



JUGHEADS

JOURNAL

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

All-Levels Standards & Contests

October featured skill tests for all clubs

Fall Standard Testing provided a diagnosis of each Jughead's strengths & weaknesses while juggling under pressure. Members from 2nd-year Rec. Jugheads to seasoned Advanced & Elite veterans were tested on several standards in front of a leader. Some challenged themselves to finish quickly (e.g., under 2:00), while others didn't finish within the 10:00 time limit. After MEA, multi-win all-club Endurance Contests were held (also required for all non-rookies): 4 Balls for Rec. and 5 Balls for Advanced & Elite. Congrats to this year's ball endurance champions: **Adam K.** (Thur. Rec.), **Thomas C.** (Mon. Rec.), **Joshua N.** (Fri. Rec.), **Grant D.** (Adv.), and **Reid J.** (Elite).

Each club also produced impressive collective average records. **4 Balls: Thurs. Rec.=46.36** Dominant Hand Throws (DHT); **Mon. Rec.=70.29** DHT; **Fri. Rec., 158.37** DHT. **5 Balls: Advanced=49.20** catches; **Elite=375.23** catches.

This month's all-club Endurance Contests: **3 Clubs** (11/10, 13 & 14); **5 Rings** (11/11); **4 Rings** (11/12); and **5 Clubs** (11/20).

Juggle Jam 17: May 15-16, 2015

Juggle Jam (JJ) is our annual all-company variety show where every Jughead performs with his or her weekly club and in two all-cast routines. *Defying the stereotype of a boring kids' show :-)*, JJ has an 20 year history (including three "prequels"); is precious in the hearts of well over 1,000 Jugheads (historical average cast: 108 kids); and *always* surprises new audience members with its entertainment value. While our year as a company can't be fully encapsulated in one weekend of performances, JJ provides the most *theatrical* and *public* venue to represent the skills, friendships, virtues, and culture of our company. **Our JJ17 key dates are: shows on Fri. & Sat., May 15-16, 2015 at 7 p.m., with two required all-cast evening dress rehearsals on Wed., May 6 and Tues., May 12.** Please mark your calendars and reserve these four dates! *NOTE: Jingle Jam is our holiday party on Dec. 6 (for members & chaperones only), not a performance. :-)*

Ultimate Club Awards Banquet

11th annual dinner & awards ceremony

On Oct. 11, **Wendy Arneberg** organized our 11th annual U.C. Banquet held at **Mozza Mia**. **Paul** gave a scouting report on 22 possible future Ultimates and recapped IJA '14. Coaches **Jon O'Connor** and **Chris Lovdal** honored



each U.C. veteran along with our seven outstanding rookies. The crowd was addressed by recent grads **Erica Liddle** (via proxy **Taylor C.**) and **Evan Peter**. The evening ended with presenting letters for '13-'14. 1st year juggling letter: **Cole D., Max S.** 2nd year: **Sam K., Erica L., Riga M.** 3rd year: **Reid J.** Congratulations!

Names, Snacks, Make-Ups & Pick-Ups

Mid-Fall Notes for (1st Year) Families

- Please **learn the names** of all coaches and student leaders for the clubs your children attend. Paul continually stresses name-use among the Jugheads; names are a key to respect and a door to relationships and community intimacy.
- Each Jughead may have three (3) snack/beverage items per club day; only one may be "unhealthy." Snack closes at 4:30. *Note: While we offer "unhealthy" choices, our staples include energy bars, cheese, nuts, apples, juices, beef sticks, and low-calorie drinks.*
- Remember to take advantage of our make-up policy! Any Jughead may attend another club day in lieu of an absence.
- Please use the church parking lot and Door #7 for **all** drop-offs & pick-ups; **please avoid vehicle use of 56th St.**

CLUB SPOTLIGHT: Friday Rec. Club

Entry-Level + Expert Incubator for All Ages

To say that our Fridays are socially and technically diverse is an understatement! By far the oldest and most skilled Rec. Club, Fri. Rec. accommodates rookies ranging from 3rd-11th grade while nurturing the core of the club working on our higher skill standards (e.g., 7-11 ball passing). The club's avg. 4 Ball record (158.37) is its highest in eight years, and eight of the 33 members attend multiple club days, adding to the rapid progress and accumulative connectedness of this eclectic, energetic, and unique group on Friday afternoons. Stay tuned for our soon-announced JJ17 themes, wherein Fri. may team up (in part) with Thurs. Rec.!

