



GAME



TRIPS



PENALTIES



LINES



REVIEW



POINTS



STATS



KUDOS



NOTES



TRACK



CREATED BY CHERRI BLASTER AND TNT.

[READ MORE ABOUT THE BENCH COACH COMPANION HERE](#)

*Simplify note-taking for active
decision-making during coaching!*

For full interactive functionality, open in the free **Adobe Acrobat Reader** app

[DOWNLOAD Apple iPad: Adobe Acrobat on the App Store.](#)

[DOWNLOAD Android tablets: Adobe Acrobat on Google Play.](#)

DATE

OPPONENT DETAILS

HEAD COACH

ASSISTANT CAPTAIN
(IF DIFFERENT FROM ABOVE)

CAPTAIN

ADDITIONAL STAFF

ADDITIONAL STAFF

OFFICIAL DETAILS

HEAD REFEREE

HEAD NSO

DON'T FORGET

PRE-GAME, BENCH SWITCH
OR POST GAME

- ☐ HELMET COVERS
- ☐ MARKERS
- ☐ TAPE
- ☐ TOOLS
- ☐ OFF. WRISTBANDS
- ☐ WATER BOTTLE

TEAM AND COACH GOALS



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TRIP TRACKER

DARK JERSEY

JAM		LEAD	PASS
1	☐	☐	☐
2	☐	☐	☐
3	☐	☐	☐
4	☐	☐	☐
5	☐	☐	☐
6	☐	☐	☐
7	☐	☐	☐
8	☐	☐	☐
9	☐	☐	☐
10	☐	☐	☐
11	☐	☐	☐
12	☐	☐	☐
13	☐	☐	☐
14	☐	☐	☐
15	☐	☐	☐
16	☐	☐	☐
17	☐	☐	☐
18	☐	☐	☐
19	☐	☐	☐
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21	☐	☐	☐
22	☐	☐	☐
23	☐	☐	☐
24	☐	☐	☐
28	☐	☐	☐
25	☐	☐	☐
26	☐	☐	☐
27	☐	☐	☐
28	☐	☐	☐

LIGHT JERSEY

JAM		LEAD	PASS
1	☐	☐	☐
2	☐	☐	☐
3	☐	☐	☐
4	☐	☐	☐
5	☐	☐	☐
6	☐	☐	☐
7	☐	☐	☐
8	☐	☐	☐
9	☐	☐	☐
10	☐	☐	☐
11	☐	☐	☐
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22	☐	☐	☐
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24	☐	☐	☐
28	☐	☐	☐
25	☐	☐	☐
26	☐	☐	☐
27	☐	☐	☐
28	☐	☐	☐

[illegible]



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AVAILABLE JAMMERS:

AVAILABLE PIVOTS:

LINES:

JAMMER ROTATION:

POWER LINE:



