

Harbor City Roller Derby

2024 Clinic Schedule

September 29

OPEN HOUSE

Meet the Team
Try on Gear
Final Sign ups for clinics
Derby 101 / Demo
Play Land Derby

October 6

Skating Posture/Derby Stance
Falling Safely & Recovery
Plow Stops
Sticky Skate
Quick Starts

October 13

Review Stops
Track Awareness
Communication
Moderate vs Brisk Pace
Skating Stride /Crossovers

October 27

Skating in a Paceline
Weaving
Crossovers
Quick Cuts
Footwork

November 3

Halloween Weekend

Review Skills
Play Skating Games

November 10

Backwards Skating
Skating in a Pack
Plow Stop in a Pack
Plow Stops to Slow a Skater
Introduce Transitions

November 17

Transitions
360 Turns
Lateral Skating
Moving Between Lanes

November 24

Give Pushes
Receive Pushes
Unexpected Obstacles
Friendly Contact in a Pack

December 8

Jammer Tracking
Positional Blocking
Giving Hits
Receiving Hits

December 15

Last Clinic
Review
Play Low Contact Derby

Notes

October 20

No Clinic Scheduled

December 1

Thanksgiving Weekend
No Clinic Scheduled

