

- 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 11 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 skating and non-skating officials.

For more information email fffxyrecruiting@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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Junior Foxtails Are Growing

By Blonde Moment-um

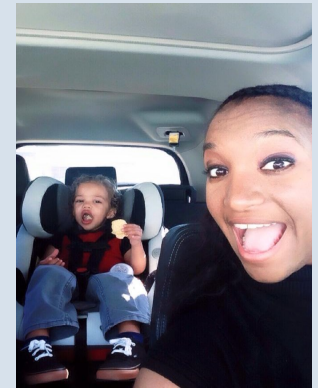
The Foxtails are the junior skaters of the Foothill Foxy Flyers family, ranging in age from 8 to 17. The Foxtails were established in early 2014 with only 6 skaters. This season, the Foxtail team has grown to 13 junior skaters, including one male! Many of the Foxtails started their roller derby journey when the season began in January 2015. They have been working hard with their coaches and adult FFF mentors to pass their minimum skills and learn the rules so they will be ready to take on other teams.

The Foxtails have three advanced juniors; Missy Misfit, Sea Bee and Kristy KrackHer, who are the original Foxtail members. These three are able to skate with the best, and sometimes knock those best off their feet! These advanced Foxtails have excelled on and off the track and have become great leaders and role models for their new teammates. Sea Bee is a Master Chief in the NJROTC and will be heading to the Navy upon her graduation from high school this year. Kristy KrackHer is a four-year honor roll student who gives back to the community by volunteering in elderly care assistance. Missy, is an honor student who also plays the standup bass for her school orchestra. The advanced Foxtails debuted as guest skaters in the OCRG Slice Girls season opener on January 17, 2015. They have been participating in scrimmages and practices throughout Southern California to gain experience and build those close derby relationships with juniors outside their team. In 2014, the FFF league sponsored these advanced skaters to attend the "Playing With Dolls" camp, hosted by the San Diego Derby Dolls. They spent a weekend in San Diego, learning drills and skills on a banked track with other junior skaters from all over the state.

"I love how she sees her teammates as her sisters, the bond they have is like no other," says Cat Westbrook, mother of Missy Misfit. "Roller Derby has made Sea Bee a confident and stronger person; she knows how to carry herself without the help of others," says Vanessa Silva, mother of Sea Bee. Junior roller derby helps these adolescents stay in shape, make lifetime friendships and build an influential confidence within themselves.

If you are interested in junior roller derby for your child, please contact fffxyrecruiting@gmail.com for more information.

Fox Finder



Our March Fox is none other than Kimberly Carlson, aka Kalamity Kim. In addition to being an outstanding blocker/pivot on the Flyers, she does an amazing job when she jumps in as a jammer and is always there to make a hole when her jammer wants an assist. Kim formerly skated with OC Roller Girls, but Foothill Foxy Flyers definitely scored when she decided to join us in 2014.

Kim spends most days chasing after her favorite "tiny human" Seth and is one of the most creative, crafty people you will ever meet. Her most recent project has been designing, sewing and individually customizing uniforms and complementary apparel and accessories for the entire Foothill Foxy Flyer league. She is a huge supporter of our Junior Foxtails and can often be found driving and/or accompanying them to skating clinics and practices with other leagues on a regular basis. Kim is full of positive energy, has a contagious smile and has a special way of making people laugh.

What's the Ruling?

By Regulator Ruby Rose



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Helmet Covers —

Teams are required to have two sets of differently colored, high contrast helmet covers for every game. A helmet cover, also referred to as a panty, identifies skater positions. A panty with a single center stripe signifies the Pivot Blocker. A panty with a star on each side signifies the Jammer. Panties must be on the skater's helmet or in the skater's hand before the jam begins. If the skater has their panty in hand they may not benefit by the privilege of the position signified by that panty until it is placed on their helmet.

Positions -

Blocker – Positional skaters who make up the pack are called Blockers. Each team can play four Blockers, one of whom may be a Pivot. Blockers do not score points. Other than the Pivot, Blockers do not wear a panty on their helmet.

Pivot Blocker - This special subset of Blocker has privileges non-Pivot Blockers do not. The Pivot is identified by wearing a panty with a stripe. The pivot must be wearing the panty on their helmet to benefit from the privileges of the Pivot position. The Pivot may line up on the Pivot Line and may take over the position of Jammer if the Jammer exercises the option of Passing the Star (Jammer passes their panty to the Pivot).

Jammer – The role of the Jammer is to score points for their team. The Jammer is identified by wearing a panty with a star on each side. Each team may begin the jam with one Jammer. Jammers begin the jam behind the Jammer Line. A Jammer who becomes Lead Jammer may call off the jam before the end of the 2-minute period. A Jammer may pass the star panty to the Pivot Blocker who, upon putting the panty on their helmet, will benefit by all Jammer privileges.

Lead Jammer – Only one Jammer may be declared Lead Jammer. The first

Jammer to legally get through the pack and pass the foremost in-play Blocker while in bounds, upright, and wearing the Jammer panty becomes Lead Jammer. Lead Jammer may signal that they choose to call off the jam by repeatedly placing their hands on their hips. The jam does not end until the referee signifies the jam has ended with four rapid whistle blasts.

For official rules visit wftda.com/rules

Fresh Meat: Learning From the Ground Up

By IndisGretchen



The current Fresh Meat class, which began in early January, is already producing great skaters and team players. These women have an amazing level of dedication and desire to play derby. They are constantly supporting and striving for success as teammates, and as individuals. These skaters are so dedicated, they have been getting together to skate during their free time. Nicole Brenner said, "Going on Saturday mornings has really been helpful." Rhoda Rage is working to improve her derby stance by working on alternative leg strengthening techniques and loves how everyone is encouraging.

Rosie Ravage loves to stay after practice to help officiate and watch scrimmages, which helps her to understand the rules of the game. When it comes to personal accomplishments, most of the ladies say they are happy just becoming comfortable on their skates. Everyone agreed with Holly Staggs; she said "I'm just happy I didn't give up!" We agree 100% - Never give up ladies!

Overall, these women have already come a long way, and are amazing assets to the team. Most want to learn to not over-think their footwork. When Sara Villegas was asked about the experience and training, she commented on being grateful that "[We]...build each other up, not down."

Good job ladies! It won't be long before you graduate Fresh Meat and join the Foxettes.