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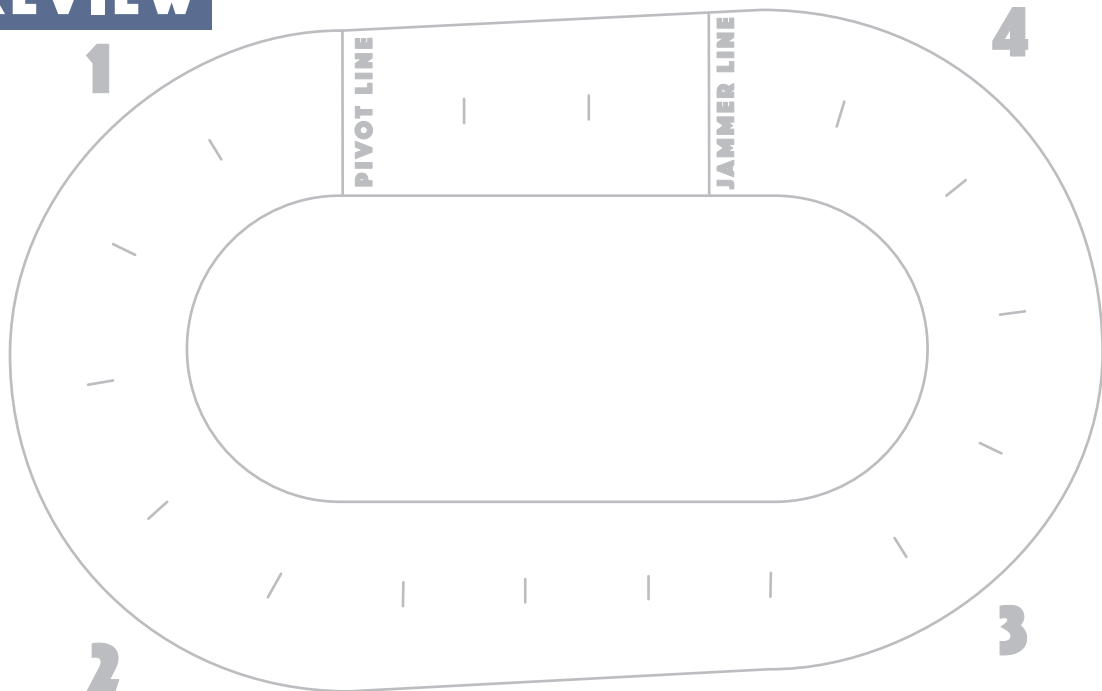


NOTES



TRACK

REVIEW



REVIEW REQUEST: _____

INVOLVED SKATERS: _____
(TEAM, NUMBER, POSITION) (TEAM, NUMBER, POSITION)

(TEAM, NUMBER, POSITION) (TEAM, NUMBER, POSITION) (TEAM, NUMBER, POSITION)

INVOLVED OFFICIALS:

☐ HR ☐ IPR ☐ JR ☐ f-OPR ☐ m-OPR ☐ r-OPR ☐ JT ☐ PLT ☐ PBM ☐ PBT ☐ SK ☐ SBO

TRIP: _____ S C O R I N G _____

☐ INITIAL ☐ FIRST ☐ SECOND ☐ THIRD ☐ FOURTH ☐ FIFTH ☐ SIXTH ☐ AFTER WHISTLE

DETAILS:

☐ LOST
☐ RETAINED



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TRACK

POINTS

POINTS OBSERVED ☐ INIT ☐ 1ST ☐ 2ND ☐ 3RD ☐ 4TH ☐ 5TH	DESCRIBE THE POINTS DISCREPANCY IDENTIFY TEAM/PLAYER(S) WHERE POSSIBLE. (EG: Points awarded on initial, missed penalty box points)
POINTS TRACKED	

POINTS OBSERVED ☐ INIT ☐ 1ST ☐ 2ND ☐ 3RD ☐ 4TH ☐ 5TH	DESCRIBE THE POINTS DISCREPANCY IDENTIFY TEAM/PLAYER(S) WHERE POSSIBLE. (EG: Points awarded on initial, missed penalty box points)
POINTS TRACKED	

POINTS OBSERVED ☐ INIT ☐ 1ST ☐ 2ND ☐ 3RD ☐ 4TH ☐ 5TH	DESCRIBE THE POINTS DISCREPANCY IDENTIFY TEAM/PLAYER(S) WHERE POSSIBLE. (EG: Points awarded on initial, missed penalty box points)
POINTS TRACKED	



