

How much does it cost?

Player costs for junior derby are monthly dues (to pay the rink fees), yearly insurance, and equipment (skates and safety gear).

- Monthly Dues \$30
- JRDA Insurance (yearly) \$35
- Sample Rookie Gear Pack \$215

*Rock GT 50 Skates

*Triple 8 Helmet

*Toe Guard

*Mouth Guard

*Triple 8 KP-22 Knee Pads

*Nuttu Buddy or Elephant Wrench

* Triple 8 EP-55 Elbow Pads

*Qube Lube

*Triple 8 Wrist saver

*Black Roller Girl *Skates T-Shirt

How much time does it take?

The Junior Vixens participate in practices, bouts, fundraisers, and community events.

- Practices are Tuesdays and Thursdays from 6:00-8:00 PM at the Summit in Dimondale.
- We typically have 1-2 bouts per month, usually on Saturdays.
- We have fundraisers to keep costs low.
- The Junior Vixens have opportunities to participate in parades and other local events.



What if derby is not for me?

If you think you might like derby but aren't sure, come to a practice and check us out. We encourage parents and potential players to come and meet the team, coaches, and parents at any of our practices.

Lansing Junior Vixens Junior Roller Derby

The Lansing Junior Vixens bring the excitement and athleticism of roller derby to girls age 8-17.

- We are all about making friends, having fun and playing derby!
- We focus on athleticism, teamwork, and sportsmanship



To provide a safe and fun experience for all of our players we have two teams:

The Lansing Junior Vixens All-Stars is a nationally ranked team of highly competitive roller derby players aged 13-17.

- The All-Star team play "Level 3" roller derby, meaning they play using the same rules as adult roller derby.

The Lansing Junior Vixens Miskits consists of our younger and our newer players.

- The Miskits play "Level 2" roller derby, in which rules have been modified to reduce contact.

New players start on the Miskits, and have the opportunity to earn a position on the All-Star team as they grow and develop.

Contact Information

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Lansing Junior Vixens



Junior Roller Derby



What is Roller Derby?

Flat track roller derby is a fast-paced contact team sport that requires speed, strategy, and athleticism.

- Each team on the track consists of a Jammer, Pivot, and three Blockers. The Jammer scores points by lapping the opposing team's skaters.
- Pivot sets the pace for the pack (Pivot & Blockers). Pack works to offensively to assist their Jammer through, while also working defensively to block the opposing Jammer from getting through.
- A "Bout" or game is two 30 minute periods split into "Jams." Each "Jam" is either two minutes long, or until the Lead Jammer calls off the Jam.

Why Junior Roller Derby?

Roller derby is great exercise

- Roller derby is fast, it's challenging, and it's hard work.
- We focus on conditioning and strength to give the players the endurance they need to skate at high speeds for games lasting up to two hours.

Roller derby teaches teamwork and strategy

- Junior Vixens are taught teamwork and strategy from day one, because teams that learn these skills can overcome differences in size, speed, and skating ability.

Roller derby is great fun

- It's a fast, exciting and challenging contact sport in which girls learn teamwork, but are also encouraged to be unique individuals.

Roller derby is unique

- Roller derby was created by girls for girls, and there is simply no other sport out there like it.
- The unique nature of this sport often attracts girls who are not interested in traditional sports.

ROLLER



Be a Junior Vixen!!

Our mission is to promote the sport of junior roller derby to as many kids as possible, so becoming a Junior Vixen is easy!

- We accept new players year round
- We accept new players regardless of skill or skating ability
- If you can't skate, we will teach you!
- If you don't have the equipment, we have loaner gear you can borrow
- If you aren't sure, come to practice and try it out using our gear

For more information, email:
info@lansingderbyvixens.com

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