



Redwood Saplings Junior Roller Derby 2019/20 Program Overview & Registration Form

The Redwood Saplings youth sports program develops athleticism, community ethics, and personal empowerment for females ages 11-17. We offer two programs, our Sapling Competitive Team and our Training Camp Program.

Training Camp Program

The Training Camp is open to new skaters ages 11-17 (skater must turn 11 by September first) who want to develop the fundamental skills needed to play roller derby. You do not need prior roller skating experience to join. This camp has two sessions: Level 1 Skate skills, Level 2 Derby skills. Each session will be approximately 15 weeks. Participants will finish the first two sessions with an opportunity to take a skills assessment to move to the Saplings team the following year.

Skate Skills Training: Tues & Thurs Aug 27th - Dec 19 4:15-6PM @ Redwood Acres
Fees: \$100 (+ 50 insurance paid separately to USARS)

Derby Skills: Tues & Thurs Jan 7th - April 23rd 4:15-6PM @ Redwood Acres
Fees: \$175

Level 2 Skaters and Sapling Team

This program is open to any skater who can pass the skills assessment and is between ages 11-17 (if you turn 18 during the program you will be allowed to finish out the season with the league). Skaters will train to play in monthly scrimmages and bouts. Skaters will be eligible to participate in games, some may be co-ed under the JRDA rules of no more than 2 boys per jam. All elements of the Derby Season will focus on activities that foster trust and communication between teammates while teaching all aspects of the game.

Schedule

Tuesdays & Thursdays Aug 27th - April 23rd
4:15-6PM @ Redwood Acres

Fees \$300 for season (\$150 due 8/27/19 and \$150 due by 1/7/20)
(+ 50 insurance paid separately to USARS due by December 19th)

The following must be received by Tuesday August 27th in order to begin skating:

1. Registration Application, Medical Release, Assumption of Risk and Indemnity Agreement, Photo Release Agreement, & Parent Volunteer Agreement
2. Fees (for training or team)
3. Insurance (Skaters must also become members of USA Roller Sports before the first day of skating. This can be done online at: <https://usars.rsportz.com/> or at orientation night

Mail Registration Materials to:

Humboldt Roller Derby c/o Redwood Saplings PO BOX 6238 Eureka, CA 95502

Email: saplings@humboldtrollerderby.com



Scholarships and Discounts

Scholarships: Partial scholarships are available to skaters. Skaters interested in applying need to write a letter of what derby means to them and why they feel they deserve financial assistance. Letters are due by October 1st. Letters can be given to any coach, the team manager or wrangler. Money awarded will be applied toward spring fees.

Discounts: families with more than one child can get a 15% discount for each additional child enrolled in our program. Additionally, families who pay for the entire season within the first 30 days, will also receive a 10% discount off of the total for the complete season.

Medical Insurance

There are inherent risks that can lead to injury when playing roller derby and when participating in Sapling practices and related activities. Each participant must provide evidence of existing primary medical insurance coverage on the Medical Release Form. *Humboldt Roller Derby does not provide medical insurance for Sapling participants.*

Dress Code

Skaters are expected to arrive to all practices and bouts wearing appropriate athletic attire. Skaters will adhere to the Coach's opinion on what is appropriate. Saplings uniform will be worn at all games and scrimmages and consists of your Black or White Jersey with derby number and black leggings.

Skater & Parent Initial _____

Equipment

Properly fitting protective gear must be worn at all times while on skates. The following is required:

- _____ **Helmet** – with a Hard Foam Liner (**helmets with soft foam pads are not allowed**)
- _____ **Protective Gear** - Wrist guards, elbow and knee pads.
- _____ **Mouth Guard** - Football standard mouth guard is recommended.
- _____ **Quad Skates** - Skates should be comfortable and well built. Properly fitting skate boots reduce the risk of injury. **Wheels with a hardness rating of 88-92 and adjustable toestops are recommended.**
- _____ **Tail-bone protectors or butt pads**- not required but highly recommended

Skater & Parent Initial _____

not sure where to find Roller Derby gear? Here are a few options:

Local Retail options: S.T.I.L - 2940 Broadway, Eureka (707) 269-0210; RAMPART Skate Shop - 1040 H St, Arcata, CA 95521 (707)822-9500). There are a variety of other sporting good stores where mouthguards can be found.

