



IJA eNewsletter

Registration Now Open!

**The International Jugglers' Association
64th Annual Juggling Festival
July 18-24, 2011
Rochester, Minnesota, USA**

This summer, hundreds and hundreds of jugglers, performers and competitors from all over the world will converge on the beautiful city of Rochester, Minnesota, for the IJA's week-long juggling festival.

Registration for this year's festival is now open! Go online now to the [IJA Festival page](#) and check out all the details for this year's fest, and then **register now at the lowest early-registration rates** for an amazing week in America's beautiful heartland.

Just look at all you'll see and do in Rochester:

Special Guest **Françoise Rochais** • Juggling Championships • Special Guest **Alexander Kulakov** • Individual Prop Competition • **Special Ball Juggling Workshop by Stefan Sing** • XJuggling • Ideal climate in mid-July: daytime highs in the low 80s, overnight lows in the high 60s • Special Guest **Luke Wilson** • Safe, compact, clean and vibrant downtown area • Immense, spotless juggling space • Teams Championships • Special Guest **Jacob Sharpe** • People's Choice Award • Greatly discounted rates at official IJA festival hotels • Cascade of Stars Show directed by Dan Holzman • Special Guests **The Jugheads** • Five nights of shows and competitions • 70 restaurants and shops within an easy walk of everything • The IJA History Lounge • Special Guest **Dmitry Chernov** • Free Day of Juggling on Monday • Special Public Benefit Show Tuesday Night • 2,500 hotel rooms in all price ranges close to the gym • Special Guest **Stefan Sing** • Third Annual North American Kendama Open • Special Guest **Christiana Casadio** • **Special Comedy Juggling Workshop by Dan Holzman** • Special Guest **Melaku Lissanu** • Fast, convenient Go Rochester Direct shuttle vans to and from Minneapolis/St. Paul International Airport • Juniors Championships • Planting the Juggling Seed • Special Guest **Michael Davis** • **Special Professional Publicity Photo Sitting** • Special Guests **Playing by Air** • The IJA Band • Youth Showcase • Fire Nights • Special Guests **Look Sharp!** • Numbers Championships • Juggling *Sensei* Matt Hall scheduling over 100 free workshops for festival attendees • Special Guest **Tuey Wilson** • Games of the IJA • Individuals Championships • A beautiful city in America's heartland • Free Wi-Fi in the gym, both IJA hotels and all over downtown Rochester • Special Guest **Eric Buss** • Three Nights of Club Renegade • Rochester is easy to reach from all over the world • The Gauntlet • The Jugglers' Lounge • Busking Competition • Seven hotels within a short walk to the gym • **Special Welcome Show Performance by Playing By Air** • IJA parade through downtown Rochester • All activities all week long under one roof in the Mayo Civic Center, set in a beautiful park-like riverside location

Join us for a carefree week of fun, learning, exciting shows, dazzling competitions and dozens of special events all week long!

Complete information, greatly discounted hotel rates, camping info, airport shuttles and online registration now available at:

<http://www.juggle.org/festival>

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FEST VOLUNTEERS NEEDED

The IJA's annual summer festival is an immense undertaking for our Association, and it can't happen without the generous volunteer help of dozens of IJA members. Pitching in just a few hours during the week can help make our week fun and easy for everyone, and chances are you'll meet some amazing new friends along the way!

We're still looking for help with several key volunteer positions for the 2011 festival including **Security Director**, **Numbers Championships Director**, **Festival Newsletter Editor**, and many more. **Some volunteer positions earn a full or heavily discounted festival event package!** And no matter what volunteer job you help with, you'll leave town with a special gift (or two!) given only to IJA festival volunteers!

If you can pitch in, even for just a couple of hours during the week, please see [the Volunteers page](#) of the IJA Web site or email IJA Festival Volunteer Coordinator Dina Scharnhorst at festvolunteers@juggle.org. **THANKS!**

Festivals:

Brooklyn, NY
Fayetteville, AR
Waterloo, ON
Arcata, CA
Rochester, NY
St. Paul, MN
Tucson, AZ
Tallahassee, FL
Santa Barbara, CA
Santa Cruz, CA
College Park, MD
Montreal, QC
Lincoln, NE
Ann Arbor, MI
Rochester, MN

The International Jugglers' Association
is excited to announce the second annual...

