

Harbor City Roller Derby 2026 Clinic Schedule

September 20

OPEN HOUSE

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

September 27

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

October 4

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

October 18

Skating in a Paceline
Weaving
Crossovers
Quick Cuts
Footwork

October 25

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

November 1

Transitions
360 Turns
Lateral Skating
Moving Between Lanes

November 8

Give Pushes
Receive Pushes
Unexpected Obstacles
Friendly Contact in a Pack

November 15

Jammer Tracking
Positional Blocking
Giving Hits
Receiving Hits

Notes

October 11

No Clinic Scheduled

November 29

Thanksgiving Weekend
No Clinic Scheduled

November 22

Last Clinic
Review
Play Low Contact Derby

December 6

skills testing