Online Retail options: There are a variety of Roller Derby gear websites. Two of the Sapling favorites are: cruzskateshop.com & sincityskates.com. The staff at both of these places are very helpful and available by phone to answer gear questions.



Redwood Sapling Registration Application
2019-2020 Sapling & Training Camp

Skater/Participant's Legal Name

last: _____ **first:** _____

Skate Name (not required): _____ **Skater email:** _____

Birth Date: ____/____/____ **Age:** ____

Mailing Address: _____

City: _____ **zip code:** _____

Parent/Guardian 1: _____ **Phone Number:** _____

Parent/Guardian Email Address: _____

Parent/Guardian 2: _____ **Phone Number:** _____

Parent/Guardian Email Address: _____

Alternate Emergency Contact: _____ **Phone Number:** _____

Medical Release

In the event of an emergency or non-emergency situation requiring medical treatment, I, _____, hereby grant permission for any and all medical and/or dental attention to be administered to my child/children, in the event of an accidental injury or illness, until such time as I can be contacted. This permission includes, but is not limited to, the administration of first aid, the use of ambulance, and the administration of anesthesia and/or surgery, under the recommendation of qualified medical personnel. Representatives, employees, agents, and volunteers of Humboldt Roller Derby are granted permission to seek such medical treatment, and I hereby agree to indemnify, defend and hold such persons harmless for any actions taken by such persons in reliance upon the Medical Release of any care rendered in reliance upon this Medical Release.

09/06/2017

Signature of Parent or Legal Guardian

Legal Name (please print)

Date signed

Primary Physician:

Phone Number:

Medical Insurance Company:

ID #

Group/Policy#:

List all known medical conditions, including food allergies and/or drug allergies. In addition, include any and all over-the-counter and/or prescription drugs taken regularly:



Assumption of Risk and Indemnity Agreement

I, _____, the undersigned, do hereby affirm and acknowledge I am the parent/legal guardian of the undersigned 'participant', a minor child under the age of 18. I warrant my full legal authority to undertake all obligations set forth herein, both on my own behalf and on the behalf of the participant. I have enclosed a copy of mine and the participant's photo ID for verification.

Parent/Guardian must initial next to each statement. By initialing, the undersigned represents that they understand and agree with the following conditions necessary for participation in the Redwood Saplings:

— **Medical:** It is the responsibility of the undersigned to insure that the 'participant' is medically fit to participate in strenuous on-rink or off-rink activities. As stated below, participation in Roller Derby activities present an inherent risk of injury to person or property. The undersigned certifies that the 'participant' has no known conditions that prohibit or limit participation in any derby/skating activities held by or in association with the Redwood Saplings. Additionally, the undersigned must have primary medical insurance in place for the participant to cover any expenses related to any potential injury that may arise from their participation in the Redwood Saplings.

— **Equipment and Skates:** Participants must wear the following mandatory safety equipment during all Redwood Sapling on-skate activities and practices: Knee, Elbow and Wrist pads, Helmet, Mouth guard and Tailbone Protectors. The undersigned must take full responsibility that the below named 'participant' is wearing the aforementioned safety equipment at all times and that it is properly worn. Only quad roller skates are permitted. All skates must be rink safe, meaning the skates will not cause injury to property or person(s).

— **Conduct:** Spectators (patrons on the premises as a result of your involvement in Redwood Saplings), the 'parent/guardian' as well as the 'participant' must behave in a respectful manner to both person and property. Behavior which could potentially lead to intentional or unintentional bodily injury or injury to property will not be tolerated.

— **Participation:** The 'participant' is joining the Redwood Saplings with the intention and goal of completing the prescribed training program and playing the sport of roller derby in accordance with the guidelines and codes of conduct set forth by the Redwood Saplings. Skaters are expected to maintain a 60% attendance in order to play in any contact scrimmage or game. It is the responsibility of the participant to inform the Redwood Saplings if they choose to withdraw from the training program.

— ***Game Play:** Skaters may be playing against co-ed teams consisting of male gendered skaters. During co-ed games we will be playing the JRDA rule set. Skaters, parents, referees and medics will be informed as soon as a co-ed game is scheduled.

