

June 2016

Volume 1, Issue 4

Central Kansas Roller Derby

ALL JUKED UP

2016 Season Schedule

HOME GAMES:

- ❖ May 14th vs ICT Havoc
- ❖ **June 18th vs Stone Cold Foxes**
- ❖ July 16th vs Capital City Crushers
- ❖ July 23rd vs Red River Maidens
- ❖ August 13th vs South Side Derby Dames

All home bouts are played at
Skateland Family Fun Center
3101 N. Lorraine
Hutchinson, Ks
Doors open @ 6pm
First Whistle @ 7pm

AWAY GAMES:

- ❖ ~~March 26th — Platte Valley Roller Vixens (Grand Island, NE)~~
- ❖ ~~April 23rd — Red River Roller Derby (Wichita Falls, TX)~~
- ❖ May 21st — Enid Roller Girls (Enid, OK)
- ❖ **June 5th — Salina Sirens (Salina, KS)**
- ❖ September 17th — ICT Havoc (Wichita, KS)
- ❖ September 24th — Stone Cold Foxes (Junction City, KS)

OTHER EVENTS:

- ❖ July 2nd — HutchFest Mashup (Kansas State Fair Grounds)
- ❖ August 26th -28th — War of Wheels (Bicentennial Center, Salina, KS)

CKRD Lose Home Opener to ICTRG

On Saturday, May 14th Central Kansas Roller Derby hosted ICT Heartland Havoc at Skateland Family Fun Center for their first home game of the 2016 Season. Having a short, 11 person roster, CKRD had been training hard to keep pace with the hard hitting, strategic ladies of ICT Havoc.

CKRD got off to a rough start, failing to score in the first five jams of the game, however, their defenses held together impeccably, allowing ICT Havoc to put up a mere 15 points. In jam 6, PainCake's second jammer attempt, he was able to break through the pack to obtain lead jammer and put 5 points on the board for CKRD. Those first few jams set the tone for the remainder of the first half, with the defensive lines of both teams showcasing their talents by limiting the points they allowed each opposing jammer to score.

ICT Havoc led the game by a margin of 36 points, with a score of 76-40, at halftime. During a short intermission, both teams gathered their thoughts and water bottles to switch benches while they caught a short breather. After the crowd settled down from smoke breaks & snack purchases, the second half was ready to commence.

CKRD opened the second half strong by outscoring and obtaining lead jammer status in the first two jams. By utilizing an additional jammer, Sweet Assassin, who had been primarily blocking, CKRD attempted to close the gap in the score. Despite CKRD's ability to match the points ICT was putting on the board, ICT continued to stay one wheel ahead. ICT Havoc outscored CKRD by 4 points during the second half, leading to a final score of 141-101, for a Havoc win.

At the final whistle, each team designated an MVP jammer & MVP blocker from the opposing team. ICT Havoc awarded MVP Jammer to PainCake, while naming borrowed skater FaST Amy as MVP Blocker. CKRD presented the MVP Jammer to Lil' Smacker and MVP blocker to Siagon Kiss of ICT Havoc.

As a fundraiser to the local Oxford House, fans deposited funds into jars as votes for their favorite skaters. The skater with the most funds collected won a "crowd favorite skater" award. While the total amounts were close, Jax Kerowhack received the favorite skater award.

The athleticism, sportsmanship, and professionalism of these two teams were truly impressive. While they often bang into one another mid-jam, you frequently see them congratulating and encouraging each other as they're returning to their respective benches.

In addition to the strong bond between skaters, there is an overwhelming amount of support from volunteers who maintain control of the game, both on and off skates. The roller derby community is definably a diverse group of talented, unique individuals.

You can catch Central Kansas Roller Derby in action again on Saturday, June 18th at Skateland Family Fun Center, 3101 N. Lorraine, Hutchinson. They will be taking on The Stone Cold Foxes out of Junction City, KS. Tickets can be purchased at the door for \$8.00 each.

In the Spotlight



Central Kansas Roller Derby is featuring one skater each month throughout the 2016 season. The featured skater for May 2016 is **RAT CAT!**

Rat Cat began playing roller derby because she admired and was impressed by the sportsmanship and energy the players portrayed while beating on one another. Throughout her derby career, Rat Cat has met many amazing people from countless teams across the Midwest. She has previously been a member of ICT Roller Girls, but now possesses roster positions for both CKRD and their sister team, Wichita Area Rollers.

