

IJA eNewsletter editor: Don Lewis (email: [enews@juggle.org](mailto:enews@juggle.org))Renew at <http://www.juggle.org/renew>

## What's Happening at the IJA ?

### Seasons Greetings from The IJA

#### In This Issue:

**Festival 2009**  
**Festival Volunteers**  
**Nominations!**  
**Youth Jugglership**  
**Heading West**

**Regional Festivals**  
**More Basic Club Tricks**  
**Diminticato Circus**  
**2008 DVD Trailer**

#### Festivals:

**Quebec City, QC**  
**Atlanta, GA**  
**Austin, TX**  
**St. Paul, MN**  
**Urbana Champaign, IL**  
**Rochester, NY**  
**College Park, MD**

#### Winston-Salem 2009:

##### The Latest News on the IJA Festival

The 62nd Annual IJA festival is set for July 13-19, 2009 in beautiful Winston-Salem, North Carolina, and you should start making your plans NOW for a fabulous week of juggling, championships, shows and fun!

Some of the featured artists and special guests for the 2009 festival include Michael Menes, Jay Gilligan, Wes Peden, Michael Chirrick, Peter Elmnert and Dan Bennett, all combining to guarantee an amazing Welcome Show and Cascade of Stars show, both directed by Dan Holzman.

The IJA will be taking over every square foot of the gigantic Benton Convention Center in downtown Winston-Salem, with over 90,000-sq.ft of comfortable juggling space for workshops and juggling, and adjacent to two beautiful full-service hotels for your week's stay. The IJA has negotiated special festival rates at both the Embassy Suites Winston-Salem and the four-star Marriott Winston-Salem, providing a great choice for both comfort and affordability at either hotel. And four nights of shows and competitions will be staged at the elegant Stevens Center Theater, just a five-minute walk from the gym and with clear sightlines from every one of the 850 comfortable, upholstered seats on the orchestra level.

Downtown Winston-Salem is even more inviting than during the great week we had there for the 2007 festival! There are more new restaurants, more shops and bars, and the downtown merchant community is ready and waiting for our arrival with generous juggling festival offers to make you welcome during your stay. And new for 2009, the IJA has arranged special airport shuttle bus pricing for jugglers arriving by air into GSO (Piedmont-Triad International Airport), saving

you money and getting you to and from the festival headquarters quickly and efficiently.

By the way, it's not too early to make your hotel reservations NOW for Winston-Salem 2009! Here are the links for the special IJA hotel rates, now online so you can book early:

#### Embassy Suites

<http://embassysuites.hilton.com/en/es/groups/personalized/INTESES-IJA-20090709/index.jhtml>

#### Marriott

<http://www.marriott.com/hotels/travel/intmc?groupCode=jugjuga&app=resvlink&fromDate=7/12/09&toDate=7/20/09>

Your 2009 festival registration brochure will be coming by mail in February/March inside your JUGGLE Magazine. For any questions, feedback or offers to help, please contact 2009 Festival Director Mike Sullivan at [festival2009@juggle.org](mailto:festival2009@juggle.org).



**FESTIVAL VOLUNTEERS**

The IJA depends on a strong and enthusiastic volunteer force to help out with the myriad tasks, big and small, that help our festival succeed. If you can donate even an hour or two of your time to pitch in on this mammoth effort in Winston-Salem, PLEASE contact IJA Volunteer Coordinator Dina Scharnhorst at [festvolunteers@juggle.org](mailto:festvolunteers@juggle.org).

Some of the positions Dina would like to fill before the fest include:

- IJA Security Team
  - VIP / Guest Chauffeur
  - Emergency Errand Runner
  - T-Shirt Table Sales
  - IJA Table Assistant
  - Box Office Assistant
  - IJA Ambassador for prospective spectators
  - Juggling timekeepers
  - Backstage show assistants
  - ...and many more.
- PLEASE consider donating a few hours of your week to make the fest great for all of us and contact Dina today! THANKS!

