

JUGHEADS

J O U R N A L

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • November 2011

All-Levels Standards & Contests

October featured skill tests for all levels

After September themes focused on balls, rings, and clubs, October featured two major tests of skill: Standard Testing and Endurance Contests. With Standard Testing, kids from 2nd-year Rec. Jugheads to seasoned Advanced & Elite members were tested on 5-6 juggling standards in front of a coach. Some kids challenged themselves to finish quickly (e.g., under 2:00), while others were glad to finish within the 10:00 time limit. For many, Standards Testing was a check-up on skills that may have waned of late—or a challenge to catch up on neglected standards never achieved.

These tests were followed in late October 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 half of the competitors achieved records in these contests, as it forced the jugglers to be motivated by healthy competition and work through fatigue (each Jughead earned a “Win Rank” by achieving three wins). November Endurance Contests include 5 Rings for Elite, 4 Rings for Advanced, and 5 Clubs for Ultimate.

Juggle Jam 14 Key Dates: May 2012

Juggle Jam (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. Defying the stereotype of a boring kids’ show, JJ has a 17 year history (including three years as the Wise Guys Jugglers) and is precious in the experience of nearly every Jughead—especially the ones who’ve been around for much of their childhood. While our year as a company can’t possibly be encapsulated in this one weekend 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.

Our JJ14 key dates next spring are: shows on Fri. & Sat., May 18-19, 2012 at 7 p.m.—with two mandatory all-cast evening dress rehearsals on Tue., May 8 and Wed., May 16. Please mark your calendars and reserve these four JJ14 dates! (Clarification for rookie families: *Jingle* Jam is our annual holiday party on Dec. 10 “for members only,” not a performance. :-)

Ultimate Club Awards Banquet

8th annual dinner & awards ceremony

On Oct. 8, our 8th annual **Wendy Arneberg**-organized Ultimate Banquet was held at Poor Richard’s in Bloomington. Former **Coach Billy Watson** (JH Class of ‘07)



flew in from his law studies at the U. of Chicago for the event, and he and **Coach Jon O’Connor** honored each U.C. veteran from last year as well as our 11 rookies for this year. **Director Paul Arneberg** highlighted participants in the IJA Festival in Rochester, MN, and **Coach Kelvin Ying** (JH Class of ‘07) gave his vision for his role in the club this year, having been a 9-year Jughead himself. The crowd was addressed by recent graduates: **Jack Levy** in person and **Joey Spicola & Brenden Ying** by proxies **Tom Gaasedelen & Hannah Bowlin**.

The evening culminated with the presentation to the ‘10-‘11 letter winners. 1st year: **Daniel B., Danny G. Conor H., Evan P., Griffin K., Chris L., Mara M., and Joe G.** (non-EHS; Blake H.S.). 2nd year: **Rory B., Alex B., Joey S., and Michael B.** (non-EHS; Roseville H.S.). 3rd year: **Sean C.** 4th year: **Jack L., Scott S., and Brenden Y.**

Officer Voice: Hannah B.

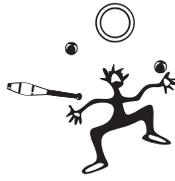
One of my favorite Normandale Elementary teachers, **Mr. Tom Konicek**, once said, “Talent is not enough without purpose and direction.” At the time I didn’t understand his words; now I’ve come to realize he meant that if you mean to succeed, it’s not enough to have the skills, you must have a goal to work towards. These words have shaped my entire philosophy on JH.

In terms of the non-leader Jugheads, my idea has always been that the time you spend here is special whether you know it now or not, so use your time wisely and juggle! JH is a place like no other, it is unique and very special to all those who have been a part of it, so discipline yourself and actually work on those standards. I have talked to countless grads and even current Jugheads who have told me that they would give anything to have been more focused when they were younger. They could have not only given more to the company, but also to themselves.

Now in terms of student leaders, my strict belief is that you are always on duty. The reason you are working at JH is to help the kids and the company, not to have your own free time. If no one asks you for help, go find someone to help. As Paul has always said, the best workers are those who do what they need to do even if they haven’t been asked to do it.

