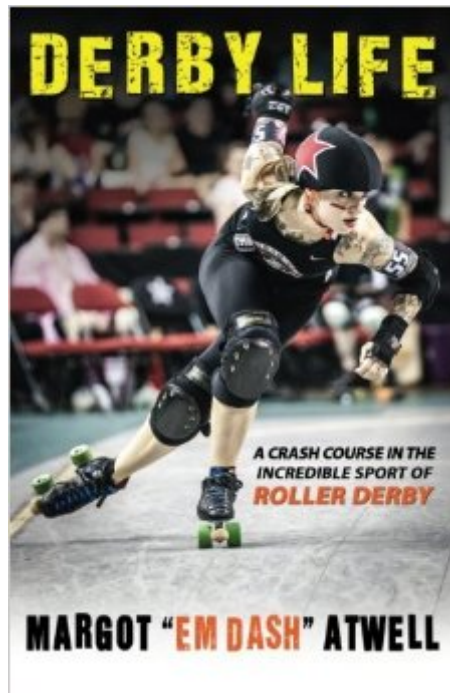


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Derby Life: A Crash Course In The Incredible Sport Of Roller Derby



Synopsis

Roller derby is an incredible, hard-hitting sport: a cultural phenomenon with a storied past dating back to 1935. Modern roller derby, restarted in Austin, Texas, in 2001, has been one of the fastest-growing sports of the 21st century. The modern punk-inspired DIY amateur athletic movement has spread to almost 2000 leagues all over the globe in less than fifteen years. This book can't teach you how to skate, but it will get you up to speed on everything else! With chapters on the history of roller derby, rules and strategy, exercise and nutrition, and the gear you'll need to play, *Derby Life* will teach you what you need to know to get rolling. Veteran skaters will appreciate chapters on building mental toughness, dealing with derby drama, and getting back in the game after an injury. *Derby Life* also includes advice from roller derby greats such as Bonnie Thunders, Scald Eagle, Swede Hurt, and others, and personal stories and beautiful photographs from derby people all over the world.

Book Information

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Customer Reviews

If you are interested in becoming a skater in the amazing sport of Roller Derby this is the best way to start. After reading this you will enter the sport with more knowledge and information than most of the skaters you admire had when starting out, including the author. This book covers every aspect of the sport starting with its history from the invention of the roller skate, the beginnings and evolution of Roller Derby as an exhibition of endurance that its creator Leo Seltzer turned into a sport that filled Madison Square Garden, through its various incarnations through the sixties and seventies sustained by Leo's son Jerry right up to its rebirth in Austin, Texas and its becoming the

fastest growing phenomenon in sports today. Here a skater will learn practical advice on conditioning, nutrition, the mental aspects of the game, and equipment, right on down to how leagues are structured and run. There are the personal stories written by skaters themselves on their journey's through and experiences in the culture of Roller Derby that explain why these women work so hard and sacrifice so much to play this sport they love. For the fan, learning more about what these athletes must do in order to play and what it takes to keep a league and the sport going, will only add to your appreciation and enjoyment of the sport. For anyone that has a loved one or friend that plays, this book will give you insight into why they have what many see as a crazy obsession when it comes to Roller Derby. Finally, if you are a sports fan who has grown sick of the money and corruption that seems to dominate every aspect of sports today, this book will open a window to a place where world class athletes truly play a sport for the love of the game.

I have a confession: I love roller derby, that incredible sport where women on skates speed counterclockwise around an oval track trying to score points. And I have been actively involved " in a non-skating capacity " for about six years. I was a fan as a kid, but roller derby has changed over those many years. While unique derby names are still around, the glamour costumes and glitz is being replaced by an emphasis on athleticism and skill. A flat track has replaced the banked track as the primary track style (though there are some banked track leagues) and safety is everyone's number one priority. No more sending the opponent over the rail or stiff-arms. Roller derby is a fast growing sport, an international sport, with new leagues forming regularly. But many people still don't understand it or what it takes to participate. Help is here, and it's in the form of Margot "Em Dash" Atwell's marvelous new book, "Derby Life: A Crash Course in the Incredible Sport of Roller Derby." This derby introduction/manual/memoir is perfect for those who want to know about the sport, are thinking of participating, or are veteran skaters who want a handy, concise reminder of how to improve their skills. After a description of "What Is Roller Derby?" and a short history of derby, as it's often called, Em Dash explains who the participants are " from skaters to volunteers " and gives a short description of what role each person plays in the sport. Surprisingly, there can be almost as many "support people" involved in a bout (as the games are called) as there are skaters. That means that if you want to participate in derby but don't skate, there's a place for you. The chapter "How to Get Rolling" gives a comprehensive look at the equipment needed to skate.

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