

FAQs 2011

Sydney Olympic Park Sports Centre

Why did you move to Olympic Park?

With the sprung timber floor, grandstand seating close to the action and a real sporting arena atmosphere, the Sydney Olympic Park Sports Centre is ideally suited for flat track roller derby. Come and enjoy the bigger venue with better seating and get ready to see the best derby yet!

Isn't it far away?

Not at all! In fact, it's less than half an hour in your car from the City to Olympic Park with plenty of parking. Even better, buy a "Bout + Train" ticket from Ticket Direct www.ticketdirect.com which includes return travel on the Sydney Roller Derby League train – direct from North Sydney to Olympic Park via the CBD and Inner West.

I bought the wrong ticket – can I still get the train?

Yes you can. CityRail will recognise all tickets to the event as authority to travel on the train (please use the wide gates). When you get to Olympic Park station, please look for a derby girl with a bucket and pay her there. But we'd prefer if you bought the 'Bout + Train' ticket in the first instance!

Can I drive?

Drive from the City in just 25 minutes. Parking is available opposite the Sports Centre in P3 Car Park at a cost of \$4 per hour to a maximum of \$20 per day.

What about the kids?

With an earlier start time and family tickets, there has never been a better time to enjoy the roller derby with the whole family! The Sports Centre is a great venue for everyone, with ample parking, easy public transport options, and food and drinks. And with 4 home teams this year –kids of all ages are sure to find a firm favourite to cheer on.





General Information

Who owns and runs the league?

Sydney Roller Derby League is a non-profit association, run by the skaters, for the skaters. All our members volunteer their time on committees; from the executive committee through to training, merchandise and promotions, everything you see is organised by a derby girl.

Do the skaters get paid?

No. Actually, all skaters pay monthly dues to help cover the cost of training venues, insurance, and the league's other expenses.

Do you get hurt?

As with all high-contact sports, there is a risk of injury. We've had an occasional broken bones, concussions, and lots and lots of bruises. However, we are very careful with our girls, and take every precaution to prevent injuries. This includes having first aid available at all bouts and training sessions, cross-training, and frequent consultant with physiotherapists.

Do you wear protective gear?

Absolutely! Helmets, knee pads, wrist guards, elbow pads and mouthguards are all compulsory.

How often do you train?

We train three times a week, at locations around Sydney, with additional 'team' training sessions during the season. We are looking for new training venues.

Who trains the skaters?

We do. Our Training Committee is made up of skaters and a few very valuable off-skates volunteers, who run every training sessions and organise assessments to make sure all our girls are well-trained enough to play safely.

What's the difference between modern roller derby and the 'old school' derby that used to be on television?

Modern roller derby isn't fixed, like wrestling. It is a genuine, non-scripted sport with rules, referees and real contact. Sydney Roller Derby League also play on a flat track, unlike the raised, banked track that you might have seen people flip over in the film "Whip It".

The Sydney Roller Derby league skates to the rules and regulations of the Women's Flat Track Roller Derby Regulations. Details about the Women's Flat Track Roller Derby Association can be found here: <http://www.wftda.com/about>



Joining the league

I want to join but I don't know how to skate, do you offer lessons?

Much as we'd like to, our limited training space means we aren't able to offer lessons. If you'd like to get involved, why not join up as a volunteer or off skates member?

There are plenty of ways to be involved in the league, and we need every bit of help we can get.

I want to be a derby girl – how do I join?

We run tryouts for experienced skaters once a year, in around October. Look out for details on our website. In the mean time, start practicing your skating every chance you get!

I'm coming to tryouts – what do I need?

You need quad rollerskates (the old style ones, not blades). If you have artistic skates, these will get you through tryouts but after that you'll probably want to switch to the derby style low cut boot.

Check out www.sydneyderbyskates.com to see what we mean by 'derby style' skates!

You'll also need knee, wrist, and elbow guards. If you can only spend your hard earned on one thing, make it good knee pads. Cheapies will get you through tryouts, but not much further. Most girls like Triple 8, TSG or 187 knee pads. You have to look after your knees!

You'll also need a helmet. We recommend a multi impact skateboarding style helmet, not a bike helmet. Your helmet should come down low in the back. Protec make a fairly cheap helmet that heaps of girls use.

I don't have rollerskates. What do I need, and where can I buy them? Can I rent skates?

SRDL doesn't rent rollerskates, and we understand they can be expensive. If you're looking to get new, quality equipment, Sydney Derby Skates (run by the lovely SuziEphedrine) is the place to look. Check out her site at <http://www.sydneyderbyskates.com>. If you're not sure roller derby is for you, and you don't want to spend too much until you're certain, try looking for second-hand skates on places like eBay. Also jump on social media sites like facebook, and you'll find plenty of derby girls with used gear to sell.

I don't want to skate, but I still want to get involved – can I do that?

Absolutely! Sydney Roller Derby League is run completely by our skaters and an amazing team of volunteers. As a volunteer member, you can help us help with pretty much everything – from promotions, sponsorship, events management, commentary, officiating, training and general dogsbody work come bout day – there is bound to be a place for you in our little community. Get in touch on members@sydneyrollerderby.com