

# JUGHEADS

J O U R N A L

Monthly news of JUGHEADS Youth Juggling Company, LLC • Edina, Minnesota • September 2014

## The Development Continues!

### Growth areas include girls, non-Edina schools

Welcome back to another school year of JUGHEADS (JH) juggling clubs! This monthly newsletter dates back to the first year we spun off from school district-sponsored childcare ('98-'99), and this director is a firm believer in the need for clear communication (written & verbal) to build trust and keep families informed. Every newsletter attempts to balance the need for basic info. (aimed at "rookie" families) and latest info. (to keep "veteran" families interested). While some articles any given month may sound similar year to year, the content is different enough to warrant a monthly read—even if you've been around for a while! See below for our annual list of basic company demographics. Two notable stats are that we have the highest percentage of girls since our first year in 1994-1995, and we have our highest-ever percentage of members who do not attend Edina Public Schools:

### 2014-'15 JUGHEADS Company Stats At-a-Glance

<b>3rd Graders:</b>	7	<b>8th Graders:</b>	13
<b>4th Graders:</b>	14	<b>Freshmen:</b>	12
<b>5th Graders:</b>	10	<b>Sophomores:</b>	10
<b>6th Graders:</b>	15	<b>Juniors:</b>	14
<b>7th Graders:</b>	21	<b>Seniors:</b>	7

[Total Jughead Grads since 2006: 65]

**Total Current Jughead Members in a Weekly Club:** 123

**Returning Jugheads:** 103; **Rookie Jugheads:** 20

**Avg. Jughead's Grade in School (3rd-12th):** 7.43rd

**Avg. Jughead's Year in the Company (1-10):** 3.68th

**Jughead Boys:** 71 (57.72%); **Jughead Girls:** 52 (42.28%)

**Sets of Siblings:** 26 (incl. three families with *three kids* in JH!)

**Edina Public Schools:** 69 (56.1%); **Non-E.P.S.:** 54 (43.9%)

**Cities of Residence:** 19 (Apple Valley, Bloomington, Chaska, Crystal, Eagan, E.P., Edina, Excelsior, Farmington, Golden Valley, Hopkins, Mpls., Minnetonka, Plymouth, Ramsey, Richfield, S.L.P., Savage, Woodbury)

## The Coach Leadership Team

### Outside help key for higher-level clubs

One stat that this director is fond of quoting is how many graduates we've had since our first seniors went the distance in 2006. Of our 65 grads to date, eight of them have returned to coach! We experimented for several years with having a coach (or two) for every club of the week, but the past year has seen a simultaneous pull-back in available coaches and the perceived need for them. The balance now struck is that Paul coaches all three Rec. Clubs alone (with a slew of pas-



sionate and trained student leaders--see next month's news), but he continues to employ independent contractors for Advanced, Elite and Ultimate Club. The results are that as kids progress to ever-higher levels, Paul's established traditions and relationships with them can continue while coaches with even more juggling expertise can drive the kids to new heights of skill. Our 2014-'15 coaches are: **Paul Arneberg** (leading every club, with a "sideline" role in U.C.); **Stefan Brancel, JH Class of '10** (5th year coach, co-leading Advanced & Elite at least 1st semester); **Chris Lovdal, JH Class of '11** (3rd year coach, co-leading U.C. all year + Elite 2nd-semester); and **Jon O'Connor** (10th year specialist coach co-leading U.C.). Coaches' bios are on our website.

## IJA-Purdue featured tight-knit teens

### Solid group juggled & bonded in late summer

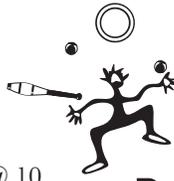
Our 19th adventure to the 67th Festival of the International Jugglers' Association (IJA) was held July 28-Aug. 3 on the campus of Purdue University in West Lafayette, IN. Selected highlights:

- 1) Our team of **18 Jugheads** and four chaperones chartered a bus for the drive to W. Lafayette via South Bend, IN, getting a surprise bus upgrade despite our smaller group; 2) for the road, **Paul** wrote and led a 100-point written test on the official movie



18 Jugheads and two coaches juggle five at Notre Dame U. en route to IJA-Purdue '14.

of JH, **Rudy** (1993), which the Jugheads took (aided by a thorough study guide voluntarily written by **Maddie R.**) before we went on a grand tour of both the Notre Dame campus & stadium with lunch at Legends, organized by **Wendy**; 3) we performed Elite Club's JJ16 "West Side Story" routine for the Youth Showcase (Y.C.), receiving MANY accolades and even comments that we should have competed in the Teams Championships; 4) the Y.C. was also graced by duets **Simple Physics**, **The Little Sisters**, and a show-ending performance by **Reid-iculous**; 5) **Sam K.** won the 3-Ball category of Xtreme Juggling; 6) many Jugheads earned medals and accolades in the Juggling Championships and IJA Games;