You Tube Juggling Tutorial Contest!

Help the global community grow.
\$5,000+ in prizes. Open to all.
Submit your entry to tutorials@juggle.org
February 1st - March 31st, 2011
For more information: www.juggle.org/youtubecontest



With additional prizes from...
Ivan Pecel
Gena Shvartsman
Pavel Evsukevich
Seefan Sing
Anthony Gatto

YouTube Juggling Tutorial Contest, by Thom Wall

It's my great pleasure to announce the 2nd Annual IJA YouTube Juggling Tutorial Contest!

This year, we've got thousands of dollars in prizes lined up for the top ten tutorials produced from February 1st to March 31st, as well as a special prize in a new Juggling.tv subcontest!

The contest at a glance::

- The video must include an introduction, stating that it is an entry to the International Jugglers' Association Tutorial Contest
- The video must also include a link to www.juggle.org or www.juggle.org/youtubecontest, either in the description box or as an annotation.
- Submit an entry by emailing the video's URL, your name, and your location to tutorials@juggle.org
- You may enter up to three times.
- You do NOT have to be an IJA member to enter.

IJA - <http://www.facebook.com/pages/International-Jugglers-Association/163239346179>

Event- <http://www.facebook.com/#!/event.php?eid=168050713231465>

Check out the rules and current entries at: <http://www.juggle.org/youtubecontest>

- Voting takes place on a third-party balloting system from April 1st through April 4th.

- JTV contest rules: Any video entry also uploaded to juggling.tv with the tag "ijatutorial" will also be eligible for consideration for the JTV prize, listed in the prize description. Judges Void & Howie from JTV will choose their favorite tutorial. All rules related to video content in the main contest still apply.

Full contest rules, and current tutorial contest entries, can be found here:

www.juggle.org/youtubecontest

Keep an eye on the IJA's Facebook page, as well as the contest's event page (both shown below) for discussion related to the contest!

Looking forward to seeing this year's entries!

Thom Wall

IJA Board of Directors

IJA YouTube Juggling Tutorial Contest Director

IJA YouTube Juggling Tutorial Contest - The Prizes!**1. IJA Festival Package**

5x Gballz Elite Series, 2.75" or smaller (www.gballz.com)
 Flowtoys Juggle Kit (www.flowtoys.com)
 5x Sirius All White PX3s (www.playjuggling.com)
 Duncan FH Zero Yoyo & String Kit
 IJA DVD

2. IJA Festival Package

5x Gballz Elite Series, 2.75" or smaller (www.gballz.com)
 3x K8 LED Prophecy_IR Clubs (www.k8malabares.com.ar)
 5x Vegas Silver Deco PX3s (www.playjuggling.com)
 Duncan FH Zero Yoyo & String Kit
 IJA DVD

3. IJA Festival Package

5x Gballz Elite Series, 2.75" or smaller (www.gballz.com)
 5x Quantum White PX3s (www.playjuggling.com)
 Jumpfire Backpack (www.jumpfire.net)
 Duncan FH Zero Yoyo & String Kit
 IJA DVD

4. 7x Flying Clipper Tossaball Hybrids with pouch

(www.flyingclipper.com)
 5x Vegas Red Deco PX3s (www.playjuggling.com)
 Duncan FH Zero Yoyo & String Kit
 Duncan Spin Top
 IJA DVD
 IJA Pocketknife

5. 7x Baglady FlannyBags 2.75" 120 gm ultraleather with drawstring bag.

(thebagladyonline.net)
 7x Bouncing Balls 65mm Yellow (www.playjuggling.com)
 Duncan Shirt
 Duncan FH Zero Yoyo & String Kit
 Duncan Spinning Top
 IJA DVD
 IJA Pocketknife
 Little Wooden Clubs Zipper Pull
www.littlewoodenclubs.com

6. 7x Baglady RagBags 2.5" 100 gm alova suede with drawstring bag.

