

JUGHEADS

2015 Ultimate Club Membership Standards

*A standard may be negotiated with the director/coach if some unique (unofficial) standard is achieved.
The principle for these standards is that Ultimate Club members need to continually shoot for high goals in order to have the privilege and responsibility of being in the "varsity" level JH Club and to continue our tradition of excellence.*

EXPERIENCE/COMMITMENT STANDARDS

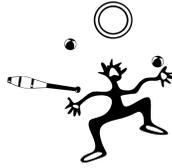
1. One year of experience in a JUGHEADS Elite or Advanced Club (minimum two years of total JUGHEADS experience)
2. 9th-12th grade
 - Provisional Members will be included whenever possible based on roster space, team chemistry, and work ethic.
3. Register for and attend Elite Club (or Advanced with permission) during the duration of U.C. membership. Student leader days do not count toward this "2nd Day" standard. Try to make up absences (ask permission for make-ups on camp days).

TECHNICAL JUGGLING STANDARDS (bold standards are those NOT subject to increase)

4. **200 catches with 5 balls**
5. 5 tricks with 5 balls
6. 50 passes each with 8 ball passing*
7. 18 catches with 6 balls
8. **14 catches with 7 balls**
9. **100 dominant hand throws (DHT) with 4 rings**
10. 50 with 8 ring passing*
11. **100 with 5 rings** [Trick Bonuses: pulldowns, on-off the head, pancakes, flat reverse]
12. **12 catches with 6 rings**
13. 20 categories of 3-club tricks (Compulsory: scissors catches, behind-the-back catches; chin balance stalls; wraparounds).
14. Five consecutive perfect sets of 20 RHT with 3 club constant doubles (singles' speed, just like in warm-ups)
15. 100 RHT with 3 club constant doubles (singles' speed with a left-hand catch, just like in warm-ups)
16. 10 tricks with 6 club passing (Compulsory: dropback giveaways; front-to-back.)
17. 50 with 6 club ultimate passing* (25 each hand, synchronous or asynchronous)
18. **100 with 7 club passing*** [Bonuses: 100 w/ 7 club single flips; 10 w/7 club ultimates.]
19. 50 with 6 club back-to-back passing* [Bonus: 10 w/ 7 club back-to-back passing.]
20. 50 with 8 club passing* [Bonuses: 30 w/ 8 club singles; 10 w/8 club back-to-back]
21. Bonus: Qualify 9 club passing 9 or more throws from one hand with no drops—at least 36 total catches)
22. **100 DHT with 4 clubs** (Fountain, double-singles or triple-singles)
23. 5 tricks with 4 clubs
24. 20 catches with 5 clubs (Drill 3-c./4-c. tricks & pyramid) [2nd Year Ultimates are expected to increase to 50 catches.]
25. Five minutes (5:00) with club balance (chin, nose, forehead)
26. Break an all-time JUGHEADS endurance or speed record (solo or team)
 - Hint: Make up a new record! Some all-time records may stand for years, but other records have yet to be invented!
27. Mastery of at least three auxiliary props. (See Super Ultimate Standards for [42](#) Auxiliary Prop ideas.) Mastery means "public performance worthy"—e.g., 10 minutes' endurance with balance props or five approved tricks for manipulation props.
28. Achieve 11 Super-Ultimate Club Standards by the end of the 2nd year of Ultimate Club membership.

SUGGESTION: Set quarterly and yearly goals *in writing*, especially goals related to achieving 10 Super-Ultimate Standards.

*None of the passing standards may be exempt (halved). Train with a peer(s) before U.C. admittance and throughout membership.



STAGE PERFORMANCE STANDARDS

29. One (1) performable specialty act for gigs. This could be a solo, duet, or ensemble.
30. Create or purchase at least one costume for use in your specialty act(s).
31. Perform at least one formal stage show for a charity event during the year.
32. BONUS PERFORMANCE STANDARDS: A technical or artistic solo with only one prop; an auxiliary prop routine; a spoken routine and/or formal (choreographed) demonstration; a 20-60 minute gig with only 1-4 other Ultimate Jugheads.

