

# JUGHEADS

JOURNAL

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • April/May 2009

## Juggle Jam 11 Checklist

### Logistics enclosed for three-week countdown

The annual **Final Memo** for all JH families regarding JJ11 logistics and etiquette is enclosed with this *JUGHEADS Journal*. Four key dates that should be memorized: May 5 & 13; 15 & 16. Remember that student-created/acquired costumes will enhance all club routines. Every Jughead should know the contents of the Final Memo; this will prevent long meetings at rehearsals.

## Solos, Skits & Seniors

### Distinguished Jugheads of JJ11

JJ11 “specialty act” auditions (solo, duet, or ensemble) were held on April 14 in the Wooddale-Edina gym. Six acts were chosen: five solos and a duet. (See our web site for results and panel bios.) We also have a good line-up of transitional skits, giving more theatrical depth to the show. The rarest category of Jugheads featured in JJ11 will be those completing their senior year still active in the company. According to their “seniority” experience, our seniors will be honored between the two nights of JJ11.

## Officer Voice: Brett A. Kissell

*“Come on, come on... you got this. You got this. Just go out there and do it. Just do it...”* The mind speaks repetitiously when under pressure. As I paced behind that curtain, waiting for the show to start, my mind had the time to repeat itself. I was an antelope. Actually, I was more of an antelope dressed as a deer. It’s the first act of the show and I’m an antelope... *“How did I agree to this?”* I thought. The show I speak of was last year’s Juggle Jam (JJ10), and I was about to get in touch with my inner-antelope! Although that was my first animal performance that I can think of, I have performed a laundry-list of oddities on the JJ stage. Through my experience, I have become relatively comfortable on stage, but even knowing this, my nerves still spring into alertness before each show. In fact, that is the one moment during each show that I am truly nervous—waiting for that curtain to open. Minutes drag on, and I can’t help but shake a tad. There’s always a trick I didn’t prepare enough or a line

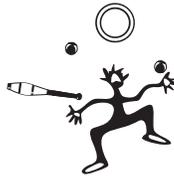
that I don’t have completely memorized that overwhelms my thoughts with worry. But once that curtain opens, those lights shining so bright in my eyes, I’m quite alright. I’m actually perfectly at ease.

If you were to take a glance backstage at some point during the show when I’m not onstage, you would probably see me frantically ripping off costumes or pulling violently at a shirt trying to get it on. I’m always moving, I don’t have those free moments to ponder the possibilities of failure that I have at the beginning of the show. I am in the zone. I look at what I have to do next and do it. It’s as simple as that. That’s part of how it works for me, but the other part is the excitement that comes from confidence. If I know that what I’m doing is going to please the crowd, then what is the point in worrying? After all, a performer gets nervous over worry that the crowd will be displeased. I realize that it sounds cocky for me to “know” something is crowd-pleasing, as if to say “I know I’m good,” but if one can’t be confident in one’s abilities, then failure is not only possible, but likely.

My last two JJs have been easily the best for me because of my main emcee role. I actually love the hectic changes and workload because it is so fantastically rewarding. One thing that I’ve worried about lately is whether or not enough younger Jugheads will follow in my footsteps following my graduation. (Not that my footsteps are anything incredibly special, but I simply spent a lot of time onstage.) Fortunately, those worries have recently begun to crack. As JJ looms beyond the horizon, I’m seeing sides of kids that I’ve never seen before. Kids like Alex Behr and Rory Bade, just to name two, have no fear of stepping out of their normalcy, no matter how crazy they look. I love it! Their eagerness to step into the spotlight has made me realize that they have always been there, and always will be there. There will forever be another performer in the wings. As I walk off that stage for the last time in a month, I’m sure I’ll have tears of all sorts in my eyes, and I’ll know that the kids that I have helped to mold and watched grow, just as I did, will succeed on that stage in ways that I never dreamed.

