

JUGHEADS

J O U R N A L

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

Juggle Jam 13: 6 Months to Go!

JJ13 Key Dates: May 13-14 plus May 3, 11

A brief history of our annual Juggle Jam: After Paul's first year of coaching the Wise Guys Juggling Club, he directed a spring show in 1995. Two more shows followed in '96 and '97. There was no show in '98 in order to revamp as an independent company, and '99 gave birth to our first "JUGHEADS Juggle Jam." We've produced a Juggle Jam (JJ) every year since, first in the old ECC Auditorium, then at Richfield H.S., and now in our long-term home at Hopkins H.S. JJ is our annual all-company variety show where every Jughead member performs with his or her weekly club as well as in two all-cast routines. Whereas our year as a company can't possibly be encapsulated in this one week-end of performances, JJ certainly provides the most theatrical and public venue to represent the skills, friendships, virtues and culture of our company's daily doings, which is now "16 going on 17" in our years of experience. **Our JJ13 key dates next spring are: shows on Fri., May 13 at 7 p.m. and Sat., May 14 tentatively scheduled for 4:30 p.m.** (due to a conflict with the EHS Prom). Also, we'll have two mandatory **all-cast dress rehearsals on the evenings of Tue., May 3 and Wed., May 11.** Please mark your calendars and reserve these four JJ13 dates for 2011! (Clarification for rookie families: the attached form for **Jingle** Jam is our annual holiday party on Dec. 11 "for members only," not a performance of any kind. :-)

(for our office) commemorating the boys' 1st place in this year's State Fair Talent Contest. The evening culminated with Billy and Jon honoring each individual U.C. member from last year and this year, including the letter winners: 1st year letters to **Rory B., Alex B., Tom G., and Michael B.** (non-EHS; Roseville H.S.); 2nd year letter to **Sean C.**; 3rd year letters to **Jack L., Scott S., and Brenden Y.**; and honorary letter to **Stefan Brancel** (non-EHS; Como H.S.). **Wendy Arneberg** organizes this variety banquet each fall, and it's always an inspirational time of honoring the commitment of our top Jugheads —and by implication, their parents who support them!



2009–2010 EPS and JUGHEADS juggling letter winners.

Ultimate Club Awards Banquet

7th annual dinner & awards ceremony



Poor Richard's hosted this year's Ultimate Club (U.C.) Banquet on Oct. 9. **Asst. Head Coach Billy Watson** (JH Class of '07) mentioned of a sizable number of 7th-11th graders training for U.C., and **emcee/Director Paul Arneberg** highlighted participants in the IJA Festival shows

and competitions in Sparks, NV, including video footage provided by IJA Videographer **Ivan Pecel**. The crowd was addressed by recent graduate and 1st year JH Coach **Stefan Brancel** (JH Class of '10), with co-coaches **Billy Watson** and **Jon O'Connor** each giving general comments about our top team. EYJA board member, proud dad, and Jughead superfan **Craig Schultz** presented duplicate trophies to members of **The Five of Clubs** along with Coach Paul



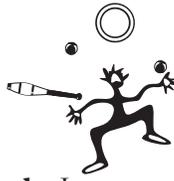
CLUB SPOTLIGHT: Friday Rec. Club

Hybrid of Rec. & Advanced means variety

Friday Rec. is an interesting mix of kids who are at an intermediate level and those who have most or all of the Advanced standards. This "non-homework day" is also the only club with a majority of girls as members—fitting, as it was formerly "Girls Elite" for several years. With an artistic and expressive team of leaders, this club has a good balance between hard work and fun, and their Juggle Jam themes are often crowd favorites due to recent performances of classics "The Wizard of Oz" and "The Sound of Music."

JUGHEADS Community News

- **WELCOME TO NEW JUGHEAD Ty K.**, 6th grader in Thursday Rec. Ty has improved quickly despite joining mid-fall with no prior juggling experience.