PERSONAL CHARACTER STANDARDS

33. Must be a role model to the entire JUGHEADS program: behavior, work ethic & attitude; helpfulness to the director, coaches, assistants, and fellow Jugheads; and ambassadorship of JUGHEADS at gigs, festivals and social outings.
34. Must commit no fewer than ten (10) hours between September and August in "juggling community service." Examples: Teaching younger Jugheads in a Rec. Club or Beginning Camp; performing in charitable gigs; Officer Team meetings. Like an unpaid internship, these 10 hours do *not* apply toward earning tuition for camps or other clubs. Teaching in a non-JH setting is acceptable but requires approval from the director.
35. Must avoid behavior that would harm the reputation of the individual or JUGHEADS. Examples: public profanity (e.g., in any setting involving our company events); drug/alcohol/tobacco use (even "legal" alcohol and tobacco products are *illegal* for minors); violence; sexual impropriety; theft; academic cheating.
36. Must maintain grades that reflect academic priority/effort. Guideline: B (3.0) average.
37. WORK HARD, PLAY HARD. Don't expect to be very social on Thursday nights. We'll work very hard, but we'll be rewarded by progress and special parties/events funded by our gigs. Please know that the required time for Thursday rehearsals is 6:25-8:45; the margin (6-6:25 and 8:45-9) is for arrival/departure. The meeting begins at 6:25 p.m. sharp each Thursday.
38. Prioritize our Thursday night Ultimate Club rehearsals/workouts.
 - a. ABSENCE POLICY: Each Ultimate Jughead may have five excused absences and two unexcused absences. School music concerts, with advanced notification to the director, are an example of an excused absence; any absence *without* advanced notification to the director is an unexcused absence. NOTE: If you know that you'll have to miss three Thursday nights for concerts throughout the year, then you need to keep healthy and *not* miss due to illness. If you have occasional family obligations on Thursday nights, then you may have to skip an upcoming sport practice or game instead of Ultimate Club.
 - b. LATE POLICY: You will be counted late if you arrive after 6:30 p.m. Exception: call the Director AND arrive within 10 minutes of our **6:25 meeting starting time**. However, even with advanced notice, five (5) lates will equal one club absence and you'll have to make-up a club day by attending another club.

NOTES

DISCIPLINE: Failure to meet and maintain these standards may result in probation or dismissal from Ultimate Club. Both admittance and continuation in Ultimate Club is subject to approval by the Director with input from the Captain(s) and Specialist(s).

EXEMPTIONS: If a solo technical standard is not met, the U.C. prospect must at least achieve 50% of that standard. As an "exemption," the Jughead must *double two other standards or quadruple one standard* (see Elite Club standards for proportional examples). Even with this "exemption," the Jughead is subject to being passed over for membership in favor of other Jugheads who have met *every* standard. Also, each exempted standard should be 100% achieved by the end July after the first U.C. year. *The passing standards cannot be halved, nor can passing standards be doubled with a coach toward exemptions. Achieve all passing standards with a peer by February 1.*

PROVISIONAL MEMBERSHIP—NEWLY OUTLINED FOR '15: If U.C. has fewer than 20 members, the Director will consult with the Captain(s) and/or Specialist(s) and may appoint selected Jugheads to U.C. even if they're short up to five (5) solo standards (and still haven't earned exemptions—see above). Such "Provisional Members" must achieve the remaining standards by the end of March of their rookie year; if not, Provisional Members will have limited involvement in the JJ routine; will not perform with U.C. in "Reach"; will likely not letter; and cannot re-join until all the standards are fully met (by July 31, the end of our JUGHEADS year).

CLOSED PRACTICES: Only U.C. members, volunteers, observing parents, and grads requesting to visit are allowed to attend our Thursday night sessions. The director may invite other Jugheads (e.g., future prospects) to rehearse or work out with the team; any other special guest requests must be made through the Director. "Open juggling" is minimal compared with Elite Club, except during breaks in pattern work, during which time members may work on Super-Ultimate Standards or specialty acts (at the discretion of the Captain(s) and Specialist(s)).

Paul Arneberg, JUGHEADS Director—July 2015