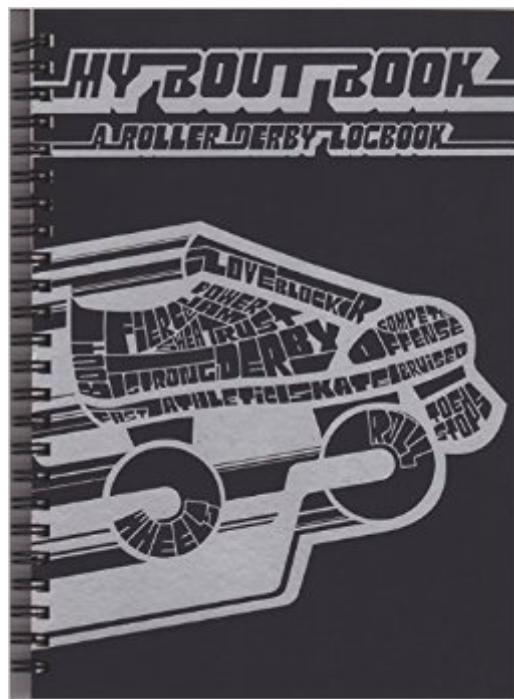


The book was found

My BoutBook: A Roller Derby Logbook



Synopsis

My BoutBook is the first and only roller derby logbook designed specifically for flat track roller derby. This book is the roller derby solution to tracking all the amazing things that happen on and off the track by helping skaters record, remember and reflect. My BoutBook is infused with the quintessential derby flavour that is unique, creative and expressive and includes cool additions like a mini flipbook, inspirational quotes and a plastic cover to protect it in skater's gear bags. The bout log pages in the front of My BoutBook help skaters track team and personal goals & game stats and bout notes. The lined pages in the back half of the book are designed for bootcamp notes, fitness plans, top secret strategies and more. Many sports utilize logbooks like scuba diving, sky diving and more - now roller derby has one. Learn more at www.myboutbook.com. "I wish I had one of these 10 years ago, so I could remember what happened, ha ha!" - Trish the Dish, Sin City Skates

Book Information

Spiral-bound: 144 pages

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Product Dimensions: 6.3 x 0.5 x 8.5 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #156,344 in Books (See Top 100 in Books) #2 in Books > Sports & Outdoors > Individual Sports > Rollerskating & Rollerblading

Customer Reviews

This is such a cool idea! I got it as a gift from a teammate. She says that I am too hard on myself and that I should focus on things that I am proud of and goals that I have met instead of being mad at myself when I feel that I didn't play as well as I could have. The front half has areas where you can record the details about your bout, such as the opponent; scoring details and statistics; a place to record venue description and which equipment was used; penalties; list of teammates, opponents, and officials; and goals and reflections about each game. The second half consists of lined pages where you can write whatever (strategies, plays, etc). I'm using mine to track my goals and progress. I am LOVING it! It's going on my wishlist so that I can order another one when I've filled this one out.

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