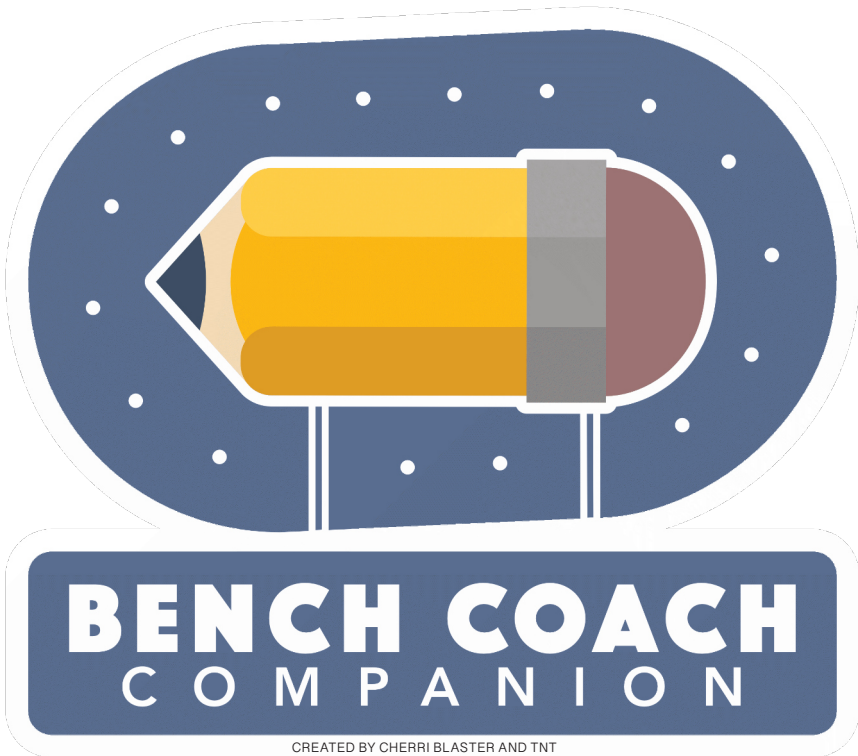
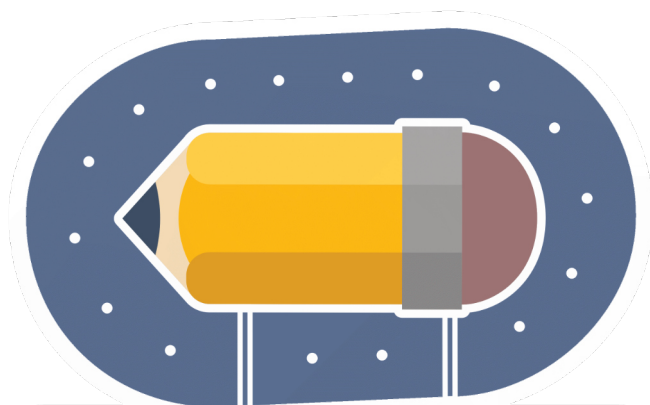




*Simplify note-taking for active
decision-making during coaching!*

INSTRUCTIONS



BENCH COACH COMPANION

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WELCOME!

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

Print it, laminate it, make it yours!

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

IDEAS FOR USING BCC:

- Take what you can use, leave what you can't!
- Print only your favourite pages in the format of your choice!
- 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!

THE FORMS

QUICK REFERENCE:

Names of opponents, officials, goals, tick boxes for jammer trips and penalties, and general reminders (because one hates forgetting their water bottle).

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.

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.

TRACK & NOTES:

Blank track diagram with notes area.

Bench Coach Companion BINDER.pdf:

Double-sided tabbed format that fits a binder for 5.5x8.5 sheets of paper. If you don't like the tabs you can trim them off.

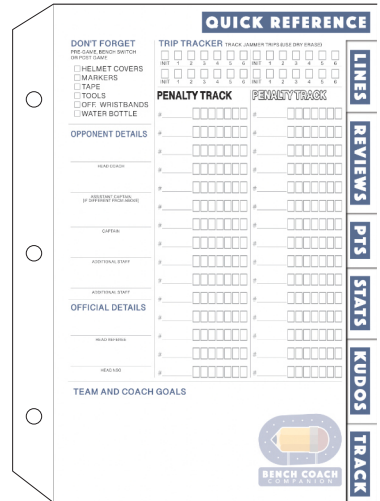
B/W and colour versions available

Print size: 11" x 8.5"

Design margin*: 1/8"

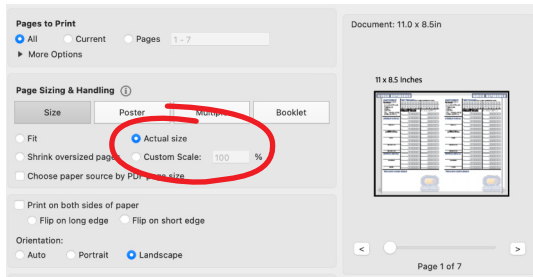
Suggested binder size: Most binders that fit A5 or 5.5x8.5 sheets of paper will work! My binder is 7.25" x 9.25" with a 1/2 inch spine.

