

JUGHEADS

JOURNAL

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • November 2013

“Juggle Jam 16” Dates: May 2014

Juggle Jam (JJ) is our annual all-company variety show where every Jughead performs with his or her weekly club and in two all-cast routines. Defying the stereotype of a boring kids’ show, JJ has an 19 year history (including three years as the Wise Guys Jugglers) and is precious in the hearts of many Jugheads--especially the ones who’ve been members for most of their childhood. While our year as a company can’t possibly be encapsulated in one weekend of performances, JJ certainly provides the most *theatrical* and *public* venue to represent the skills, friendships, virtues, and culture of our company. **Our JJ16 key dates next spring are: shows on Fri. & Sat., May 16-17, 2014 at 7 p.m.**—with two mandatory all-cast **evening dress rehearsals on Thurs., May 8 and Wed., May 14.** Please mark your calendars and reserve these four JJ16 dates! (NOTE: *Jingle Jam* is our annual *holiday party on Dec. 7* “for members only,” *not a performance.* :-)

All-Levels Standards & Contests

October featured skill tests for all levels

Our October clubs featured Standard Testing, a diagnosis of each Jughead’s strengths & weaknesses while juggling under pressure. Members from 2nd-year Rec. Jugheads to seasoned Advanced & Elite members were tested on 6 or 7 juggling standards in front of a coach. Some kids challenged themselves to finish quickly (e.g., under 2:00), while others didn’t finish within the 10:00 time limit. These tests were followed after MEA Break with 4 Ball Endurance Contests in the Rec. Clubs (required for all non-rookies) and 5 Ball Endurance Contests in Advanced & Elite. As many as **71% of the competitors achieved records** in these contests (as was the case with Monday Rec.), as they forced the jugglers to be motivated by objective goals as well as healthy competition. Formal Endurance Contests this month include 5 Rings in Elite (11/12), 4 Rings in Advanced (11/13), and 5 Clubs in Ultimate (11/21).

Ultimate Club Awards Banquet

10th annual dinner & awards ceremony

On Oct. 12, **Wendy Arneberg** organized our 10th annual U.C. Banquet held at **Mozza Mia** in Edina. **Director Paul Arneberg** gave a scouting report on likely future Ultimates as well as a look back at IJA ‘13. Coaches **Jon O’Connor** and **Kelvin Ying** honored each U.C. veteran along with our six new rookies. The crowd of was addressed via proxies by recent graduates **Rory Bade, Hannah Bowlin,**



David Kadlec and **Jens Stempel**, and in person by **Tom Gaasedelen**. Jughead grad (‘07) and former coach **Billy Watson** (2008-‘11) drove from Chicago and spoke as well. The evening culminated with presenting juggling letters for ‘12-’13! 1st year letter: **Sam K., Erica L., Riga M., Graham R., Chris V.** 2nd year letter: **Nick H., Reid J., David K., Griffin K., Sydney P.** 3rd year letter: **Evan P.** 4th year letter: **Rory B.** (NOTE: Due to new requirements, we’re no longer able to offer EHS letters in juggling, but we’ll continue offering “JH” letters to qualifying Ultimates.)

Names, Snacks & Automobiles

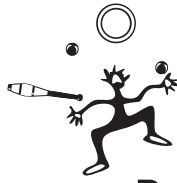
Mid-Fall Notes for 1st Year Families

- Please learn the names of all coaches, assistants and volunteers for the club(s) your children attend. Just as Paul expects all leaders to learn and use kids’ and parents’ names, the kids (and ideally, the parents) should learn and use our names.
- Each Jughead may have three (3) snack/beverage items per club day; only one may be “unhealthy.” Snack closes at 4:30. *Note: While we offer “unhealthy” choices, our staples include energy bars, string cheese, nuts, apples, 100% juices, beef jerky, and low-cal. drinks. We aim for a balance within our budget and storage constraints.*
- Please use the church parking lot and Door #7 for **all** Jughead foot traffic; please avoid vehicle use of 56th Street.

CLUB SPOTLIGHT: Friday Rec. Club

Big club reflects each member’s efforts

The club with the largest age range (and tied for sheer numbers), Friday Rec. also has the largest range of “focus levels”. Some kids are there primarily to socialize, but given a persuasive push, they’ll discover latent abilities, such as when 7th graders **Simone V.** and **Evelyn D.** recently went from zero to solid “qualifying” runs with 6 club passing on Simone’s b-day! Standard testing and contests also push the kids, but the club continues its trademark of continuous progress, with all levels of focus and ability co-existing (as long as distractions don’t become contagious!). Fri. Rec.’s JJ16 routine will continue its musical theatre tradition, the leading contender being a juggling tribute to “The Music Man.”



