



JUGHEADS

JOURNAL

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • February 2012

EYJA Showcase: 3/23 at SVMS

Acts must perform for a Coach by 2/24

The 7th annual EYJA Winter Juggling Showcase is Friday, March 23 at 7:30 pm at **South View Middle School** in Edina. This 90-minute show is free and open to the public. The Feb. 3 deadline for expressing interest in performing has passed; 27 acts have signed up, and now each act must preview their routine for a coach by Feb. 24. (Only acts with too little choreography/polish potentially may not perform.) The cast and order will be set early in March. It's a fun even for the whole family!

JJ14 Ticket Sales

Reserved/General tickets go on sale soon

Both reserved and general seating tickets will be available for JJ14 (May 18 & 19). The front half of the auditorium will be reserved seating, and the back half and the balcony will be general seating. Reserved tickets (\$15 Adults, \$10 Students) will be sold online via a link on jugheads.com beginning April 9 (the first Monday of our spring session). Advanced general tickets (\$10 Adults, \$6 Students) will be available for purchase on jugheads.com by late March and at **both dress rehearsals**. (If available, general tickets will also be sold at the door: \$12/\$8.)

Also, look for a sheet detailing JJ14 volunteer opportunities (e.g., pre-production, rehearsals, show nights) with your March news.

Officer Voice: RORY B.

Standing behind the curtain just before a show, I look around and see all the other performers. Each one has a different expression: some scared to death, some confident in their ability, and some just plain amped for yet another round of JJ. It makes me think back to my origins, and how I got to where I am today.

As I think back to my first JJ, I was one of the "scared to death" children. Being a 3rd grade boy, I had no desire to go out in front of hundreds of people and risk public humiliation by dropping on stage. Being a terrified little boy in Monday Rec., my role was limited—I had three appearances throughout the entire show. Even still, I had set my goal of not dropping at all. Needless to say, this goal lasted about two throws. Instead of feeling embarrassed, I was irritated at myself for not meeting my seemingly simple goal. The next night, I started off strong, but my overconfidence got in the way and I dropped on the third throw. Maybe it was the fear of

being on stage; maybe I just was not that good. However, I found as each show went on, it got progressively easier. I began with an initial horror in my eyes, and ended with a grin the size of a watermelon as the curtain slowly drew to a close.

Every year since my first show, I have set the same goal: do not make a mistake. Every year, I have failed this goal. It was not until my middle school years that I realized how significant this task was. In order to avoid the inevitable failure, I knew I would have to put in a lot of quality practice time, better preparing myself for the opening night. Essentially, by placing this standard of excellence on myself, it forces me to put forth the best possible show I can.

The only downside to this plan that I have created is the amount of pressure it brings. After nine years of performances, I still have yet to figure out how to escape it. You would think that after a while it would just fade away. But even after performing on *America's Got Talent*, that little 3rd grade boy is still inside of me, struck with horror about what could happen. Although being afraid can be very annoying, it can also be beneficial. The last thing a performer needs is to be overconfident. Believe in yourself, but know your limits. Fear forces you to realize those limits.

Challenging oneself is the best thing a performer can do. Shoot for the moon. If you miss, you will land in the stars.

—Rory B.: Mon. Rec. Assistant; Elite member & Ultimate Club Captain; 9th year Jughead; Edina High School Senior.

2012 Summer Camp Preview

Registration, coaching, assisting

Summer camps are the birthplace of JH: three 4th graders learned at a four-day Wise Guys "A.M. Act" in 1994, and the rest is history. Our summer camps are an ideal place for local and out-of-state youth ages 8-18 to initiate and immerse in juggling! With the *many* choices for summer activities, we're glad that so many kids (esp. Jugheads) prioritize our camps. Consider these points as summer reg. opens the week of **March 19**:

1. Summer juggling camps will be held for 5.4 weeks: June 7-July 13. A **full week of mornings** is recommended for all first-time campers; most Jugheads choose **punchcards** for max. flexibility.
2. We offer coupons to encourage registering by **May 25**.
3. **Paul Arneberg, Scott Richter and Kelvin Ying** will share coaching duties; other coaches may be added as needed.
4. As with recent years, our Assistant Team is limited to 10-15 students who work at least two weeks each, with priority given to: current leaders; future volunteers; and U.C. members fulfilling 10 hours of community service. Qualified students should request a Summer Asst. App. and turn it in by **March 30**.





