

- Upcoming Events -

- June 6 2015 -
 - Bout— San Jose
 - FFF Foxtettes vs. SVRG
 - Hard Drivers
 - FFF Flyers vs. SVRG
 - Killabytes
- July 11 2015
 - Bout— Laguna Hills
 - FFF Flyers vs. SCRD
 - Lagunatics
- July 22—26 2015
 - RollerCon—Las Vegas
 - Westgate Resort
- August 15 2015
 - Bout— Corona Rinks
 - DCRR Roller Rats (C) vs.
 - FFF Foxtettes
 - DCRR Roller Rats (B) vs.
 - FFF Flyers
- September 12 2015
 - Bout— Merced
 - FFF Foxtettes vs. RRDG
 - Rollin' Roulettes

BECOMING A FOX

We are currently recruiting boys and girls between the ages of 10 and 17 to join our Junior Foxtail team. We also have skating and non-skating official positions available.

For more information email ffffoxyrecruiting@gmail.com.

SPONSORSHIP OPPORTUNITIES

If you are interested in new and different opportunities for promoting your business, visit our website to learn more about the many sponsorship packages available.

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

Fox Talk

Foothill Foxy Flyers
Roller Derby News You Can Use

foxyflyers.com

facebook.com/foothillfoxyflyers

States on Skates

By Regulator Ruby Rose

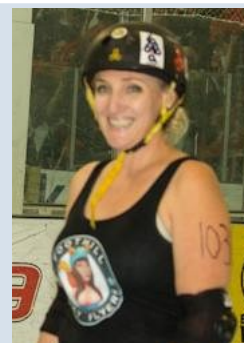
In roller derby we are proud of our bruises. We hike up our shorts, roll up our sleeves, or pull down the neckline of our t-shirt to show off the rink rash on our butt, our black and blue knee, or a purple swollen shoulder. We post the pictures on social media and get dozens of likes. We are proud of the fact that we get knocked down and get right back up with a smile on our face ready to do it again. We learn early that derby is not for the weak or faint of heart; that derby girls are tough.

A very sad reality, however, is that there are many women (girls, men, boys) who hide their bruises. Bruises which are often physical, but very much emotional as well. I'm not talking about derby girls who show off their bruises. I'm talking about victims of domestic violence, sexual assault and child abuse who do whatever they can to hide their bruises. They hide not because they are weak or faint of heart. In fact, they are probably tougher and have more heart than any derby girl you know. Yes, they get knocked down and get right back up. But it's not because they are playing a sport they are passionate about, rather it's because they have to carry on. They have to carry on so they can continue to hide their secret. They have to carry on because their children are depending on them. They have to carry on because they don't believe they can escape it. They have to carry on because they don't know how to make it stop. They don't post pictures or share the damage on social media. They are embarrassed, or ashamed, or afraid to let anyone see their bruises. They don't want to be judged as weak or foolish, and they don't want to be punished for exposing the secret.

Based on the statistics, chances are someone you know has been affected by one of these dreadful acts. You may or may not know it has happened (or is happening) to them. They keep this secret from even those who they are closest to. Sometimes the secret comes out, maybe voluntarily, but more than likely because someone has recognized the signs and asked them about it or offered help. Sadly, sometimes we don't find out their secret until it's too late and their secret costs them their life. For those who survive there is help. There are organizations who are set on providing support to survivors, bringing awareness to the severity of the problem, and putting an end to domestic violence, sexual assault and child abuse.

The Joyful Heart Foundation is a non-profit organization working to heal, educate and empower survivors. They are also a cont. pg. 3

Fox Finder



Our Fox of the Month for June is Kate "Warship" Fultz.

Kate, who has been with FFF since 2012, chose the name Warship for two reasons. First, as a dedication to her grandfather who served as a Marine in WWII, and secondly as a play on "worship". Her number, 10:31, references Corinthians 10:31 that says "whether you eat or drink or whatever you do...do it for the glory of God". words which Kate models each day. This beautiful lady has a heart of gold, a generous, loving spirit, and makes everyone feel special.

Kate was the driving force in the creation of our Jr. Foxtails, and continues to dedicate a great deal of time to coaching them, accompanying them to clinics, and continuing to grow the Foxtail team. And now she gets to coach her daughter Mila, who has joined the team.

As if working with the Foxtails and being a wife and mother, and working outside the home isn't enough to keep her busy, Kate is also the head of the Recruitment Committee and has played a huge role in the growth of our league.

A Victorious Attack

By Regulator Ruby Rose



We're on our way.



Made it to the hotel.



Arrival at High County Sports
Arena ready for game 1



The waiting game.

In the three years since our first trip to Sonora for the Attack of the C Squads tournament FFF has remained focused on continuous improvement. Our determination and hard work was evident when, with our second appearance at this tournament the following year, we placed third overall. While we took pride in moving up from last place to third in just a year, we knew we were capable of more and were excited when we were invited to participate again this year. With last year's first and second place teams not returning for this year's event, we found ourselves seeded at number 1...we were the target everyone was shooting for.