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TRACK

STATS

# _____	# _____	# _____
# _____	# _____	# _____
# _____	# _____	# _____
# _____	# _____	# _____
# _____	# _____	# _____



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KUDOS

TEAM/NUMBER	WHAT STOOD OUT?
☐ FIRST HALF ☐ SECOND HALF JAM NUMBER	

TEAM/NUMBER	WHAT STOOD OUT?
☐ FIRST HALF ☐ SECOND HALF JAM NUMBER	

TEAM/NUMBER	WHAT STOOD OUT?
☐ FIRST HALF ☐ SECOND HALF JAM NUMBER	



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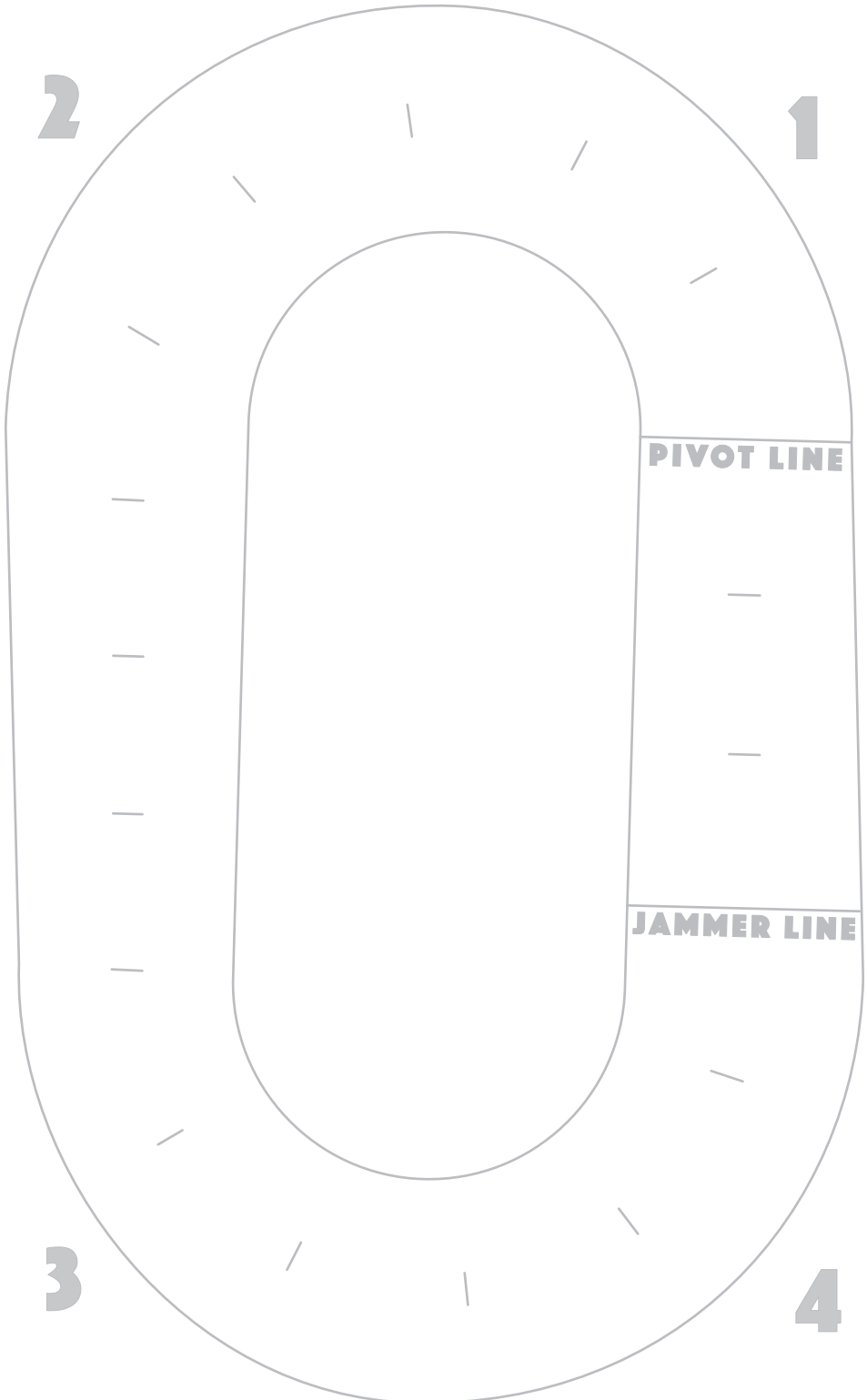
NOTES



TRACK

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Visit **NURDS: the New Ultimate Roller Derby Simulator** (<https://nurds.space/>)
for an interactive diagram by Fabien Tricoire, from Vienna Roller Derby, Austria.
OPENS IN NEW BROWSER WINDOW





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WELCOME!