JUGHEADS Store Notes

- **JUGWEAR apparel orders** are due by 6 pm on Thurs., Nov. 13. Pick-up from 9-11 am or 5-7 pm on Tue., Dec. 16!
- **JUGWARE props** for purchase: Russians, beanbags, DX balls, Power Balls, silicones, thin rings, and Beard clubs.
- **General:** JJ6-JJ16 DVDs; JH hats, T-shirts & string bags.



JUGHEADS Community News

- **WELCOME to Connor Q.**, new 4th grade rookie! He's enjoying a new niche (skill and social) in Thursday Rec.
- **Winter (Re-) Registration opens on 12/2** via mailed forms. **Notes:** 1) We *assume* that all fall members will return to the same club(s); the reg. process is divided by seasons for budgeting and convenience. 2) Any requests to switch days for winter need to be in writing. 3) For planning and proper closure, *let us know* if your child will not return after the fall.
- **RELEASE DAY CAMPS:** Our camps boost skills, specialty acts, and socializing! **Nov. 24-26**, 9-Noon & 1-4 pm; **Jan. 19-20**, 9-5 p.m. w/ lunch (or half-day). Reg. online, by mail, or at JH. **Referral Request:** If you know of a family whose child would like to try our camps (and possibly join a Rec. Club this winter or next fall), please pass along our info!
- Our annual **"Jingle Jam"** holiday party is 12/6 (5:30-9:30) at Calvary Church in Edina. Info. attached; sign-up online!
- **MADFEST '15:** All Elite & Ultimate (and a few Advanced) Jugheads are invited with us Jan. 16-18. See attached form.
- **MONDO '15:** Concordia-St. Paul, Jan. 30-31. Flyer in Dec.
- **FlipFest '14:** U of M, Nov. 14-16. Info. on Facebook.
- **NOV. OFFICER MTG.:** 11/15, 9a-12 @ Johnsons' home.

Paul's Platform:

"The Cognitive Benefits of Juggling"

Continuing my fall series on the benefits of juggling (see last month, "The Case for Juggling as a Sport"), this art and sport develops more than the body: juggling is also a boon to the brain.

On 10/11/09, none other than Oxford University published a study which found that in addition to the grey matter of the brain growing as a result of juggling, the white matter is affected as well. According to the article, "white matter...(conducts) electrical signals" that "connect different parts of the brain together, while the grey matter is where the processing and computation in the brain is done." The Oxford study had 12 young adults juggling 30 minutes a day for six weeks. While the students had varying degrees of success as jugglers, "all showed changes in white matter...suggesting that this was down to the time spent training and practising rather than the level of skill attained." Did you read that? It's not how *well* one can juggle, it's the very act of *learning* and *practicing* that is a brain booster!

While my career with youth through juggling has been based exclusively here in Edina, Dave Finnigan (jugglingforsuccess.com) traveled the country and taught juggling at more than 2,000 elementary and middle schools from 1976-2005. He had an interesting quote in an article on educationworld.com: "While they're learning to juggle, they're using the left side of the brain; when they're juggling, they're using the right side. After they've been juggling for a while, both sides of the brain are active."

From my own non-scientific anecdotal observations from 20+ years of coaching (and talking with parents), juggling directly benefits academic abilities in math, reading, spelling, and concentration (e.g., homework focus). It has been an effective therapeutic tool to help learning and behavioral disabilities, including dyslexia, vision issues, ADD, and ADHD. Furthermore, juggling is a great study break tool and stress reliever, since it keeps the brain active within the guise of a fun diversion from studying for hours on end!

So, far from being only a physical challenge or a social benefit (more on the latter next month), juggling is often a key to a student's better grades, sharper thinking skills, and even bigger brains.

Developing Youth Through Juggling Since 1994,

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