



## The Roller Derby Athlete

By Ellen Parnavelas

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Roller Derby Athlete, Ellen Parnavelas, Roller derby is a unique, fast-paced, female-dominated sport that is taking the world by storm. It originated in the USA in the 1930s but it is the revival that began in 2001 that has inspired this new book. Roller derby has become one of the world's fastest-growing new sports and there are now more than 1000 leagues worldwide - in the USA, Europe, Australia and New Zealand, Latin America and Asia - with new adherents coming to the sport all the time. As the popularity of roller derby has grown, the demand for information about the sport and how to play it has grown too. As leagues become more experienced, and players more advance, tactics and game play have grown in sophistication. There are many online forums and social networking sites devoted to training, tactics, fitness and nutrition, but up till now, no single source which gathered all the information together. This new book is the first to cover roller derby from a practical sports perspective and offer advice on tactics, fitness, training, injury-prevention and nutrition. Chapters include: An introduction to the game, its history...



**READ ONLINE**  
[ 6.94 MB ]

### Reviews

*A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.*

-- **Jarod Bartoletti**

*It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually.*

-- **Hailey Jast Jr.**