



Summer Staff Team



Head Coach Erica Liddle (Jughead Class of '14; 5th-year coach) will lead all afternoon camps and most mornings. She also challenges school year Jugheads in Advanced, Elite, and Ultimate Club to think collaboratively, juggle cleanly, and present their skills creatively. Fascinated by the magic that happens when kinetic, auditory, and visual mediums combine, she earned degrees in English (Literature) and Theatre Arts (Acting and Directing) from Dordt University. Erica also loves to bake, cook, craft, and sew.



Coach Kayla Malmgren (Jughead Class of '20; 1st-year excitedly joins the team as a morning camp coach and

Tuesday Rec. Club Coach for the '22-'23 school year. She is currently studying English Ed. at Gustavus College and is even the President of the Juggling Club there! When not taking advantage of Gustavus' high ceilings and open spaces during her frequent juggling practices, Kayla is likely doing Improv Comedy or roaming the campus dressed as the school's mascot, Gus the Lion, for her on-campus job.



Coach Joshua Nelson (Jughead Class of '18; 2nd-year coach) attended our camps for three summers before joining one of our school year Rec. Clubs. Like Erica and Kayla, Josh became a decorated Jughead, but he asserts that summer camps are one of his favorite aspects of our company! He'll coach some afternoons and then join Erica as an Elite Club coach for '22-'23. A new husband to Aimee and new grad from NWU-St. Paul, Josh plans to start P.A. school in '23.



Director Paul Arneberg has forged a 30-year career of developing youth through recreation, mentorship, virtues, words, and the arts. Paul founded JH in 1994 and calls it a "tentmaker ministry." He's been husband of Wendy since 1993; gaffer of Chip the Super-Kitty since 2016; and hobbyist of ArneShire since 2021.



All summer camps are held at
Emmaus Free Lutheran Church • 8443 2nd Ave. S. • Bloomington, MN • 55420

WHY JUGGLING IS AWESOME FOR KIDS! Juggling helps to sharpen focus and concentration and improve hand-eye coordination. Juggling connects the right and left hemispheres of the brain, and the brain's gray matter actually **INCREASES** while learning how to juggle! This applies to all ability levels, from total beginner to world class professional. Juggling helps to improve athletic skills by increasing the range of motion in arms and shoulders, and it's a great workout. Kids can become better at their favorite sports by adding juggling to their talents. Even pro athletes learn to juggle to improve peripheral vision and reaction time!

WHY OUR KIDS SAY THEY LOVE JUGHEADS: ... community & sense of belonging ... goal-setting ... performing ... the challenge ... uniqueness ... diversity in friendships (boys, girls, ages) ... leadership opportunities ... creativity ... feeling of accomplishment ... teamwork ... can juggle anywhere... it's FUN!

2022 SUMMER SCHEDULE: This is our 29th year of JUGHEADS (JH) summer juggling camps! Our mission is to use the sport and art of juggling to mentor children and youth in rising grades 2*–12 (plus the summer after HS). Registration is open for all ability levels for four weeks of half-day camps. Mornings (9–Noon) are geared toward beginning/intermediate jugglers, while afternoons (1–4 pm) prioritize advanced/expert jugglers (e.g., less structured/more self-directed and working on higher standards). A 5th week of evenings is exclusively for our varsity team training for international championships in July. Two snack/drink items per half-day camp are included. (Kids staying all day may bring and eat bag lunches.) *Campers entering grade 2 often do best if a family member already juggles.

REGISTRATION OPTIONS: Kids may sign up for a **week of morning or afternoon sessions** based loosely on skill level, with beginners the focus of our mornings. **Summer Punchcards** are available in half-day increments of 1, 5, 10, and 20 punches. Punchcards are valid June 6–July 1 (20 full weekdays) and may be shared by siblings, allowing for maximum flexibility. (Attendance is kept on a master list; there is not a physical punchcard your child will need to carry.) The **Season Pass** is for jugglers wanting to immerse in all four weeks—40 AM & PM half-day camps from June 6–July 1. NOTE: Season Passes may not be shared by siblings.