As we boarded the bus and prepared for the long drive, even the early morning hour and the light rain couldn't stifle our excitement. We were excited to be traveling with our Foxy family for our third appearance in the Attack of the C Squads tournament, excited about the competition the weekend would bring, and excited we didn't have a 7 a.m. game Saturday morning like last year. And we were hopeful. We were hopeful (remembering last year) that the bus wouldn't break down and that the air conditioning would be working, and hopeful we would play like we knew we were capable of. And we were sad. We were sad that Toestop wouldn't be with us after breaking her arm at practice the night before. As hoped, there were no surprises along the way and we arrived at our hotel right on schedule.

For our first game Saturday morning FFF¹ was pitted against the Auburn Outlaws⁸ at 12:20 p.m. on Saturday. The Foxy Flyers started out by taking a slight lead, but the Outlaws were able to keep things close for the first several jams. Once FFF settled in they were able to open up a comfortable lead. Although two Foxy Flyers fouled out before it ended, that comfortable lead made it possible for many of the blockers to jump in and take a shot at jamming during the last 5 minutes. The final score was 179 – 78 in favor of the Foxy Flyers. With this first win FFF wasn't scheduled to play again until Sunday morning.

At 9:20 Sunday morning, in what was possibly the most exciting game of the tournament, the Foxy Flyers took on Central California Area Derby⁴ for a fight-to-the finish, on the edge of your seat bout. It took a few jams for FFF to work out a few bugs in their defense then it was off to the races. By the end of the 5th jam the Foxy Flyers began to close what started as a 17 point deficit. From there on out it was a lot of back and forth until the 20th jam when CCAD opened up a 16 point lead. With only about a minute and a half left on the clock FFF took the track with work to do. The Foxy Flyers fielded a strong wall consisting of JennaFerocious, Nassty, Marilyn Massacre and Red Stef who were able to hold CCAD's very effective jammer Thalia Al Ghoul. At the same time they were able to open a hole for our jammer MOE-Troublz to win the lead jammer advantage. The Foxy Flyers played very smart defense holding CCAD to only five points, while playing team offense and racking up 15 crucial points before calling the jam with no time left on the clock. FFF waited to celebrate until after the official score of 114 – 111 was announced confirming the Foxy Flyers took the win. This second win meant there wouldn't be much to do for the next several hours except to try to rest and study the other teams while the brackets played out.

After waiting several hours for our second game of the day, against Sintral Val-

Attack cont.

ley⁶, FFF looked strong right from the start. The Foxy Flyers jumped ahead early and maintained a nearly 20 point lead throughout the first 8 jams. Then they hit a rough patch, opening the door and allowing Sintral to get within 4 in the 9th jam and then take a 5 point lead in jam 10. From there on out, with the exception of a couple of scoreless jams, it was all FFF. Although both teams played tough, staying out of foul trouble proved to be a key factor. Along with an outstanding performance from our blockers, our jammers put up 15 or more points in 6 of the 20 jams and coasted to a 211 – 92 victory. And once again it was time to play the waiting game.

Being undefeated so far, there was a good chance we would have two more games before the day ended. One of the teams on the floor while the next two brackets played out would be our next opponent. Although waiting was tiring and kind of stalled our momentum, it also provided a great opportunity to study our next opponent and adjust our game plan. Finally it was revealed that Central California Area Derby would take the 3rd place trophy and FFF would face Sintral Valley again for one, maybe two more games in a battle for 1st and 2nd place.

We had already played this Sintral Valley team once and studied them as they played their last opponent. We believed we were ready but knew we would have to play smart and stay out of foul trouble if we were going to win it. Getting off to a great start, the Foxy Flyers shut out Sintral Valley in the very first jam and held them to under 30 points through jam 8. Through teamwork and smart play, FFF allowed the Sintral Valley ladies 10 or more points in only 5 jams and were able to shut them out in 8. Although the Foxy Flyers had several scoreless jams themselves, they had 8 jams in which they scored a dozen or more. In her final jam of the

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Skates cont.

supporting partner of the NO MORE symbol and campaign to raise awareness around putting an end to domestic violence and sexual assault. In order for them to help, they need our support. Visit joyfulheart.org to learn more about this organization and to find out how to get involved. While you're there you can learn about how a group of women from the roller derby community helped to raise awareness and funds for Joyful Heart and the NO MORE campaign by clicking on events>by year>2015 and read the States on Skates report.

States on Skates started when four derby girls from Colorado made the decision to be a voice for those who are in a place where they can speak for themselves. Their hope is to empower people because often people who are in or have been in an abusive situation feel powerless. So Gracie Cole, Kim Bouldin, Beth Richter and Brenna Eaker set out on a journey to travel coast to coast on roller skates to raise money and awareness to end domestic violence and abuse. They would spend 78 days, skating about 40 miles per day through 8 states taking nothing but what they could push in a stroller. Challenged by high winds, steep hills, scorching sun, road rash, fatigue and brutal blisters these women made the 2800 mile trek from Cocoa Beach Florida to Santa Monica California wearing a NO MORE t-shirt each day.

