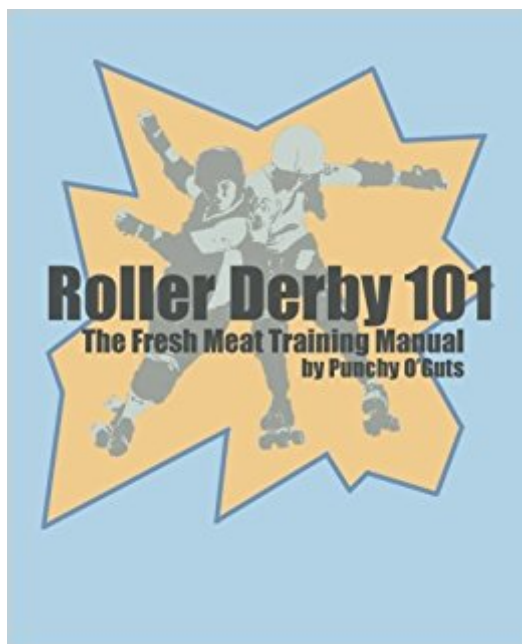


The book was found

# 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

Paperback: 88 pages

Publisher: CreateSpace Independent Publishing Platform (January 17, 2013)

Language: English

ISBN-10: 1480218383

ISBN-13: 978-1480218383

Product Dimensions: 7.5 x 0.2 x 9.2 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.6 out of 5 stars 19 customer reviews

Best Sellers Rank: #1,348,939 in Books (See Top 100 in Books) #31 in [Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading](#)

## 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 you 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 then 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

[Download to continue reading...](#)

Roller Derby 101: The Fresh Meat Training Manual: 2017 Edition Roller Derby 101: The Fresh Meat

Training Manual Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique  
BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The  
Best Recipes Of Smoked Meat Book2 EveryGirl's Guide to Roller Derby: A Navigational Guide  
through the World of Roller Derby Smoking Meat: The Best Recipes Of Smoked Meat: Unique  
Smoking Meat Cookbook [ Top 25 Most Delicious Smoked Meat Recipes ] ( A Barbecue Cookbook  
) (A Unique Barbecue Guide) ( 25+2 Best Recipes ) Puppy Training: How To Train a Puppy: A  
Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training,  
Puppy training ... your dog,Puppy training books Book 3) Derby Life: A Crash Course in the  
Incredible Sport of Roller Derby Down and Derby: The Insider's Guide to Roller Derby  
Eight-Wheeled Freedom: The Derby Nerd's Short History of Flat Track Roller Derby Crate Training:  
Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate  
Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog  
Breeds,) Smoking Fish vs Meat: The Best Recipes Of Smoked Food: [Unique Smoking Meat  
Cookbook, Top Delicious Smoked Meat Recipes,Barbecue Smoker Cookbook, A Unique Barbecue  
Guide, Best Recipes of Smoked Fish] The Business of Roller Derby: Developing an Efficient  
Training Committee Shut Up & Sk8: Roller Derby 101 Cat Training: The Definitive Step By Step  
Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten  
training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to  
Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy  
housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete  
Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house  
breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A  
Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training  
Five Strides on the Banked Track: The Life and Times of the Roller Derby The Roller Derby Athlete  
Bay Area Roller Derby (Images of America)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)