

# JUGHEADS

JOURNAL

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • October 2010

## Club Assistants: Student Leadership

### 12 teens earn & learn while they serve

We have a longstanding tradition of high school-aged veterans devoted to helping younger and/or less-skilled Jugheads, providing the latter a range of coaching skills while the former receive valuable life & leadership lessons. Acting as employees, they take their jobs seriously (earning tuition for another club day), and some Assistants have even expressed that assisting is their “**favorite club of the week**”—even more than Ultimate Club! All 12 Assistants and four Volunteers (see below) attended a day retreat last month to train and brainstorm for the year and the future, and many will attend Saturday morning Officer meetings. Here are the Assistants for 2010-'11, including grade, JH year, and current member clubs:

**MONDAY REC.— Rory B.\*+:** Soph; 8th JH year; Ultimate & Elite Club. **Evan P.:** Freshman; 7th year; Ultimate & Advanced. **Danielle S.:** Junior; 9th year; Elite. **Scott S.\*+:** Senior; 7th year; Ultimate & Elite.

**ADVANCED CLUB— Alex B.\*:** Senior; 7th year; Ultimate & Elite. **Sean C.\*+:** Senior; 9th year; Ultimate & Elite. **Chris L.:** Senior; 9th year; Ultimate & Elite.

**THUR. REC.— Nick H.:** Freshman; 5th year; Elite.

**FRIDAY REC.— Jonny L.:** Senior; 9th year; Ultimate & Elite. **Jack L.\*+:** Senior; 6th year; Ultimate & Elite. **Mara M.:** Senior; 6th year; Ultimate & Elite. **Brenden Y.\*+:** Senior; 10th year; Ultimate & Elite.

*\*Earned varsity juggling letter through EHS in 2009-2010.*

*+Earned bronze medal in the 2010 IJA Teams Stage Championships.*

## New position: Student Volunteers

### Assistants-in-training commit to Rec., Adv.

As the Assistant role is more sought-after than ever, we now have a brand-new student position: Volunteer. With our large Class of '11, there were no Assistant openings this year. However, four HS-aged Jugheads wanted to serve nonetheless, so an intern-like position was created for them to supplement their tuition-earning peers. Volunteers don't have the same high expectations placed on the employee-like Assistants, but they're still expected to regularly interact with the kids, perform menial tasks, and commit to regular attendance. Our prototype Volunteers: Monday Rec.— **Danny G.** (freshman; 4th year); Advanced Club— **Conor H.** (freshman; 4th year); Thursday Rec.— **Sydney P.** (freshman; 3rd year); Friday Rec.— **Hannah B.** (soph.; 3rd year).



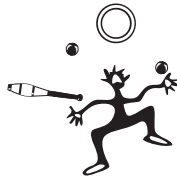
*A typical Sam's Club snack run.*

## Traffic, Transitions, Names & Nutrition

### Key Notes for 1st Year Families

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 activities and/or use the cozy main lobby area to work or read.
3. Please learn the names of all coaches, assistants and volunteers, 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.
4. Each Jughead may have three (3) snack/beverage items per club day, only one of which may be “unhealthy.” Bottles from home may be filled via the filtered drinking fountains. Snack closes after club meetings.

**Director's Note on Nutrition:** My wife Wendy & I are fairly fanatical about nutrition at home, but providing fresh produce and unprocessed foods is logistically and financially infeasible at JH (e.g., more trips to the store; more wasted perishable food due to picky kids). While we do offer candy, chocolate and even ice cream as part of the kids' “unhealthy” selection, we always have whole grain options such as Clif Bars and Sun Chips plus string cheese, nuts, 100% juices, and low-calorie drinks such as Propel. I do allow certain dubious foods to be “relatively healthy” due to a single ingredient such as protein or Vitamin C, but I realize it's a compromise. Years ago, we discontinued our former tradition of offering soda and salt-saturated soups on a daily basis, and I believe we now have a balance between healthy options and exceptional vices within the constraints of our storage, preparation, and budget limitations. Having said all that, I bring my at least part of my own snack to club every day, and any Jughead is welcome to do the same. —Paul



## Fall & Winter Juggling Camps

Skills-boost promised for school release days

Half-day juggling camps for all skill levels will be held from 9-Noon and 1-4 pm on **Oct. 21-22** and **Nov. 22-24**. Mega All-Day Camps will be held from 9-5 pm on **Jan. 17 & 24** 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.

