

Harbor City Roller Derby 2024 Clinic Schedule

September 29

OPEN HOUSE

- Meet the Team
- Try on Gear
- Sign up 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
- Skating Stride /Crossovers
- Moderate vs Brisk Pace

October 27

- Skating in a Paceline
- Weaving
- Crossovers
- Quick Cuts
- Footwork
- Backwards Skate

November 3

- 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

Notes

October 20

No Clinic Scheduled

December 1

Thanksgiving Weekend

No Clinic Scheduled

December 8

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

December 15

- Last Clinic
- Review
- Play Low Contact Derby

