

IARUSHEDGE

IARUSHEDGE JUGGLING CLUB

The Juggling Club is a program designed to promote players growing in their skill with the ball through juggling. The club will have benchmarks players try to attain, which connects with the Rush National Juggling Club. Attaining these goals should motivate players within Iowa Rush and create friendly competition between teammates.

In addition, the IARUSHEDGE Juggling Club will provide an outlet for players to showcase themselves doing their best freestyle routines by sending in videos to the staff which will be released through the Iowa Rush social media outlets.

Juggling is an effective way to improve because:

- Players can do it on their own.
- All you need is a ball.
- It can be done almost anywhere.
- It is fun.

Benefits of juggling:

- Improves a player's touch and feel of the ball, which translates into better receiving and passing technique.
 - Helps players become better at judging the ball in the air or on the bounce, which is an essential quality as players get older.
 - It is a great way to warm-up before training or games.
 - Gives players a sense of accomplishment by providing clear evidence of improvement.
-

IARUSHEDGE Juggling Club Levels

Bronze- 10 juggles

Silver- 25 juggles

Gold- 50 juggles

IARUSHEDGE and Rush National Juggling Club Levels

White- 100 juggles

Royal- 250 juggles

Black- 500 juggles

Elite- 1000+ juggles

* Players achieving White, Royal, Black, and Elite levels will have their results posted on the Rush National Juggling Club page.

* Iowa Rush will recognize the player with the highest total on their team as the "Juggle Master" and note their accomplishment on the club website.

IARUSHEDGE Juggling Club rules:

- Types of Touches: All surfaces can be used to keep the ball in the air, but the highest percentage of touches should be done with the feet (Scores achieved by only using thigh touches will not count).
- Juggling Scores: Juggling can take place on your own or at an Iowa Rush training session. If a new personal high score is attained, or a higher level of the juggling club is reached, you should report this to your team's Head Coach. Players are on the "honor system" when recording scores.