CLUB SPOTLIGHT: Elite Club

High talent drives popular all-teen club

Despite competing with a myriad of other middle/high school activities after school, Elite is often the first club to fill each spring for the coming school year. For some, it's a stand-alone achievement and the pinnacle of the Jughead experience. For others, it's the required 2nd day of juggling for U.C. membership. For all, Elite offers a rich group experience for intense warm-ups/drills and a depth of both technical and artistic talent. The members perennially ask for optimal free time to work on solo skills as well as on acts for events ranging from our local Showcase and JJ as well as international IJA and WJF events. Best of all, cliques are discouraged and each member has opportunities to shine in his or her own way. They will do so in our fun club routine theme for JJ14: "SNL Skits."

JUGHEADS Community News

- Reminder: No Monday Rec. or camp on 2/20 (Presidents' Day).
- OFFICER MEETING, 9-Noon: 2/11 at Bowlings'.
- IJA Festival down payments are due by Wed., Feb. 21.
- MONDO XXIII is Feb. 17-19. Coaches Paul & Scott are leading 27 kids (so far) on Feb. 18; more may sign up by Feb. 16.
- JUGGLE JAM 14 Shows: May 18 & 19; Dress Rehearsals: May 8 & 16. Auditions for specialty acts (solos/ensembles independent of club routines): April 17. Prospective JJ acts must perform in the EYJA Showcase and fill out an app. by March 30.

Paul's Platform

"Juggling Priorities: Part 2"

Last month, I covered five basic priorities in the life of this company. Now, I'll cover seven basic priorities that this director tries to keep "in the air" for balance in life and success in youth work:

1. **Spiritual.** Commitment to regular Bible reading, prayer, church, fellowship, and designed acts of kindness (service).
2. **Relational.** God, marriage, family, friends, JH families.
3. **Physical.** Running, core, nutrition, hydration, sleep, rest.
4. **Financial.** Stewarded giving, saving, spending, investing.
5. **Musical.** Daily banjo practice toward mid-life proficiency.
6. **Intellectual.** Regular reading: news, growth, inspiration.
7. **Professional.** Career development, driven largely by all of the above—plus my own childhood and adolescent experiences.

That's a lot of "balls" to keep in the air on a (nearly) daily basis! However, I've personally learned and admonished the Jugheads that discipline in *one* area of life almost always leads to discipline in *other* areas of life. Imbalance in any given area requires a re-examination of one's priorities, but if the priorities are right, one can add to, rather than have to choose between, wise priorities for a full life.

Admittedly, I have an advantage with certain personal goals and priorities due to the fact that Wendy & I are unable to have biological children, and we've not felt led (and/or we've had doors closed) to adopt children. However, such a place in life as a married middle-aged childless man in the prime of life with a strong Christian faith and a conscientiousness nature to live a fruitful life drives my goals. If I ever write a self-help book, I suppose I could devote at least an entire chapter to each of the above priorities (and perhaps others) and how they continue to shape who I am. Meanwhile, I'll continue to admonish the Jugheads, student leaders, and even the coaches to make the most of one's time both in and out of this company. Personal priorities may differ from person to person, but one key to eventual success and balance is *choosing* a set of priorities, *learning* to juggle them, and *recovering* from the drops that mark every human life. Dream big, discipline the details, and pray for joy in the journey.

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 Stefan Brancel, Thursday Rec. Club; Elite & Ultimate Club Sub
cell: 651.890.2938 • branc051@umn.edu

Coach Jon O'Connor, Ultimate Club • mrfleas@msn.com

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

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

JUGHEADS Clubs/Camps Physical Location: Wooddale Church—Edina
5532 Wooddale Ave., Edina 55424

U.S. Mail: 5905 Concord Ave., Edina, MN 55424 • **Web:** jugheads.com