



## Announcing BRAT LAB!

We are incredibly excited to announce a brand new skating opportunity: **Seattle Derby Brats' BRAT LAB!**

BRAT LAB is a one-hour skating session open to all girls ages 8-18 who are interested in learning the basics of roller derby. No skating experience is necessary, though skaters should be able to skate upright without having to hold onto another person. Coaches are on site and will teach novice skaters important roller skating skills like crossovers, how to stop safely, and of course, the rules of the game. Our goal is to provide girls with a fun and supportive environment to develop their derby skills. If girls attend these sessions on a regular basis, they will be in a great position to join the league during tryouts.

### **WHEN & WHERE:**

All Sessions are Friday evenings from 5:00 – 6:00 pm

Our next sessions will be:

- **Friday, October 16<sup>th</sup>**
- **Friday, October 30<sup>th</sup>**
- **Friday, November 13<sup>th</sup>**
- **Friday, December 11<sup>th</sup>**
- **Friday, January 8<sup>th</sup>**
- **Friday, January 22<sup>nd</sup>**

All Brat Lab sessions will be held at the Rat's Nest – 19022 Aurora Ave N, in Shoreline.

### **WHAT SKATERS NEED TO BRING:**

All skaters DO need to come with all of their own roller derby equipment

- Quad skates
- Helmet
- Knee pads, elbow pads, wrist guards
- Mouth guard

We are asking all skaters to bring a \$10 donation per session to help us cover the costs of renting the facility. The coaches will be accepting the donations. Scholarships are available.

Have questions? Email [development@seattlederbybrats.com](mailto:development@seattlederbybrats.com)

Want to learn more about Seattle Derby Brats? Check us out online at [www.seattlederbybrats.com](http://www.seattlederbybrats.com)