(I purchased this binder: <https://www.amazon.ca/dp/B0063C5NOW>)

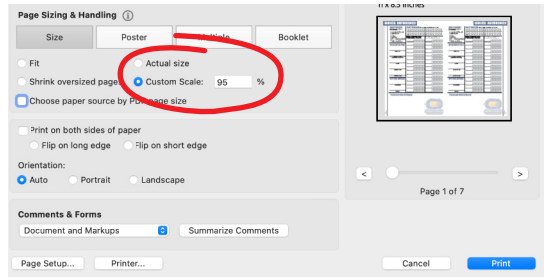


To Print Bench Coach Companion BINDER.pdf:

- Print single-sided on 11" x 8.5" sheets (landscape)
 - Paper will be folded into a finished size of 5.5" x 8.5"
- Ensure scaling is set to 100% or "Actual Size." If content is getting cut off, adjust your printer's scale percentage until all content is showing on the page.
- *This design includes an 1/8" margin on all sides..

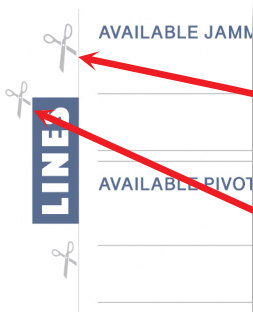


SETTINGS EXAMPLE IF YOUR PRINTER CAN PRINT 1/8" AWAY FROM THE PAGE EDGE.



SETTINGS EXAMPLE FOR CUT-OFF PAGE ELEMENTS. TRY BETWEEN 95-98% TO FIT DESIGN ON PAGE.

To Trim and Fold Bench Coach Companion BINDER.pdf:

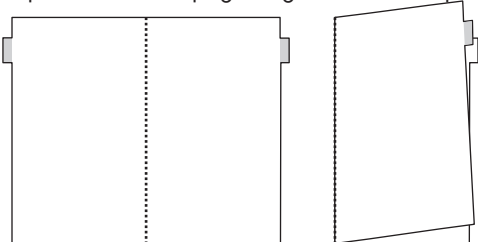


STEP ONE:

Trim on grey line as indicated by the scissors and around each page tab.

STEP TWO:

Fold in half, print side out, lining up the tabs and page edges as best as possible.



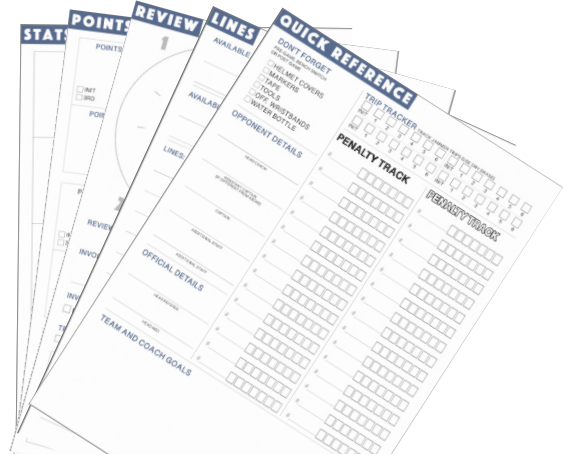
Bench Coach Companion A5 CLIPBOARD.pdf:

Single-sheet loose format for A5 clipboard or to clip onto outside of binder.

B/W and colour versions available

Print size:** 6.2" x 8.75"

Document will be printed on standard 8.5" x 11" paper. Page should look like it's "floating" on the print preview. Document has trim lines to show page edge.

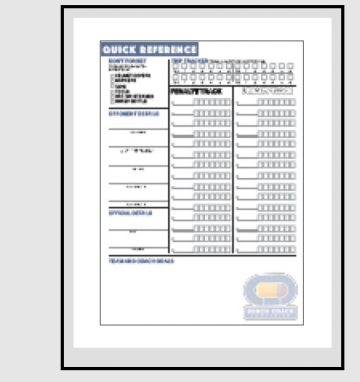
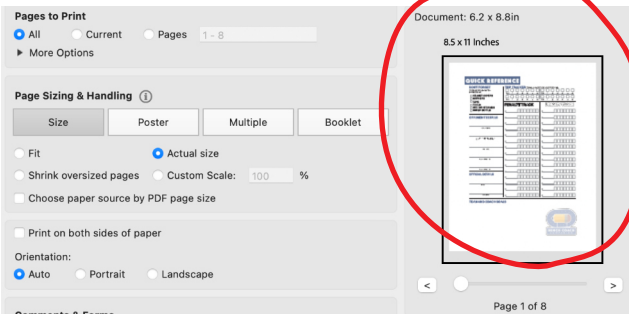


