



## 2017-2018 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

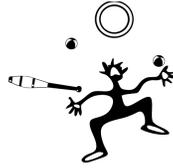
1. One year of experience in a JUGHEADS Elite or Advanced Club (minimum two years of total JH experience)
2. 9<sup>th</sup>-12<sup>th</sup> grade
  - Provisional Members (short up to five solo standards) may be invited based on space, team chemistry, and work ethic.
  - 8<sup>th</sup> grade members may be invited if our team has fewer than 12 members, but letters cannot be earned until 9<sup>th</sup> grade.
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 “2<sup>nd</sup> Day” standard. Try to make up absences (ask permission for make-ups on camp days).
4. Attend at least seven (7) days of special events each year: parades, picnic, gigs, Jingle Jam, MadFest, MONDO, IJA, Showcase.

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

5. **200 catches with 5 Balls**
6. 5 tricks with 5 Balls
7. 50 passes each with 8 Ball Passing\*
8. 18 catches with 6 Balls
9. **14 catches with 7 Balls**
10. **100 dominant hand throws (DHT) with 4 Rings**
11. 50 with 8 Ring Passing\*
12. **100 with 5 Rings** [Trick Bonuses: pulldowns, on-off the head, pancakes, flat reverse]
13. **12 catches with 6 Rings**
14. Five minutes (5:00) with Club Balance (chin, nose, forehead). [Many Ultimates strive for the Super-Ulti. Standard of 20:00.]
15. 20 categories of 3 Club Tricks (Compulsory: scissors catches, behind-the-back catches; chin balance stalls; wraparounds).
16. 100 RHT with 3 Club Constant Doubles (singles' speed with a left-hand catch, just like in warm-ups)
17. Five consecutive perfect sets of 20 RHT with 3 Club Constant Doubles (singles' speed, just like in warm-ups)
18. 10 tricks with 6 Club Passing (Compulsory: dropback giveaways; front-to-back.)
19. 50 with 6 Club Ultimate Passing\* (25 each hand, synchronous or asynchronous)
20. **100 with 7 Club Passing\*** [Bonuses: 100 w/ 7 club single flips; 10 w/7 club ultimates.]
21. **50 with 6 Club Back-to-Back Passing\*** [Bonus: 10 w/ 7 club back-to-back passing.]
22. 50 with 8 Club Passing\* [Bonuses: 30 w/ 8 club singles; 10 w/8 club back-to-back]
23. BONUS: Qualify 9 Club Passing (9 or more throws from one hand with no drops—at least 36 total catches)
24. **100 DHT with 4 Clubs** (Fountain, double-singles or triple-singles)
25. **5 tricks with 4 Clubs**
26. 20 catches with 5 Clubs (Drill 3-c./4-c. tricks & pyramid) [2<sup>nd</sup> Year Ultimates are expected to increase to 50 catches.]
27. 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!
28. Mastery of at least three Auxiliary Props. (See Super Ultimate Standards for 44 Auxiliary Prop ideas.) Mastery means “public performance worthy”—e.g., 10 minutes' endurance with balance props or five approved tricks for manipulation props.
29. Achieve at least 12 Super-Ultimate Standards (25% of the main 48) by the end of the 2<sup>nd</sup> year of Ultimate Club membership.

SUGGESTION: Set quarterly and yearly goals *in writing*, especially goals related to achieving 12 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**

30. A performable specialty act for gigs (solo, duet, or ensemble). Three performances count toward this standard.
31. Create or purchase at least one costume for use in your specialty act(s). Street clothes do not count (unless purposeful).
32. BONUS: Perform at least one formal stage show for a charity event during the year. (Your hours will count toward #35.)
33. BONUS: 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/Elite Jugheads.

## **PERSONAL CHARACTER STANDARDS**

34. 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.
35. 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 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.
36. Must avoid behavior that would harm the reputation of the individual or JUGHEADS. Examples: public profanity, including "Oh my G-d" (e.g., in any setting involving our company events); drug/alcohol/tobacco use (even "legal" alcohol and tobacco products are *illegal* for minors as well as 18-20-year-olds); violence; sexual impropriety; theft; academic cheating.
37. Must maintain grades that reflect academic priority/effort. Guideline: B (3.0) average.
38. WORK HARD, PLAY HARD. Don't expect to be very social on Thursday nights. You'll work very hard, but you'll be rewarded by progress and special parties/events/gigs. Please know that the required time for Thursday rehearsals is 6:30-8:50; the margin (6-6:30 and 8:50-9) is for arrival/departure. Warm-ups begin at 6:30 p.m. sharp each Thursday.
39. Prioritize our Thursday night Ultimate Club rehearsals/workouts.
  - a. ABSENCE POLICY: Each Ultimate Jughead may have five (5) excused absences and two (2) 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 minimize absences 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 the start of our **6:30 warm-ups**. However, even with advanced notice, five (5) tardies may 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 Coach(es).

**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 of 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 of one's rookie year.*

**PROVISIONAL MEMBERSHIP—OUTLINED AS OF 2015:** 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 a "Provisional Member" must achieve the remaining standards by the end of March of his or her rookie year; if not, Provisional Members may have limited involvement in the JJ routine; may 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). Qualified/approved 8<sup>th</sup> graders can't letter 'til 9<sup>th</sup> grade.

**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 Coach(es)).

Paul Arneberg, JUGHEADS Director—May 27, 2017