

# The CSC "Juggling Club"



The CSC Juggling Club is designed to promote, encourage and challenge our players to spend more of their free time juggling. As we all know juggling is an integral part of player development. It is also a known fact that all good jugglers are not necessarily good soccer players, but it is certain that all good soccer players are good jugglers. We want to encourage our young players to make juggling a habit because...

- Players develop better overall ball manipulation skills
- Players develop coordination, balance, reaction speed, learn to use both feet etc.
- Players can set and achieve goals (personal juggling record) and also develop good work/practice habits and determination to reach those goals.

**What is the Juggling Club?** If you are u8 or younger and can do 10 juggles, you qualify for the club. If you are u10 or younger and can do 25, you qualify for the club. If you are u11 - u13 and can do at least 50 juggles, you qualify for the club. If you are u14 and above and can do 100 juggles, you qualify for the club. Members of each club receive a certificate and t-shirt by the end of the season.

**How do I join the Juggling Club?** Practice your juggling and when you're ready arrange a time with any Cheyenne Soccer Club Coach so he or she can count for you. If you qualify, then fill out this form (which can also be downloaded from the web site). Have the coach and one of your parent's sign it and mail it to CSA, P.O. BOX 2774, Cheyenne, WY 82003, or leave it at North Park at the maintenance shed. Kepp practicing and good luck!!!

Player's Name (please print): \_\_\_\_\_

Number of juggles completed: \_\_\_\_\_

Coaches Name (please print): \_\_\_\_\_

Coaches Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Name: (please print): \_\_\_\_\_

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's, please check if you approve of CSC putting your child's name (first name and last name initial) on the web site to recognize the accomplishment.

NOTE: Parents by signing this form you agree that the first name and last initial of your child can be posted on the Cheyenne Soccer Club web site as recognition of their achievement. If you do NOT wish to have your child's name listed on the web site do NOT sign this form. For any form that is submitted WITHOUT a parent's signature we will recognize your child's achievement by providing him or her with a certificate and t-shirt.

Coaches: Please return this completed form to any CSC Board member or Director of Coaching, or leave at North Park maintenance shed.