Rat never fails to bring her incredibly optimistic attitude to the track, whether in practice or game play. Her optimism and upbeat nature are part of the reason she was chosen as the CKRD team captain for the 2016 season.

Each time Rat steps onto the track, she strives to learn something new & progress her skills toward her goal of becoming effective in all positions on the track. While she primarily braces in the blocker lines, she is always happy to fill in as jammer when needed.

Outside of roller derby, Rat Cat, otherwise known as Cathy, works full

time as the office manager for the popular radio station KWLS 107.9. She enjoys spending time with her husband, Dave, and their large family, which includes 8 children & 10 grandchildren! Cathy & Dave also enjoy traveling & showing their 1966 Barracuda in various car shows.

In 2015, Cathy published her first poetry book, a collection of her work, in honor of her mother. A copy of her book can be picked up at Watermark Books & Café, located at 4701 E. Douglas in Wichita, Ks for around \$14.00. Below is a sampling of her work:

Beautiful People

Somewhere inside
A little light grows
That warms the heart
Of beautiful people you know

The smile on their face
The twinkle in their eyes
Their laughter that dances
Are just some of the signs

They spread joy with giving
Without thinking twice
With a listening ear
Or something quite nice

With no thoughts of returns
They are happy to know
They made a difference
In someone's life to grow

The next time you meet
A beautiful person in Life
Remember it is the light deep inside
That makes them shine so bright



Volunteers: Making it all possible

Much like any event, a multitude of stuff goes on “behind the scenes” to sufficiently host any given roller derby bout. Also, like any amateur sport, 100% of the people fulfilling the positions are volunteers.

Many people when first discovering roller derby will ask how they can be involved straight away. Becoming a non-skating official – popularly known as **NSO** – is the best way. Being an NSO means you not only play a vital role in the game but you also learn a lot of the theory of derby. NSOs are really important in derby, not just to make sure that the bout happens and we know who wins at the end, but also because they track information that is helpful to show teams where they're doing well and where they need improvement.

Each official is there because they love the game & the roller derby community. Most officials rarely get the opportunity to simply watch a bout, as they're generally asked to help teams across their region, as well as their home teams

There are usually between twelve and fifteen NSOs at any derby bout, and there are many roles to be covered. These roles generally fit into three categories:

- **Penalty NSOs**
 - NSO's who record penalties. There are wranglers, who take information from the refs; and trackers, who record the information for stats purposes so the teams and bench managers can see.
- **Scoring NSOs**
 - These NSOs track the scores and who is scoring for each team. They keep a detailed record so that teams afterwards can have an idea of how their team performed.
- **Timing NSOs**
 - The people with the stopwatches. These NSOs time the length of the jams in the game and also penalties for skaters who have been sent to the sin bin.

An NSO is a role that can be done by anyone. A head NSO will always talk through your role with you before the game, from the basics right up to anything in particular they want you to watch out for in that specific game. The more volunteers a team has to NSO a bout, the more smoothly the game will run and the more information the team will have after the bout on their performance. So while it's a very important role, it needs no prior experience or equipment – just a bit of enthusiasm and willingness to learn.

While those volunteers love the sport as much as any player, they are rarely given the appreciation deserved for their dedication & support. Central Kansas Roller Derby has a wonderful core NSO crew that consists of Lu Leman, Bob Leman, Crystal Fernandez, JoEllen Wilson, Shannon Martinez, Tonya Sanders and Rachael Thompson. Each of our NSO's have shown their dedication in a multitude of ways over the past few years, and for that we are thankful.

Monthly Co-Ed Scrimmage

In an effort to provide players, referees, & officials with experience, Central Kansas Roller Derby hosts a fully-staffed scrimmage on the third Saturday of each month. The scrimmage is open to skaters of all levels that have passed their Minimum Skills Requirements. Both male & female skaters are welcomed.

The next scrimmage is scheduled for Saturday, August 20th, at 11:30am. Skaters are encouraged to register for the event by visiting CKRD's Facebook page.

This event not only provides skaters with an opportunity to gain familiarity of game play, it also provides referees & non skating officials (NSO) the training they need to be efficient & well versed in their supporting roles.

Training for NSOs & referees is not often readily available. CKRD is taking steps to remedy this by providing the recurring scrimmage.

