



2017 MEA Break Juggling Camps

Juggling is a great hobby for improving athletics, academics, performing ability, and social skills. It's also FUN! Check out this one-of-a-kind youth company that began with a small idea (teaching kids to juggle while instilling character & values) and exploded into a world-class juggling powerhouse with youth development at its heart. Listen on our website (www.jugheads.com) to a recent 10-minute radio interview with **Director Paul Arneberg** on juggling's benefits for the brain!

Camps are held at
St. Stephen's Episcopal Church
4439 W. 50th St., Edina 55424

Questions?

Call: Wendy at 612.229.3348
Call: Coach Paul at 612.978.9707
jugheads@comcast.net • jugheads.com



Beginning/Recreational Juggling Camp

Oct. 19 & 20 • 9am–Noon
(Grades 3–12; Max: 30)

Morning camp begins with a 9:10 a.m. group meeting to set/share goals; a 10:30 a.m. group snack break includes watching inspiring juggling videos and/or live demos. Beginners will start with one ball and work up to a "three ball cascade," the basic juggling pattern. Intermediates will focus on a variety of 3-ball tricks, bounce juggling, 4 balls, 6-ball passing, rings, and clubs. "Auxiliary props" (balancing props, poi, diabolos, cigar boxes, etc.) are also on hand for kids wanting variety and/or a break from toss juggling. Formal group and individual instruction will personally challenge each juggler to achieve a variety of goals. Camp includes two snack/beverage items and use of props.

Tuition: \$55

Includes 2 snack/drink items per half-day camp

Advanced/Elite Juggling Camp

Oct. 19 & 20 • 1pm–4pm
(Grades 3–12; Max: 30)

Three hours with a "JugCave" full of eager jugglers means lots of practice time, personal records, and increased mastery of this ancient art and sport. Afternoon camps are for more self-directed, focused jugglers who are up to the challenge of continuous personal progress. Suggested qualifying standards: 5 balls and 6 club passing (e.g., working on our Advanced, Elite & Ultimate Club standards). However, experienced campers of *all* ability levels may attend this camp instead of/along with the morning camp. Afternoon camps are also well-suited to work on developing specialty acts (solos, duets, trios, etc.). Camp includes two snack/beverage items and use of props.

OPTION: Experienced Jugheads may come all day one day instead of two half-days and take \$5 off.

Tuition: \$55

Includes 2 snack/drink items per half-day camp

Three ways to register:

Mail registration/check to:
JUGHEADS Youth Juggling Co.
5905 Concord Avenue
Edina 55424

Go to
www.jugheads.com
and select MEA CAMPS

Deliver your reg./check during any club held at St. Stephen's Church (courtyard door facing Wooddale Ave.).



2017 MEA Break Juggling Camps

Juggling is a great hobby for improving athletics, academics, performing ability, and social skills. It's also FUN! Check out this one-of-a-kind youth company that began with a small idea (teaching kids to juggle while instilling character & values) and exploded into a world-class juggling powerhouse with youth development at its heart. Listen on our website (www.jugheads.com) to a recent 10-minute radio interview with **Director Paul Arneberg** on juggling's benefits for the brain!

Camps are held at
St. Stephen's Episcopal Church
4439 W. 50th St., Edina 55424

Questions?

Call: Wendy at 612.229.3348
Call: Coach Paul at 612.978.9707
jugheads@comcast.net • jugheads.com



Beginning/Recreational Juggling Camp

Oct. 19 & 20 • 9am–Noon
(Grades 3–12; Max: 30)

Morning camp begins with a 9:10 a.m. group meeting to set/share goals; a 10:30 a.m. group snack break includes watching inspiring juggling videos and/or live demos. Beginners will start with one ball and work up to a "three ball cascade," the basic juggling pattern. Intermediates will focus on a variety of 3-ball tricks, bounce juggling, 4 balls, 6-ball passing, rings, and clubs. "Auxiliary props" (balancing props, poi, diabolos, cigar boxes, etc.) are also on hand for kids wanting variety and/or a break from toss juggling. Formal group and individual instruction will personally challenge each juggler to achieve a variety of goals. Camp includes two snack/beverage items and use of props.

