



26 — 29 JAN 2017

**8TH EUROPEAN
ROLLER DERBY**

**ORGANIZATIONAL
CONFERENCE**

BERLIN • GERMANY

WORKSHOPS | EROC PARTY | SESSIONS | MIXED SCRIMMAGE

QUAD ROLLER SKATE SHOP

EUROPE'S ORIGINAL FULLY
STOCKED BRICK AND MORTAR
ROLLER DERBY SKATE SHOP

DERBY OWNED
AND OPERATED

We love this game.

SKATES



PROTECTION



WHEELS



APPAREL



// HELLO DERBY LOVERS!

ROGUE RUNNER • MASTER BLASTER • CRAZYLEGS • MAURINE FILIP • DIRE WOLFF • ONLY • MIA MISSILE • SMACKLEMORE • VAL KYRIA • STATMAN • LIVID DOLL • JENS HÖTGER • D.I. DIE • RHONDA HOUSEKICK • BLOCK MAGIC WOMAN • SIXXI BLITZ • BEE A. BARACUS • YETZT • MISS MERCURY • JOHNNY CUPID • DYKE FIGHT & MANY MORE

We are incredibly happy to welcome you to EROC2017 in Berlin!

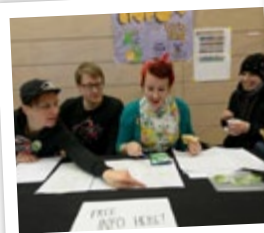
Bear City Roller Derby has been hosting this amazing Conference since 2009. Four days filled with what we love: ROLLER DERBY. Expert exchange in workshops, sessions, round tables, meeting new friends and embracing the already known, a scrimmage and a legendary party lie ahead of us.

EROC 2017 will be packed with captivating sessions that will inspire and help both you personally and your league as a whole. Our goal is to offer you a wide range of subjects to fit your custom and specific needs. Topics like mental coaching, trainer & team communication, tournament announcing, league and team structures are only some of the multiple things to choose and learn from that will fill your individual schedule over the days.

This booklet will help you guide you through our conference. It contains session plans, roadmaps, time schedules and much more.

Together we will have many wonderful moments during the next days – We can't wait to spend them with you!

#2017EROC



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WWW.QUADROLLERSKATESHOP.COM

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// PROGRAM

WORKSHOPS Intercity Hotel

THURSDAY, 26TH JANUARY, 9.00

9.00– 10.00	Intercity Hotel	Registration / Welcome
10.00– 13.00	Room Ref	The "I" in Team › Maurine Filip
	Room NSO	Fitness Gone Rogue › Rogue Runner
13.00– 15.00		Lunch Break Lunch on your own
15.00– 18.00	Ref	Be Bold and Break the Rules! › Crazylegs
	NSO	On being a Head Official › Peter ParkHer, Dire Wolff & Pettychoke

WORKSHOPS Intercity Hotel

FRIDAY, 27TH JANUARY, 10.00

10.00– 13.00	Ref	Goalsetting › Maurine Filip
	NSO	Fitness Gone Rogue › Rogue Runner
13.00– 15.00		Lunch Break Lunch on your own
15.00– 18.00	Ref	Win Before the Game Begins – Mental Endurance for SMART Skaters › Sixxi Blitz
	NSO	Tournament Preparation › Janica Saxelin



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KICK OFF PARTY Edelweiss

FRIDAY, 27TH JANUARY, 20.00

20.00 Edelweiss

Join us for the conference kick off at the Edelweiss in Görlitzer Park. Get to know other reps and session leaders!



