



## Ultimate Club Membership Standards

Revised for September 2008

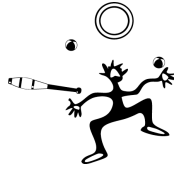
A standard may be negotiated with the director/coach if some unique (unofficial) standard is achieved. The principle for these standards is that Ultimate Club members need to continually shoot for high goals in order to have the privilege and responsibility of being in the “varsity” level JH Club and to continue our tradition of excellence.

### EXPERIENCE STANDARDS

1. One year of experience in a JUGHEADS Elite or Advanced Club
2. 8<sup>th</sup>-12<sup>th</sup> grade
  - Younger alternates and members-in-training will be included whenever possible.
3. Attend a 2<sup>nd</sup> JUGHEADS Club (Elite, Advanced, or Rec.) every week. Rookies must be members of a 2<sup>nd</sup> club, but 2<sup>nd</sup>-year Ultimates may count assisting for their 2<sup>nd</sup> club day (but that may make them ineligible to letter in juggling).

### TECHNICAL JUGGLING STANDARDS (**bold** standards are those NOT subject to increase)

4. **200 catches with 5 balls**
5. 5 tricks with 5 balls
6. 50 passes each with 8 ball passing
7. 18 catches with 6 balls (INCREASED standard for 2008)
8. **14 catches with 7 balls** (INCREASED standard for 2008)
9. **100 dominant hand throws (DHT) with 4 rings**
10. 50 with 7 ring passing
11. 50 with 8 ring passing
12. **100 with 5 rings** [*Trick Bonuses: pulldowns, on-off the head, pancakes, flat reverse*]
13. **12 catches with 6 rings** (INCREASED standard for 2008)
14. 20 categories of 3-club tricks (required with a partner: wrap-arounds and dropback giveaways)
15. Five consecutive perfect sets of 20 RHT with 3 club constant doubles (singles' speed, just like in warm-ups) [NEW]
16. 100 RHT with 3 club constant doubles (singles' speed with a left-hand catch, just like in warm-ups) [NEW]
17. 50 with 6 club ultimate passing (25 each hand, synchronous or asynchronous)
18. **100 with 7 club passing** [*Bonuses: 100 w/ 7 club single flips; 10 w/7 club ultimates.*]
19. 10 with 7 club back-to-back passing (50 with 6 club back-to-back is recommended.)
20. 50 with 8 club passing [*Bonus: 30 w/ 8 club singles; 10 w/8 club back-to-back*]
21. **100 DHT with 4 clubs** (Fountain, double-singles or triple-singles)
22. 20 catches with 5 clubs (Drill 3-c. tricks & pyramid) [*2<sup>nd</sup> Year Ultimates are expected to increase to 50 catches.*]
23. **100 catches with 5 ball drop bounce** (INCREASED standard for 2008)
24. One minute with club balance (chin, nose, forehead)
25. Break an all-time JUGHEADS endurance or speed record (solo or team)
  - Hint: Make up a new record! Some all-time records may stand for years, but other records have yet to be invented!
26. Mastery of *at least* three auxiliary props
  - Examples: Balance Board, Ball Spinning, Bullwhip, Cigar Boxes, Club Swinging, Head Ball Bounce, Juggling under a club/object face balance, Devil Sticks, Diabolo, Hat Manipulation, Lasso, Plate Spinning, Poi, Ring Spinning, Shaker Cups, Stilts, Trick Frisbee, Unicycle, Walking Globe, Yo-yo. (See Super Ultimate Standards for 20 more Auxiliary Prop ideas.) Mastery means “public performance worthy” with 10 minute endurance and/or five qualified tricks.
27. Achieve 10 Super-Ultimate Club Standards by the end of the 1<sup>st</sup> year of Ultimate Club membership.



SUGGESTION: Set quarterly and yearly goals *in writing*, especially goals related to achieving 10 Super-Ultimate Standards.

### **STAGE PERFORMANCE STANDARDS**

26. One (1) performable specialty act for gigs. This could be a solo, duet, or ensemble.
27. Create or purchase at least one costume for use in your specialty act(s).
28. Perform at least one formal stage show for a charity event during the year.
29. BONUS PERFORMANCE STANDARDS: Perform a technical or artistic solo with only one prop; perform an auxiliary prop routine; perform a 20-60 minute gig with only 1-4 other Ultimate Jugheads.

### **PERSONAL CHARACTER STANDARDS**

30. Must be a role model to the entire JUGHEADS program: behavior, work ethic & attitude; helpfulness to the director, coaches, assistants, and fellow Jugheads; and ambassadorship of JUGHEADS at gigs, festivals and social outings.
31. Must commit no fewer than ten (10) hours between September and August in "juggling community service." Examples: Teaching younger Jugheads in a Rec. Club or Beginning Camp; performing in charitable gigs. Like an unpaid internship, these 10 hours may *not* apply toward earning tuition for camps or other clubs. Teaching in a non-JUGHEADS setting is acceptable but requires approval from the director.
32. Must avoid behavior that would harm the reputation of the individual or JUGHEADS. Examples: drug/alcohol/tobacco use (even "legal" alcohol and tobacco products are illegal for minors); violence; sexual impropriety; theft; academic cheating.
33. Must maintain grades that reflect academic priority/effort. Guideline: B (3.0) average.
34. WORK HARD, PLAY HARD. Don't expect to be very social on Thursday nights. We'll work very hard, but we'll be rewarded by progress and special parties/events funded by our gigs. Please know that the required time for Thursday rehearsals is 6:25-8:45; the margin (6-6:25 and 8:45-9) is for arrival/departure. Warm-ups will begin at 6:30 p.m. sharp each Thursday.
35. Prioritize our Thursday night Ultimate Club rehearsals/workouts.
  - a. ABSENCE POLICY: Each Ultimate Jughead may have five excused absences and two unexcused absences. School music concerts, with advanced notification to the director, are an example of an excused absence; any absence *without* advanced notification to the director is an unexcused absence. NOTE: If you know that you'll have to miss three Thursday nights for concerts throughout the year, then you need to keep healthy and *not* miss due to illness. If you have occasional family obligations on Thursday nights, then you may have to skip a sport practice or game instead of Ultimate Club.
  - b. LATE POLICY: You will be counted late if you arrive after 6:30 p.m. Exception: call the Director AND arrive within 10 minutes of our 6:30 warm-up starting time. However, even with advanced notice, five (5) lates will equal one club absence and you'll have to make-up a club day by attending another club.

### **NOTES**

**DISCIPLINE:** Failure to meet and maintain these standards may result in probation or dismissal from Ultimate Club.

**EXEMPTIONS:** If a technical standard is not met, the Ultimate Jughead must at least achieve 50% of the standard. As an "exemption," the Jughead must *double two other standards or quadruple one standard*. For example, if an Ultimate Jughead can only flash 6 rings, he or she must achieve 10 tricks with 5 balls *and* 100 with 6 club Ultimate Passing, *or* achieve 80 with 5 clubs. Even with this "exemption," however, the Jughead is subject to being passed over for membership in favor of other Jugheads who have met *every* standard. Also, each exempted standard is expected to be achieved by the end of the first year of membership.

**CLOSED PRACTICES:** Only Ultimate Club members, observing parents, and graduates will be allowed to attend our Thursday night sessions. The director may choose to invite other Jugheads to rehearse or work out with the team, such as former members or members-in-training. Any other special guest requests must be made through the Director. "Open juggling" will be generally non-existent, except in the case of breaks in pattern work, during which time members may working on Super Ultimate Standards or specialty acts—at the discretion of the Ultimate Club Coach or JUGHEADS Director.