

- Upcoming Events -

- March 7 2015 -
Bout— Holiday Skate
FFF Foxettes vs. DCRR Roller Rats (C)
FFF Flyers vs. DCRR Roller Rats (B)
- March 14 2015
Bout— Corona Rinks
BCRD Sea Vixens vs. FFF Foxettes
BCRD Riptide Rollers vs. FFF Flyers
- April 4 2015
Bout— Yucca Valley
FFF Flyers vs. Mojave Rattle Skaters
- April 25 2015
Bout— Corona Rinks
HCDG Beachside Bruisers vs.
FFF Foxettes
HCDG Beachside Bullies vs. FFF Flyers

BECOMING A FOX

We are now recruiting new skaters interested in learning the sport of Roller Derby. Classes for women 18 and over will begin again soon. We are also looking for girls and boys 10—17 for our junior team.

For more information email fffrecruiting@gmail.com.

SPONSORSHIP OPPORTUNITIES

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<http://foxyflyers.com/pdf/sponsorshipform.pdf>

Fox Talk

Foothill Foxy Flyers
Roller Derby News You Can Use

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New Skater Info Night

By Regulator Ruby Rose

After a short (too long for some) hiatus, it was finally time to strap on the skates for the first practice of the 2015 season. It was also time to invite others to join us as we grow our League to include both B and C level teams. Our new skater information night on January 6, 2015 produced an amazing turnout. We ended up adding 25 new skaters, 18 of whom are brand new (fresh meat) to derby, plus Refs, NSOs and junior skaters. The Foxy Flyers are thrilled to welcome these new foxes to our den!

January has been very busy with skater assessments for team placement, fresh meat training class beginning, and junior training in full swing. Come February team placement will be complete, fresh meat will be about a quarter of the way through their level one class and we will be well into preparing for our first bout of the season which is just around the corner.

It has been a very exciting beginning for our 2015 season and we look forward to what lies ahead!



Fox Finder



Our February Fox Lisa McNabb, aka Toestop Moski, is not only an awesome blocker/pivot, and jammer but is also our wonderful coach and a beautiful person. She has been with Foothill Foxy Flyers since 2014. Before roller derby she played volleyball, basketball, and gymnastics. Soon after beginning roller derby she became known as Toestop Moski on her coach's suggestion after making an impressive spinning move on her toe stops. Toe says she chose to wear the number 2 because "when you're #2, you are always striving and working hard to become #1".

Her favorite thing about being a Foxy Flyer is the people she skates with, and she is most proud of being the coach of the Junior Foxtail team. She is creative, likes 80s rock, black licorice, God, Converse shoes and turkey bacon. She is always positive with a smile on her face and never hesitates to go above and beyond to help her teammates. About the only things that makes her unhappy are grumpy mean people, sunburns and childhood disease.

No matter how hectic her life gets, her team knows we can always count on her to have a well thought out practice agenda with a purpose. She keeps us on task and motivates us to grow and improve our game...as individuals and as a team.

Save The Dates

FOOTHILL FOXY FLYERS
2015 HOME BOUTS

Mar 14	BCRD Sea Vixens vs. FFF Foxettes BCRD Riptide Roller vs. FFF Flyers
Apr 25	HCDG Beachside Bruisers vs. FFF Foxettes HCDG Beachside Bullies vs. FFF Flyers
Aug 15	DCRR Roller Rats (C) vs. FFF Foxettes DCRR Roller Rats (B) vs. FFF Flyers
Oct 24	Wasteland Derby Dames vs. FFF Flyers OCRG vs. FFF Foxettes
Dec 12	KCDQ Hooligans vs. FFF Foxettes TBD vs. FFF Flyers

THE RINKS
CORONA, IN CA
4325 PRADO RD. #101
CORONA, CA 92880

What's the Ruling?

Foothill Foxy Flyers play under the Women's Flat Track Derby Association (WFTDA) rules. Following is an overview of the parameters of the game. For official rules and language visit the WFTDA website.

Game Parameters—

A maximum of 14 skaters may be on a roster for a specific game. Games are played on a flat oval shaped track. Each game consists of two 30-minute periods with each period being divided into multiple jams. Each jam may last up to 2 minutes. A single short whistle blast begins the jam and 4 rapid whistles signal the end of the jam. Lead jammer is signaled by two short whistles and penalties are signaled by one long whistle.

There will be a penalty box located in an easily accessible, neutral area which must contain chairs, 3 for each team, for skaters to serve their penalty. There will be 1 official period clock and one official jam clock as well as penalty clocks.

Each team is allowed 3 timeouts per game and one official review per period. In the event of a tie at the end of regulation play, a 2-minute overtime jam will determine the winner.



Contact Information

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Basic Skills

Recent Event

By Blonde Moment-um



On January 3, 2015, the Foothill Foxy Flyers held a Meet and Greet in the tasting room at Dale Bros. Brewery. This was our first event of 2015, which provided an opportunity for those interested in joining the Foothill Foxy Flyers, whether it be as fresh meat skaters, NSO's, refs, transferring skaters or a new fan to meet and mingle with the team. Dale Bros. Brewery provided a relaxed atmosphere with live music and picnic table seating where the team could catch up with old friends and make new ones over some great, locally brewed beer. The event was a great success; two skaters who attended the event have since transferred to join the league and one NSO who attended has since become our head NSO! In addition, members of FFF passed out info about our league and upcoming games and we hope to see some of the wonderful folks we met at our games this season! Keep checking the website for upcoming events and opportunities to meet the skaters and members of the Foothill Foxy Flyers!

All Foothill Foxy Flyers new to roller derby take part in an intensive training program we refer to a Fresh Meat Boot Camp. Skaters learn proper technique for falls, starts, stops, form and balance. Next comes lateral movement: weaving, stepping and hopping. Skaters will be tested to demonstrate mastery of these skills before moving on to level two which includes pack skating, assists and blocking. Once mastery of level two skills are demonstrated fresh meat will be integrated with the rest of the team.

First Bout for a Pair of Foxtails

By Regulator Ruby Rose

The months and months of training and commitment to learning the sport of roller derby finally paid off in a big way for two of Foothill Foxy Flyers Junior Foxtails. Hailey Missy Misfit Santos and Rosemary Sea Bee Palma were invited to skate with O.C. Roller Derby Jr. Slice Girls Saturday January 24th as they took on V-Town at the Rinks in Huntington Beach.

As is typical for Foothill Foxy Flyers, we went big in support of our girls. Between their families and our derby family, almost the entire seating section in turn one was a sea of turquoise and black, balloons, flowers, our FOXY sign and lots of smiles and pride.

Our girls did an amazing job out there. They worked well with the Slice Girls, with whom they have practiced many times, and played a clean, strategic game throughout. The skills, teamwork, communication and sportsmanship coach Lisa Toestop Moski McNabb teaches our Foxtails was evident in everything they did.

Check out photos of these girls in action on Tough Girls on Eight Wheels on Facebook.