**Youth Jugglership Program 2009**

Do you know a young juggler who would benefit from attending the IJA fest in Winston-Salem in 2009? The IJA Youth Jugglership Committee is looking for promising, young jugglers who have a thirst to learn more. Nominees to this program must be 17 years old or under, show a strong desire to learn more in their juggling education, and have a financial need. They may not yet be an IJA member but must be nominated by an IJA member.

In 2008 we awarded one Jugglership to Taylor Glenn, a 17 year-old from Salt Lake City, Utah. The experience of attending the IJA fest inspired Taylor to reach for new heights in her juggling repertoire. At this point in the year it is known that we will be able to provide at least 2 Jugglerships for 2009 thanks to several IJA members who have made donations to this program.

For more information about the IJA Youth Jugglership Program, including the application form, look online at <http://www.juggle.org/forum/read.php?5,13491>. The deadline to nominate a promising young person is February 1, 2009. Recipients will be notified personally by March 1, 2009. Questions? Would you like to donate a youth fest package and/or youth membership to the Jugglership program? Email [youthjugglerships@juggle.org](mailto:youthjugglerships@juggle.org).

**Nominations 2009**

The most fundamental thing that we do as members of the IJA each year is to elect a Board of Directors. We are able to do that because each year a few of our fellow jugglers accept nominations and stand for election for these volunteer positions.

How do you want the IJA to evolve? Who do you think will be able to lead us in a good direction? Start thinking who you want to vote for, and begin convincing them that they should accept a nomination. Consider that the ideal candidate might just be staring back at you in the mirror.

There are three positions to be filled this year, for a two year term. Nominations should be mailed to [nominations@juggle.org](mailto:nominations@juggle.org).

Please consult the IJA nominations and elections web page for deadlines and procedures.

<http://www.juggle.org/business/nominations.php>

**We're Going West!!**

It is official. The IJA is heading to Sparks, Nevada for the 2010 juggling festival. The dates are July 25 to August 1st. We'll be staying at the Nugget Hotel. Sparks is served by the Reno airport, with good connections to just about everywhere. In fact, Reno is so close to Sparks that anyone looking for extra entertainment can be there in minutes via taxi or shuttle. This is close to the mountains, and Lake Tahoe as well.

<http://www.janugget.com>

**Festival Director Needed**

We've got a location we can afford, with good amenities, accessible transportation, and on-site accommodation. The IJA is accepting applications for the position of festival director.



**TURBO FEST 3<sup>ème</sup> EDITION**  
**FESTIVAL DE JONGLERIE**  
**9 au 11 JANVIER 2009**  
**QUEBEC, CANADA**  
**TURBO 418**  
[www.myspace.com/turbo418](http://www.myspace.com/turbo418)



Join us for the 31<sup>st</sup> Annual  
**Groundhog Day Jugglers Festival**  
 Atlanta, Georgia Feb 6-8, 2009

Gym Hours:  
 Friday, Feb 6 5 pm – 10 pm  
 Saturday, Feb 7 10 am – 10 pm  
 Sunday, Feb 8 11 am – 5 pm

Large recreation hall at the Yaarab Shrine Center  
 400 Ponce de Leon Ave, Atlanta, GA 30308  
 (from I-75/85 take Freedom Pkwy exit, go east  
 on the pkwy, then left on Ponce de Leon Ave)

Open juggling all weekend in big gym with great floor and lighting  
 Competition for the PHIL trophy on Saturday afternoon at 2 pm  
 Late night cabaret on Saturday at Horizon Theater at 11 pm  
 \$15 registration for weekend of juggling, raffle ticket and 2 shows

For more information see our web site at  
<http://www.atlantajugglers.org> or  
 call Jay Jones at (404) 288-7954 or email [jay@juggler.net](mailto:jay@juggler.net)

Turbo418, Quebec City QC Canada  
 Juggling Festival - January 9,10,11 2009  
 Games, Workshops, Competitions  
 Snack bar, crash space on site  
 Discount for early registration  
<http://www.turbo418.com>  
 Special Guest: Thomas Dietz