JUGHEADS Store Notes

- **JUGWEAR apparel orders** are due by 6 pm on Thurs., Nov. 14. Pick-up from 9-11 am or 5-7 pm on Tue., Dec. 17!
- **JUGWARE props** are available for stocking stuffers or even “larger” gifts: Russians, beanbags, DX balls, weighted Power Balls (1-1.5 lbs.), silicones, thin rings, and Beard Circus clubs.
- **General JUGWARE:** JJ6-JJ15 DVDs (1=\$25, 2=\$40); JH hats (\$15); JJ15 T-shirts (\$16); JH string shoulder bags (\$25).

JUGHEADS Community News

- **WELCOME to a flock of new Jugheads!** Monday Rec.: **Ella Z.** Thursday Rec.: **Lauren C., Uma C., Eliza F., Trygve F., Nick R., Lauren Z.** Friday Rec.: **Michael A.**
Any requests for any Jughead to switch club days for winter/spring need to be in writing
- **RELEASE DAY CAMPS:** Our camps boost standards, specialty acts, and social skills! **Nov. 25-27**, 9-Noon & 1-4 pm; **Jan. 20-21, Feb. 18** and **Mar. 7**, 9-5 p.m. w/ lunch (or half-day: 9-12:30 & 1:30-5). Sign up online, by mail, or at JH.
- **“JINGLE JAM 2013”** (our annual all-Jughead holiday party) is on Sat., Dec. 7 from 5:30-9:30 pm at **Calvary Church in Edina** (54th & France). See attached or sign-up online.
- **U.C. COACH JON O’CONNOR** recently spent 11 days in the hospital (!) due to acute pancreatitis. A website has been set up to help him defray his considerable medical expenses. For more info. or to donate, go to www.youcaring.com/medical-fundraiser/help-jon-juggle-medical-expenses/98340.
- **MADFEST ‘14:** All Elite & Ultimate Jugheads are invited to attend this team trip with us **Jan. 17-19**. See attached form.
- **NOV. OFFICER MTG.:** 11/9, 9-Noon at Moettus’ home.

Paul’s Platform: “Less Is More”

The above philosophy does not come naturally to me. From about ages 16-37, I struggled with fairly significant bouts of burn-out: my effectiveness to my various responsibilities often diminished due to being spread too thin, and it took genuine crises in my life to have the courage to drop one or more activities that were burdens on my schedule and well-being. So, I’m not merely giving intellectual assent to the wisdom of a simplified lifestyle; I’ve learned through trials that even a man of my energy level needs boundaries and is most effective when doing fewer things well.

Here at JH, we specialize in three basic areas: youth mentorship, juggling, and performing. Outside our regular clubs & camps, we essentially only have three events involving the whole company: Jingle Jam, the Winter Showcase, and Juggle Jam. But even with such a seemingly simple schedule, even one day a week for the average Jughead can make a big difference in their sense of accomplishment, connection, community, and accumulated skills.

At the most involved end of our member spectrum, some student leaders immerse in virtually every event, gig, camp, and bonus volunteering days, making this their main extra-curricular focus. On the surface this may seem imbalanced, but their choice to become resident experts streamlines their schedule and offers lasting benefits. The track record of many JH grads having successful collegiate and professional careers indicates that their choice to specialize, rather than do too many things half-way, pays off.

Just like a page needs margins and a runner needs rest, a life needs to breathe. And while the Type-A achiever in me seems at odds with the guy longing to just stare out the window, I’ll keep a handle on my commitments, and how our JH clubs are structured, so we can have moments of levity, laughter, and time for just *being* lest we be overly defined by our *doing*. As I’ve said before, balance is key, and sometimes it takes just as much faith to give things up as it does to take things on.

Developing Youth Through Juggling Since 1994,

Paul Arneberg, JUGHEADS Founder, Director & Head Coach
cell: 612.978.9707 • coachpaul@jugheads.com

Wendy Arneberg, JUGHEADS Office/Operations Manager
cell: 612.229.3348 • wendy@jugheads.com

U.S. Mail: 5905 Concord Ave., Edina, MN 55424 • **Web:** jugheads.com

JUGHEADS Location: Wooddale Church, 5532 Wooddale Ave., Edina 55424

COACHES:

Coach Kelvin Ying, Elite Club and Ultimate Club
cell: 612.250.0173 • coachkelvin@jugheads.com

Coach Stefan Brancel, Advanced Club and Friday Rec. Club; U.C. Sub/Vol.
cell: 651.890.2938 • coachstefan@jugheads.com

Coach Jon O’Connor, Ultimate Club • coachjon@jugheads.com