

- Upcoming Events -

- 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 Foxettes
DCRR Roller Rats (B) vs.
FFF Flyers
- September 12 2015
Bout— Merced
FFF Foxettes vs. RRDG
Rollin' Roulettes
- September 26 2015
Battle of the I.E.
More info. to follow

BECOMING A FOX

Are you foxy? Interested in learning the sport of roller derby? Would you like to be on the foxiest roller derby team around? A new skater training class for women 18 and over will begin soon.

For more information email fffrecruiting@gmail.com.

SPONSORSHIP OPPORTUNITIES

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

VENDORS

If you are interested in being a vendor at our August 15th home bout email foothillfoxyflyers@gmail.com

Fox Talk

Foothill Foxy Flyers
Roller Derby News You Can Use

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San Jose Double-Header

Foxettes vs Killabytes

By Chello Shots

The first bout of the night started with the talented C team ladies, the Foxettes. The girls had high energy and were ready for battle. With Trauma Queen, Trick or BeatHer and Miss B Haven the main jammers of the night, a great win was in store for the large crowd that had converged into the convention center.

The first half was full of numerous power jams. Trauma and Miss B raked in over 40 points each, with Tricky not only being a main jammer scoring close to 30 points on her own but, was switching to defense during other jams to form strong walls with the other Foxettes. Regulator Ruby Rose, Mai Kai, Kupcake, Hawaiian and Red rocket were forces to be reckoned with out on the track. Strong walls, great bridging and the power to stop the jammers of the opposing team during power jams was unbelievable. The Foxettes started out behind in points but, once the ladies pulled ahead, the Killabytes could never make it back into the lead with the first half ending with a score of 127-91.

The second half was just as exciting. Cat-taztrofy was not only a solid blocker along with the dominating Hawaiian, but continued on pg 2

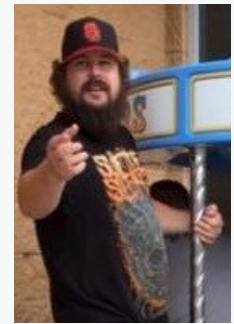
Flyers vs Dot.Kamakazies

By Regulator Ruby Rose

The second game of the night would surely be an opportunity for the Flyers to represent the true spirit of FFF. They were short a few skaters and had a long day on the road, but the ladies came out ready for the challenge they knew that the Dot.Kamakazies would bring. As expected the Dot.Kamakazies were a strong, hard-hitting team and definitely made the Flyers work for every point they put on the board. The Flyers were able to score enough during the first several jams to keep it close, but allowed the gap to open as they approached the end of the first half.

As the Flyers came out of the locker room for the second half, the determination was evident on their faces even though they were down by a pretty good margin. They started the second half strong and played hard throughout, but weren't able to close the gap. With very little rest for their skeleton crew, the Flyers were exhausted by the time they came off of that floor at the end of the bout. Of course you would have never known by watching them play. They gave 110% every jam, played together, played for one-another and left everything they had on the track. Congratulations to MVP Jammer KawiGirl, MVP Blocker LilBit Feisty and Overall MVP IndisGretchen.

Fox Finder



We are changing it up a bit and featuring one of the Foxy gentlemen as the Fox of the Month for July. Coach Jake "Farfrompüken" Sherman, who also answers to Body by Jake and Jake from State Farm, joined FFF in 2012 as a referee and was later asked to coach. Jake brings a great deal of sports experience to his coaching position. He has played sports since he was five years old, and has coached Pop Warner Football. Jake is a natural athlete and has played football, baseball, basketball, track and field, swimming, and golf. He also enjoys motocross and snowboarding and is a diehard Green Bay Packers and Oregon Ducks fan. We are fortunate that he chooses to share his sports knowledge and experience with FFF. When he's not coaching or helping out at FFF events, Jake likes to spend his time Jeeping or boating, and loves to cook for his friends and family. Not only can we depend on Jake to help us achieve our team goals, but when we're not on the track he keeps us laughing with his quick wit and ability to throw a line from dozens of movies into just about any conversation. When asked what makes him happy, Jake lists his family, his dog Willy, his Jeep and of course being a Foothill Foxy Flyer.

