



## **Rec. Club Membership Standards (Year-End)**

Effective September 2012

*Goal: Achieve these by the end of your first Jughead year.*

### **TECHNICAL JUGGLING STANDARDS**

1. 100 Right Hand Throws (RHT) with 3 balls
2. 2 tricks with 3 balls (recommended: right hand half shower, left hand half shower, tennis, and/or reverse cascade)
3. 10 with 6-ball passing (counting passes from one person)
4. 10 with 4 balls (count every right or left hand throw)
5. 30 RHT with 3 rings
6. 10 RHT with 3 clubs
7. Master one balance-oriented endurance prop (choose one):
  - 10 minutes with globe
  - 10 minutes with any balance board
  - 10 minutes (or one mile) on unicycle
  - 10 minutes on stilts
8. 10 consecutive (in a row) perfect sets of 10 RHT (just like warm-ups)
9. 10 seconds (:10) with Club Balance (chin, nose, or forehead).

Paul Arneberg, JUGHEADS Director  
Fall 2012