

March 2016

Volume 1, Issue 1

# Central Kansas Roller Derby

# ALL JUKED UP

## 2016 Season Schedule

### HOME GAMES:

- ❖ May 14<sup>th</sup> vs ICT Havoc
- ❖ June 18<sup>th</sup> vs Stone Cold Foxes
- ❖ July 16<sup>th</sup> vs Capital City Crushers
- ❖ July 23<sup>rd</sup> vs Red River Maidens
- ❖ August 13<sup>th</sup> vs Salina Sirens

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

### AWAY GAMES:

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

### OTHER EVENTS:

- ❖ July 1<sup>st</sup> – HutchFest Mashup (Kansas State Fair Grounds)
- ❖ August 26<sup>th</sup> -28<sup>th</sup> – War of Wheels (Bicentennial Center, Salina, KS)

## March 2016 League Birthdays

Jo-Ellen Wilson, League Secretary – 5<sup>th</sup>

Hippee Shinkiker, Skater – 9<sup>th</sup>

Paincake, Skater/Ref – 27<sup>th</sup>

## Sister, Sister.....Mister, Sister

Central Kansas Roller Derby has experienced several exciting changes during the off-season. In addition to officially pairing with Wichita Area Rollers (WAR) as a “sister” league, they have announced the transition into a co-ed derby team. They have also made the official change from “Central Kansas Roller Girls” to “Central Kansas Roller Derby” to accommodate the addition of males to the team.

Pairing with WAR as a sister team will upsurge the number of roster eligible skaters & provide additional practice opportunities. Attendance to either a CKRD or WAR practice will count toward participation for either team, making attendance

requirements easier to achieve & maintain.

Transitioning to a co-ed team opens all CKRD practices to male players. Practicing with men will increase the intensity the women are able to endure, as well as promote growth & acceptance among the roller derby community.

These two alterations will greatly increase the vitality of CKRD by allowing them to grow their numbers with male skaters, increase the quantity of practice participants, & allow skaters to opt out of bouts for various reasons, if needed.

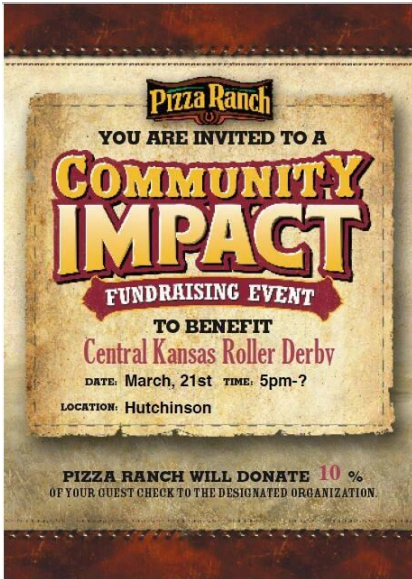
## Bout Season is Upon Us

Central Kansas Roller Derby has finalized their 2016 bout season schedule. They have released a schedule that includes five home games, six traveling games, one home mash up, & one multi-day tournament.

The 2016 CKRD bout season spans from March to September, taking players as far south as Wichita Falls, Texas to take on the Red River Iron Maidens. Their closest traveling game has them taking on Salina Sirens Roller Derby in Salina, Kansas.

The bout coordination committee feels confident that CKRD can sustain & maintain the rigorous demands of the more advanced schedule for 2016. Skaters from Wichita Area Rollers will be filling roster spots in order for CKRD to play with a full team.

The complete CKRD schedule can be found on the top left margin of page 1 of this newsletter.



## Impacting the Area

Members of Central Kansas Roller Derby firmly believe that in order for small town teams to survive, they must support & be supported by the communities around them. This support is achieved by attending local events, fundraising efforts, & team promotion outside of practice.

Central Kansas Roller Derby is currently conducting a Flower Power bulb sales fundraiser, which allows supporters to purchase a variety of bulbs or seed to be planted during the spring. Available products range from flowers to fruits & vegetables, which can be purchased online or by contacting your favorite team member.

In addition, a community impact night is planned for Monday, March 21<sup>st</sup>, at Pizza Ranch in Hutchinson. Members of CKRD will be assisting customers with their needs beginning at 5pm. In return, CKRD will receive 10% of sales to customers who present the Community Impact flyer when paying for their meal. Patrons may use the flyer located to the left of this article or find larger ones on our Facebook page.

CKRD also takes part in a variety of activities located in downtown Hutchinson. Their next event is scheduled for Thursday, March 17<sup>th</sup> during the local Third Thursday community showcase.

## Pre-Season Competitive Play

As Central Kansas Roller Derby prepares to begin their 2016 season, other area teams have already begun their competitive play. Some Kansas teams kicked off their 2016 seasons as early as Valentine's weekend!

Wichita Area Rollers traveled to Sand Springs, Oklahoma on March 6<sup>th</sup> to take on Tulsa Derby League. This was the first co-ed match of the season for WAR.

As a sister league, members of CKRD were allowed to travel with & fill in the WAR roster. For two male CKRD/WAR skaters, this was their first competitive experience.