SESSIONS Intercity Hotel

SATURDAY, 28TH JANUARY, 8.30

08.30–09.45	Intercity Hotel	Registration / Opening Ceremonies
09.45–11.45	Blocker	Announcers: developing your GREATEST promotional weapon! › Smacklemore
	Jammer	WFTDA Member & AP Competitive Play (closed) › Master Blaster
	Pivot	Rise & Fall: How to grow as a league & how to scale back & keep your competitive edge. › Livid Doll
	Bench	Two step beginner program › D.I. Die & Jens Hötger
11.45–14.15	LUNCH BREAK	BWK, Cuvrystraße 34 › Split into two groups
14.15–16.15	Blocker	Growing together – open discussion on announcer development in Europe › Val Kyria / StatMan
	Jammer	WFTDA Member & AP European Support (closed) › Dire Wolff & Crazylegs

LUNCH
SPLIT in
2 GROUPS

	Bench	How to reduce fresh meat shrinkage › Rhonda Housekick & Block Magic Woman
14.15–17.30	Pivot	Diversity and inclusion round table › Johnny Cupid, Dyke Fight, Master Blaster, Power Bottom
16.30–17.30	Blocker	Innovate Officiating: DIY gadgets to improve NSO work › Yetzt
	Jammer	OffComm / Rules session › Dire Wolff
	Bench	National Teams Round Table
18.00–20.00	Hall	SCRIMMAGE › Wrangelstr. 136, Training hall



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SESSIONS Intercity Hotel

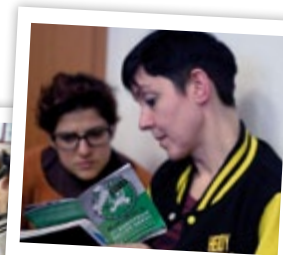
SUNDAY, 29TH FEBRUARY

09.00–11.00	Blocker	Bootcamps - How to get the most out of it for your league › Mia Missile
	Jammer	RDNC info and developments › Master Blaster / Crazylegs
	Pivot	No Problem: Striving for the better (Discretion in officiating) › Dire Wolff / Jens Hötger
	Bench	Competitions and Competitive Resources! The ladder of success – get the max out of your team and every individual skater › Bee A. Baracus
11.15–13.15	Blocker	How to organize a juniors team › Miss Mercury
	Jammer	Relationship between WFTDA and National Governing Bodies › Master Blaster
	Pivot	OR...Did I miss something? (Get the most out of your official reviews) › Jens Hötger
	Bench	Dreaming about streaming (broadcasting) › Nasty Moves

13.15–15.55	LUNCH BREAK	BWK, Cuvrystraße 34 › Split into two groups
15.45–16.15	Intercity Hotel	European Discussion Work Groups – Age
16.25–16.55	Intercity Hotel	European Discussion Work Groups – Size
17.05–17.35	Intercity Hotel	European Discussion Work Groups - Rank
17.45–18.00	Intercity Hotel	Closing Ceremonies

LUNCH SPLIT in 2 GROUPS

* Please note that modifications of session subjects and/or leaders might occur.



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// WORKSHOPS



MAURINE FILIP

"The I in team" Finding a balance between the skills and needs of an individual, and the needs of a group, is tricky. This session will cover the basics of group and organisational psychology, and aim to give you some new perspectives and tools to bring home and apply to your league.

Goalsetting Follow me on my own journey and how my goal setting evolved as I went from retired junior handball athlete, to roller derby freshmeat, to WFTDA division 1 skater, with a spot on Team Sweden's training squad. We will be grounded in science and research, as we cover goal setting for the individual, the team, and the league.



ROGUE RUNNER

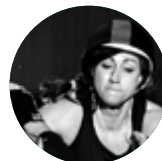
Cross Training for Roller Derby: Get your skaters to peak performance and promote longevity Aimed at Coaches and Team Leadership. First hour will be looking at structuring your season to promote both longevity in your skaters and peak performance for the team. Second hour will look specifically at injury prevention and safe practice. Third hour workshop looking at skating posture and common injuries in roller derby.

X-Training for Roller Derby: Training for longevity & muscle balance Aimed at the skater. Lets cross train to prevent injury and find a balance in our body. In this session we will learn a little about our anatomy and how our body works, while getting up and moving in a workshop based session.



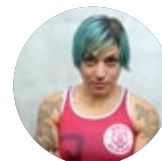
JANICA SAXELIN aka ONLY, Tournament Preparation

In this session we will learn a little about our anatomy and how our body works, while getting up and moving in a workshop based session. Looking at posture for roller derby and release techniques for fixing those tight muscles.



CRAZYLEGS Be Bold and Break the Rules!