7) many workshops were attended, even Line Dancing @ 10 a.m. :-); 8) our chaperones made this trip possible: outstanding first-time mom **Susie Van Hoomissen**; Coach **Chris Lovdal**; Director **Paul Arneberg**; and Organizer **Wendy Arneberg**.  
*Look for info. in January about the 2015 IJA Festival in Quebec City, Quebec!*

## The JUGHEADS Store!

JugWare props, JugWear apparel for sale

Right in our gym office, we sell popular juggling props, dubbed **JugWare**. Our inventory includes Absolute Rings (standard 3mm and heavier 5mm), Beard Circus Clubs, colored beanbags, weighted Power Balls, hollow Russian balls, and silicone balls.

This fall, Wendy will organize our annual **JugWear** order, a variety of JH-branded sportswear (sweats, Juggle Jammies, sweat-shirts, pull-over jackets, hats, etc.). Forms will come out in early October with orders due *before* Thanksgiving to ensure pre-Christmas delivery. Thanks for supporting JH by supporting our store!

## Welcome Notes & Bulletin Board

### • Welcome to 20 rookie Jugheads!

**MONDAY REC. CLUB:** **Jaclyn B.** (3rd); **Eric D.** (4th); **Malakai H.** (5th); **Lily S.** (3rd).

**THURS. REC.:** **Sophia H.** (4th); **Brody M.** (6th); **Jerrick M.** (3rd); **Gabriela N.** (4th); **Phoebe P.** (3rd); **Aaron P.** (4th); **Joshua T.** (4th); **Sophie T.** (4th).

**FRIDAY REC.:** **Luke A.** (9th); **Max A.** (10th); **Liz B.** (11th); **Charlie K.** (7th); **Mirranda M.** (10th); **Rebecca M.** (3rd); **Lizzy V.** (6th); **Trevor Y.** (7th).

• **Congrats to seven (7) Ultimate Club rookies!** Freshmen: **Laura S., Daniel V.**; sophs: **Jacob C., Elise J., Steven K.**; junior: **Maddie R.**; senior: **John S.**

• **The School Release Day Camp form** is attached. Our camp offerings follow the first seven release days for Edina Public Schools: **Oct. 16-17; Nov. 24-26; Jan. 19\* & 20\*** (\*5 pm end time). Please register at least one day before each camp.

• **Math & ACT Tutor for Hire:** On missionary furlough, Jughead mom **Mrs. Sarie Anderson** is a certified math teacher with 25+ years teaching Algebra 1 to AP Calculus, plus four years of preparing students for the ACT/SAT. Hire Sarie as a tutor this year! 952-838-5952 or sarieanderson@icloud.com.

• **Ultimate Club Banquet:** 10/11. Look for emailed invites.

## Paul's Platform:

### "Juggling: A Conduit for Character-Building"

One of the most oft-repeated phrases I use in meetings, interviews, and in writing regarding this juggling company and my own career path is that juggling is just an excuse to work with kids. Due to the long-term, developmental, and relational aspects of this work, such a philosophy is meted out on a daily basis. After all, even from the kids' perspective, the vast majority wouldn't bother returning year after year were it not for the friendships and life lessons they've gained here on a regular basis!

Having said that, juggling itself (like virtually every other worthwhile endeavor, whether hobby or profession) does have some inherently beneficial qualities and rewards. Over 20 years of coaching, I've directly observed, heard from parents, and read research about juggling's physical benefits: improved hand-eye coordination (notable for athletes such as goalies, golfers and other precision sports); better reaction time and peripheral vision (making for better drivers and general physical awareness); and even arm strength and cardio for the most driven jugglers (have you ever seen the amount of sweat by hard-working Jugheads at summer camps?). Then there are the cognitive benefits: improved math scores, reading ability, concentration, focus, and even the literal growth of the brain's grey matter. Finally, the social benefits: goal-setting, self-confidence, performing ability, leadership skills, risk-taking, permission to fail, and more relaxed, personable interactions between boys & girls, 3rd graders and seniors.

Even with all these researched and time-tested values of juggling (physical, cognitive, social), it still all boils down to character. I've seen countless instances of kids earning international, regional, local, and company-specific recognition, and nearly every one of those kids will testify that more important than records, standards, rank and fame is the value of strong personal character.

Juggling in general, and Jughead membership specifically, has many benefits; the unseen benefits are the most lasting. Whether here for one year or 10, the mission is that each Jughead will walk away better people for being here, with juggling as the *conduit* and the *means* toward that noble end.

Developing Youth Through Juggling Since 1994,

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