(thebagladyonline.net)
 5x SiIX 78mm Blue (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 Duncan Spinning Top
 Duncan DVD
 IJA DVD
 IJA Pocketknife
 Little Wooden Clubs Zipper Pull
www.littlewoodenclubs.com

7. 5x Sport Juggling Company juggling balls

(www.sportjugglingco.com)
 5x SiIX Implosion Transparent 78mm
www.playjuggling.com)
 Finesse Diabolo (www.Malabares.com.mx)
 Duncan Freehand Yoyo & String Kit
 Duncan DVD
 Duncan Shirt
 IJA DVD
 IJA Pocketknife

8. 6x 120g 3.25" Brontosaurus Balls

(www.brontosaurusballs.com)
 7x 2 Color Ultrasound-Sealed Rings (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 Duncan DVD
 IJA DVD
 IJA Pocketknife

9. Finesse Diabolo

(www.Malabares.com.mx)
 7x New MMX Plus 67mm Pink Flo. (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 IJA DVD
 IJA Pocketknife

10. 2x Collapsible 1/2" tubing travel hoops - 32" outer diameter & Poi Set

(www.thespinsummit.com)
 7x 67mm Yellow SiIX Balls (www.playjuggling.com)
 Duncan Shirt
 Duncan Freehand Yoyo & String Kit
 Duncan Spinning Top
 IJA Pocketknife
 IJA DVD

Juggling.tv Subcontest

3x JuggleDream Torches (www.oddballs.co.uk)
 5x PX3s (Richard Kennison)

PLUS - The secret prizes!

Autographed memorabilia from professional jugglers Pavel Evsukevich, Gena Shvartsman, Stefan Sing, Anthony Gatto, and others -- to be included in prize packages at random. What excitement!

(Note: Prizes are subject to change without notice)

The prize list is evolving!

Check out the latest prizes, as well as the rules and the current entrants, at:

<http://www.juggle.org/youtubecomtest>

Wes Peden Wins a Bronze Medal at the 2011 Festival du Cirque du Demain in Paris

http://liveweb.arte.tv/fr/video/Le_32eme_festival_mondial_du_Cirque_de_Demain/

Cirque du Demain, by Don Lewis

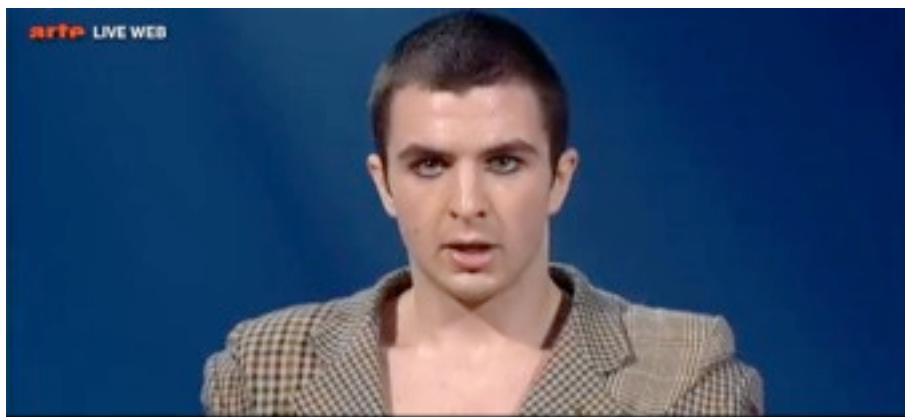
ARTE, a European television arts channel, is streaming the festival competition on the web for a limited period of time. Watch it while you can!

Wes's introduction begins at the 2:36 mark. You can advance the time slider on the web page to begin there if you wish.