It is their hope that referees & NSOs will become more confident with their skills & involved with the off-skates efforts of their home leagues.

Non-Skating Officials & Roller Derby Referees are a huge part of making it possible for skaters to play the game they love. It's time the training efforts reflect the gratitude these individuals deserve.

Each scrimmage is open to spectators, free of charge and provides a fantastic opportunity for interested parties to see what playing the game or volunteering is all about, without the added pressure a regulation game holds



Coaches Corner – Staying Hydrated

Whether you're a serious athlete or a recreational exerciser, it's important to make sure you get the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It also helps transport nutrients to give you energy and keep you healthy. If you're not properly hydrated, your body can't perform at its highest level. You may experience fatigue, muscle cramps, dizziness, or more serious symptoms.

There are no exact rules for how much water to drink while exercising because everyone is different. You need to consider factors including your sweat rate, the heat and humidity in your environment, and how long and hard you are exercising.

The American Council on Exercise has suggested the following basic guidelines for drinking water before, during, and after exercise:

- Drink 17-20 ounces of water 2 to 3 hours before you start exercising.
- Drink 8 ounces of water 20 to 30 minutes before your start, or during your warm-up.
- Drink 7-10 ounces of water every 10 to 20 minutes during exercise.
- Drink 8 ounces of water no more than 30 minutes after you exercise.

Athletes may want to measure how much fluid they lose during exercise to get a more specific measurement of

how much water to drink (16 to 24 ounces of water for every pound of body weight lost).

For most people, water is all that is needed to stay hydrated. However, if you will be exercising at a high intensity for longer than an hour, a sports drink may be helpful. The calories, potassium, and other nutrients in sports drinks can provide energy and electrolytes to help you perform for a longer period of time.



Playing for a Cause - HutchFest

Central Kansas Roller Derby is hosting a mash-up for the 2nd year in a row, to be held during the annual city party, HutchFest on July 2nd. This year, CKRD is partnering with The Oxford House and upping the ante to TWO games!

Having skaters from as far as Austin, Tx joining them, players will be separated into four teams; two all women and two co-ed. The co-ed bout will kick off at noon, with the ladies directly following.

Spectators will need to purchase a HutchFest wrist band in order to attend the bouts. Wrist Bands can be purchased from any CKRD member for \$5 & allow entry into a multitude of other family friendly events, other than roller derby, during the 2 day HutchFest event.

The proceeds collected by CKRD on sales of wrist bands & skater registration fees will be donated to the local Oxford House to assist their members with the costs of attending the 41st Annual Oxford House convention.



Practices & Bouts:
Skateland Family Fun Center
3101 N. Lorraine
Hutchinson, KS 67502

PHONE:
(844) KSDERBY
844-573-3729

April Chastain, President
E-MAIL:
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Like us on Facebook!
www.facebook.com/CKRollerGirls/

We're on the Web!
See us at:
www.ckrollerderby.com

Team Practices:

Monday nights

7-9p

Thursday nights

7-9p

Saturday mornings

11:30a -1:30p

Your support keeps us rolling.....

CKRD wants to extend Thanks to each of our sponsors for the 2016 season:

Bornholdt Nursery

**Scentsy
by Crystal Fernandez**

Alpha Land Surveys

**Cohoon Kinesiology,
Chiropractic & Rehab**

Jamerry by Lu Leman

Cargill

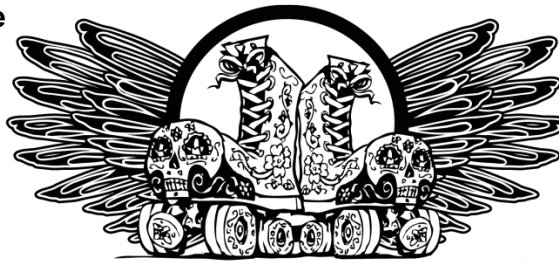
**Tupperware
by Racheal Thompson**

The Alley

Hay's Tees

**Anna Crable
Allstate Insurance**

Danny's Auto Body



CENTRAL KANSAS *About Our Organization..*

Central Kansas Roller Derby promotes health, fitness, self-discipline, and growth while making a positive impact in the surrounding communities.

**CENTRAL KANSAS
ROLLER DERBY**
Hutchinson, Ks