Releasees") from any and all actions, claims, or demands that I, my assignees, heirs, distributees, guardians, next of kin, spouse and legal representatives now have, or may have in the future, for injury, death, or property damage, related to (i) my participation in these activities, (ii) the

negligence or other acts, whether directly connected to these activities or not, and however caused, by any Releasee, or (iii) the condition of the premises where these activities occur, whether or not I am then participating in the activities. I also agree that I, my assignees, heirs, distributees, guardians, next of kin, spouse and legal representatives will not make a claim against, sue, or attach the property of any Releasee in connection with any of the matters covered by the foregoing release. I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE FAIR, THE STATE, THE COUNTY, AND THE LESSOR, AND SIGN IT OF MY OWN FREE WILL.

If Signed by Parent or Guardian: I verify that the dangers of the activities and the significance of this Release and Waiver were explained to the Participant and that the Participant understood them. Executed at Queen Mary Dome, Long Beach, California

PARTICIPANT/RELEASOR PARENT OR GUARDIAN

Signature

Address: _____
