

JUGHEADS

J O U R N A L

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

Club Assistants: Vital Tradition

Student leaders enable large club rosters

Before there were any paid coaches in JH (other than Paul), there were student assistants. We have a rich tradition of high school-aged veterans devoted to helping younger and/or less-skilled Jugheads, providing a range of coaching skills while giving valuable life & leadership lessons to the assistants themselves. They take their jobs seriously (earning tuition for another club day), and their work has inspired a new position-in-progress: Junior Assistants, who will train to one day be club assistants. Here are the club assistants for 2009-'10, including grade, JH year, current member clubs, and selected IJA accolades:

MONDAY REC.: **Nick H.:** 4th JH year; Elite Club.

Evan P.: 6th JH year; Advanced Club.

Scott S.*+: 6th JH year; Ultimate & Elite; Officer.

Joey S.*+: 8th JH year; Ultimate & Elite.

ELITE CLUB: **Amanda R.*+:** 7th JH year; Officer; Ultimate; IJA Teams bronze '07. **Stefan B. (part-time)+:** 8th JH year; Ultimate; 3-time IJA Juniors finalist and Numbers multi-medalist.

ADVANCED CLUB: **Rory B.+:** 7th JH year; Ultimate & Elite; Officer. **Alex B.:** 6th JH year; Ultimate & Elite.

Sean C.*+: 8th JH year; Ultimate & Elite; Officer; IJA Numbers gold '09.

THURSDAY REC.: **Mara M.:** 5th JH year; Elite.

Danielle S.: 8th JH year; Officer; Elite.

FRIDAY CLUB: **Jonny L.*+:** 8th JH year; Ultimate & Elite. **Jack L.*+:** 5th JH year; Officer; Ultimate & Elite; IJA Juniors bronze '09. **Brenden Y.*+:** 9th JH year; Ultimate & Elite.

**Earned varsity juggling letter through EHS and/or JH in 2008-2009.*

+Earned gold medal in the 2009 IJA Teams Stage Championships.

Rookie Family Refreshers

Select reminders for 1st-year Jugheads

Here's a review of select notes for 1st-year Jugheads and parents:

1. Please use the SW entrance to Wooddale Church-Edina for all Jughead foot traffic; use the parking lot for all pick-up parking/idling. Avoid vehicle use of 56th Street.
2. Parents are welcome to arrive early to observe club



Ultimate Club with WCCO sportscaster **Mark Rosen** at the Children's HeartLink Gala on October 2 at the Minneapolis Hilton.

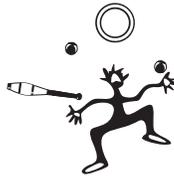
activities; a cozy work/reading area is near the gym.

3. Each Jughead may have three (3) snack/beverage items per club, only one of which may be "unhealthy." Bottles from home may be filled via the filtered drinking fountains. Snack closes after club meetings.
4. Please learn the names of all coaches and assistants, at least for the days your children attend. Just as Paul expects all staff & student leaders to learn and use the kids' and parents' names, the kids (and ideally, the parents) are expected to learn and use the coaches' and assistants' names.

Release Day Camps Pack a Skillful Punch

Space in MEA, Thanksgiving, Mega Camps

Half-day juggling camps for all skill levels will be held from 9-Noon and 1-4 pm on **Oct. 15-16** and **Nov. 23-25**. Mega All-Day Camps will be held from 9-5 pm on **Jan. 18, Feb. 1 and Mar. 5, 2010**, with an extended half-day option from 9-12:30 or 1:30-5. Any camp afternoon is open to all levels of member Jugheads, but mornings are more tailored to Rec.-level kids. Over MEA (Oct. 15-16), special guests will be **Mr. Alan Hodge** and his son, IJA Juniors competitor **Chris Hodge**. They're investing a week in Edina to observe how JH is run; their goal is to incorporate aspects of our success into their own juggling classes back home in Virginia. Register for our camps via our Web site or the pink form attached to your Sept. newsletter.



