



What's Happening at the IJA ?

Get Ready For IJA 2011 in Rochester, MN
Download the festival flyer

<http://www.juggle.org/festival/2011/2011-Promo-Flyer-1-Page-Letter.pdf>

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Rochester 2011: Getting There Is Easy! by Mike Sullivan, 2011 Festival Director

Another month has whizzed by already, bringing all of us a month closer to the start of the 2011 IJA Festival in the beautiful city of Rochester, Minnesota! I hope every IJA member is making plans to be there for a fabulous week of fun, dazzling shows and exciting competitions. We're progressing nicely on all the arrangements for a super week in Rochester, including firming up plans with a long list of incredible Special Guests for the Cascade of Stars and the Welcome Show during the week.

Remember, the dates for the 2011 festival are July 18-24, 2011. We'll have evening shows and competitions during FIVE nights of the festival, starting with an optional Benefit Show on Tuesday night. And pricing for the 2011 fest will make it a great value for an amazing week in a beautiful, clean and inviting city.

Over two million people visit Rochester each year to visit the world-famous Mayo Clinic, so there are several ways to get to Rochester no matter where you call home. Read on for some early insight on how easy it will be for everyone to get to Rochester this year:

If You Want to Fly to the Fest

There are two ways to get to Rochester, Minnesota, by air.

(1) You can fly to Rochester International Airport (RST). RST is served by a dozen regional jet flights a day from Chicago/O'Hare (ORD), Detroit/Metro (DTW), and Minneapolis/St. Paul International (MSP). Delta Airlines and American Airlines fly to Rochester through their hubs at Detroit, Chicago and Minneapolis/St. Paul for visitors originating in over 350 US cities and more than 600 international cities.

Check out FlyRST.com for airline info and flight schedules to and from Rochester International.

Once you arrive at Rochester International, catch a quick and inexpensive shuttle van ride to your downtown Rochester hotel with Rochester Transportation Services (visit RochesterTransportation.com/RTSshuttles.html). An RTS van meets every flight arriving at Rochester International, and a ride to and from your downtown hotel is just \$11.00 round-trip when you stay at one of our IJA headquarters hotels, billed directly to your hotel folio!

(2) Or you can fly to Minneapolis/St. Paul International Airport (MSP). MSP is a worldwide hub for Delta Airlines, which operates more than 500 non-stop flights a day out of MSP. Fifteen other airlines also serve MSP with non-stop service to a total of 175 non-stop destinations and connections to over 350 cities in the US and 30 international gateways. See www.MSPAairport.com for a list of airlines serving MSP.

Once you get to MSP, you can rent a car for the week and make the easy 75-minute drive to Rochester, then park for \$7 per day at either of our headquarters hotels (based on space availability).

Or better yet, reserve a ride on the clean and comfortable Go Rochester Direct shuttle van from MSP to your downtown Rochester hotel. Go Rochester Direct offers convenient shuttle van departures in both directions 18 hours a day between MSP and Rochester, with free Wi-Fi en route during the easy 75-minute ride!

On arrival at MSP, just find the Go Rochester Direct desk in the Ground Transportation area of the Lindbergh

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Terminal. The van will drop you off at the door of your downtown hotel, and your return van ride to MSP will leave from the main lobby of the Kahler Grand Hotel, or pick you up at your downtown hotel.

IJA has negotiated a special rate with Go Rochester Direct: just \$50 round-trip per person when you book online with our special discount code. Watch for details coming when festival registration opens next year.

You're likely to find that flying to MSP and taking the Go Rochester Direct shuttle is more economical than flying through to Rochester, depending on your origin city. Compare fare and schedules using your favorite travel search site like hipmunk.com or kayak.com.

If You Like to Drive to the Fest

Rochester is located about 80 miles southeast of Minneapolis/St. Paul, just off I-90 and 40 miles east of I-35.

Special Fest Volunteer Thank You...

There is one person who was seen by all fest-goers but who was missed on the thank you list in JUGGLE. Dina Scharnhorst has been the IJA first lady of first aid for many years. She also serves as the fest volunteer coordinator. Dina was and is an integral part of the fest experience. Thank you, Dina, for the time, talent, and energy you bring with you to the IJA!

FEST VOLUNTEERS NEEDED! The IJA depends on a strong and enthusiastic volunteer force to help out with the myriad tasks, big and small, that make our annual festival a great week for everyone. If you can donate even an hour or two of your time to pitch in on this mammoth effort in Rochester next July, please contact IJA Volunteer Coordinator Dina Sharnhorst at festvolunteers@juggle.org.