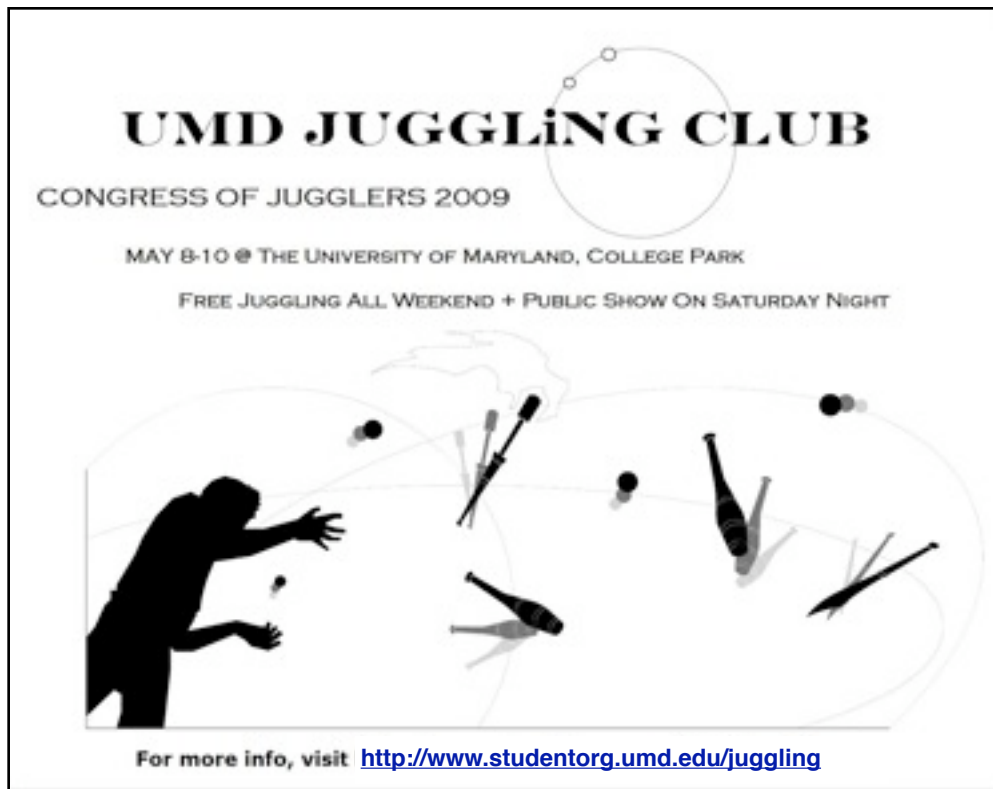
- Juggling Festivals**
- Quebec City, QC January 9, 10, 11  
 TurboFest  
<http://www.myspace.com/turbo418>
  - Groundhog Festival  
 Atlanta, GA, February 6, 7, 8  
<http://www.atlantajugglers.org>
  - Austin Jugglefest  
 February 20, 21, 22  
<http://juggling.place.org/jugglefest>
  - Mondo Fest, St. Paul MN  
 February 20, 21, 22  
<http://www.mondofest.org>
  - Illini Juggling Festival  
 University of Illinois  
 March 6, 7, 8 2009  
<https://netfiles.uiuc.edu/ro/www/IlliniJugglingandUnicycleClub/>
  - RIT Spring JuggleFest  
 Rochester, NY, April 17, 18, 19  
<http://www.rit.edu/sg/jugglingclub/jugglein>
  - Congress of Jugglers  
 College Park MD May 8, 9, 10  
<http://www.studentorg.umd.edu/juggling>

**TEXAS JUGGLING SOCIETY**

Austin Jugglefest  
 University of Texas  
 Feb. 20-22, 2009  
 Special Guests:  
 Dan Holzman  
 Cate Emily  
 Tony Pezzo  
<http://juggling.place.org/jugglefest>

**ILLINI JUGGLING & UNICYCLE CLUB**

Illini Juggling and Unicycle Club Festival  
 University of Illinois, Urbana Champaign  
 March 6, 7, 8 2009  
<https://netfiles.uiuc.edu/ro/www/IlliniJugglingandUnicycleClub/>



**UMD JUGGLING CLUB**  
CONGRESS OF JUGGLERS 2009  
MAY 8-10 @ THE UNIVERSITY OF MARYLAND, COLLEGE PARK  
FREE JUGGLING ALL WEEKEND + PUBLIC SHOW ON SATURDAY NIGHT

For more info, visit <http://www.studentorg.umd.edu/juggling>

The poster features a central illustration of a juggler in silhouette on the left, with various juggling props (balls, clubs, rings) in motion around them, all enclosed within a circular frame. Above the main title, there is a small graphic of a circle with three dots and lines connecting them, resembling a juggling pattern.

