

JUGHEADS

JOURNAL

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • January 2009

JJ11 Q&A for Rookie Families... ...and Reminders for Veteran Families!

Q: *What is Juggle Jam?*

A: Juggle Jam 11 (JJ11), May 15-16 at Hopkins HS at 7pm, is our 11th annual production on par with a quality high school musical or POPS Concert. The climax to our year, JJ11 will feature all six weekly clubs, skits, specialty acts, an all-company Slide Show, and a Senior Presentation. New audience members are surprised with JJ's scope, entertainment value, and inspiration.

Q: *Does my Jughead have to audition to be in JJ11?*

A: No and Yes. Every Jughead is guaranteed to appear in our Opening & Finale, club routine(s), and Slide Show, but "specialty acts" (solos & small ensembles) are determined by auditions in April. Even Ultimate-level specialty acts may not make it into JJ.

Q: *Are there extra time commitments involved for JJ11?*

A: The only extra rehearsals involving the entire company are the evenings of May 5 & 13. However, every Jughead should try to stay until 5:45 p.m. (9 p.m. for Ultimate) on their respective club day(s) from now on. As a courtesy to our rehearsals, please email or call Paul with absent kids (esp. for May 5 & 13) and kids leaving early from club rehearsals for these next 4.5 months.

Q: *Are "Punchcard" Jugheads allowed to be in JJ11?*

A. No. Given the sudden growth in our rosters this year, only Jugheads signed up for a weekly club may appear in JJ11.

Q: *How does the process of selling tickets work?*

A: With the exception of parents volunteering for the show nights, all audience members ages 5 & up need tickets for JJ11. Ticket packets will be distributed to each Jughead in February, and online tickets will be available via our Web site. Tickets are \$10 for adults and \$6 for students; add \$2 per ticket at the door.

Q: *How will you communicate JJ11-related info.?*

A: This monthly newsletter, a separate "Final Memo" in late April, and occasional emails to our group list will keep all parents and performers apprised of JJ11 info. Please contact Wendy if you're NOT receiving any emails from "[jughheads_parents]".

Coach Corner: Billy Watson

Recently JH has been encouraging kids to set juggling-related goals for themselves. As a Friday Club coach, I've set my own goal: to have each Friday Jughead improve by one standard level by the end of the school year. I fervently



believe that people need goals and I've personally experienced their compelling and beneficial effects. In this article, I will discuss a major obstacle that often gets in the way of us pursuing our goals: anxiety.

Unfortunately, every time a goal is born, its twin, anxiety, is never far behind. Anxiety is inherent in goals because goals are by definition future; they're unsure. And since we put so much time, effort, and heart into our goals, it's inevitable that we'll feel a little anxious and ask ourselves, "Will I ever achieve this?" When we set a goal, we're in essence betting some part of our heart on that goal's outcome. If the goal is achieved, we can collect our winnings in the form of joy, beauty, or fulfillment. But if we lose our bet, that part of our heart is crushed and some small part of our soul dies in the face of an unyielding reality. And the more of our hearts we bet on a goal, the greater the pain we risk suffering.

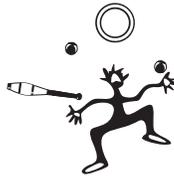
Cynics hate goals. A true cynic loves to point out that goals aren't real, reminding us that "If you build your life on dreams, it's prudent to recall, a man with moonlight in his hand has nothing there at all" (from the song "To Each His Dulcinea"). And he's right, goals are fiction. But they're a fiction that has a direct influence on reality. They catalyze and direct progress. And even if we never realize a single one of our goals, we are still better off for the attempt. While struggling to cope with the obstacle of anxiety, it's wise to keep in mind the words of Paulo Coelho: "It's the possibility of having a dream come true that makes life so interesting." — *Coach Billy Watson is a 2007 JH graduate, a four-time IJA medalist, and a sophomore Philosophy major at St. Thomas University.*

— *Editor's Note: Billy's column reminds me of a quote from "Rudy," the official movie of JUGHEADS: "Having dreams is what makes life tolerable."*

EYJA Winter Juggling Showcase 4

March 20, 7:30 pm @ SVMS

The 4th annual EYJA Winter Juggling Showcase is Friday, March 20 at 7:30 pm at **South View Middle School** in Edina. Sponsored by the Edina Youth Juggling Association (EYJA) via the Edina Community Foundation, this event is free and open to the public. The event will be led by several JUGHEADS Student Officers & Assistants with guidance from the coaching staff, offering both a valuable performance experience and a free, entertaining show to the Edina community. This growing performance tradition encourages a wide number of jugglers of all ages and abilities to show their creativity and skills to an appreciative audience. Any polished solo or ensemble act from any club is invited to perform, provided they make their intentions known (including song choice, if any) by 1/30 to Coach



Paul *and* preview the routine for a coach and student leader by 2/27. The time limit for each act is four minutes; all performers will be contacted with more info. soon after the cast is finalized.