There are several important volunteer positions vacant for our 2011 festival next July, and we're searching for dedicated, generous IJA volunteers to fill them. Please look over the list online at <http://juggle.org/vols> and see if you can help!

For questions on the festival, or to offer your help on this mammoth effort by our all-volunteer Association, please contact 2011 Festival Director Mike Sullivan at festival2011@juggle.org.

Rochester is an easy one-day drive from most of the upper Midwest and Plain States. Once you arrive in Rochester, park for \$7/day at either of the two IJA headquarters hotels (based on availability).

We'll have more detailed information on transportation and EVERYTHING else about the 2011 festival coming early next year, with registration for the fest set to open by February 1. Watch juggle.org and read your IJA eNews every month for updates and more 2011 festival info as the months go by!

Regards,

Mike Sullivan
2011 Festival Director
festival2011@juggle.org

IJA Help Wanted

The following volunteer positions are open.

Volunteer Coordinator

Help us attract volunteers and make sure they get the help they need to keep their projects on track.

Awards Coordinator

You'll work with others to solicit nominations for the prestigious IJA awards and help the awards committee members with their selections.

European Representative

Help promote the IJA in Europe, and provide the IJA with a perspective on juggling in Europe as the IJA moves forward.

If you are interested in volunteering for any of these positions, or would like more information, please contact Kim Laird (laird@juggle.org).

"Ich bin... fin de party", reviewed by Don Lewis

This show, produced by Peter James, and featuring five recent graduates of the École National, was sponsored by the City of Montreal. Tickets were free to city residents. The venue was La Tohu, the showroom located near the Cirque du Soleil headquarters, and the École National du Cirque.

La Tohu is set up like a permanent circus tent. It's a nice concept, but it always takes a long time to get the audience seated because no-one can understand the section-row-seat design. Someone apparently decided that printing the row and seat numbers on the tickets in incredibly small characters would be a good way to get people milling about in confusion under the dim lighting.

The show is an imitation of the style of post war cabaret of excess that was popular in post war Germany. Anyone looking for funny clowns and thrilling jugglers was out of luck. A number of younger families left quite early when it became clear that this show was a bit too darkly humored to appeal to small children.

As the crowd gradually filled the seating area, the performers were lying around on the stage with assorted equipment and

clothing around the edge of the round stage. Three trapezes hung from the ceiling, casually looped through each other. A trap drum and symbol were set up to one side ready to be banged upon.

The opening act used the trapezes, but they didn't untangle them. Rather they climbed over and through each other, moving from one precarious situation to another. Another segment had a young man repeatedly throwing himself at a wall and screaming, occasionally collapsing in exhaustion on the stage. A talented unicyclist rode round and round the stage while the rest of the troop flung themselves about, screamed, and re-arranged their costumes from piles of clothing on stage. It seemed to go on for a long time, I felt a bit like screaming with them after a while. It was a bit like watching a film noir, or an uncontrolled madhouse. And that was the point. Even though I found it uncomfortable to watch, they captured the genre perfectly. The remaining crowd jumped to their feet and applauded wildly at the end of the show.

The next stop for this work in progress is the Salzburg Circus Winterfest.

<http://www.tohu.ca/en/activities/item.aspx?aid=394>

Finger tip control, by Don Lewis

It's always fun to see new jugglers turn up at a juggling club session. Many times they are self taught, and sometimes they have developed some inefficient habits. Recently, I've seen a few new club jugglers who start their three club cascade by holding two clubs in one hand dangling from the tips of their fingers. It works, sort of, but you don't get much control with that kind of grip.

The club is made so that it is comfortable to hold in the palm of your hand, near the centre of the club, a bit behind the fat end. In composite clubs, with a flexible handle wrap, this is the softest part of the handle. In all clubs, it is the part of the club that is rotating the slowest, so it is the best place to catch the club.

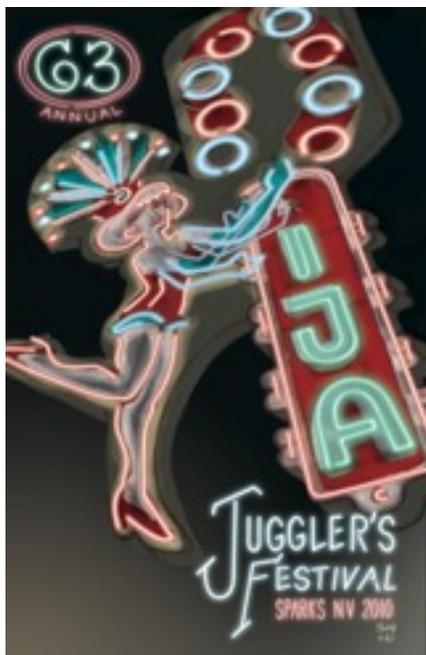
It is not the narrowest part of the club, so many people assume that there is no way to hold two clubs like this, let alone throw one, while controlling the rotation and hanging on to the second club. Rotation isn't a problem, really, because as long as you throw the club with a scooping motion using your entire arm, it will rotate all by itself.