Their website featured a live tracker which would update with their exact location every 15 minutes or so. Many in the derby community followed their journey; several Foxy Flyers among them. On May 18th their online tracking feed indicated that the three remaining skaters were finally making their way through Fontana. Jenny (and Christian), Cat and Joan hit the streets searching for the trio and were able to track them down at BJ's Restaurant and Brewhouse in Ontario just as they had stopped for dinner before heading to their hotel for the night. These 3 beautiful women, Gracie, Kim and Brenna, even after skating all day, seemed to be happy to meet our Foxy Flyers and take some photos. Our Foxy Flyers were honored and humbled to meet them and share with them a little bit about our league and our heartfelt support of their mission. On behalf of the league, Cat gave them a few items to help them remember Foothill Foxy Flyers. Among those items was the pin honoring April, whose beautiful life was lost to domestic violence. According to their Facebook post that evening they would be wearing April's pin for the remainder of their journey.

Check out their Facebook page to learn more about their journey. You can still make a donation in honor of States on Skates by visiting <https://secure.joyfulheartfoundation.org/page/outreach/view/jhf-personal-fundraising/statesonskates> - See more at: <http://joyfulheartfoundation.org/events/states-skates-rolls-la#sthash.sfW4jfXV.dpuf>.

Foxes that Play Together...

By IndisGretchen

On May 9th, many Foxes along with friends, and family set out on the first Foxy Flyer Stateline Turnaround. We thank our Fundraising Committee and Rhoda Rage for coordinating this trip; our primary fundraiser for travel to the Attack of the C Squads tournament in Sonora. Others who went above and beyond are Steel Hurtain (and Hero Dude) who made delicious breakfast burritos which were sold while we waited to board, and Rosie Ravage who (although too young to attend) woke up bright and early to help sell burritos and make the process run smoothly.

The trip began around 7:30 AM as travelers started enjoying breakfast burritos and prepared to board the busses. The winning began shortly after we hit the road with door prize drawings and Bingo. Winners received bowling parties, movie tickets, pampering gift baskets and more. Upon arrival, everyone received a coupon for a free buffet then headed in different directions to begin their day of fun.

Many pressed their luck at the casinos playing the tables or the slots, some shopped at the outlet mall, some rented a room so they could spend the day at the pool, and others rode the log ride and roller coaster. Nassty was really enjoying the slot machines and won back most of the money she put in. Blonde Momentum and Chris were found doing well on the blackjack tables where they helped Trauma Queen learn the rules. She in turn made \$100! At 7:30 PM, after about 8 hours at Stateline, we boarded the busses to head home. It proved to be a fun-filled day, and a quiet ride home, as most everyone fell asleep.

We thank everyone who attended and made this event a success! It was a great bonding adventure for the Foxes and a great opportunity to meet the friends and families of our teammates! We hope to do another trip soon. Stay tuned to our website, Facebook page and Fox Talk for information.



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Attack cont.

tournament Smash Squatch put up an impressive 34 points. Final score was FFF 172 – Sintral Valley 99. With this, their second loss in the tournament, Sintral Valley Derby Girls would end up taking second place and the undefeated Foothill Foxy Flyers would become the tournament champions.

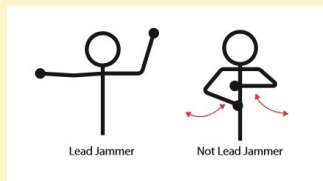
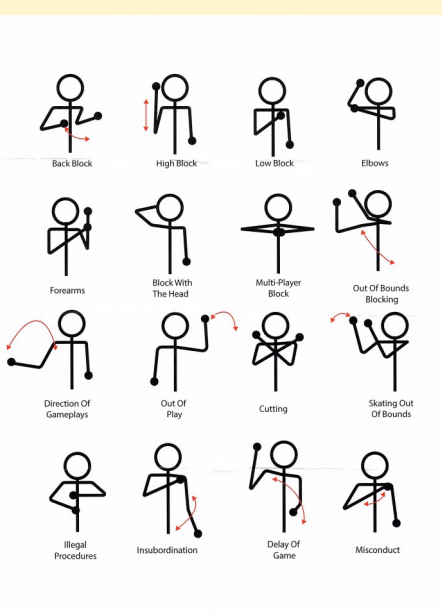
After the final game there were some closing comments by the tournament coordinator. Then finally, that moment that our skaters and coaches had worked so hard for..."and taking first place in the 2015 Attack of the C Squads is Foothill Foxy Flyers." Each of the skaters and coaches were beaming as they received their medals while the proud FFF supporting cast showed our love. After a few pictures it was time to grab our belongings, head outside, and board the bus for the long ride home.

What a great way to spend a weekend!



Resting between games.

What's the Ruling?



When you attend a roller derby bout you are sure to hear lots of whistles often accompanied by a referee yelling and using hand signals similar to other sports referees. But do you know what all those hand signals mean? Well if you aren't sure, this may help you recognize the official WFTDA hand signals which are used in our games. Special thanks to Lance Hanson for these illustrations.