The act before Wes left considerable debris on the stage. The master of ceremonies, Calixte de Nigremont, fills time with a long description of Rochester and the Peden lineage, all the while casting exasperated looks at the cleaners who are slowly sweeping the stage. I don't know how much of that was scripted, but he appeared to be talking knowledgeably about Rochester and its founding and development from the fur trade on for nearly two minutes in his inimitable style.

Once introduced, Wes took to the stage and offered a stunning display of club juggling. Watch the routine on the web. You'll be impressed.

The competition is held in Paris at the Cirque Phenix, a venue that brings the best of circus in the world to Paris.



Literacy in a Juggler Vein by Tom Sticht

One of the breakthrough findings in neuroscience in the last dozen years has been the finding that the brain can grow new neurons and form new nerve connections throughout life, not just in the first two decades of life.

Writing in 1999, in his book entitled *The Myth of the First Three Years*, John Bruer, President of the McDonnell Foundation in St. Louis, which has funded hundreds of millions of dollars in neuroscience research, stated, "Truly new results in neuroscience, rarely mentioned in the brain and education literature, point to the brain's lifelong capacity to reshape itself in response to experience."

In 2004, the website *Neuroscience for Kids* presented an article reporting that neuroscientists had conducted research with 24 young adults that showed that by training 12 of them to juggle balls, changes in two areas of the brain important for processing information related to moving objects occurred. This did not occur for the 12 adults who did not learn to juggle.

More recently, on 11 October 2009, researchers in the United Kingdom reported in the journal *Nature Neuroscience* that 48 adults who volunteered to learn to juggle showed that their brain's white matter changed. The brain's white matter changed in areas concerned with reaching, grasping, and peripheral vision.

The changes in the brain concerned with peripheral vision are related to the changes in information processing which occur in learning to read. In the early stages of learning to read beginners look with the central part of the eye (the fovea) at most of the letters and words and move across a sentence slowly with lots of halting and progressing movements. Later, following much practice, fluent readers fixate foveally at fewer points while the amount of information processed in the periphery of vision increases. Indeed, when reading a page, the fluent reader reaches the end of a sentence and then casts the eyes back to the left margin based on the calculation of the left margin using peripheral vision, a phenomenon referred to as "peripheral search guidance."

In juggling, which the author has been skilled in for over 60 years, the eyes fixate foveally on just one object at the peak of the toss, while the location of objects (balls, clubs, hoops, etc.) outside the field of foveal vision are tracked using peripheral vision, much as the line of print on a page is tracked peripherally.



Photo: Tom Sticht juggling for literacy

There are other parallels between reading and juggling. The Literacy for Life Foundation web pages (Litforlife.com) took notice of the recent research on the brain and juggling and presented a list of similarities between literacy and juggling:

"Literacy & Learning

- Need the basics before going to the whole
- Need to practice
- Repetition
- Eye-hand coordination
- Use of body and all senses, the best way to learn
- Changes the brain
- Need to take risks
- Should be fun, hard to do if stressed
- Need positive reinforcement to continue
- Lots of different tools (book, computer, voice, pens, paint, sculpting, body)
- Lots of different methods (technology, art, music, speaking, writing, dance)

Juggling

- Need the basics before going to the whole
- Need to practice
- Repetition
- Eye-hand coordination
- Use of body and all senses
- Increases white matter in the brain
- Need to take risks
- Should be fun, hard to do if stressed
- Need positive reinforcement to continue
- Lots of different tools (chainsaws, balls, hoops, sticks, fruit)
- Lots of different methods (cascade, 4-balls, two in one hand, different patterns)"

In his 1999 book, Bruer went on to say, "Adult literacy programs provide additional evidence that acquiring and improving literacy skills is not time-limited or subject to critical period limitations. The limiting factor in vocabulary growth, and presumably for some of the other things Verbal IQ measures, is exposure to new words, facts and experiences. The brain can benefit from this exposure at almost any time – early childhood, childhood, adolescence, adulthood and senescence."

The fact that experiences, such as acquiring literacy and learning to juggle, can promote brain growth and development across the lifespan confirms the value of lifelong learning in promoting both cognitive and physical health. The advice for good health is clear: keep moving and keep learning!