Indemnification and Risk Acknowledgement:

In consideration of being allowed to participate in any way in the REDWOOD SAPLINGS athletic sports program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injuries from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury remains; and,
2. I understand that dangers may be caused by my own actions, or inactions, the actions or inaction of others participating in activities related to the Redwood Saplings and the sport of Roller Derby; and,
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or other, and I assume full responsibility for my participation; and,
4. I agree and warrant that prior to participating in any event I will inspect the facilities to be used and if believing conditions to be unsafe, I will immediately advise an officer, coach or host league of these conditions and refuse to participate unless corrected.
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Redwood Saplings, Humboldt Roller Derby, the rinks, coaches, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors and advertisers ('Releasees') with respect to any and all injury, disability, death, or loss of damage to persons or property, caused or alleged to be caused in whole or part by said 'releasees' negligence or otherwise.

I HAVE READ AND ACKNOWLEDGE THIS *Assumption of Risk and Indemnity Agreement*; I ACCEPT RESPONSIBILITY, I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I HAVE GIVEN UP MY SUBSTANTIAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Parent or Legal Guardian

Legal Name (please print)

Date signed

Signature of Participant

Legal Name (please print)

Date signed



Photo Release Agreement

For consideration which I acknowledge, I irrevocably grant to Humboldt Roller Derby (HRD), and HRD assigns, licensees, and successors the right to use my image and name in all forms and media including composite or modified representations for all purposes, including advertising, trade or any commercial purpose throughout the world and in perpetuity. I waive the right to inspect or approve versions of my image used for publication or the written copy that may be used in connection with the images.

I relinquish any right that I may have to examine or approve the completed product or products or the advertising copy or printed material that may be used in conjunction therewith or the use to which it may be applied.

I release HRD and HRD assigns, licensees and successors from any claims that may arise regarding the use of my image including any claims of defamation, invasion of privacy, or infringement of moral rights, rights of publicity or copyright. HRD is permitted, although not obligated, to include my name as a credit in connection with the image.

HRD is not obligated to utilize any of the rights granted in the Agreement. I have read and understood the photo release agreement.

Signature of Parent or Legal Guardian

Legal Name (please print)

Date signed

Signature of Participant

Legal Name (please print)

Date signed



Parent Volunteer Agreement

As a small community organization, Humboldt Roller Derby (HRD) relies on volunteers to help maintain the programs and sporting events it creates. As HRD community members, each Sapling family is asked to volunteer 5 hours of their time to support the Saplings Program and the operating needs of Humboldt Roller Derby.

Volunteer opportunities will be presented by the Parent Volunteer Committee throughout the season. Families can opt-out of this volunteer requirement by becoming a Humboldt Roller Derby Sponsor.

Let us know how you are able to fulfill your parent volunteer agreement:

___ I would like to volunteer 5 hours of time to HRD

___ I would like to become an individual sponsor of HRD.

___ \$100 (includes 2020 season pass)

Name: _____



Co-Ed Disclosure

The Redwood Sapling Program may play against co-ed teams consisting of male gendered skaters, ages 11-18, during our competitive season. Junior Roller Derby is changing, many of the teams that used to be only female have now gone co-ed. Playing safe roller derby is important to our program. We will be matching our skill sets to the teams we decide to play. Furthermore, during co-ed games the JRDA rule set will be used. Skaters, parents, referees and medics will be informed as soon as a co-ed game is scheduled.

Concussion Testing

The Redwood Sapling Program coordinates with North Coast Concussion Concussion Testing at Humboldt State University to offer baseline concussion testing. This is not required by highly recommended for skaters who participate in a contact sport.

Links to Rules of Game Play

JRDA rules website: <http://www.juniorrollerderby.org/page/show/2944856-rules-and-officials>

USARS rules website: http://usars.info/rules/derby/2015/2015RollerDerbyRuleBook_FullVersion.pdf

WFTDA rules website: <https://rules.wftda.com/>

**Parent/Guardian
Name (please print)** _____

Signature _____

Date signed _____

**Skater
Name (please print)** _____

Skater Signature _____

Date signed _____