



2017-'18 Rec. Club Membership Standards (Year-End*)

**Goal: Achieve these by July 31 after your first Jughead school year club.*

TECHNICAL JUGGLING STANDARDS

1. 100 Dominant Hand Throws (DHT) with 3 Balls
2. 5 Tricks with 3 Balls (Recommended: right hand half shower, left hand half shower, tennis, reverse cascade, any body throw—under the leg, under the arm, back cross, shoulder throw.) (INCREASED for 2017)
3. 10 with 6-Ball Passing (counting passes from one person)
4. 10 with 4 Balls (count every right or left hand throw)
5. 30 DHT with 3 Rings
6. 10 seconds (:10) with 20" Club Balance (chin, nose, or forehead). Practice with longer objects!
7. 10 DHT with 3 Clubs (NEW GUIDELINE for '17: Achieve :05 with Club Balance before starting 3 clubs.)
8. 10 consecutive (in a row) perfect sets of 10 RHT (just like warm-ups)
9. 50 with 3 Ball Drop Bounce (NEW for 2017)
10. Master one balance-oriented endurance prop (choose one):
 - 10 minutes with Globe
 - 10 minutes with any Balance Board
 - 10 minutes (or one mile) on Unicycle
 - 10 minutes on Stilts

COMMITMENT STANDARDS

11. Practice 10 minutes a day (one hour a week) outside of club until your Rec. standards are achieved.
12. Attend at least two (2) days of special events each year: Picnic (June), summer parade(s), Jingle Jam (December), MONDO (February), Winter Showcase (March), gigs (throughout the year), etc.

Paul Arneberg, JUGHEADS Director
May 27, 2017