Tom Sticht is an international consultant in Adult Education

tsticht@aznet.net

Stagecraft Corner: The Power of Passive Aggression by Brad Weston

Would you like to get more response from your audience? You are the one in control. It is you who they are looking up to. So go ahead, make them beg a little. Try withholding your affection. That's right, I'm gonna go there! There is a lot that you can learn by watching passive aggressives in action, and you can use those same techniques to manipulate your audience into doing what you want.

Not every audience is going to need this kind of overt manipulation, but it is a good technique to be aware of and pull out when you do need it. Here's how it works: Keep your face relatively neutral until they do what you want them to, like laughing or clapping. Then you reward them with the biggest, happiest smile you've got in your arsenal.

While you are on stage, you are subtly representing them. A part of them will see themselves in you. They want you to be happy. This is always true if they are identifying with you, which they should be if you are engaging them. If they have not yet bought into what you are all about, then going more neutral and detached is good, because this will allow them to reattach. If, instead, you come on too strong and get too zany with an unattached audience, you will turn them off because you seem uncool. In a way, this technique is about going out and getting them. You go to their level and bring them back to where you want them to be.

Every audience has certain personalities in it, certain people whose laugh is contagious. They are the ones who laugh first. You want to pick them out as they respond to you and subtly encourage them to respond by giving them eye contact once in a while, and a special smile, just for

them. This will subtly affect other people in the audience who sense that you are handing out special attention. In this way you can groom your crowd and bring them all along with you.

Now, in terms of going neutral, or withholding your affection, this neutral state is a relative term. Every performer has their own neutral, and it will even change depending on the style of performance and the dynamics in the room. What I am getting at, here, is that it's not an "off and on" kind of a thing. Think "less and more". It's like turning the volume up and down on the radio.

It is okay and probably necessary to use a simulation of outright anger on stage. You simply can't have the same emotion through an entire act, there needs to be a range of emotion. I have seen a manic happiness on the faces of jugglers who drop, stop everything and pick it up, and start again, all without changing their expression. What is that all about? Were they happy about the drop? Emotions are fluid things, never staying the same for too long. Obviously, you can't really be angry; you have to maintain a sense of play at all times, a twinkle in your eye. But if the audience feels like you could become angry, or annoyed, that's power. Use it wisely!

Just don't try this on your friends and family... save it for the stage!

Brad Weston is a writer, juggler, and variety performance generalist from way back. For more information about him and other articles, check out his blog at <http://www.bradweston.com/wordpress>

Youth Jugglership Applications Now Being Accepted

IJA Youth Jugglerships provide a festival package for each deserving recipient and assistance from experienced fest-goers in selecting workshops to attend as well as advice on how best not to burn out during the week. Now is the time to begin thinking of who YOU might nominate for the 2011 IJA Youth Jugglerships! April 1 is the nomination deadline for this program for the IJA festival in Rochester, MN.

In 2010, the IJA Youth Jugglerships were presented to four deserving young jugglers. They were Aubrey Kolas, Justin Kolas, Spencer Kelly and Mitchell Kelly. Our first IJA Youth Jugglership recipient was none other than Taylor Glenn, who has since become quite the sensation in the juggling world!

Youth Jugglerships are need-based and are intended for young people ages 17 and under who would not otherwise be able to attend the annual IJA Festival without outside assistance. The individual must be 17 or younger during the festival dates. Individuals must be nominated by a sponsor.

For more information on the IJA Youth Jugglership Program and to obtain an application form to nominate a deserving young juggler, go online to: <http://www.juggle.org/programs/youthjugglership>

You can also donate directly to this worthwhile program which brings deserving youth to the IJA each year. Donate a youth fest package and help a youth come to the IJA.

Do you have a tip, technique, or observation that you would like to share? Write it up and send it in to enews@juggle.org.

Get Running !

Each year IJA members elect their representatives to the IJA Board for a two year term. There are seven Board members serving two year terms. This year, three positions on the Board will be open for election.

