

JUGHEADS

JOURNAL

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

Student Leaders: Key Server-Learners

Assistants, Volunteers, Captains help coaches

Even before this director succumbed to middle age and its ongoing adjustments of energy level and different ways of relating to children & youth (compared with a youth worker in his 20's), student leadership has been a key element to this company. Before **Wendy** left the corporate world for an expanded role here, and before any grad coaches were hired, student leaders provided a vital presence at nearly every club level. Their names are listed below for parents to memorize, use and honor for the good work they do in their respective clubs. Here are this year's tuition-earning **Assistants**, including grade, JH year, and member-clubs:

MONDAY REC.— **Taylor Claeyts+**: Senior, 5th year, UC & Elite;

Reid J.+*: Senior, 9th year, UC & Elite; **Andy O.+**: Junior, 6th year, Elite; **THURS. REC.**— **Sam K.+***: Senior, 5th year, UC & Elite.

FRI. REC.— **Elise J.**: Soph., 8th year, UC & Elite; **Carolyn L.+**: Junior, 6th year, Elite; **Danny M.**: Soph., 4th year, Elite; **Riga M.+***: Junior, 9th year, UC & Elite. **+Officer** in '13-'14.

**Earned varsity letter in juggling in '13-'14.*

The intern-like **Volunteers** don't bear the same high expectations placed on the employee-like Assistants, but they immerse in at least a year of training before being named Assistants:

MONDAY REC.— **Bengt F.** (Soph., 7th year, Elite); **Liam T.** (Soph., 7th year, UC & Elite); **ADVANCED**—**Cole D.*** (Soph., 8th year, UC & Elite); **Max S.*** (Junior, 4th year, UC & Elite); **Daniel V.** (Freshman, 3rd year, UC & Elite); part-time Volunteer-Assistant **Taylor C.**

THURSDAY REC.— **Steven K.** (Soph., 4th year, UC & Elite);

Erik R. (Freshman, 5th year, Elite); Volunteer-Assistants **Reid J.,**

Carolyn L. **FRIDAY REC.**— **Jacob C.** (Soph., 3rd year, UC & Elite);

Laura S. (Freshman, 6th year, UC & Elite).

Appointed member-**Captains** lead warm-ups, lead by example, and spearhead the members' vision in working with the coaches. Captains: **Elite: Riga Moettus; U.C.: Reid Johnson** (U.C.).

Coach Corner: Stefan Brancel

In theme with Paul's column this month, "The Case for Juggling as a Sport," I am going to add in my two cents on the subject. First, I'd like to give a little about my background with two of the better recognized sports to put into perspective my opinions on juggling. I was raised playing both soccer and hockey obsessively. By the time I graduated from Como Park High School in St. Paul, I had played four years of varsity soccer and hockey and was captain and assistant captain of those respective teams. Altogether dur-



ing these seasons I made All-Conference Honorable Mention twice, All-Conference twice, All-Conference Player of the Year once, and All-State once. As for my experience with juggling, I won gold in IJA teams in 2009 with our Ultimate Club; competed in IJA Juniors 2007, 2008, and 2009; and then went on to win IJA Teams again in 2011 as half of the duet Showy Motion (with fellow Jughead grad **Ben Hestness**, Class of '09).

For me, juggling is a sport in the same category as soccer and hockey for three main reasons. First, it allows the player(s) to challenge themselves to achieve both physical and mental feats. Second, as with other sports, juggling can be practiced at a wide variety of levels from the casual hobbyist to the professional. Third and perhaps most critically, like any other sport, juggling requires desire and time as fundamental prerequisites for reaching excellence. —**Stefan Brancel**: 8-Year Jughead ('02-'10); 1st Super-Ultimate Standards Achiever (in '07); 5th Year Coach ('10-Present)

School Release Day Juggling Camps

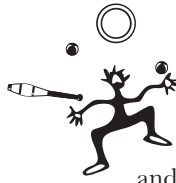
Unique mix of members, beginners, and records!

Half-day JH camps are a productive and relational use of days off, open to all ages and skill levels. Our camps are 9-Noon and 1-4 pm on **Oct. 16-17** & **Nov. 24-26**, plus Mega Camps from 9-5 pm on **Jan. 19 & 20** (w/half-day option). *Any* camp is open to *any* Jughead, but mornings are *tailored* to Rec.-level kids. Register online or via the blue form attached to September's newsletter.

CLUB SPOTLIGHT: Monday Rec. Club

M.R. comes of age through retention, routines

Monday Rec. debuted as an evening club in 2001 when U.C. was still held after school. Last year, this club leaped ahead of its longtime entry-level status, with far more retained veterans than first-year rookies. Part of M.R.'s recent successes are owed to **Wendy Arneberg** in her choreographing "Bollywood" and "ABBA" for back-to-back Juggle Jam routines, and another part is strong student leadership, headed by senior **Reid Johnson**, who is planning on choreographing another fun dance-oriented theme for our spring production. We still have space for new rookies or multi-day Jugheads, so please refer kids to Monday Rec.!



