

# DERBY SUCCESS SCORE CHECKLIST

Roller Derby Success is built on a base of your habits as a skater. The better habits you have, the better your chance to succeed. The Derby Success Quiz was designed to test your derby habits in 5 areas. Use this chart to track each of these areas while participating in the Derby Success E-Course.

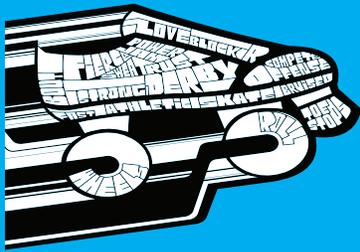
## YOUR BODY

WEEK1    WEEK2    WEEK3    WEEK4    WEEK5

How many hours did you attend roller derby practice this week?					
On top of your regular derby practice, how many additional hours a week did spend on your skates this week?					
How many nights did you get a full 8 hours rest this week?					
How many days this week did you drink the recommended 8 cups of water?					
How many days a week did you cross train to increase your endurance and strength this week?					
How many days did you visit an athletic therapist, masseuse, chiropractor or physiotherapist this week?					
How often did you use a foam roller, lacrosse ball and/or tiger tail this week?					
How often did you stretch and cool down after practice this week?					
How often did you stretch and cool down after a GAME this week?					
How well did you feed yourself this week?					

THE DERBY SUCCESS SCORE E-COURSE IS POWERED BY

# HYBOUTBOOK



# DERBY SUCCESS SCORE CHECKLIST

Roller Derby Success is built on a base of your habits as a skater. The better habits you have, the better your chance to succeed. The Derby Success Quiz was designed to test your derby habits in 5 areas. Use this chart to track each of these areas while participating in the Derby Success E-Course.

## YOUR GAME

WEEK1    WEEK2    WEEK3    WEEK4    WEEK5

How often did you watch roller derby this week?

How often did you review your team's game footage?

Did you attend any boot camps or other derby skills learning opportunities?

How often did you practice improving communicating on the track and helping direct your lineup this week?

How did you improve your knowledge of the current rules set this week?

What did you do to improve your track awareness this week?

Did you compare your team data from Flat Track Stats?

Did you check your Rankings or use the Flat Track Stats Bout Predictor this week?

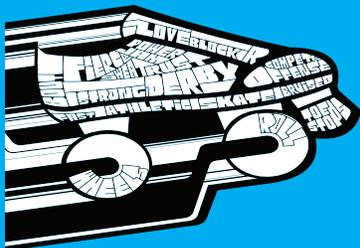
## YOUR GEAR

What part of your derby gear did you clean or care for this week?

What skate maintenance did you do this week?

THE DERBY SUCCESS SCORE E-COURSE IS POWERED BY





# DERBY SUCCESS SCORE CHECKLIST

Roller Derby Success is built on a base of your habits as a skater. The better habits you have, the better your chance to succeed. The Derby Success Quiz was designed to test your derby habits in 5 areas. Use this chart to track each of these areas while participating in the Derby Success E-Course.

## YOUR MIND

WEEK1    WEEK2    WEEK3    WEEK4    WEEK5

How often did you set personal goals for practice this week?

How often did you set personal goals when preparing to bout this week?

How often did you ask for feedback from another skater when working on perfecting a drill or skill?

How often did you write or journal about your roller derby bouts or practices?

How often did you use positive self talk, cue words or mantras in your roller derby training ?

How often did you use visualization to practice your derby skills and/or strategy?

Did you work on improving your knowledge of roller derby strategy this week?

## YOUR TEAM

What percentage of your team practices did you attend this week?

How often did you volunteer for your team this week?

THE DERBY SUCCESS SCORE E-COURSE IS POWERED BY

