

What you need to skate with the London Roller Girls



SKATES:

Most of the LRG skaters wear Riedell skates that have been made to measure and ordered from the USA. However, we have a few tips for your starter pair.

- Get ankle cut quads like Cobras. Another option is the running shoe type of skate, as to skate derby you need to have some ankle movement and flexibility. Do not get figure skates (those are the tall white ones), or any tall hockey looking ones that are hard plastic.
- The best selection of suitable starter skates can be found Club Blue Room 12-14 Edgware Road (right near Marble Arch), London W2 2EN Tel: 020 7724 4884.

PADS:

- Wrist guards knee pads and elbow pads are essential.
- Look for aggressive skate pads (Anarchy are the best brand available in store locally because they are padded and you want thick pads for your knees). These will do as starter pads, but you'll want to upgrade once you're more proficient on skates as they won't be enough to offer the best protection.
- Thin pads that consist mainly of a plastic shell and velcro straps (without padding under the shell around your knee) will not offer enough protection
- Wrist guards will need full palm to wrist protection

A good web site for protective gear is Streetlife skates. They have anarchy pads, but if you're buying online, you might want to go straight for Protec, Rector's, 187's, TSG's or Smiths Scabs (there are other brands available – these are just the most popular)

HELMET:

- You need a helmet that fits you snug. You can find those at Slick Willies 12 Gloucester Road, Kensington London SW7 4RB, 0207 225 0004. You can also get a kit of pads from Slick Willies. Helmets are around 25 -30 Pounds.
- Any skate helmet will do as long as there is a chin strap and protection around the back of the head (helmet will visibly look lower at the back)
- California Pro/Protec/Nutcase are all good designs

CRASH PADS: Optional for tailbone and/or hip bone protection. Come in hotpants and bicycle short style with padding.

MOUTHGUARDS:

- Can be bought at most Sports stores, for as cheap as 99p and Martial arts supply shops.
- Boil and Bite ones are best, so it will mould to your own mouth shape (you may have to boil several times to get the mold snug.)
- Shock Doctor brand offers a bit more protection and can also come with a handy chin strap attachment for your helmet.

Fantastic advice about protection and skates can be found at www.sincityskates.com (they also sell rookie kits), or contact Fast Girl Skates www.fastgirlskates.com. Both stores are run by Rollergirls, can supply everything you need, and are happy to talk to you about the best options available for you.