CLUB SPOTLIGHT: Friday Juggling Club

Diverse day defies dull demographics

The revamped Friday Club of 2008-2009 made such a splash by the end of last year that their “Wizard of Oz” routine represented the official theme for JJ11. The club became the first fall roster to fill back in early summer, and its success continues (even with occasional slips in focus). Whether it’s the relaxed atmosphere of Friday afternoons or the unusual eight-year age range and 55/45% mix of girls & boys, Friday Club offers a hard-working, diverse and socially accepting environment.

JUGHEADS Community News

- **WELCOME to four more rookie Jugheads** joining Friday Club: **Lauren Beese** (5th grader); **Grace Beveridge** (7th); **Emily Layton** (6th); and **Olivia Magnuson** (4th). For those keeping score at home, our official roster is now 142 Jugheads plus several former members using punchcards.
- **The Children’s HeartLink Gala** in the Mpls. Hilton was the site of our latest gig. On 10/2, 16 U.C. members and ‘09 grad **Ben Hestness** performed an abridged version of the IJA gold routine. **Mark Rosen** of WCCO-TV hosted the event; our team was given the royal treatment after four weeks of intense preparation (led by **Coaches Jon & Billy**); and JH mom/CHL Volunteer **Susan Bordson** commented that the audience had “NEVER settled down that quickly for the start of the program before! I was thrilled and proud.”
- Paul returns to the **Edina Morningside Rotary** this month, bringing U.C. members for demos and Q & A. Paul is seeking other speaking gigs as opportunities arise, and U.C. members are eager to perform in more juggling gigs!
- **COMMUNICATION:** The Arnebergs have *discontinued their 952-926-0896 home office phone line*; please call their cell phones for direct contact. Also, the Tier 1 Coaches’ cell phones and emails are listed below in each *JUGHEADS Journal*.

Paul’s Platform:

“Boston? Bust: Character through Failure”



Last month, I fantasized about writing this column with the victorious news that my 4th running of the Twin Cities Marathon was fast enough to qualify for the prestigious Boston Marathon. For two years, I’ve trained hard, clocked PRs in the 10K (41:16) and half marathon (1:35:09), ate right, and avoided injury. A 3:20:59 Boston Qualifier (BQ) seemed meant to be. The reality: despite my training and the perfect weather on Oct. 4, I only managed my goal pace through Mile 13—then I inexplicably suffered multiple leg cramps. My 7:40 pace-per-mile slowed to a crawl of 13:40 by Mile 22. Defying my leg cramps, I picked up the pace with a “blazing” 9:30 pace for the last two miles to finish in 3:57:20 (9:04 avg. pace). For those last 13 miles, I dwelled on finding peace with yet another failed attempt at a BQ, and how I would revise this column.

My efforts at marathon racing remind me of an exchange between Notre Dame football coach Ara Parseghian and the title character in the movie *Rudy*. Rudy: “I’ve learned...no matter how hard I try, I’m never going to make it above the prep team...God made certain people to be football players, and I’m not one of them.” Coach: “I wish God would put your heart into some of my players’ bodies.” Comparing notes with Billy Watson, he feels like the Rudy of the juggling world just as I feel like the Rudy of the running world. Of course, Billy & I have passions in other areas more closely suited to our respective sets of physical and intellectual gifts, but we remain intrigued by lofty goals and “to dream the impossible dream” (one of Billy’s favorite songs).

This monthly column highlights my personal values and experiences as they relate to daily work with the Jugheads. My ego says that it would have been better to use a BQ as a springboard to say “You can do it!” to the 142 Jugheads endeavoring toward many goals large and small. However, perhaps the example of a leader falling short of a goal will inspire the youth regarding two things: 1) there are limits to natural talent, and 2) one can never know those limits until they’ve been tested, with nothing left on the table. Perhaps such pouring oneself into a major goal, though the effort fails in the end, is more character-building than a mediocre goal easily met. I tried my best, and I failed—but I’m a better man for the effort. It still hurts, but I preach to myself to keep in the race, knowing that thwarted expectations do not mean that the training was in vain.

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