**Festival Tip**

You've decided to go to a festival. Great. Make your life a little easier by making sure all of your props have your name somewhere visible. It can be as simple as taping a return address sticker to your stuff. Use a permanent marker, or perhaps add some colored thread to your bean bags. Take along some extra tags, because you are sure to be tempted by the vendors.

Having a Juggling Festival? List it here!

If you're organizing a juggling festival (or if you simply know of a juggling fest) and you want to advertise it in the IJA eNewsletter, just drop a note to eNewsletter editor Don Lewis [enews@juggle.org](mailto:enews@juggle.org). Such listings are free.

The eNewsletter generally comes out near the end of each month. Your festival can be listed for a few months, and you don't have to be an IJA affiliate to have a fest listed. Hey, jugglers want to know about juggling fests. Help them out and get more jugglers to your fest at the same time.

**More Festivals!**

Check the world wide juggling event listings on the IJA Website at <http://www.juggle.org/events>.

The information on that page is updated daily thanks to an XML feed from the International Juggling DataBase. You can submit your own event to the list where it will be reviewed by an editor before being added.

<http://www.jugglingdb.com/events/submit.php>



**Basic Club Tricks - continued, by Don Lewis****First, a review...**

Sunday afternoon in the gym is a good place to see what problems nascent club jugglers are having. There are a couple of things that seem to be endemic. The most frequent mistake is trying to juggle a very narrow pattern, literally right between the eyes. Surprisingly, this can actually work (badly). The first problem is that sooner rather than later, you'll catch a club with your face. To avoid that, you'll stick your arms further out in front, and the clubs will run away from you. Throw across your body at a 45 degree angle to the other side, not out in front. If you catch just beyond your hips, and throw from about the midline, the area in front of your eyes will be clear; you could be watching TV while juggling. The second most frequent problem is the diminishing height phenomenon. The vertical distance between the highest point of the club's trajectory and the place where you catch it determines how much time you have to catch the club. The more you rush to make a throw, usually the less high it goes, which leads to an even greater rush as things rapidly fall apart. If you feel your pattern rushing towards disaster, throw yourself a double, relax for a moment, and try to get back in a normal rhythm. If you catch the double and keep going, great. If not, maybe next time. Keep your clubs going to the same height, and don't reach up to grab them early. Keep your shoulders relaxed, and remember to breathe. Listen to some slow waltz music to set the rhythm.

**Behind the Back:**

Continuous back crosses require a high degree of accuracy to be reliable. After all, most of the pattern is behind your back where you can't see it. This workshop deals with the technique of throwing a single club behind the back and returning to a standard cascade pattern, which is well within your ability. When you do move on to continuous back crosses, you'll use a slightly different technique.

This is a trick where posture is important. You have to be standing straight up so that the club has a clear trajectory. If you generally juggle so far out in front that you have to stick your butt out behind as a counter balance, this trick just isn't going to work. Not only will you have a long distance for the club to travel to get behind you, but it will build up momentum on the way and will consider your fundament an irresistible target - ouch.

The setup for this throw is almost exactly the same as for the under the leg throw. Catch a club near your hip, and let your hand slide all the way to the knob of the handle as you follow the club down. As you swing the club back up, move it behind your back in a continuous motion. By the time that your hand gets to about the level of your tailbone, you'll notice that the club is already about where it needs to be horizontally. There is virtually no sideways motion to the throw. It is basically all upwards. The easiest way get the

throw right is to bring your hand up towards the shoulder blade on the same side and release. Some people describe this as pulling the club back as it is released. The forearm does most of the work. The less you can get your arm behind your back, the more work your wrist has to do. Watch as the club rises over your shoulder. Don't wimp out and simply let it curve around your other arm.

