

Illinois FC

Juggling Club Practice Form

I certify that _____ has practiced his/her juggling on 3 different days for at least 10 minutes each time during the past week.

Practice Date 1: _____

Time: _____

Practice Date 2: _____

Time: _____

Practice Date 3: _____

Time: _____

Player Signature: _____

Parent Signature: _____

Juggling Club Rules: *Players must practice on their own at home on 3 different days, for at least 10 minutes each time. A player who has completed this requirement may “test” with a coach to try to improve their high score. In order to test a player must turn in this completed form with both player and parent signature. Player may test before or after a practice session. Players may NOT test during practice! Players may only test once per week, and get a max of three juggling attempts per test. Player's season high scores will then be posted on the Illinois FC website.*



Test Date: _____ High Score: _____

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