What's the Ruling?

Penalty Assignment

Now that you know the hand signals for penalties (see Fox Talk Volume 5) we'll clarify how and to whom penalties might be assigned.

The penalty box is the designated area where all penalties are served. Seats (6) must be provided in the penalty box to accommodate two blockers and one jammer from each team. Penalties are 30 seconds in length and, although multiple penalties can be served consecutively, they are timed separately. The time begins when the penalized skater takes their assigned seat in the penalty box and skaters may not leave the penalty box until they are released by the penalty timer.

While in the penalty box the skater retains the position they were playing when the penalty was assessed.

If a non-skater commits a violation which warrants a penalty, the penalty will be assessed to the captain, who will serve the penalty as a blocker. If this occurs during a jam in which the captain is not skating, she will serve it beginning in the following jam.

If a group of teammates commits a single penalty and no one skater can be identified as most responsible, the penalty will be assessed to the pivot. If there is no pivot the penalty will go to the captain.

Although a penalty is considered assessed and the skater sent to the penalty box as soon as the violation is committed, skaters are not expected to behave as if the penalty has been assessed (they should just keep playing) until the referee has completed the hand signal and verbal cue.

If a skater earns a penalty when a jam is not in progress, they will serve the penalty in the position indicated by the helmet cover they were (or were not) wearing at the time they committed the penalty.

Check back next month to learn more penalty enforcement.



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from pg 1 Foxettes

both took their turns jamming so the three in constant jamming rotation could get a respite between jams. Valeryian...can we say amazing!! She was recently promoted from the fresh meat program and rocked it. She made a splash in her debut assisting other strong skaters such as Warship, Spunkee and the equally fantastic Rosie Ravage.

The amazing trio of jammers were back at it during the second half. Miss B had an amazing run scoring 50 points brining her game total close to 100 as well as Trauma who scored 45 giving her an outstanding 100 points total. Tricky with her blocking and jamming skills reached 41 points total in the game. A strong feat considering how exhausted one can get playing both positions. Cat garnered 8 points, while Hawaiian, during the final jam, got the power jam and scored 10 points to give the Foxettes the win over SVRG 257-208.

Trauma received MVP Jammer, Mai Kai MVP blocker and the well-deserved Regulator Ruby Rose received the honors of Overall MVP. With bench coaches Nassy and Lance guiding the ladies through, the Foxettes showed what true athletes they are and kicking butt and taking names is all part of the game. GREAT JOB FFF!!!!

Fresh Meat Update

By IndisGretchen

The women in our current fresh meat program have come a long way since January. These ladies have put their utmost effort into becoming a Foothill Foxy Flyer. We went into June with seven dedicated women working their hardest to become a part of our team. Two skaters, Rosie Ravage and Valeryian Steel soon passed assessments and became members of our Foxette team. Rosie played her first bout against Hidden City and Valyrian against Silicon Valley and they rocked it! The remaining fresh meat skaters have continued to work on passing their basic skills assessments and written tests.

These women come from very diverse backgrounds and have many prior commitments. They are mothers, and students, and have demanding careers so each advances at her own pace. Soon after joining the training program, one skater had a rough day at the skate park and unfortunately broke a few ribs. Proving her dedication, she is planning to get back on her skates soon and still wants to play roller derby! You go, King Kong!!

The fresh meat program continues to uncover some strong skaters. Holly Staggs is our latest graduate from the program and we want to give her a huge welcome from the team. There have been three new skaters accepted into the program in the last few weeks. They are already displaying a strong understanding of the game and what it means to be a member of a team. The remaining ladies are getting very close to passing their basic skills and are likely to be graduating this month. These skaters have been working hard and soon will become Foxettes.