

# The Quakertown Soccer Club “100 Juggles Club” Certification Form

Being able to juggle a soccer ball in excess of 100 consecutive times is a great achievement for a youth soccer player. It cannot be done without many hours of individual practice and dedication to developing the skill. In order to recognize this desire to improve, QSC has developed the 100 Juggles Club.

Before their 18<sup>th</sup> birthday, any QSC player can join the 100 Juggles Club by juggling the ball at least 100 times in succession (without the ball touching the ground) and capturing it on video for submission to the club. The player must touch the ball at least 100 times in a row with any combination of their foot, head, thigh or chest (the player must start the ball with their feet and use at minimum two different surfaces for a minimum of 5 juggles (i.e. 95 foot juggles and 5 thigh juggles **or** 95 foot juggles, 3 thigh juggles and 2 head juggles)). If the ball touches the ground, the player must begin again at zero. The player may try as many times as they wish.

Note: A video clearly capturing all 100 juggles per the rules above is required to fulfill the requirements. The form must then be given to the player’s coach for signature. **The coach will then turn the signed and completed form in to one of the Quakertown Soccer Club Executive Board members** for recognition of the player by the soccer club.

The player will receive a commemorative “100 Juggles Club” soccer scarf, will have their name posted on the QSC website, and will have their name engraved on a plaque inside the clubhouse with the date they “joined the club”.

Print this page to use as official certification:

**As a certifying adult, I do hereby certify that I personally witnessed the following player juggle the ball at least 100 successive times without the ball hitting the ground per the above requirements.**

**Name of player:** (print clearly) \_\_\_\_\_

**Birth date of the player:** \_\_\_\_\_

**QSC Team of which the player is a member:** \_\_\_\_\_

**Date of the 100 juggles:** \_\_\_\_\_

**Total Number of juggles completed:** \_\_\_\_\_

**Surfaces used in juggling (min 5 juggles on each):** \_\_\_\_\_

**Coach’s name:** (print) \_\_\_\_\_

**Signature:** \_\_\_\_\_