

# JUGHEADS

JOURNAL

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## Student Leaders: Weekly Server-Learners

### 16 Assistants & Volunteers help coaches

We have a long-standing 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, Assistants take their *jobs* seriously, earning tuition for another club day. The majority of our nine (9) Assistants and seven (7) 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 2012-'13, including grade, JH year, and current member-clubs:

**MONDAY REC.**— **Rory B.\*:** Senior, 10th JH year, Ultimate (U.C.) & Elite; **Reid J.\*:** Soph., 7th year; U.C. & Elite. **ADVANCED**— **Sydney P.\*:** Junior, 5th year, U.C. & Elite; **Evan P.\*+:** Junior, 9th year, U.C. & Elite. Part-time: **Danny G.\*:** Junior, 6th year, U.C. & Elite. **THURSDAY REC.**— **Nick H.\*:** Junior, 7th year, U.C. & Elite. **FRIDAY REC.**— **Hannah B.\*:** Senior, 5th year, U.C. & Elite; **Sam Karschnia:** Soph., 3rd year, U.C. & Advanced; **Erica L.:** Junior, 4th year, U.C. & Elite. \*Earned EHS and/or JH letter in '11-'12.

The intern-like Volunteers don't bear the same high expectations placed on the employee-like Assistants, but they are still expected to commit to regular attendance, perform menial tasks, and interact with the kids, acting as specialists with kids needing extra care and attention. Our school year Volunteers are:

**MONDAY REC.**— **Riga M.** (Freshman; 7th year); **Chris V.** (Freshman; 4th year). Part-time: **Alayna B.** (Freshman, 5th year). **THURSDAY REC.**— **Nathan L.** (Junior, 1st year); **Andy O.** (Freshman, 2nd year). **FRIDAY REC.**— **Taylor C.** (Soph., 3rd year); **Carolyn L.** (Freshman, 4th year).

## “The Standards Trap”

by Kelvin Ying

In the sport of juggling, almost everything is quantifiable: throws with 3 balls, seconds with club balance, passes with a partner, etc. However, at JH, we take counting one step further by measuring

our progress against time-tested standards. These benchmarks are useful because they give us a way to outline distinct levels of achievement and skill. For instance, an Advanced-level Jughead should be able to qualify 5 balls and get 100 with 3 rings. However, with such an enduring system, it can be

very easy to fall into the “Standards Trap,” or as I put it, “Standards do not make jugglers great.” Yes, there is more to good juggling than just achieving standards.

Think about your own progress. Have you ever worked for a standard but never aimed beyond that level? Have you ever thought that you had nothing new to accomplish? Have you ever ignored your fellow club members and only asked a coach or assistant when you wanted to pass? It's okay to answer “yes.” As long as you know the “Standards Trap” exists, you can avoid it. The key is simply to enjoy the challenge of finding new ways to stretch and improve yourself.

Consider this my year-long decree to you. Follow up achieving a standard by setting a new, higher goal for yourself. Find someone creative and ask for new tricks to try. Ask a friend to pass instead of a coach. Try your hand at teaching or choreographing. And above all, enjoy the challenge. Keep seeking, and you'll soon find yourself improving in ways that could not and never will be measured in numbers and standards.

—**Kelvin Ying:** 9-year Jughead (Class of '07); 2nd year Coach

## Names, Snacks & Automobiles

### Key Notes for 1st Year Families

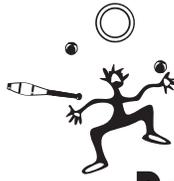
1. Please learn the names of all coaches, assistants and volunteers for the club(s) your children attend. Just as Paul expects all leaders to learn and use kids' and parents' names, the kids (and ideally, the parents) should learn and use our names.
2. Parents are welcome to arrive early to observe club activities.
3. Each Jughead may have three (3) snack/beverage items per club day; only one may be “unhealthy.” Filtered drinking fountains are free! Snack closes at 4:30 p.m. **Note:** Providing exclusively “healthy” foods is logistically infeasible at JH. While we do offer “unhealthy” choices, our staples include energy bars, string cheese, nuts, apples, 100% juices, and low- or no-calorie drinks. We aim for a good balance within the constraints of our storage and budget limits.
4. Please use the **church parking lot and Door #7** for all Jughead foot traffic; avoid vehicle use of 56th Street.

