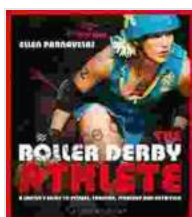
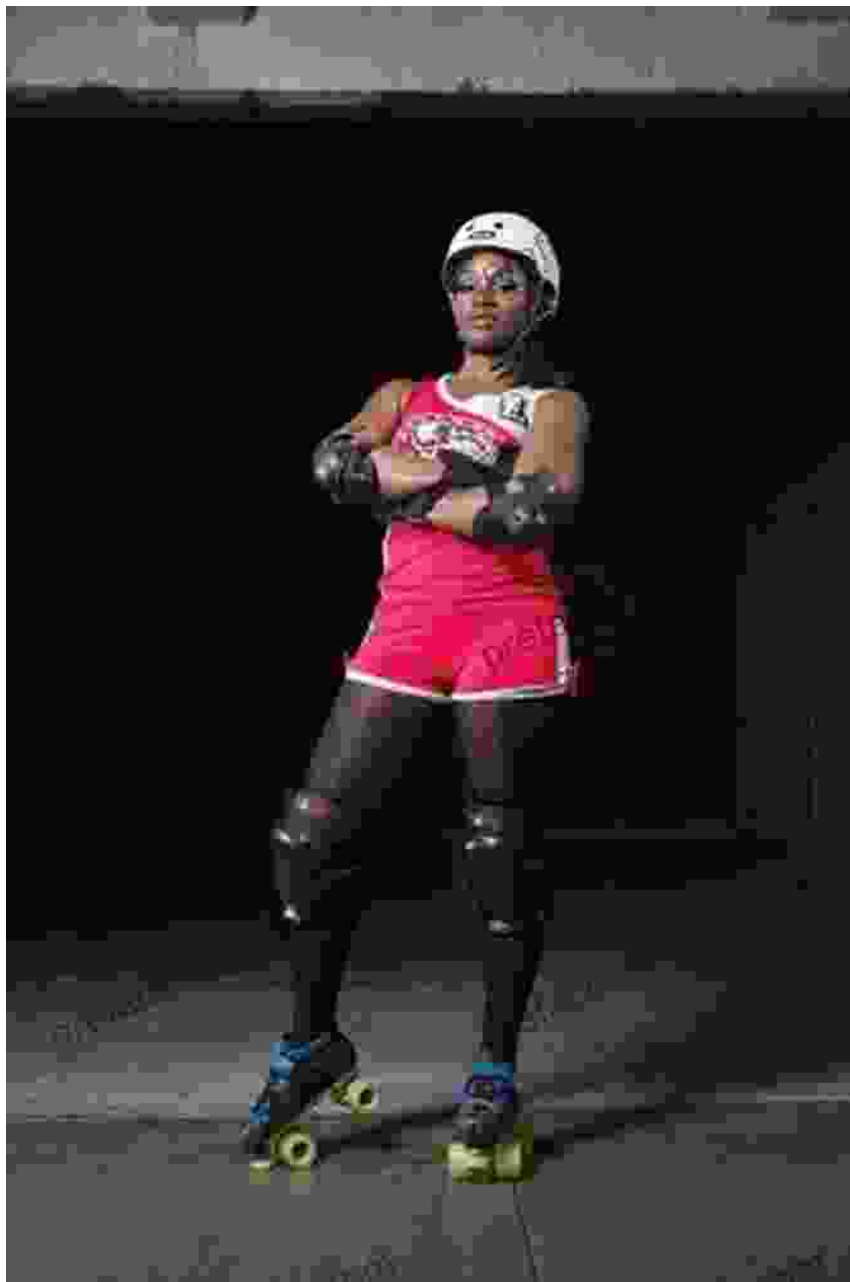


# Meet Ellen Parnavelas: The Roller Derby Athlete Who's Redefining the Sport



## The Roller Derby Athlete by Ellen Parnavelas

★★★★☆ 4.4 out of 5

Language : English

File size : 25929 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 161 pages  
Screen Reader : Supported



Ellen Parnavelas is a force to be reckoned with on the roller derby track. As a member of the Melbourne Roller Derby League, she has made a name for herself as a fierce competitor and a skilled skater. But beyond her athletic prowess, Parnavelas is also a vocal advocate for women's sports and a role model for young athletes everywhere.

Parnavelas' journey to roller derby began in 2010, when she was looking for a new way to get fit. She had always been a fan of sports, but she had never found an activity that she truly enjoyed. When she discovered roller derby, she was immediately hooked by the fast-paced action, the camaraderie among the players, and the opportunity to challenge herself both physically and mentally.

Parnavelas quickly rose through the ranks of the Melbourne Roller Derby League, and within a few years, she was one of the team's top skaters. She has represented Australia in international competitions, and she has won numerous awards for her skills on the track.

But Parnavelas' impact on roller derby extends far beyond her own athletic accomplishments. She is a passionate advocate for women's sports, and she uses her platform to speak out against sexism and discrimination in the sports world. She is also a role model for young athletes, and she regularly

visits schools and community centers to talk about the importance of sports and physical activity.

In 2020, Parnavelas published her memoir, "The Roller Derby Athlete: A Memoir of Triumph and Transformation." In the book, she shares her personal story of triumph and adversity, and she offers insights into the challenges and rewards of being a female athlete.

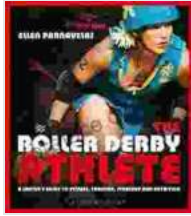
Parnavelas' memoir is a must-read for anyone who is interested in women's sports, roller derby, or personal transformation. It is a story of courage, resilience, and triumph, and it is sure to inspire readers to chase their own dreams.

### **Here are some highlights from Parnavelas' memoir:**

- She was diagnosed with a rare blood disorder at the age of 15, which threatened her life and forced her to give up her other sports.
- She discovered roller derby while she was recovering from her illness, and it helped her to regain her strength and confidence.
- She has faced sexism and discrimination in the sports world, but she has never let it stop her from pursuing her dreams.
- She is a role model for young athletes, and she uses her platform to speak out against sexism and discrimination.
- She is a passionate advocate for women's sports, and she believes that all girls should have the opportunity to play sports.

**Parnavelas' story is an inspiration to us all. She is a reminder that anything is possible if we believe in ourselves and never give up on**

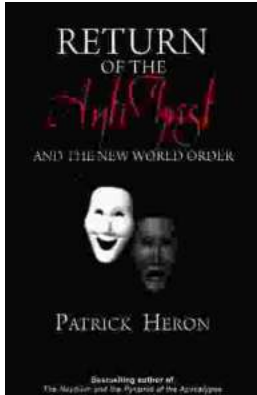
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