Paincake (Colin Tighe) & MustDash (Dash Kitchen) valiantly took the track, proudly donning the orange WAR jersey. Although the team did not emerge victoriously, both players competed remarkably.

MustDash showcased his skills by both blocking & jamming, even attempting (successfully!) a risky apex jump.

Paincake, son of veteran skater and team resident Jax Kerowhack (April Chastain) and brother to our beloved former CKRG jammer Boxcar (Ciara Sharp), exposed his super human speed & was named MVP Jammer for WAR!

In addition to traveling to Tulsa, members of CKRD fused with players from Topeka's Capitol City Crushers to form the mash-up team "Dual Rear Wheel" on February 27<sup>th</sup>. Dual Rear Wheel competed against ICT Heartland Havoc in the second game of ICT's home opener at The Cotillion in Wichita, Kansas.

Composed of many talented players, Dual Rear Wheel was able to take the victory over Heartland Havoc. With a final score of 221-169, Hippee Shinkiker (Casey Shinliver), of CKRD, was named MVP Blocker, while Optimistic Prime, of the Crusher's, took home the MVP Jammer medallion.



## Big City Knowledge, Small Town Price

In order for roller derby teams to advance, they have to stay on top of the continuously changing rules, strategies, & levels of play. Doing so takes countless hours of viewing game footage, reviewing the rules, & training.

Sometimes, teams bring in guest trainers to advance their level of play & learn new skills. In an effort to improve their abilities, Central Kansas Roller Derby is doing just that!

Hosting a mini boot camp session Thursday, March 24<sup>th</sup> to Friday, March 25<sup>th</sup>, CKRD has contracted Shane Darby, Coach Spanx, to train area skaters on skills ranging from breaking down the basics to defensive strategies.

The two-day camp is designed for skaters of all levels to advance their knowledge. Limited to 30 participants each day, skaters will receive state of the art training, for the low price of \$15/day.

Coach Spanx has been coaching roller derby for 8 years, starting with a league in 2007. By 2011, he was asked to guest coach all over the Midwest.

Coach Spanx travels the globe training all levels; new leagues, rec-leagues and competitive leagues. He customizes the training for what each league needs to focus on the most.

In 2013, Spanx started Midwest Derbyfest, a tournament focused on low-ranked and non-ranked teams, providing a competitive opportunity and atmosphere for leagues that need and want a place to show their team's progression. This tournament is still running and is the largest of its kind.

Spanx has formulated a solid defensive plan over the years, which has been taught to and used by many leagues, titled Boss Defense.

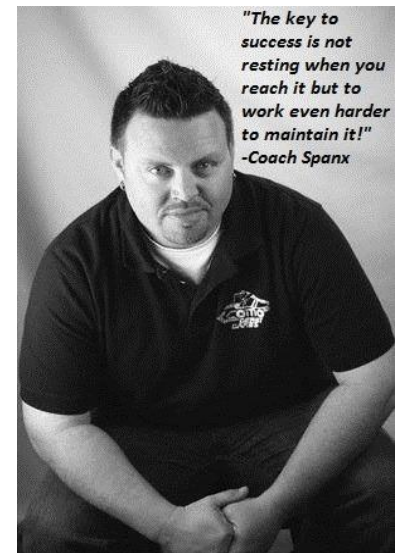
Spanx has played for several men's teams, including: Cowtown Butchers, CenMo Mens, Gatekeepers, Tulsa Derby Militia, & Team Xtreme National Co-Ed Allstars.

Spanx worked with Demo City from Evansville, Indiana. Together they broke things down and rebuilt the team for higher level play.

From the time he started working with them they rose over 30 places in WFTDA rankings (the most places in a short period of time for any league) & won 2nd place in D2 playoffs to earn a spot in Champs in St. Paul, MN.

Coach Spanx has taught over 200 clinics and classes and worked with over 50 leagues. He has guest coached at RollerCon, Rolling Sturgis, & Beat Me Halfway, a Midwest camp he co-created.

Registration for this event can be found on CKRD's Facebook page or by contacting members of CKRD.



## 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, March 19<sup>th</sup>, 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.



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

PHONE:  
(620) 960-4987  
April Chastain, President

E-MAIL:  
centralkansasrollergirls@gmail.com

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We're on the Web!  
See us at:  
[www.ckrollerderby.com](http://www.ckrollerderby.com)

**Team Practices:**  
Monday nights  
7-9p  
Thursday nights  
7-9p  
Saturday mornings  
11:30a -1:30p

## Open Recruitment

Central Kansas Rollers Derby has an "open recruitment" policy. If you, or someone you know, are interested in being a part of the action, we welcome you to stop by any practice session.

There are many positions in roller derby that need filled, both on the track and off the track.

If you're not interested in being a competitive skater, there are also several openings for referees, non-skating officials, & sales volunteers.

Being a volunteer is very rewarding. Free entry to bouts worked and being part of "the derby family" opens your eyes to a whole new world of possibilities.



## About Our Organization...

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

**CENTRAL KANSAS  
ROLLER DERBY**  
Hutchinson, Ks