—Brett Kissell: 10th year Jughead, Assistant, Officer, EHS Senior





## CLUB SPOTLIGHT: Ultimate

### The Big Goal: Return of the IJA Team

Ultimate Club is predictably the club of extremes. Most difficult to join; hardest warm-ups; highest skills; greatest expectations; oldest Jugheads; most accolades past and present. It's like a first-string sports team, top-level band/choir/theatre troupe, and senior high youth group rolled into one. With the high expectations have come two big changes this year: the tightening of the age range (we used to routinely admit 6th-8th graders, but now 9th grade is the minimum age with rare 8th graders) and the goal to return to compete in the IJA Teams Championships after a five-year hiatus. Under the leadership of **Coach Jon O'Connor** and a "deep bench" of student leaders (with **Brett Kissell, Amanda Richter, and David Uhr** at the forefront), 15 of the 19 members below are aiming to do just that, modifying their JJ11 routine into a DVD audition for the July festival in Winston-Salem. U.C. has been and continues to be a mainstay of adolescent identity for the Jugheads who endeavor to belong, and the opportunity to letter in juggling is offered not only as an exclusive feature among our six weekly clubs, but as an exclusive feature of any high school in the world. Our eight graduating seniors will leave a huge hole next year, but our projected smaller team will continue and even build on the excellence that has come to be synonymous with "Ultimate Club."

## JUGHEADS Community News

—**ULTIMATES:** Lettering applications and \$20 to EPS is due by Thursday, May 21; turn in to Paul. JH standards sheets must also be completely filled out, but you have until 7/31 to finish.

—**SENIOR JUGHEADS:** Please write a 50-100 word bio for the JJ11 program by Monday, May 11. Parents, that's also the deadline to submit photos for the Senior Presentation.

—**SUMMER JUGGLING CAMP** forms are available in our JH entry way and via our web site. Notes: 1) Coupons expire May 1; 2) many Jugheads use punchcards, allowing them to come any time; 3) kids choosing to juggle in the morning *and* afternoon may bring a lunch and stay from Noon-1; 4) we'll juggle for the 14th year in Edina's July 4th parade. Watch for details.

—**FALL 2009 REGISTRATIONS** and the post-JJ11/summer newsletter will arrive at the homes of all current Jugheads on 5/22/09. Earlybird fall discount expires 6/5—that's just TWO WEEKS to decide about returning before club spots are offered to new kids from summer camps starting on 6/8. (The earlybird discount only applies to Jugheads returning from '08-'09.) See our web site for club standards; Jugheads considering adding or switching to a higher-level club need Coach Paul's permission.

—**ULTIMATE EVENTS:** IJA audition filming, Sat., June 6; possible IJA rehearsal, Sat., May 30; annual drive-in, June 27.

## Paul's Platform:

### "The Virtue of Finishing Strong"

One of my heroes of legendary athletics is 1964 Olympic Gold Medalist in the 10,000 meters, Billy Mills. Mills, a Lakota (Sioux) Native American, grew up on the Pine Ridge Indian Reservation in South Dakota. After suffering racism from both the "white world" and the "Indian world" while at Kansas University, Mills trained for the Olympics while serving with the U.S. Marines. Upon making the U.S. team, he was by no means favored to medal, let alone win and defeat world record holder Ron Clarke. Mills put in a you'd-have-to-see-it-to-believe-it finishing kick to win the gold and set a new Olympic record!

I believe this principle is universal: it's not how one starts out, but how one finishes that counts. The Bible uses the synonyms "endurance" and "perseverance"; the latter means "through severity." Every human life comes wrought with challenges, set-backs, and "stumbles." Many are self-inflicted, but some are completely out of one's control. As we "kick in" our final lap of JJ11 preparations, let's minimize self-defeating challenges while preparing for unforeseen setbacks. In many ways, JJ11 is a metaphor for life itself, and I'm excited to see what unsung heroes may emerge this year, whether as a face in our crowd of all-cast routines or a surprising vignette that steals the show. Let's all run in such a way as to win the gold!

**Paul Arneberg**, JUGHEADS Founder, 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](http://www.jugheads.com/clubs.htm)

General Information ..... [www.jugheads.com](http://www.jugheads.com)