

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