STRUCTURE: After a relaxed arrival of campers, **the coaching staff (Erica and/or Kayla) and Student Leadership Team (SLT)** kick off every morning with a group meeting at 9:10 am with personal introductions of leaders and new campers, skills demos, goal-setting, and record-sharing. Campers enjoy dedicated, supervised use of two main areas: the gym and lobby (use east/lower entrance) and Resource Room/lower hallway, with optional juggling outside (with a leader). We have mid-camp snack breaks at 10:30 am and 2:30 pm featuring juggling videos and occasionally juggling routine performances. Our camps are "continuous progress"—beginners aren't pressured, and experts aren't restrained. Campers' efforts (both kinetically and socially) largely equal personal fulfillment.

LEADERSHIP: **Erica Liddle** is our main camp leader, coaching all afternoons as well as M/W/F mornings. **Kayla Malmgren** will coach M/T/Th mornings, and **Josh Nelson** will coach at least M/F afternoons. **Paul Arneberg** will give on-site support on most days and as needed. Our trained and experienced **SLT** features varsity-level Jughead Assistants offering diverse teaching styles, experience, skills, and mentorship; Jughead Volunteers help with campers/tasks requiring extra care.

2022 JUGHEADS Summer Camp Options

All summer camps are held at **Emmaus Free Lutheran Church** • 8443 2nd Ave. South • Bloomington, MN • 55420

CAMP ID	TITLE	TIME	TUITION PAID BY 4/30/22	TUITION
22CAMP1-AM	Summer Beginning/ Intermediate Juggling Camp, Session 1 (5 Mornings)	M-F, June 6-10 9AM – NOON	\$ 125 (Paid by April 30)	\$ 140
22CAMP1-PM	Summer Advanced/ Expert Juggling Camp, Session 1 (5 Afternoons)	M-F, June 6-10 1PM – 4PM	\$ 125 (Paid by April 30)	\$ 140
22CAMP2-AM	Summer Beginning/ Intermediate Juggling Camp, Session 2 (5 Mornings)	M-F, June 13-17 9AM – NOON	\$ 125 (Paid by April 30)	\$ 140
22CAMP2-PM	Summer Advanced/ Expert Juggling Camp, Session 2 (5 Afternoons)	M-F, June 13-17 1PM – 4PM	\$ 125 (Paid by April 30)	\$ 140
22CAMP3-AM	Summer Beginning/ Intermediate Juggling Camp, Session 3 (5 Mornings)	M-F, June 20-24 9AM – NOON	\$ 125 (Paid by April 30)	\$ 140
22CAMP3-PM	Summer Advanced/ Expert Juggling Camp, Session 3 (5 Afternoons)	M-F, June 20-24 1PM – 4PM	\$ 125 (Paid by April 30)	\$ 140
22CAMP4-AM	Summer Beginning/ Intermediate Juggling Camp, Session 4 (5 Mornings)	M-F, June 27-July 1 9AM – NOON	\$ 125 (Paid by April 30)	\$ 140
22CAMP4-PM	Summer Advanced/ Expert Juggling Camp, Session 4 (5 Afternoons)	M-F, June 27-July 1 1PM – 4PM	\$ 125 (Paid by April 30)	\$ 140

NOTE: We offer flexibility for **all** ability/experience levels to attend **either** the mornings **or** afternoons. However, **beginning** jugglers are **best** served by the mornings' higher structure and group learning time. This especially applies to 7-10 year olds with low skill levels.

