

SUMMER JOGGLING!

This summer JUGHEADS and the EYJA are sponsoring two joggling events:
JUGHEADS Joggling Thursdays and the EYJA Joggling Championships.*

What is Joggling?

As its name suggests, joggling combines juggling and jogging/running. Though it may seem intimidating to novice jugglers and latent runners alike, joggling is suitable for anyone who has mastered the basic three ball cascade. Many joggling events (e.g., the 100 meter 3 ball joggle) can be practiced by jugglers of all abilities and fitness levels.

JUGHEADS Joggling Thursdays

Every Thursday, June 16-July 7

Summer camp punchcard Jugheads have the opportunity to join us for joggling every Thursday during our summer season. Weather permitting, we will leave Wooddale Church at 2 p.m., and walk to the Edina Community Center Track together. Once there, each kid is free to joggle as much or as little as he or she wants. We recommend that kids bring running shoes and a water bottle. (Sunglasses also come in handy).

The EYJA Joggling Championships

Saturday July 16, 9:00 a.m. to 12:30 p.m.

The Edina Youth Juggling Foundation is sponsoring Edina's first joggling meet on July 16th at the Edina Community Center track. Everyone, regardless of ability level, is invited to participate: the event is free and no preregistration is required. Kids may begin signing up for specific events at Jugheads a week before the meet, and may continue adding/subtracting events until ten minutes before that event is set to start (see chart below.). The track will open at 8:00 a.m. for warming up. Kids should bring running shoes, water, and sunscreen. (Sunglasses and high-carb, low-fat snacks are recommended).

9:00	Open Boys 5 Ball 100m**
9:15	Open Girls 5 Ball 100m
9:30	Junior Boys 3 Ball 100m
9:45	Junior Girls 3 Ball 100m
10:00	Open Boys 3 Ball 100m
10:05	Open Girls 3 Ball 100m
10:10	Open Boys 3 Ball 800m
10:20	Open Girls 3 Ball 800m
10:30	Open Boys 3 Ball 400m
10:40	Open Girls 3 Ball 400m
10:50	Open Boys 3 Ball 1600m
11:00	Open Girls 3 Ball 1600m
11:10	Junior Boys 3 Ball 200m
11:20	Junior Girls 3 Ball 200m
11:30	Open Boys 3 Ball 200m
11:45	Open Girls 3 Ball 200m
12:00	Open Boys 3 Ball 4x100m Relay
12:05	Open Girls 3 Ball 4x100m Relay
12:10	Open Boys 3 Ball 4x400m Relay
12:20	Open Girls 3 Ball 4x400m Relay



* Please contact Coach Billy Watson with any questions (email: fwatson@stthomas.edu)

** "Junior"= 13 and under only; "Open"= open to all participants (however, no one may compete in both junior and open divisions of the same event)