To do a well controlled start, hold a club in the palm of your hand, palm up. Wrap your last two fingers around the handle. Take the next club and place it at a slight angle on top of the other club - bulb towards the centre, holding it with your thumb and first two fingers. Scoop your arm in a circular motion from outside your hip towards the centre of your body and let go of the top club as your arm is rising. At this point you are

throwing up more than across. If the club doesn't rotate enough, throw it a bit higher. This is known as the normal grip; the top club is thrown first. There is a similar grip, called the circus grip, where the bottom club is thrown first. The circus grip is very useful for advanced tricks, but beginners tend to catch the first club with their teeth unexpectedly. The normal grip offers a bit more control.

Once you've got the cascade going, you only have one club to worry about catching and throwing. Look around the gym, and you'll notice that a lot of good jugglers seem to be throwing the club from the end of the handle, and controlling the spin with their wrist. As you get better at juggling, you can catch and throw from just about anywhere on the club, even the wrong end, without even thinking about it. Look a bit closer at those good jugglers and you'll notice that they actually catch fairly high on the handle and then let the handle slide through their hand towards the knob as they throw it, particularly when passing.

Throwing from the end can allow you to impose more spin on the club by flicking it with your wrist. But mostly, you don't need to impose extra spin if you throw the club with your whole arm. Some tricks require you to throw from the knob end of the handle (under the leg, behind the back). None of them require you to catch there. Aim to catch at the comfortable part of the handle. If you miss, you can still catch the end. If you aim to catch at the tip, and you miss, there's nothing left to catch.

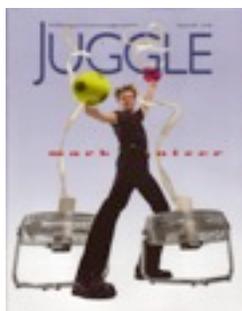


2010 Sparks DVDs now for sale!

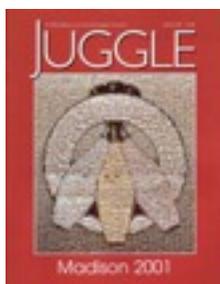
The IJA 2010 Sparks Festival DVD 2-Pack, again beautifully produced by Ivan Pecel, captures the excitement of this year's IJA festival, including full Championships routines, highlights from incredible shows, amazing juggling in the gym, and other competitions at the fest. The 2-DVD set is \$30 for members and \$40 for everyone else. The DVD set will ship in mid to late November. Purchase it **now** in the [IJA Online Store](#) to be in on the first shipment.

Contrary to what we told you in this eNewsletter last month, the IJA will not be offering a Sparks video download -- it would have been too big and would have taken too long to download.

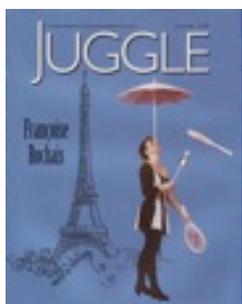
All Available Classic issues of JUGGLE magazine are now available in [the IJA store](#)



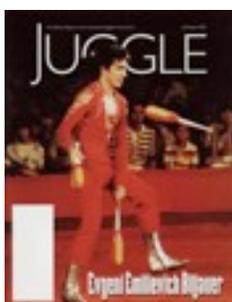
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Vol. 3 No. 5
Sept./Oct. 2001
Cover: Madison
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Vol 3 No. 4
July/August 2001
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Vol. 4 No. 4
July/August 2002
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And Many More in the [IJA Store](#)

The Not Quite Pittsburgh Juggling Festival III is Nov. 12-14, 2010, at Quaker Valley Middle School, 201 Graham St., Sewickley, PA 15143. The annual event is organized by the Leave It To Beaver Valley Jugglers and hosted by the school, which boasts over 100 kids in their after school juggling club. Fun games, workshops, vendors, a huge raffle, and a great show are just a few of the things we have to offer. The city is just a short drive away for non-juggling family looking for things to do.

For more information please visit: www.allinjest.com or call 724-312-6257.

Juggling Festivals

Not Quite Pittsburg Fest
November 12 - 14, 2010
 Sewickley, PA
[web site](#)

TurboFest, Quebec City
January 7 - 9, 2011
 Quebec City, QC, Canada
<http://www.turbo418.com>



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. 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>