CLUB SPOTLIGHT: **Advanced Club**

Enrollment drops; focus increases

Formerly the most popular, overflowing club, Advanced Club has seen some roster reductions of late. For some, it's difficult to participate Wednesday afternoons when they have church activities that same night; for others, our move to "advanced" status as a club has brought on unwanted challenges of focus and technical standards. However, 28 members leave us with no lack of eager Jugheads who love the atmosphere that is a step more challenging than their Rec. Jughead counterparts and a nice staging ground for possible advancement to Elite and Ultimate. Ever known for creative JJ club routines, this year is no exception: Advanced Club will juggle to the theme of "Nintendo/Video Games." Advanced Jugheads are: 5th grader **Grant S.**; 6th grader **Forrest M.**; 7th graders **Daniel B., Connor F., Alexander L., Paul M., Baylor P., Graham R., and David S.**; 8th graders **John J., Natalie L., Ellie M., Joe M., and Jens S.**; freshman **Lauren S.**; sophomores **Alex B., Lauren H., Shannon H., Jonny L., Christopher O., Scott S., and Megan V.**; Junior **Kellen S.**; Seniors **Ricky H.*, Jenna K., and Jameson N.**; Punchcard Jugheads **Matt D., Caitlin H., Hayley M., Jack P., Mykola R., and Henry R.**; Soph. Assistant **Jack L.***; Senior Assistants **Ben H.* and Sarah Z.***; and Coaches **Scott Richter and Paul Arneberg.**
*JH Officer.

JUGHEADS Community News

- **WELCOME to new Jugheads: Bengt F.** (Monday Rec. 4th grader); **Skip N.** (Monday Rec. 3rd grader); and **Robbie S.** (Thursday Rec. 5th grader).
- **CONGRATS to Mark H.** (Friday Club 7th grader) for recently achieving all of the Elite Club standards!
- **CONDOLENCES to the Boatman Family** on the loss of Aimee Song's mother, **Irene Song.** Inspired by her granddaughter, Mrs. Song learned to juggle at age 72 and then took two years and learned 4 balls! Irene is survived by two Jughead grandchildren.
- **REMINDER:** There IS Mon. Rec. on 1/26 (EPS' gr. 6-12

release day); there IS Fri. Club on 3/6 (EPS' K-5 release).

- **MONDO Jugglefest 2009** is Feb. 20-22 at Concordia U. in St. Paul. See attached info. sheet; a suggested standard to attend with our group is school year camp experience and/or all of the Monday Rec. Standards. Early reg. deadline: 1/29.
- **THE IJA FESTIVAL** is July 13-19 in Winston-Salem, NC. *A choice of two mandatory info. meetings will be held 1/29 and 2/3 at 6 pm in South Hall for anyone considering traveling with our group.*
- **OFFICERS, 9-Noon:** 1/10 at Reveres'; 2/14 at Schlenders'.
- **MEGA ALL-DAY CAMPS** are Jan. 19 & 26 and Feb. 13, 9-5 p.m. Cost: \$55 w/lunch. \$25 for half day w/o lunch. NOTE: Camps are subject to cancellation if fewer than five (5) kids are registered by one business day prior to each camp.

Paul's Platform

"New year, renewed self"

Wendy & I turn 40 this year. While I may mention this more in the coming months, it's NOT to hint at any special treatment; I already get plenty of attention. However, my reflective personality has been kicking in big time. Physically speaking, we're taking great care to age well, but no matter how we discipline ourselves, it seems genetics usurp our efforts in our weak areas. For me, it's periodontitis at least; for Wendy, it's mitro valve prolapse at least. Having hobbies such as movies and Scrabble give us solace that we need not give up everything we love just because we physically slow down (and break down). I've heard it said that "40 is the old age of youth and the youth of old age," and statistically speaking, we're more than halfway done with our lifespan. However, our Christian faith gives us a deep solace "so that we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day." (2 Cor. 4:16, ESV) Happy New Year, but more importantly, may you be Joyful New Person, whether age 10, 20, 40, or 80. Daily *inner* self renewal is the best resolution!

Paul Arneberg, JUGHEADS Director & Head Coach
cell: 612.978.9707 • email: paularneberg@comcast.net

Wendy Arneberg, JUGHEADS Operations Manager
cell: 612.229.3348 • email: wendyarneberg@comcast.net

Home Office: 952.926.0896 • jugheads@comcast.net

(Contact Wendy to be added to the JUGHEADS email list for all the latest news.)

JUGHEADS Mailing Address (Home Office):

5905 Concord Avenue, Edina, MN 55424

JUGHEADS Clubs and Camps Physical Location:

Wooddale-Edina 5532 Wooddale Ave., Edina, MN 55424

Online Registration www.jugheads.com/clubs.htm

General Information www.jugheads.com