

July 2016

Volume 1, Issue 5

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
- ❖ 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 falls to rival team, Salina Sirens

On Sunday, June 5th Central Kansas Roller Derby traveled to Salina, Ks to face off against the Salina Sirens at The Bicentennial Center. The rivalry is thick between these two teams, due to them being so close in age. Both teams were founded, within a few months of one another, in 2011.

Being an all-female game, CKRD played without the assistance of their male players for the first time during the 2016 season. Without their male players, CKRD played with a 9 man roster, including 2 borrowed skaters from The Stone Cold Foxes.

Being up against a full roster of Siren skaters, CKRD was able to keep up with the Sirens momentum.

The Sirens only out-scored CKRD by 21 points, making the score at the end of the 1st half 100 – 79.

Returning from the half-time break, down an additional skater due to injury, CKRD skaters were able to keep their energy from the first half. The blockers succeeded in holding The Sirens jammers to a mere 46 points.

Despite CKRD's 2nd half efforts to close the gap on the scoreboard, generating more points than The Sirens, they were unable to pull off the win. The Sirens overcame CKRD by a margin of only 16 points, with a final score of 146 – 130 at the final whistle.

CKRD takes the win over Stone Cold

On Saturday, June 18th Central Kansas Roller Derby hosted the Stone Cold Foxes, from Junction City, Ks, at Skateland Family Fun Center for their second home game of the 2016 Season.

CKRD, once again, embarked into battle with a short roster of just 8 players. With just 5 blockers and 3 jammers, they knew they had their work cut out for them against the Foxes full roster of heavy hitters.

CKRD immobilized the SCF jammers for the first 3 jams of the game, giving them an early lead of almost 20 points, and setting the pace for the remainder of the game.

By utilizing their steady 3 jammer rotation, CKRD continued to construct their lead during the first 30 minutes of game play. Going into half-time, CKRD held a 77 point margin over The Foxes, with a score of 107-30.

The Foxes collected their wits during the 20 minute half-time break and opened the second half by outscoring CKRD in the first few jams to begin closing the gap in the score. CKRD continued to rely on their established 3 jammer rotation to wear down the SCF blockers.

Despite SCF's strong 2nd half comeback, CKRD survived the wreckage, taking the win. The Foxes were able to narrow the gap, parting with a final score of 187-97

The Foxes awarded the MVP Blocker award to Angel VonDevilish, while giving MVP Jammer to Hippee Shinkiker.

You can catch Central Kansas Roller Derby again on Saturday, July 16th at Skateland Family Fun Center, 3101 N. Lorraine, Hutchinson, where they will be hosting The Capital City Crushers.

In the Spotlight



Central Kansas Roller Derby is featuring one skater each month throughout the 2016 season. The featured skater for July 2016 is **PSYCH MCPIKE!**

Psych began playing roller derby because she was looking for an opportunity for fun, friendly competition, while making new friends and generating new social opportunities.

Psych continuously strives to make herself a more well-rounded player. While she primarily blocks in a braced wall, she has begun branching out and attempting to acquire the skills of a jammer.

Psych initially started roller derby with her good friend, turned derby wife, Mosh Potato during the 2013 season. Despite Mosh being sidelined for a trickle of injuries, Psych has continued to stay active for both CKRD and Wichita Area Rollers.

Her dedication and drive to continuously improve led to being named the Most Improved Skater, as well as MVP Blocker, of the 2015 season.

Outside of roller derby, Psych McPike, otherwise known as Autumn, works full time for a large debt collection agency in Hutchinson, Ks. Shift-work often makes attending derby practice difficult, but she always manages to make practice requirements & appearances at special events.

Psych also volunteers as the head of the merchandising committee for CKRD. She is responsible for making purchasing decisions, pricing items and maintaining sufficient stock, as well as staffing the merchandise booth at all CKRD home bouts and local events.

Outside of roller derby, Autumn enjoys spending time with her 5 year old daughter, Anola. The two of them adore spending time outdoors together exploring. Autumn is also an avid reader.

She also highly enjoys adding to her ever growing collection of body-art and keeping her brightly colored hair on point.



Coaches Corner – Insight to being Fresh Meat By: SteveDave

I have been training new skaters for years, and have heard “I can’t do what you girls do” or “I can’t skate” by many people. It’s a common misconception roller derby. Anyone can be trained to play roller derby, even if they have no skating ability! With a good attitude and willingness to step out of the box, YOU can do this, too!

I feel people don't realize, or understand, that none of us knew how to skate or play roller derby when we first started. We didn't just strap on a pair of quads, throw on pads, toss in a mouth guard, pull on a helmet, and achieve greatness!

All skilled derby players remember their first day; I know I certainly remember mine: Showing up for the first time, putting on skates & protective gear, gut wrenching fear of looking stupid falling on my butt.

In a few short months you could be playing roller derby and be a part of something that will change your life.



One of the hardest things to overcome, as a new skater, is the fear of falling. No one wants to fall or trip over themselves, and it doesn't feel ‘natural’ to let that happen. Even seasoned skaters fall, and they fall a lot! Falling is part of the game, and many of the skills you utilize in derby initially feel unnatural.

When you join a league, you're required to go through skills testing and training. Each person progresses at a different pace: some people pass minimum skills within a single newbie session and others take multiple sessions to master the skills required to safely be integrated into their teams pack.

As a newbie coach, my favorite part of training a group of future derby players is getting them to interact with themselves & other players. It's always interesting to watch someone pick up a skill quickly, then turn right around and help others with that same skill.

The best thing, off all, about this job is teaching someone to hit and take a hit! When that finally happens, it gives me great satisfaction that I've done what was needed to get YOU in the game!

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, September 3rd, at 11:30am. Skaters are encouraged to register for the event by visiting CKRD's Facebook page.

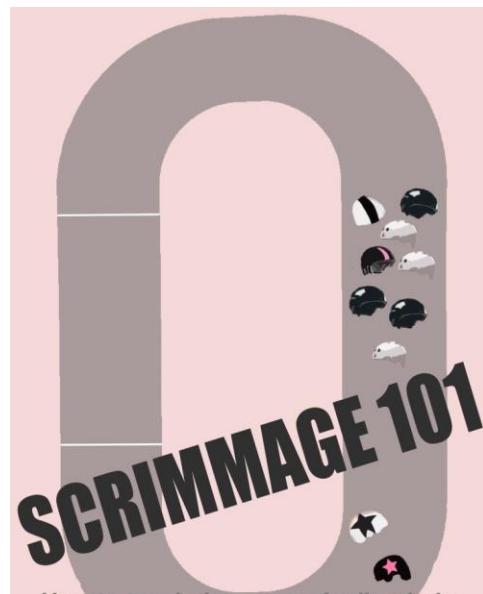
This event not only provides skaters with an opportunity to gain familiarity of game play, it also provides referees & non skating officials (NSO) the training they need to be efficient & well versed in their supporting roles.

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.



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

PHONE:
(844) KSDERBY
844-573-3729
April Chastain, President
E-MAIL:
centralkansasrollergirls@gmail.com

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:

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CENTRAL KANSAS

roller derby

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