



JUGHEADS

Monday Rec. Standards

Effective September 2007

Goal: Achieve these by the end of your first Jughead year.

TECHNICAL JUGGLING STANDARDS

1. 100 with 3 balls
2. 2 tricks with 3 balls
3. 10 with 6-ball passing
4. 10 with 4 balls
5. 30 with 3 rings
6. 10 with 3 clubs
7. Master one balance-oriented prop:
 - 1 minute with feather
 - 10 minutes with globe
 - 10 minutes with Rola Bola/Bongo Board
 - 5 minutes on unicycle
 - 10 minutes on stilts

Paul Arneberg, JUGHEADS Director