Tuition: \$55

Includes 2 snack/drink items per half-day camp

Advanced/Elite Juggling Camp

Oct. 19 & 20 • 1pm–4pm
(Grades 3–12; Max: 30)

Three hours with a "JugCave" full of eager jugglers means lots of practice time, personal records, and increased mastery of this ancient art and sport. Afternoon camps are for more self-directed, focused jugglers who are up to the challenge of continuous personal progress. Suggested qualifying standards: 5 balls and 6 club passing (e.g., working on our Advanced, Elite & Ultimate Club standards). However, experienced campers of *all* ability levels may attend this camp instead of/along with the morning camp. Afternoon camps are also well-suited to work on developing specialty acts (solos, duets, trios, etc.). Camp includes two snack/beverage items and use of props.

OPTION: Experienced Jugheads may come all day one day instead of two afternoons and take \$5 off.

Tuition: \$55

Includes 2 snack/drink items per half-day camp

Three ways to register:

Mail registration/check to:
JUGHEADS Youth Juggling Co.
5905 Concord Avenue
Edina 55424

Go to
www.jugheads.com
and select MEA CAMPS

Deliver your reg./check during any club held at St. Stephen's Church (courtyard door facing Wooddale Ave.).

Child's Name: _____ Date of Birth: _____

School: _____ Grade: _____

Parent's Name(s): _____

Address: _____ Home Phone: _____

Cell/Work (Mom): _____

E-Mail: _____ Cell/Work (Dad): _____

- Beginning/Recreational Camp** (Oct. 19 & 20 • 9am–noon) = \$55
 Advanced/Elite Camp (Oct. 19 & 20 • 1pm–4pm) = \$55
 All Day [Oct. 19] OR [Oct. 20] (For experienced Jugheads only.) = \$50
 Waiver Only
- Total Attached** _____

Parent or Guardian Signature: _____ Date: _____

I have read and agree to the following:

Release and Waiver of Liability and Indemnity Agreement

In consideration of being permitted to participate in any way in the JUGHEADS Youth Juggling Company, LLC program indicated below and/or being permitted to enter for any purpose any restricted area (herein defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in any JUGHEADS Youth Juggling Company, LLC activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agreed that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/WE fully understand and acknowledge that:
 - (a) There are risks and dangers associated with participation in JUGHEADS Youth Juggling Company, LLC events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - (b) The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - (c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others,

- including, but not limited to, the Releasees named below.
- (d) There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the JUGHEADS Youth Juggling Company, LLC facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the JUGHEADS Youth Juggling Company, LLC event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the JUGHEADS Youth Juggling Company, LLC facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as "Releasee"...FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next to kin FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.
5. I/WE HEREBY acknowledge that

- THE ACTIVITIES OF THE EVENT(S) CAN BE DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite this release, the participant makes a claim against any of the Releasees, the parent(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless. I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Child's Name: _____ Date of Birth: _____

School: _____ Grade: _____

Parent's Name(s): _____

Address: _____ Home Phone: _____

Cell/Work (Mom): _____

E-Mail: _____ Cell/Work (Dad): _____

- Beginning/Recreational Camp** (Oct. 19 & 20 • 9am–noon) = \$55
 Advanced/Elite Camp (Oct. 19 & 20 • 1pm–4pm) = \$55
 All Day [Oct. 19] OR [Oct. 20] (For experienced Jugheads only.) = \$50
 Waiver Only
- Total Attached** _____

Parent or Guardian Signature: _____ Date: _____

I have read and agree to the following:

Release and Waiver of Liability and Indemnity Agreement

In consideration of being permitted to participate in any way in the JUGHEADS Youth Juggling Company, LLC program indicated below and/or being permitted to enter for any purpose any restricted area (herein defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in any JUGHEADS Youth Juggling Company, LLC activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agreed that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/WE fully understand and acknowledge that:
 - (a) There are risks and dangers associated with participation in JUGHEADS Youth Juggling Company, LLC events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - (b) The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - (c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others,

- including, but not limited to, the Releasees named below.
- (d) There may be other risks not known to us or are not reasonably foreseeable at this time.
3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the JUGHEADS Youth Juggling Company, LLC facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the JUGHEADS Youth Juggling Company, LLC event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the JUGHEADS Youth Juggling Company, LLC facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as "Releasee"...FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next to kin FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.
5. I/WE HEREBY acknowledge that

- THE ACTIVITIES OF THE EVENT(S) CAN BE DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite this release, the participant makes a claim against any of the Releasees, the parent(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless. I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.