

- Upcoming Events -

- August 15, 2015
Bout—Corona Rinks
DCRR Roller Rats (C) vs.
Foxettes
DCRR Roller Rats (B) vs.
Flyers
- August 30, 2015
Flapjack Fundraiser
Applebee's Fontana
16867 Sierra Lakes Pkwy
- September 12, 2015
Bout— Merced
Foxettes vs. RRDG
Rollin' Roulettes
- September 26, 2015
Battle of the I.E.
8 Teams, 2 Tracks, Hosted
by Prison City Derby
Dames at Grand Ave Park
in Chino Hills, CA
- October 2—4, 2015
Tournament— Sacramento
FFF Flyers
- October 24, 2015
Bout—Corona Rinks
OCRG (C) vs. Foxettes
Wasteland (B) vs. Flyers

BECOMING A FOX

Interested in learning the sport of Roller Derby? We currently have positions open for skating and non-skating officials.

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/sponsors_hipform.pdf

Fox Talk

Foothill Foxy Flyers
Roller Derby News You Can Use

AUGUST 2015


VOL. 1 ISSUE 7

foxyflyers.com

facebook.com/foothillfoxyflyers

Flapjack Fundraiser

Join us on August 30th at Applebee's located at 16867 Sierra Lakes Parkway in Fontana for our first ever Flapjack Fundraiser. A \$10 donation gets you all you can eat pancakes, eggs, bacon, sausage, coffee and juice. All funds raised will help us pay for travel expenses and equipment. Tickets can be purchased from any FFF skater.



The poster features a stack of pancakes on a plate with a knife and fork. Text includes: Applebee's Flapjack Fundraiser!!!, 16867 Sierra Lakes Parkway, Fontana CA 92336, \$10 donation, All-you-can-eat pancakes, eggs, bacon, sausage, coffee, & juice!, Your donation will help with expenses for travel, equipment, and more., Spread the word to share the derby LOVE!, Sunday, Aug. 30th 8-10AM, Support your local roller derby team!!!, With our personal web page to view our events calendar for events on our next visit, and You can also find us on Facebook.

FFF vs SCRD

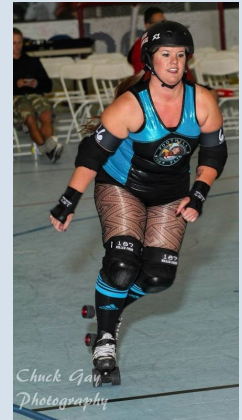
By Red Rocket

It was a warm mid-summer evening in Orange County as the Foothill Foxy Flyers prepared for their next challenge. On July 11th at 6 PM the FFF B-team Flyers took on the South Coast Roller Derby Lagunatics.

The bout started out strong on both sides. For every pass and point scored by SCRD, FFF answered back, keeping everyone on their toes. FFF started out with their strongest walls - Nasty, Full Metal Jenn, Indis-Gretchen and Hawaiian Lei U Out joined by the terrifying Smash Squatch as Jammer. Smash, known more for taking a hit than delivering one, showed a whole new side of herself when she sent not one, but two blockers flying as she broke through the pack. Bravo Smash! Also, congratulations to Regulator Ruby Rose as she debuted with the B-team and held her own. Although earning lead jammer was coming few and far between for the Flyers in this bout, they didn't seem to be discouraged, but rather empowered to fight harder. At the end of the first half FFF trailed SCRD slightly and planned for a big turn-around when they returned to the track.

The Flyers came out swinging in the second half with a focus on making a come-back. Trick Or BeatHer, Jenna

Fox Finder



Chuck Gay Photography

Since National Smile Week is celebrated the second week in August, it is very fitting that we highlight Jennifer "Spunkee Monkee" Degen as our August Fox. Her derby name suits this beautiful, sock monkey loving, upbeat (spunky) lady very well. Spunkee seems to have a smile for everybody all the time, not just for National Smile Week. She joined FFF this year and says the best thing about being a Foxy Flyer is, "Being part of a family." Spunkee is a blocker/pivot and aspiring jammer, and also helps with training our freshmeat skaters. Before roller derby she played water polo, was on the swim team and in marching band. Spunkee spends most days in the courtroom (where she works), but when she isn't there or doing roller derby stuff, Spunkee likes to go to Disneyland, the river and Glamis, swim, bowl, and spend time with family and friends. The Disney movie Lilo and Stitch (experiment 626) was her inspiration for her number.

What's the Ruling?

By Regulator Ruby Rose

Penalty Enforcement –

A penalized skater is required to serve 30 seconds in the penalty box. Their time begins when they are seated and they may not leave the penalty box before being released by the penalty timer. If the jam ends before the penalty expires, the penalized skater must remain in the penalty box and complete their penalty time after the next jam begins. The team may not substitute or replace the penalized skater (except in the case of a skater who fouls out, is injured, or is expelled) and will skate short until their penalized skater is released to join them on the track. When substituting for a skater who fouls out, is injured, or expelled, the substitution must be made between jams.

A skater who is assessed a penalty must exit the track immediately and report directly to the penalty box skating outside the track in a counter-clockwise direction. If the skater passes the penalty box boundary/Point of No Return they must skate all the way around the track again to re-enter the penalty box. Penalty timing does not begin until the skater legally enters the box and is seated in their assigned chair.

No more than one jammer and two blockers from each team may be seated in the penalty box at one time. Should an additional blocker be sent to the penalty box while both blocker chairs are occupied, the additional skater will be instructed to return to the track and must remain on the track and play as normal. When a chair is vacated the referee will direct them back to the box. If the blocker does not remain on the track while waiting to enter the penalty box they will receive an additional penalty. Because a team must have at least one blocker on the track at all times in order to form a pack, if there is only one blocker on the track and they commit a violation warranting a penalty they will not be sent to the penalty box until another blocker from their team returns to the track and joins the pack. A jammer will never be waived off from the penalty box.

The penalty clock starts when the skater is seated in their assigned chair and runs only when the jam clock is running; the penalty clock stops at the jam ending whistle and resumes when the jam starting whistle sounds. The penalized skater will be instructed to stand when there are 10 seconds remaining on their time. If they do not stand when instructed



Contact Information

Board of Directors

JennaFerocious—President
Miikki Syxx - Vice President/Treasurer
Blonde Moment-um—Secretary
Moe Troublz—Skater Advocate

foothillfoxyflyers@gmail.com

Merchandise

fffmerchandising@gmail.com

Recruiting

fffxyrecruiting@gmail.com

Sponsorships

fffsponsorships@gmail.com

Website Content

seymourpanties1080i@gmail.com

the penalty clock will stop until the skater stands. Likewise, if a skater stands before instructed the clock will stop until they are seated.

Penalized skaters may not leave the penalty box during timeouts, nor may teammates, coaches, captains enter the penalty box during timeouts. If a captain or alternate is serving a penalty they may not call a timeout or request an official review while in the penalty box.

Upon being released from the penalty box, skaters may leave the penalty box skating in either clockwise or counter-clockwise direction.

Cont. from pg. 1 SCR D

Ferocious, Mikki Syxx, Blonde Moment-Um, and the elusive jammer MOE-Troublz held strong and pushed hard allowing Moe to get lead jammer. However, SCR D came back even harder, quickly pulling out of reach for the Flyers. Even though they never stopped fighting, FFF couldn't seem to control their penalties, which hurt them on the scoreboard.

All in all it was a good, hard-hitting bout. Congratulations to SCR D on a well-deserved victory. But, you can be sure FFF will be back, so look out!



RollerCon 2015 Riedell Super Heroes vs. Super Villains Party!