## Release Day Juggling Camps

### No school days= strategic skills boost

Half-day JH camps for all skill levels are offered 9-Noon and 1-4 pm on **Oct. 18-19 & Nov. 19-21**. Mega All-Day Camps will be held from 9-5 pm on **Oct. 29, Jan. 21-22, Feb. 19, & Mar. 8** with half-day options from 9-12:30 or 1:30-5. Any camp is open to *all* member-Jugheads, but mornings are *tailored* to Rec.-level kids. Register online or via the blue form.





## CLUB SPOTLIGHT: Monday Rec. Club

### High retention, focus level in young club

Among all six JH clubs, Monday Rec. has the reputation as surprisingly focused and productive despite its status as the club with the youngest average age. 100% of last year's members returned to the company, with 2/3 of them returning to this same club instead of switching days. Even some of our leaders' sentiments toward Monday Rec. are quite special, such as **Coach Scott Richter** getting his start here in 8th grade (and his leadership start here in 9th grade) and soph. **Asst. Reid Johnson** calling it his "all-time favorite club." From senior **Asst. Rory Bade** to our crop of young rookies (some of whom have yet to qualify three balls), this club has a simple structure, loyal attendees, and often profound and childhood-impacting results.

## JUGHEADS Community News

- **WELCOME to new Jugheads: Johanna Brastad**, Friday Rec. 7th grader; **Grant Seyller**, Thursday Rec. 4th grader; and **Nathan Larrea**, Thursday Rec. junior who is part-member, part-volunteer. (Of Paul & Wendy's 28 nieces & nephews, Nathan is the first to join JH due to his relocation from Miami!)
- **Congratulations** to junior **Erica Liddle** (U.C.; Elite; Fri. Asst.) and soph. **Taylor Claeys** (Elite; Fri. Volunteer), both of whom were recently named to the National Honor Society!
- **JUGGLE JAM 15 (JJ15)** dates have been set since last May: Friday & Saturday, May 17-18, 2013, with all-company dress rehearsals May 9 & 15 from 6-9 p.m. Mark your calendars! **NOTE:** All member-Jugheads are invited to perform in JJ15. More details will be outlined in our winter newsletters.
- **NEXT OFFICER MEETING:** 10/13, 9 a.m. @ Paugh's.
- **Party date!** The all-company **Jingle Jam** is set for Fri. Dec. 7.

## Paul's Platform: "The Value of a Service"

We live in a service-oriented society. Car maintenance, haircuts, and financial/legal services come to mind as common areas where people hire out needed work. Then there's the recreational services common in our culture such as music lessons, exercise classes, karate schools...and juggling clubs. I've observed that the prevalence of services to middle class America has skyrocketed in the past 20 years or so. While not everyone can afford *all* the services our society has to offer, nearly everyone chooses to afford *some* services.

Some services are critical: if the furnace goes out, it needs to be fixed. Others are negotiable: my sister, Jean, has saved hundreds each year by cutting her sons' hair their whole lives. Some are key for certain times of life but may be short-lived: consider private music lessons and well-intentioned-but-seldom-used gym memberships. Then there are some services that may not be critical, but offer such enrichment to life that they are thought of more as a *lifestyle* than as a conscious expense. It's just part of the family budget, often as crucial to overall well-being as dental cleanings and oil changes.

I know that nearly all families choose JH membership for their kids instead of something else. Even if *money* isn't an issue, *time* almost always is. For the vast majority of JH constituents, juggling stays a priority at least year-to-year due to the social, athletic, artistic, and long-term benefits to the childhood and adolescence of each Jughead. In the full swing of our 19th year as a company, I hope that you see the value of this grass roots, tuition-based, optional, extra-curricular youth development service. One fall session costs more than a year's worth of typical haircuts, but my continual prayer is that each club day serves toward a lifetime of memories, changed lives, and loving relationships that far exceed that of merely having a busier schedule or lighter pocketbook.

Developing Youth Through Juggling Since 1994,

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