JUGHEADS Community News

- **JUGGLE JAM 17 (JJ17)** dates: Fri. & Sat., May 15-16, 2015, with all-cast dress rehearsals May 6 & 12 from 6-9 p.m. While not required, all Jugheads are strongly encouraged to participate in our JJ tradition. Details will be outlined in winter *JH Journals*. Mark your calendars, and note our new *web site* calendar as well!
- **Welcome to Hannah K.**, new Monday Rec. 3rd grader, and **Tascha B.**, new Friday Rec. 11th grader! Half a lifetime apart, different clubs & abilities, but both eager to join!
- Congrats to soph. **Evan C.** for achieving the all-time JH record with three clubs! He juggled for 1:14:19 on 9/26/14.
- Look for Jugheads **Maddie R.** (11th) & **John S.** (12th) passing seven apples on social media for MN Harvest!
- **IJA Award:** Last month's IJA Fest recap neglected to cite an honor given recent grad **Erica Liddle**. Erica became the 5th-ever Jughead to receive **The Flamingo Award** to encourage girls to continue pursuing juggling excellence! Congrats, Erica!
- **"YOUTH JUGGLING CAUGHT HERE":** Show your team pride by displaying your EYJA-Jughead yard sign in fall and spring. Don't have one? Just ask and pick yours up at JH.
- **4 & 5 Ball All-Club Endurance Contests:** October 20-24.
- **OFFICER MEETING:** 10/11, 9-Noon at the Moettus home.
- Need ACT/Math tutor? Call **Sarie Anderson:** 952-838-5952.

Paul's Platform:

"The Case for Juggling as a Sport"

This month continues a fall series of columns on the benefits of juggling. Perhaps the most disputed claim among non-jugglers regarding juggling's many benefits is that it actually is a sport. Since virtually every hobby or passion that people choose to pursue have accompanying strong opinions, allow me to briefly flesh out why I hold to the claim that juggling indeed is a sport and should be honored (or at least acknowledged) as such.

For starters, any common definitions of "sport" can easily be applied to juggling, such as "a contest or game in which people do certain physical activities according to a specific set of rules

and compete against each other" (Merriam-Webster) and "an athletic activity requiring skill or physical prowess and often of a competitive nature" (Dictionary.com). Secondary definitions are even more broad: "a physical activity (such as hunting, fishing, running, swimming, etc.) that is done for enjoyment" (M.-W.) and "diversion; recreation; pleasant pastime" (Dictionary.com). And for what it's worth, consider excerpts from Wikipedia's rather extensive definition of "sport(s)": "competitive physical activities...casual or organized participation...physical ability and skills...either in teams or as individuals."

In none of these definitions does a "sport" need qualification by the MSHSL, NCAA, NFL, or USOC, to name just a few acronyms of athletic governing bodies. Juggling has benefited them nonetheless: athletes from Edina High School to the Dallas Cowboys to legendary U.S. Olympic hockey goalie Jim Craig have learned to juggle to improve focus, balance, peripheral vision, and reflexes for their respective sports. Admittedly, juggling isn't as formally and/or frequently organized as many other sports, but the IJA Games & Juggling Championships and WJF annual competitions (aired on ESPN) have gained mainstream credibility in the past 25 years. For our part, JH has treated juggling as a sport (in addition to a performance art) since Day One.

Here are additional reasons from our own JH traditions to give legitimate athletic status to juggling. Juggling is (or can be): individual or team; objectively measured (e.g., through our system of standards); often purely athletic (e.g., numbers juggling and daily group warm-ups); and a boon to hand-eye coordination for daily life and...other sports. Juggling offers constant physical challenge, frequent casual competition (Combat, Endurances, Trick-Offs), and yes, even formal recognition, such as Ultimate Club lettering, EYJA-sponsored pin awards, our annual organized Standard Testing, and our often grueling all-club fall Endurance Contests for every club level with 4 or 5 balls, 4 or 5 rings, and 5 clubs.

If ever I were to write a book on JH, a whole chapter could be devoted to this topic—not to sound self-justified, but to exonerate the many children, youth, and adults who have chosen juggling as one of their primary athletic pastimes. I'll focus on the cognitive and social benefits of juggling over the next two newsletters. For now, the reader can know that we do treat juggling as a sport here, but beyond that, it offers *more* variety and *more* long-term participation than many other physical pursuits. Whether for a year or a lifetime, happy juggling, you athletes!

Developing Youth Through Juggling Since 1994,

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