This is your opportunity to influence the current and future direction of the IJA, either by accepting a nomination or by proposing someone you respect. Full details about the nomination and election process are on the IJA website at: <http://www.juggle.org/business/nominations>

In an all volunteer organization like the IJA, it is important that ALL members take a moment and seriously consider what they would like to get out of the IJA, and to support those people whom they believe can best lead the volunteer effort to achieve those goals.

Board members are protected by Directors and Officers liability insurance. Professionally prepared financial statements and budgetary assistance are provided to simplify the Director role.

Board meetings are held via toll free conference call once a month. Between meetings, discussions are held via email and private forums.

One's first instinct is usually "Oh, I couldn't possibly...". But actually, you can, because many of us have had that reaction and gone on to accomplish things that have helped the IJA survive and prosper. It can be a deeply rewarding experience.

Now it is your turn

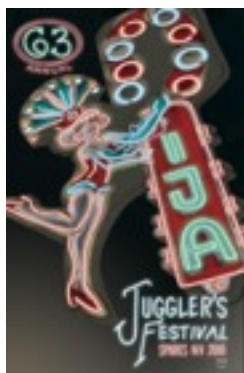
IJA Help Wanted

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.

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

**2010 Sparks DVDs now for sale!**

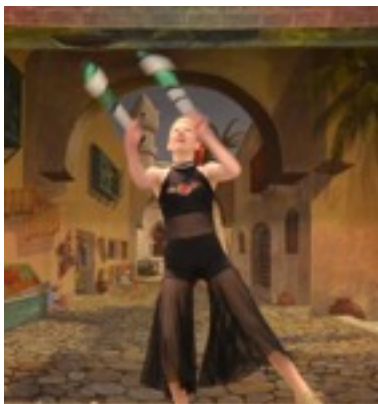
The IJA 2010 Sparks Festival DVD 2-Pack, again beautifully produced by Ivan Pecel, captures the excitement of this year's IJA festival, including full Championships routines, highlights from incredible shows, amazing juggling in the gym, and other competitions at the fest. The 2-DVD set is \$30 for members and \$40 for everyone else. It is [available and shipping now](#).

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



2011 "PHIL" trophy winners

Neil Jordaan and Heather Marriott, Austin Bruckner and David Ferman
at Atlanta's Groundhog Day Juggling Festival



All photos on this page by Joyce Howard





<http://www.jugglenyc.com>



Juggling Festivals

Juggle This
March 5 - 6, 2011
Pratt Institute, Brooklyn NY
http://jugglenyc.com/Juggle_This_2011

Northwest Arkansas Festival
March 11 - 13, 2011
University of Arkansas
Fayetteville, AR
[Website](#)

Waterloo Festival
March 12 - 13, 2011
University of Waterloo
Waterloo, Ontario, Canada
[website](#)

Humboldt Juggling Festival
March 17 - 20, 2011
Arcata, CA
<http://humboldtjugglingsociety.org/>

34th RIT Spring Juggle-In
April 1 - 3, 2011
Rochester, NY
[website](#)

MONDO JuggleFest XXII
April 1 - 3, 2011
St. Paul, MN
<http://www.mondofest.org/festival>

Tucson Juggling Festival
April 8 - 10, 2011
Tucson, AZ
[website](#)

April Fools Juggling Festival
April 8 - 10, 2011
Tallahassee, Florida
<http://tallahasseejugglers.com/>

Isla Vista Juggling Festival
April 22 - 24, 2011
Santa Barbara, CA
<http://www.sbjuggle.org/>

Santa Cruz Juggling Festival
May 6 - 8, 2011
Santa Cruz, CA
<http://ucscjuggling.com/festival/>

Congress of Jugglers 2011
May 6 - 8, 2011
University of Maryland
College Park, MD
[website](#)

Montreal Circus Festival
May 13 - 15, 2011
Montreal, QC
see next page

Flatland Juggling Festival
May 13 - 15, 2011
Lincoln, NE
[website](#)

Ann Arbor Juggling Arts Festival
May 14, 2011
Ann Arbor, Michigan
[website](#)

64th IJA Juggling Festival
July 18 - 24, 2011
Rochester, MN
<http://www.juggle.org/festival>

Other Events:

VIP Conference Extravaganza
April 3, 2011
New York City, NY
<http://vipextravaganza.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>

New Montreal Circus Festival *by Don Lewis*
May 13 - 15, 2011

The Montreal Juggling Festival has been off the radar for a couple of years now because of space availability problems. That lack has been felt in the community, which is in the process of creating a new kind of festival.