You don't have to give the club a lot of spin, what it needs is altitude. It has to travel all the way up your back, over your shoulder, to drop down in front of you for a regular catch. Try this with a single club on both sides. Begin with a cascade throw that you can catch and sweep down and around up behind your back. Concentrate on sending the club straight up with nearly no rotation. It will rotate all by itself. Get comfortable with the whole motion, from catch to release. You don't really have time to start and stop or re-position the club, so just catch, and sweep the club around and up.

Surprisingly, this isn't too hard to add to your three club cascade. The secret is to know where and when to look, plus a brief wait. In order to catch a club, you have to see it. To see it, you have to be looking in the right place. So rather than looking straight ahead, you'll need to look from side to side.

If I throw behind the back with my right hand, the next club that I'll have to catch with that hand is on the way. So the first thing I have to do is look to the right so that proprioception will guide my right hand back to that club. If I have kept the rest of my cascade at a comfortable height, there'll be lots of time to catch that club. Meanwhile, the behind the back throw is rising over my left shoulder, so I need to look quickly left to see that so I can catch it with my left hand. I don't actually throw the club that is already in my left hand, until I see the behind the back club start to come down - hence the brief wait.

The behind the back throw can be either a single or a double. Your choice. I think it is easier to do singles because the throw isn't as emphatic. If you find the throw going incurably out rather than up you may find that concentrating on double height may help. If the throw rotates too fast, it is almost certainly because you used too much wrist, or threw too fast. Use the whole arm.

If your shoulder feels a bit sore after this, you need to do some serious stretching on a regular basis. The further up your back you can bring your forearm, the easier this trick will be for you. Some particularly muscular people have a lot of trouble with that motion, so be careful.

Also be careful looking from side to side. If your shoulders are tense and your back is rigid from stress, and you've forgotten to breathe for a while, you are going to get a stiff neck. Relax. Constantly remind yourself to relax, and breathe comfortably. This is fun, remember?

**The Circus Comes to Town, a review by Don Lewis**

How on earth do you put on a circus in a space that is not much larger than the average kitchen? The Segal Centre for the arts is a large complex that includes a small studio theatre. Steep stadium seating for about one hundred looks down on an open performance area that is big enough for a jazz quartet or a poetry reading. But Circus? Well, why not?

At the back of the space, there is a three door tent front which sets a mood, and red painted pails define a traditional circus ring in the open space in front of the seats. At 8:30 pm, there are a lot of youngsters up past their bedtime, ready to be excited.

Coire Langham and Taliesin McEnaney of the Continental Drift Theatre are the entire circus, along with imaginary son Carlos. They did some inspired clowning while playing accordion and trumpet very competently. As if by magic, one of the pails around the ring contained five juggling balls. As the juggling pattern built up from one to five balls, the audience was invited to clap as each ball reached the top. Great for kids.



Later on clubs came out for some catch-me-just-in-time club passing, which the crowd loved. The best crowd reaction came from a shaker cup routine mixed with great clowning.

Sometimes we hobby jugglers get so hung up on technique that we forget that lots of people are simply fascinated by even the simplest things we can do. The show was a great reminder that if you really want to engage a crowd, you can't just stand there and do amazing (to you) things. You have to reach out and drag the crowd into your world.

Good juggling, inspired clowning that ranged from slapstick to poignant, and catchy music, had me wondering how that hour passed so quickly. And the real test? Not a single misbehaving kid in the house! They were totally under the circus spell.

<http://www.continentaldrifttheatre.com/Site/Welcome.html>

[http://www.saidybronfman.org/site/en/the\\_studio/productions/diminticatofamily\\_circus/](http://www.saidybronfman.org/site/en/the_studio/productions/diminticatofamily_circus/)

**Check out the IJA 2008 Video Trailer**

Check the YouTube link to get a taste of the 2008 video. We expect that the duplicator will be ready to ship the DVDs by the end of January.

And while you are on YouTube, take a look at what is in store for next summer at:

<http://www.youtube.com/watch?v=n1nmf5PcxZA>



<http://www.youtube.com/watch?v=kJ4xsT5icJ4&fmt=18>