Imagination and innovation is the key with creative training and coaching. Thinking less rigidly about your training, allows you to draw on ideas from the most unlikely of places. Imagine what could be done differently, what could be introduced that has never been tried and what impact that could have on those that you train with. Allowing yourself to train outside of what is usually expected of enables you to push the boundaries further.



SIXXI BLITZ, Win Before the Game Begins – Mental Endurance for SMART Skaters.

A 10-minutes mental workout that done before every training AND game better the mental endurance of a player, taking the sudden player to the next level of gameplay. The workout is divided within three parts, and includes breathing exercises, performance statement, visualization, goal setting and solution-focused tools, just to name a few. The session is meant to break in the 10-minutes workout in all of its parts, with specific directions/work sheets/exercises that will help the player developing and maximizing the tools that are needed to be a top level player.



PETER PARKHER, DIRE WOLFF & PETTYCHOKE, On being a Head Official

Being a Head official is a challenge that nowadays a lot of us have to tackle rather than grow into. Therefore, we want to give you an insight into the different aspects of officiating as a crew head as well as a tournament head. This session is designed for skating and non-skating officials, newcomers and experienced officials.



TRACK ADVANTAGE PRESENTS

2017 Edition

EURO DERBY CON

THE ANNUAL EUROPEAN
ROLLER DERBY CONVENTION

13—16 JULY 2017

TOP TRAINERS • SEMINARS

POOL PARTY • CHALLENGE BOUTS

VENDORS AND SHOPPING • CHARITY BOUTS

RAFFLES • GIVE AWAYS • BEACH SKATING • PARTIES

BARCELONA

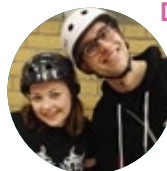
WWW.EURODERBYCON.COM

// SESSIONS



SMACKLEMORE Announcers: developing your GREATEST promotional weapon! Announcers are the greatest yet most under utilised promotional tool any league or event can have. This session aims to show leagues just WHY they should be doing more to actively recruit, train, develop and retain their announcers.

LIVID DOLL Rise & Fall: How to grow as a league & how to scale back & keep your competitive edge. How to navigate and communicate change whilst your league grows ... and shrinks again. This session will be all about sharing the experience of a roller derby league that has expanded to include a recreational league, a junior league and a competitive league, whilst our A team became one of the Top 10 WFTDA ranked leagues in Europe



D.I. DIE + JENS HÖTGER Two step beginner

program With the need of teaching people how to skate first, the structure of programs for new skaters is crucial for the growth of derby leagues. Let us talk you through the development, pros and cons of different systems and discuss a system allowing to transfer the batch-wise training structure of beginners into a continuous system.

STATMAN, SVEN WILLIBEFAMOUS & VAL KYRIA

Growing together – open discussion on announcer development in Europe WIn a panel discussion open to everyone, we'd like to tackle the (overall) problem of missing volunteers a little differently. We want to get announcers and bout production in touch and anyone else who's involved in event coordination. The main goal of the session: Nurture the mutual understanding for each other.

JOHNNY CUPID, DYKE FIGHT, MASTER BLASTER, POWER BOTTOM, Diversity and inclusion round table In this workshop we will try to give an overview of what issues the sport and its community is facing right now. We want to ask questions on the use of the terms „Inclusion“ or „Diversity“ and which problems are coming with international teams.



RHONDA HOUSEKICK & BLOCK MAGIC WOMAN, How to reduce fresh meat shrinkage

Every league knows this problem, which is why the Delta Quads decided to rethink our recruiting methods and first year of skater training. We just finished our first season with this new program with promising results: we managed to keep more than 85% of our skaters and are building strong rookies. In this session a coach and a participating skater of this program will share their experience with you and give their insight on what worked for our league and what not.

STATMan, National Teams Round Table Are you involved with one of Europe's many national teams (men's and/or women's team)? Let's come together to help share support and solutions.



MISS MERCURY, Starting a Junior Derby Team in Germany

I want to sum up the experiences and challenges I was confronted with when being responsible for a bunch of motivated and talented kids. How to plan training sessions? How many breaks do the kids need? How to deal with their parents? When is the right moment to start scrimmaging? These and more questions I want to address.