To all, go through JH with no regrets. You shouldn’t have to look back at your time here and wish you had been more focused or dedicated. By inserting purposeful behavior into your weekly trip to JH, you’ll find yourself growing not only as a juggler, but as a person as well.

—Hannah B.: Friday Rec. Assistant, 4th year Jughead



CLUB SPOTLIGHT: Friday Rec. Club

Festive Friday frolicking for 9-year age range

Friday Rec. remains by far the most diverse club of ages & abilities. From our five 4th graders to our rookie senior (**Annie R.**), this pre-weekend club has many different social and skill dynamics. Of particular note is the fact that exactly half of the members are girls, fitting for 1st-year co-coach **Kelvin Ying** who invested his own high school years as Girls' Elite (Friday) Assistant. Whether glad to have a socially accepting place or dreaming for lofty goals (or both), Friday Rec. is a special place for three dozen youth.

JUGHEADS Community News

- **WELCOME TO NEW JUGHEADS! Dylan Young** (Thursday Rec. 8th grader) eagerly joined after MEA Camp; **Max Washburne** (Monday 6th grader) found us online after he taught himself to juggle and found a niche at MEA.
- **CONGRATS** to Volunteers **Reid Johnson** (9th), **Erica Liddle** (10th), and **Lauren Stempel** (12th) for their recent promotion to the Assistant position for the remainder of the school year! Due to company need and their own merit, they now have more responsibility and rewards as student leaders.
- **An original Jughead** is on "Survivor" this fall! **Keith Tollefson** was in all three Wise Guys Shows ('95-'97) and on our first IJA trip ('96). Paul recognized his unique pacemaker (from congenital heart block) before he knew it was Keith!
- **Paul the Juror:** Director **Paul Arneberg** has official jury duty from Nov. 7-18. Coaches **Scott Richter** will sub at Monday Rec. on Nov. 7 & 14 (if Paul is called to a case).
- **THANKSGIVING CAMPS:** Juggling camps are **Nov. 21-23** from 9-Noon and 1-4 pm. There are also Mega All-Day Camps **Jan. 16 & 30** and **Mar. 9** (9-5 p.m. or 9-12:30/1:30-5). Sign up online or at JH!
- **NEXT OFFICER MEETING:** 11/19, 9-Noon at Paughs'.
- **"JINGLE JAM" 2011** (our annual all-JH holiday party) is on Sat., Dec. 10 at **Calvary Church in Edina** from 5:30-9:00 p.m. See attached form. It's an annual highlight!

- **DVDs from JJs 6-13** are available for \$25 each. Share JH with relatives and/or round out your own JJ collection!
- **MADFEST '12:** All Elite & Ultimate Jugheads are invited to attend this team trip with us Jan. 13-15. See attached form.
- **MONDO** a regional juggling & unicycling festival in St. Paul, is Feb. 18. Look for the reg. form in Dec. or early Jan.

Paul's Platform:

"Serenity, Courage & Wisdom"

I am often fascinated by human behavior, including my own. It takes a lot of wisdom to discern what needs changing and what needs to stay the same (by choice or circumstance). As a Type-A, goal-oriented, driven personality, I seem to constantly be seeking to balance how to *improve* my life with how to contentedly *enjoy* my life—while accepting shortcomings and obstacles that no amount of discipline can remedy.

I'm reminded of The Serenity Prayer that my mom hung in our Roseville kitchen: "*God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, And wisdom to know the difference*" (Reinhold Niebuhr). We live in an uncertain world, and there are a myriad of things (internal and external) that we cannot change. I believe that the wise, fulfilled life is lived with a maximum effort to steward our time, talents and treasures while holding all things loosely. Serenity, courage and wisdom are precious virtues, and they're three things for which I regularly pray to increase in my own life.

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

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

Coach Scott Richter, Thursday Rec., Advanced, Elite Coach
cell: 952.797.3671 • ultimajuggler@gmail.com

Coach Kelvin Ying, Friday Rec., Elite, Ultimate Club Coach
cell: 612.250.0173 • kelvin.k.ying@gmail.com

Coach Jon O'Connor, Ultimate Club Coach
cell: Request through Paul • mrfleas@msn.com

Mailing Address: 5905 Concord Avenue, Edina, MN 55424

Web Site (info. & online registration): www.jugheads.com

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