

VCDD Info Sheet on Gear and Skates

Gear for Roller Derby includes:

- Skates (See below for details on what kind to get)
- Knee Pads (**VERY** heavy duty for extreme sports)
- Elbow Pads
- Wrist Guards
- Mouth Guard (Boil a pot of water, lower mouth guard into hot water for 30 seconds, take it out, put it in your mouth and fit to your teeth, then put it in cold water to set it). You can get mouth guards at places like Big 5 Sporting Goods and all other gear can be bought online at www.sincityskates.com or from places that sell skateboarding gear, or Play it Again Sports. The best brands for derby are typically Pro Tec, Triple 8, and Bullet Pads.

Skate Info-where to buy skate and what kind to buy

First of all you can get really cheap skates that work great for those just starting out for around \$100-\$200, but if you want to be competitive, a really good skate will cost you at least \$350. (The competitive skate is not necessary at first, so don't feel as if those are the ones to get!)

Best Skate Advice:

- **Low top skate boot** (rather than high top). Reidell is the best for derby
- Aluminum plates (trucks) are better. The cheaper skates will typically come with Nylon trucks
- The **bearings** are pretty important for speed and the general rule is the more you spend on the bearings, the better they are. My favorite bearings being the Bone Swiss. You will want at least an Abec 3 rating (5's, 7's, and 9's also work well).
- The **wheels** should be indoor wheels with a hardness of 92-95 A and preferably made of Polyurethane. I recommend Fugitives, Witch Doctors, Shamans, or Cannibals. Radar Flat Outs work awesome and are available in a variety of colors, as well as Sugar Wheels.

Most places in stores and online will offer you a package for skates which is the best option for beginners. If you want advice on building a more expensive competitive skate email Desdemona (Desdemona.acdg@yahoo.com) for information.

Online sites for Roller Derby Gear

- **Skates.com** - I like this site, it's cheap and quick
- **Sin City Skates**-(<http://www.sincityskates.com>) this is the best place to get roller derby skates and equipment
- **www.conniesskateplace.com**- you can build your own skate on this site which I really like!
- **www.lowpriceskates.com**-not a big fan of these guys but they do offer really cheap prices
- Check out EBay and Amazon.com for good deals on used skates
- **Viaderby.com**-store is located in Long Beach, Ca

In Store Purchases

Play it Again Sports- always check here first for the best deals, but call ahead to see if they have skates or gear 805-644-4948 (Ventura store)

Northridge Skateland-www.skateland.net

Carrera Speed Package (\$144.00)

Riedell Cambrelle lined shoe with a Probe plate, adjustable speed toe stop, 62mm speed wheels & 5/16 Abec 1 bearings

Adult full sizes Men 1-13, women 1-10. Boot color: Black (men's), White (women's)

Wheel color choice: black, blue Green, Yellow or Red

Skating Plus- 1720 Mesa Verde Ave. Ventura, Ca. 93003, 805-656-2121

www.skatingplus.com (better to order online, cheaper than Pro Shop)

Get Reidell Skates with indoor grippy wheels

LA Skate Co- 2420 Hyperion Ave, not far from Tracy St. in Los Angeles

[Http://www.laskate.com/](http://www.laskate.com/)-LA Skate Co

Get the speed skate, low top Boxer; tell Dave (the owner) you need them for Roller Derby

Roller Skates of America Inc- 16726 Hawthorne Blvd, Lawndale, Ca 310-371-0770

For help with equipment or any other questions, please email me at TeshaStone@yahoo.com