NASTY MOVES Dreaming about streaming Thinking about broadcasting your games or tournaments? Let's talk about what you need to get started, as well as how it's actually done and what it can cost.



MIA MISSILE, Bootcamps – how to get most out of it Bootcamps by external coaches are a great thing for your league's future training, but many questions can come up: Who to ask? Not every good player is a good coach. How can you prepare the bootcamp and recap it afterwards to match your future goals? Just having a star player on your team is not enough. Get your questions out and start to boost your league's level of training!

DIRE WOLFF & JENS HÖTGER No Problem: Striving for better Officiating ain't always easy! Especially when gameplay starts to run away from the explicitly spelled out rules, so called discretion comes in play. But what does really discretion mean?

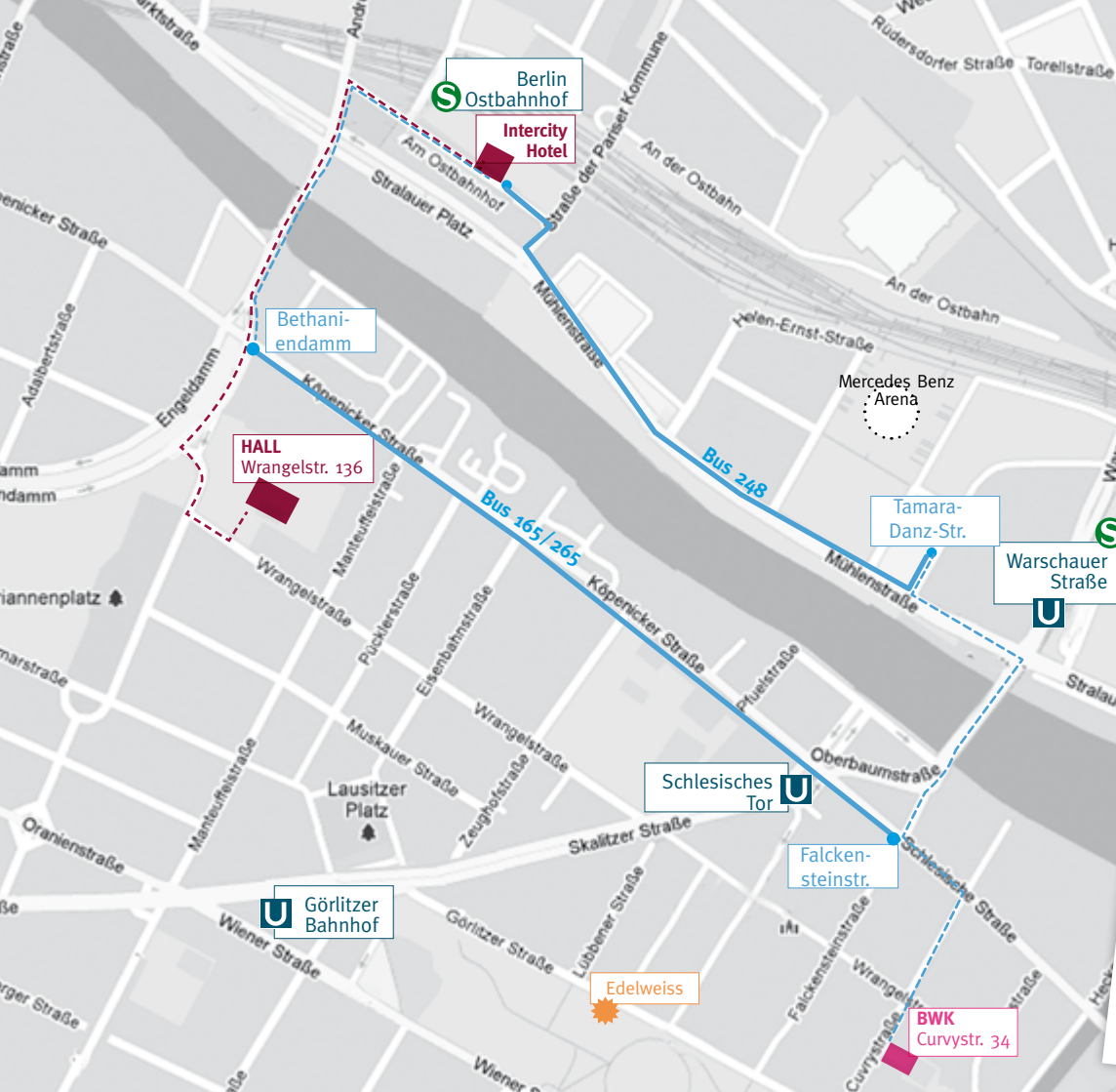


BEE A. BARACUS Competitions and Competitive Resources! Get the max out of your team and every individual skater This class gives examples and concrete advice to beginner and intermediate leagues on how to take the next step to a higher level and survive in "the roller derby jungle"

JENS HÖTGER OR...Did I miss something? Official reviews are an asset for a team if you know how and when to use them. Get the most out of your ORs. My ideas about why to take an official review, when it is or is not worth taking it and how to deliver the necessary information for the officials to make a quick and precise decision. Officials welcome!



YETZT, DIY gadgets to improve NSO work I will do a show and tell of electronic gadgets to help with and improve upon officiating practice. A single stopwatch that acts as cruise control for Jam Timing and is aware of the Gameplay, a video game controller that operates the Scoreboard, a penalty box that times itself — Little electronic devices can support officiating practice a lot. I will explain how they are made and how work, and maybe how to build them yourself.



