

Harbor City Roller Derby 2023 Clinic Schedule

October 1

OPEN HOUSE

- Meet the Team
- Try on Gear
- Sign up for clinics
- Derby 101 / Demo
- Play Land Derby

October 8

- Skating Posture/Derby Stance
- Track Awareness
- Communication
- Falling Safely & Recovery
- Plow Stops

October 15

- Review Stops
- Skating Stride /Crossovers
- Sticky Skate
- Moderate vs Brisk Pace
- Quick Starts for a timed lap
- Wall Sit Competition

October 22

- Skating in a Paceline
- Weaving
- Quick Cuts
- Footwork
- Backwards Skate
- Core Strengthening

October 29

Halloween Weekend

- Review Skills
- Play Skating Games

November 5

- Adjusting Speed in a Paceline
- Skating in a Pack
- Plow Stop in a Pack
- Plow Stops to Slow a Skater
- Introduce Transitions
- Obstacle Course

November 12

- Transitions
- 360 Turns
- Lateral Skating
- Moving Between Lanes
- Core Strengthening

November 19

- Give Pushes
- Receive Pushes
- Unexpected Obstacles
- Friendly Contact in a Pack
- Wall Sit Competition

December 3

- Jammer Tracking
- Positional Blocking
- Giving Hits
- Receiving Hits

December 10

- Last Clinic
- Review
- Play Low Contact Derby

Notes

November 26

Thanksgiving Weekend
No Clinic Scheduled

Core Strengthening and Wall Sit Days:

Recommended to bring a pair of indoor gym shoes