22CAMP5-IJA	Ultimate Club Members Only: Training Camp for the IJA Festival in Cedar Rapids, IA (4 Evenings)	T-F, July 5-9 6PM – 9PM	\$ 125 (Paid by April 30)	\$ 140
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22SUM-PUNCH-1X	1X PUNCHCARD: Allows student to attend any one (1) three-hour summer morning OR afternoon half-day camp.	June 6–July 1 Flexible Attendance: 9AM – Noon (OR) 1PM – 4PM 3 Hour Camp=1 Punch	\$ 35 (1X)	\$ 40 (1X)
22SUM-PUNCH-5X	5X PUNCHCARD: Allows student (siblings) to attend any five (5) three-hour summer morning OR afternoon half-day camps. (Siblings <u>may</u> share 5x Punchcards.)	See above	\$ 150 (5X) (Paid by April 30)	\$ 160 (5X)
22SUM-PUNCH-10X	10X PUNCHCARD: Allows student (siblings) to attend any ten (10) three-hour summer morning OR afternoon half-day camps. (Siblings <u>may</u> share 10x Punchcards.)	See above	\$ 250 (10X) (Paid by April 30)	\$ 270 (10X)
22SUM-PUNCH-20X	20X PUNCHCARD: Allows student (siblings) to attend any twenty (20) three-hour summer morning OR afternoon half-day camps. (Siblings <u>may</u> share 20x Punchcards.)	See above	\$ 400 (20X) (Paid by April 30)	\$ 440 (20X)
22SUM-PASS	SUMMER JUGGLING SEASON PASS: Pass allows student to attend all 20 weekday/40 half-day camps June 6–July 1. (Sorry, siblings may <u>not</u> share a Season Pass. The U.C. Training Camp for IJA is not included in the Season Pass.)	June 6–July 1 Immersion Attendance Best deal even with eight (8) half-day camp absences.	\$ 640 (PASS) (Paid by April 30)	\$ 700 (PASS)

Summer Parades!

We juggled in five parades in 2021! Performing possibilities in 2022 include: Morristown Dam Days, 6/3; Medford Straight River Days, 6/17; St. Louis Park Parktacular, 6/18; Edina 4th of July; Elysian 4th of July. Look for **Sign-Up Genius links** on our website as various parades are confirmed.
Attire: JJ24 tees (or UC jerseys) & khaki shorts. Advanced, Elite & UC Jugheads receive priority; Rec.-level Jugheads, campers, and parents welcome to participate (incl. carrying banners/flags/signs, pulling wagons, and carpooling).

Free!
Sign up via jugheads.com (MEMBERS tab)

Registration Form • JUGHEADS Youth Juggling Company, LLC • Tax ID #20-2580849

Child(ren)'s Name(s): _____

Date of Birth: _____ Rising Grade (Fall 2022): _____ School: _____

Parents' Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell/Work (Mom): _____ Cell/Work (Dad): _____

E-Mail Addresses (*only* for Jughead member/parent info., avg. 2x/month): _____

Camp Class ID	Tuition
_____	_____
_____	_____
_____	_____

Masks *Optional*: Since 6/1/21, we've not required masks for any students, staff, parents, or visitors on site of our juggling clubs or camps.

Total _____

TOTAL PAID _____

Parent or Guardian Signature(s): _____

I have read and agree to the Release and Waiver of Liability and Indemnity Agreement below.

Date: _____

Register by Mail:
Mail your registration and check to:
JUGHEADS Youth Juggling Company, LLC
16591 185th St. E. • Hastings, MN 55033

Register Online: Go to www.jugheads.com and select CAMPS. Follow the online registration/payment instructions. Sign this form and bring (or mail) it on the first day of camp.

Register in Person:
Deliver your registration and check to JUGHEADS during any club/camp day at Emmaus Free Lutheran Church.

Release and Waiver of Liability and Indemnity Agreement

In consideration of being permitted to participate in any way in the JUGHEADS Youth Juggling Company, LLC program indicated below and/or being permitted to enter for any purpose any restricted area (herein defined as any area where admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

- The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in any JUGHEADS Youth Juggling Company, LLC activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agreed that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
- I/WE fully understand and acknowledge that:
 - There are risks and dangers associated with participation in JUGHEADS Youth Juggling Company, LLC events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
 - The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
 - These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.

- There may be other risks not known to us or are not reasonably foreseeable at this time.
- I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
- I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the JUGHEADS Youth Juggling Company, LLC facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the JUGHEADS Youth Juggling Company, LLC event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the JUGHEADS Youth Juggling Company, LLC facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as "Releasee"...FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next to kin FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.
- I/WE HEREBY acknowledge that THE ACTIVITIES

OF THE EVENT(S) CAN BE DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENCE RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.

6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite this release, the participant makes a claim against any of the Releasees, the parent(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless. I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.