Bench coaching means a hundred things happening at once! These forms exist so you don't have to hold it all in your head.

Tap it, draw on it, make it yours!

We're so glad it found its way to you!

THE FORMS

GAME:



Names of opponents, officials, goals, and general reminders (because one hates forgetting their water bottle).

TRIP TRACKER:



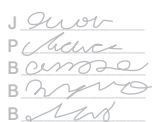
Tick boxes for jammer trips, lead and helmet cover passes.

PENALTY TRACK:



Tick boxes for skater penalties.

LINES:



Flexible sections to plan various lineup configurations.

REVIEW:



Sometimes another bench coach sees an official review opportunity but it's difficult for them to relay the details in time for the A or C to issue the challenge. This records the information for the A or C to present to officials.

IDEAS FOR USING BCC:

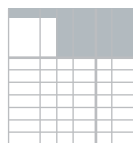
- Take what you can use, leave what you can't!
- Use only your favourite pages!
- Don't feel pressure to fill out the full book each game. Use the categories and sections that make the most sense for your bench's flow!

POINTS:



Did a ref accidentally give points on initial? Jot a reminder here so you remember to approach the middle to confirm points.

STATS:



Enter in your team/opponent's numbers and record whatever you like. Need to document a "sit for three"? Track time? The number of times someone loses their toe stop? This section is for you!

KUDOS:



Do you panic in the last 2 minutes of a game trying to pick your MVPs? Use this section to record when you witness magical moves that deserve consideration! Also great for documenting player goals and post-game shout-outs.

NOTES:



General notes area to use freehand tools or type.

TRACK:



Blank track diagram. Use Acrobat's freehand drawing tools to sketch over diagram.



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ABOUT BENCH COACH COMPANION

What started as a “You know what would be handy?” conversation driving home after a game has evolved into the Bench Coach Companion (BCC) notebook!

Hi! I'm Cherri Blaster, along with TNT, and we're the creators!

The initial reason for developing this tool was for fast communication of official reviews. TNT is our line coach for the junior team during games, but they also have an eagle-eye for official review opportunities.

They often come to me during jams and rattle off a “You should official review the ‘...’” but my cognitive function is often at full capacity to be able to remember all the details.

The “You know what be handy?” chat birthed the “Official Review Form.” Another few brainstorm and suggestions from the fine folks in the “Derby Hell” Facebook group evolved into the final version available today!

The purpose of the Bench Coach Companion is to simplify note-taking for active decision-making during coaching. It contains structured forms to quickly capture a variety of game-related details.

ABOUT THE CREATORS

Cherri Blaster is a founding member of the Lethbridge Roller Derby Guild (2010) and its current head coach (2025). Over the years she's also been a player, board member, committee head, referee, NSO, skating coach, and assistant coach.

Outside derby, she runs Roller Skate Lethbridge which includes discos with skate loan, club activities, instruction, plus skating and gear tutorials on YouTube and Instagram.

Civilian Cherri works in marketing, graphic design, and communications.

TNT started playing roller derby at 8 years of age in 2012 and is an originating player of the Lethbridge Roller Derby Guild junior program. They are a 2020 Junior Team Canada member (boo COVID). Today, they skate in the league's adult program and has been a league junior coach since June 2021.

Civilian TNT is a CIT graduate who enjoys things and stuff.



TNT AND CHERRI BLASTER

Yes, this tool is free!

Helping bench coaches improve through game note taking is payment enough! We're not here to gatekeep or make a big profit. Feel free to recreate this idea using your own tools and adapt it for your league. However, I'd give you a side-eye if you took the idea and resold for profit.

Want to say thanks anyway?

Make your first choice a donation of money or time to your nation's Junior Team who are preparing for the 2027 World Cup or your local junior roller derby program.

If you have a little left after donating, you can send a gift through paypal.me/CherriBlaster

ACKNOWLEDGEMENTS

Thank you to everyone who reviewed prototypes, tested forms and gave feedback for improvements. Special shoutout to Derby Hellions who were a big factor in this project's evolution.



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