## CLUB SPOTLIGHT: Monday Rec. Club

Great things come in entry-level packages

This youngest club with the lowest average skill level is a match for the fulfillment that comes with the prestige of Elite or Ultimate. In fact, one expressive child wrote in a card last spring, **“Thank you for the best year of my life!”** Whether a Monday Rec. Jughead can’t yet qualify three balls or he or she is working toward all the Elite standards, the kids have “equal fulfillment opportunity.” Adjusting expectations for age and skill, the kids are challenged to regular goal-setting and goal-achievement with FUN and character development as the main goals. This is a haven that endeavors to combine the best aspects of sports teams, recess, and even scouting in a highly social setting. With **Coaches Paul & Ricky** and a very experienced team of Assistants led by senior **Scott S.**, Monday Rec. is a proud “youngest child” among our line-up of six weekly clubs.

## JUGHEADS Community News

- **“JINGLE JAM”**: **Sat., Dec. 11, 5:30-8:30 p.m.** at St. Peter’s Lutheran Church & School. This annual party will feature food & fun for all current Jugheads. Look for a flyer.
- **Congrats to National Merit Scholarship Semi-Finalists: Sean C. and Chris L.!** Based on their PSAT scores, these seniors and 9th-year Jugheads are among the top 1% in the state. Chris is also a trumpet player in the All-State Band.
- **TWO JH COACHES finished the Twin Cities Marathon on Oct. 3rd!** **Coach Billy** ran a 3:17:52 in only his 2nd marathon, while **Coach Paul** ran a 3:42:19. Two other JH parents also finished the TCM ‘10: **Mrs. Gwen Freed** in 4:49:25, and **Mr. Chris Walgren** in 4:37:46.

## Paul’s Platform:

“The Big Picture: Prioritizing Goals”



Distance running has represented a significant portion of my daily life and well-being since 2007 (and on-and-off since ‘85), and few athletic endeavors better epitomize goal-setting than the marathon. I’ve run five marathons in the past two years. For the middle three races, I tried my utmost to break 3:21 and achieve a Boston Qualifier (BQ). During each of those attempts, I not only fell short, I fell WAY short: by 37, 57, and 78 minutes, to be exact. By contrast, my goal for Twin Cities ‘10 was to simply beat 3:45. My resulting 3:42 on Oct. 3 was strong and consistent, and proved a better experience. Having failed multiple times and then finally adjusted my goal for a BQ, the blessing is that I’m reminded about true goal of my running: character over qualifying.

During and after my first serious BQ attempts in ‘96 (3:23) and ‘04 (3:34), I over-trained, got injured, quit running, and gained 40 pounds—twice. Sure, I gave it my all, but I gave it *too* much, winding up losing more than I had gained through the actual accomplishment. Now that I’m not as young and not as unwise, my race-day results are not as lofty, but my major goals are intact. I like to keep lists, and I have a Top Five List of why I prioritize fitness. I steward my body for my: 1) God; 2) marriage; 3) career; 4) quality of life (daily function); and 5) quantity of life (longevity). If I didn’t have this list and the guidance of these *primary* goals, I’d be tempted to give up after every disappointment involving an unmet *secondary* goal (i.e., the ego rush of a fast(er) time to impress people). This list also kept me balanced through my more recent failed BQ attempts.

I’m both a romantic and a realist. On the one hand, movies like *Rudy* inspire me, seeing a man daring to dream beyond logic and counsel. On the other hand, sometimes the most inspirational stories involve lives whose consistent faithfulness and perseverance overcome less dramatic but more effective goals in the long run (no pun intended). I’ll continue running, but it’ll be my Top 5 List, not a BQ, that will drive me across the finish line every day. That’s precisely why character development at JUGHEADS always trumps medals, awards, and other temporal forms of prestige.

**Paul Arneberg**, JUGHEADS Founder, Director & Head Coach  
cell: 612.978.9707 • jugheads@comcast.net

**Wendy Arneberg**, JUGHEADS Office/Operations Manager  
cell: 612.229.3348 • wendyarneberg@comcast.net

**Asst. Head Coach Billy Watson**, (Thurs./Fri. Rec., Elite, U.C.)  
cell: 612.408.9745 • fwwatson@stthomas.edu

**Coach Ricky Harr**: 952.215.2349 • harr4203@stthomas.edu

**Coach Ben Hestness**: 952.240.5029 • benhestness@yahoo.com

**Coach Stefan Brancel**: 651.890.2938 • branc051@umn.edu

**Mailing Address**: 5905 Concord Avenue, Edina, MN 55424

**Web Site** (info. & online registration): [www.jugheads.com](http://www.jugheads.com)

**JUGHEADS Club/Camps Physical Location**: Wooddale Church—Edina • 5532 Wooddale Ave., Edina, MN 55424