To Print Bench Coach Companion A5 CLIPBOARD.pdf:

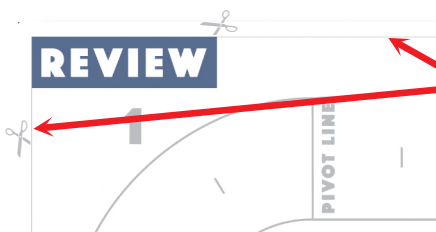
- Print single-sided on 8.5" x 11" sheets (portrait)
- Ensure scaling is set to 100% or "Actual Size."
- **Document should "float" on 8.5" x 11" page

Document: 6.2 x 8.8in

8.5 x 11 Inches



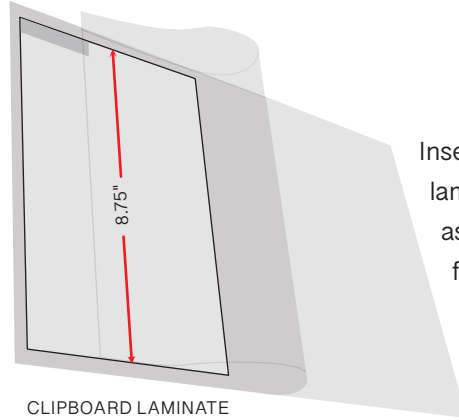
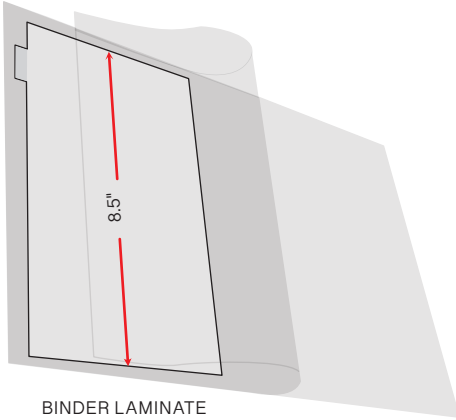
To Trim Bench Coach Companion A5 CLIPBOARD.pdf:



Trim on grey line
around page boundary.
Finished size should be
approximately 6.2" x 8.75"

Use standard 9" x 11" laminate sheets in your desired thickness. (I used 3 mm)

Insert Paper into Laminate Sleeve

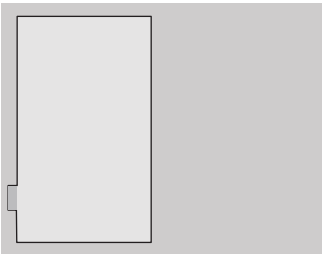


Insert pages into laminate sleeve as shown and follow your brand's instructions to laminate.

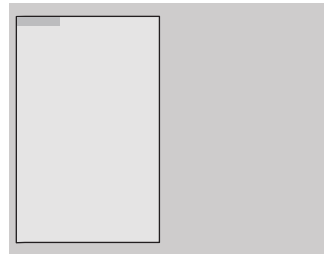
Trim Laminate

Determine final page size according to binder/clipboard parameters and trim accordingly. If your binder has a lever that controls the rings, a small angle cut is required for page clearance. Punch ring holes as required. Be careful to not break the seal of the laminate when trimming.

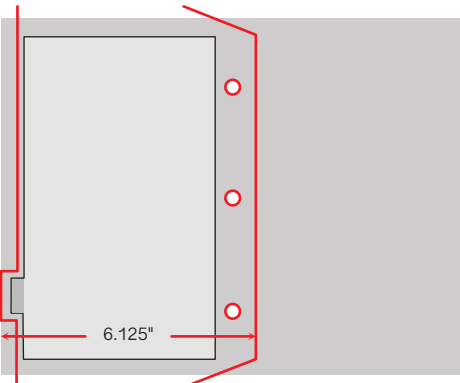
BINDER LAMINATE



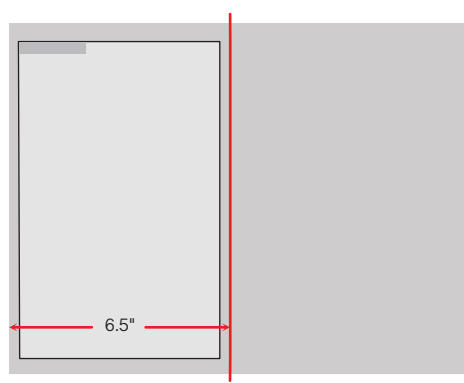
CLIPBOARD LAMINATE



SUGGESTED LAMINATE TRIM



BINDER FINAL WIDTH: approx 6-1/8" wide.
Trim for best width to accommodate binder width while including tabs and space for ring holes.



CLIPBOARD FINAL WIDTH: approx 6.5" wide.
Trim width for best clipboard or binder fit.

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 brainstorming 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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