// MAP LEGEND

INTERCITY HOTEL (WORKSHOPS & SESSIONS)

Am Ostbahnhof 5
10243 Berlin

BWK BILDUNGSWERK IN KREUZBERG: LUNCH (SAT + SUN)

Cuvrystr. 34
10997 Berlin

LUNCH
will be **SPLIT**
in **2 GROUPS**
Black / White

TRAINING HALL: SCRIMMAGE

Wrangelstr. 136
10997 Berlin

EDELWEISS: FRIDAY PARTY

Görlitzer Str. 1–3
Haus 2 • 10999 Berlin

Bus 248 Tamara-Danz-Str.-Station–
Ostbahnhof

Bus 165 or 265 Falckensteinstr.-
Station–Ostbahnhof

Walking Distance -----



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Cooper's Cider ist in Berlin erhältlich in vielen
Getränke Hoffmann und REWE Märkten.

// SUGGESTIONS

FOOD

- › **Baraka** (Arabian Food)
Lausitzer Platz 6
- › **Café V** (Vegetarian-Vegan)
Lausitzer Platz 12
- › **Cassonade** (Belgian Food)
Oranienstr. 199
- › **To Loc** (Vietnamese Food)
Wiener Str. 61
- › **Tiki Heart** (Cocktails & Burger)
Wiener Str. 20
- › **Sunshine Burger**
(Vegetarian-Vegan)
Wiener Str. 19

DRINKS & MUSIC

BARS

- › **Facciola** (Italian Wine & Food)
Forster Str. 5
- › **Cortina Bob**
Wiener Str. 34
- › **Franken Bar**
Oranienstr. 19
- › **Rock'n'Roll Herberge**
Muskauer Str. 11
- › **Tiki Heart** (Cocktails & Burger)
Wiener Str. 20

MUSIC

- › **Bi Nu**
Schlesisches Tor, Im U-Bhf
- › **So36**
Oranienstr. 190
- › **Wild at Heart**
Wiener Str. 21



THE BEAR CITY ROLLER DERBY LEAGUE WOULD LIKE
TO THANK ALL SPEAKERS, HELPERS AND ATTENDEES!

BEARCITYROLLERDERBY.COM

FURTHERMORE, WE WOULD LIKE TO THANK OUR
SPORT CLUB, LURICH 02 E.V., FOR HOSTING THIS
IMPORTANT EVENT FOR EUROPEAN ROLLER DERBY

BCRD WANTS TO SEND OUT A HUGE SPECIAL THANK
YOU TO MARTIN MC FLY AND NINA ROSE FROM SC
LURICH 02 E.V., MASTER BLASTER, QUAD ROLLER SKATE
SHOP, MICHAEL WITTIG FOR THE AWESOME SUPPORT
FROM OUR FIRST DAY ON.

[#2017EROC](https://twitter.com/2017EROC)