- **A word about mid-year rookies and punchcards:** January is typically the latest for any new Jugheads to join or add a club mid-year. Currently, there is one opening on Monday (with a prospect for that last spot); two openings on Friday; and 17 openings on Thursday. Flexible punchcards are a good option for occasional attendance to boost a Jughead's skills (as we only have five camp days left 'til June!).
- **THANKSGIVING CAMPS ARE WIDE OPEN!** Juggling camps for all levels are **Nov. 22-24** from 9-Noon and 1-4 pm. There are also two remaining camps this school year: **January 17 & 24** from 9 a.m.-5 p.m. (or 9-12:30/1:30-5).
- **October's MEA Camps** had typical leaps & bounds in personal progress. Friday's camp featured 10 high schoolers driving 2.5 hours from Cumberland, WI to juggle all day with us. Spanish Teacher **Laurie Broome** recently founded a juggling club called **Whirligigs**, and this is the 2nd year she's made the trip with a contingent of her students in order to immerse in juggling for a day and inspire her students (and herself) with the potentials of youth committed to juggling.
- **CLUBS HAVE BEEN PRODUCTIVE** lately, featuring daily group warm-ups; skill themes; standards testing; and endurance contests. Elite & Advanced each had 5-Ball Endurance Contests last month; senior **Jack L.** set an all-time JH record with 5 balls—59:36, or about 15,500 catches! The Rec. Clubs had 4-Ball Contests, with most kids achieving new personal records (PRs). Forthcoming contests include 4 Rings (Adv.); 5 Rings (Elite); and 5 Clubs (U.C.).
- **More TCM Finisher parents!** In addition to the two coaches and two parents listed in October's *Journal*, three more JH parents were discovered to have run Twin Cities Marathon on 10/3. **Michelle Horan** ran a BQ in 3:39:20; **Diane Schroeder** also ran a BQ in 4:04:54; and **Doug Junker** ran his 1st 26.2 in 3:56:10, despite being at the ER for his older son's broken leg 'til midnight just hours before the race. Congrats!
- **NEXT OFFICER MEETING:** 11/13, 9-Noon at Behrs'.
- **"JINGLE JAM" 2010** (our annual all-Jugheads holiday party) is on Sat., Dec. 11 at **St. Peter's Lutheran Church & School in Edina** from 5:30-8:30 p.m. See attached form.
- **Extra copies of DVDs from JJs 6-12** are available for \$25 each. A great gift idea for people unfamiliar with our show or those looking to add to their JJ DVD collection.
- **MADFEST '11:** All Elite & Ultimate Jugheads are invited to attend this annual team trip with us. See attached reg. form.

Paul's Platform: "The Virtue of Doing Hard Things"

One of Coach Billy Watson's favorite phrases of late is "It's a virtue to do hard things." Two years ago, I read an excellent book by that same title by twin brothers **Alex & Brett Harris**, and the principle shared by both the adage and the book is that some things, though uncomfortable, are worth pursuing; and some comforts are worth giving up. For instance, it's not easy to run a marathon, but tens of thousands do so every year for a myriad of reasons, not the least of which is conquering an objective challenge and achieving a higher level of personal fitness along the way. By the same virtue, it's not easy to master (or even begin learning) a new language, leadership skills, a musical instrument, or even juggling, but the learning process itself has its own reward. Brain fitness, a deep sense of accomplishment for even small steps of improvement, and a broader range of physical and social skills all accompany the effort to do such hard things.

My brother, Jim, learned two new languages at age 29 in order to work for seven years in extreme rural (and extremely poor) East Africa; he began working on Mandarin Chinese at age 44 for two more years' work overseas. My nephew, Ben, is in his third year as a cadet in the U.S. Air Force Academy, and despite his Eagle Scout and valedictorian feats in high school, he attests that getting through his "doolie" (freshman) year was the hardest thing he's ever done (so far). He's training to be an Officer, and they teach that the best way to learn to *lead* is to learn to *follow*. Since late summer, I've committed to daily efforts at beginning banjo playing, dedicating a portion of my time, money and patience to do this "hard thing" (however frivolous it may seem for a 40-something Northerner). Physical, mental, and artistic benefits are a lifelong motivation, but this skill will certainly go further than getting into yet another TV show, video game, or tech fad.

So, when I encourage the Jugheads to stick with juggling—even for just one year—it's not for enrollment quotas or surface promises. It's for their overall *development*. Humans are designed to be constantly challenged (consider our muscular, skeletal and immune systems), and in areas such as language, leadership, music, or juggling, it indeed is virtuous to choose the narrow, hard path for the promise of long-term reward.

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