Goudurix, the well known Montreal based circus supply distributor, is organizing a festival which will include several groups.

The festival will be held at the familiar École Lucien Pagé. The school teaches a number of circus arts as part of the regular student programs. Earlier in the week, an circus event targeting students in other schools will take place. The public festival will follow at the weekend. The festival will initially include the following groups: Les Jongleurs Associés du Quebec, The Montreal Unicycle club, and Slackline Montreal.

The familiar three gyms will be used. One will be dedicated to juggling, another to unicycles, and the third to trapeze and slackline. Camping will be possible in the third gym overnight, but the gym will be in use during the day, so no sleeping in will be possible.

There will be a full show on the Saturday night, as well as a Renegade style show on Friday night. There will probably be an afternoon show for younger people on Saturday. Also on the list of potential activities will be a fire show, followed by a fire jam. A canteen selling sandwiches, etc., will be in place.

The JAQ is helping to make sure that this will be a terrific festival. It is all still in development, so things will change as we go along. I'm told that we can depend on the date, and that there will be juggling. There will be a bit less gym space for juggling since the other gyms will be occupied with other disciplines. Perhaps the weather will be fine and we can juggle outdoors.

VIP Conference**Ventriloquists****In flight (jugglers)****Prestigitators (magicians)**

April 3 2011

Zanger Hall

347 W 34th St. NY 10001

Admission \$80 (\$100 at door)

Professionals, amateurs,
hobbyists welcome**Gala Show Featuring:**

John B. Born, Asi Wind

Pete Michaels, Jennifer Slaw,

Tony Duncan & more!

<http://vipextravaganza.com>



Best Catches is a feature of StreetJuggling.com. Chief editor **Nathan Wakefield** has graciously agreed to share this feature with IJA eNewsletter readers

Best Catches is a sifter for the unplugged, the lazy, and the busy. It's a monthly roundup of the freshest juggling videos, forum topics, and blog posts – in short, it does a lot of work so you don't have to.

See the list of suggested videos, etc., below.

- :: Azo has extra [footage and outtakes](#) up from his 2010 Showreel.
- :: Steve Hoggans goes nuts with siteswaps in '[5 ball, 7 period, composite siteswap family](#)'.
- :: [Juggling Doesn't Always Work](#) for Josh Turner, but that doesn't stop him from doing some amazing moves anyways.
- :: Luke Burrage announced the results of the Top 40 Jugglers of 2010 [through song](#).
- :: The juggling podcast [Jugglers On Juggling](#) has returned with new episodes.
- :: The WJF has put together an interactive [video center](#) to provide information about the upcoming WJF 7.
- :: Matt Hall has some fun with [tennis balls and a can](#) in his classroom.
- :: Major League Combat has footage up from their [semi finals](#) and [finals](#) from Turbofest.
- :: Chris and Andrew Hodge do some [numbers ball passing](#) and set at least one new record.
- :: Steve Mills demonstrates an incredibly [easy and interesting way](#) to learn Mills' Mess, then [denies](#) a Dube shop customer.
- :: The four ball juggling collaboration video "[Fourplay](#)" is now available.
- :: Footage from a recent contact juggling [performance](#) by Okotanpe has found its way online.
- :: Anthony Gatto does some isolation training with [8 balls](#), [9 balls](#), [8 rings](#), [9 rings](#), and [7 clubs](#).
- :: Daniel Ledel and Dominik Harant break the [10 club passing record](#).