

# AMERICAN SOKOL

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NOVEMBER 1974

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Educational and Physical Culture Organization

## THANKSGIVING REFLECTIONS

The month of November is a very special month. Back home and here it is the month when we should remember our departed relatives and friends. It is the month to look retroactively on our achievements . . . it is the month of Thanksgiving.

Most of us came to this country a good number of years ago; many just a few years ago. We were immigrants from Czechoslovakia, but we came to this country from all directions. We were all seeking a new life in a strange country. We had no friends to help us, we had language difficulty, no steady jobs. For many it was easy to become despondent.

But slowly, times changed. There is something within the air of America - a feeling of independence - and independence generates strength. There is no one here to lead you by the hand, but also, no one to order you about. Once you land here you are left to yourself - to shape your own future - to test yourself. This is what living in Freedom means.

Today we all work, have steady and secure employment. - Many have achieved successful careers. We live in comfortable homes or apartments, equipped with all kinds of appliances, making our lives much easier. Week-ends we drive to the country to enjoy the sunshine, air or water. Many of us travel to visit relatives in our old country or travel to some far away place on this planet. All this we owe to ourselves, but above all, to this most hospitable country in the world. No other country offers such opportunity.

Among some of our American-born friends, it is not fashionable to be enthusiastic about America. Many young men have denounced it and fled - avoiding responsibility and sacrifice. Many who remained, mocked and polluted America with warped thinking generated by student activists and radicals with their cry for a perfect society which no one nation yet has ever had. Yes, there are many problems in America. There are drugs, radical conflicts, poverty, inflation, and the Watergate affair. No doubt this country faces serious problems. But what we - the newcomers - see are not only problems, but also democratic solutions being applied.

On this Thanksgiving Day we may well remember that there is much in America to be thankful. We should be grateful to the people accepting us for what we were. They do not question our ancestry, our accent, faith or political beliefs. When we want to move from place to place we do not have to ask for permission - we just go. We do not have to stand in line for hours to buy a piece of tough fat meat, and when we go into a shop to buy a pair of shoes, we are not asked to produce an identity card. Our mail is not censored and our conversation with friends is not reported to the secret police.

Yes, there are many things for which we immigrants to this "our new country" should be thankful. And what better day to pay our gratitude to our new land than on

THANKSGIVING DAY . . .

Jan Kucera, Sokol San Francisco

# AMERICAN SOKOL



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## Calendar of Events

- NOV. 30th - SOKOL MIAMI, FLA.  
5th Anniversary Banquet  
DEC. 7th - SOKOL SAN FRANCISCO, CAL.  
St. Nicholas Dance (Mikuláše).  
DEC. 7th - SOKOL STICKNEY, ILL.  
Spaghetti Dinner  
DEC. 7th - SOKOL NOVA VLAST,  
CLEVELAND, OHIO  
St. Nicholas Dance  
DEC. 31st - SOKOL STICKNEY, ILL.  
New Year's Eve Celebration  
DEC. 31st - SOKOL BERWYN, ILL.  
New Year's Eve Dance  
DEC. 31st - SOKOL BELCAMP, MARYLAND.  
New Year's Eve Party

- DEC. 31st - SOKOL ST. LOUIS, MO.  
New Year's Eve Celebration  
DEC. 31st - SOKOL DETROIT, MICH.  
New Year's Eve Dance  
DEC. 31st - SOKOL SAN FRANCISCO, CAL.  
Sylvester (New Year's Eve Dance)  
DEC. 31st - SOKOL LITTLE FERRY, N.J.  
New Year's Eve Party  
JAN. 12th - SOKOL CLEVELAND-CECH-  
HAVLICEK, CLEVELAND, OHIO  
Card Party  
JAN. 25th - SOKOL TYRS, CLEVELAND, OHIO  
Night in Prague - Al Koran Mosque  
FEB. 1st - SOKOL ST. LOUIS, MO.  
B.O.I. Instructor's Barn Dance  
FEB. 2nd - SOKOL DETROIT, MICH.  
Winter Gymnastical  
FEB. 2nd - SOKOL STICKNEY, ILL.  
Pancake Breakfast  
FEB. 8th - SOKOL BALTIMORE, MD.  
103rd Šibřinky (Masquerade)  
FEB. 9th - NORTHEASTERN DISTRICT,  
CLEVELAND, OHIO  
Winter Gymnastic Exhibition - Cleveland State  
University  
MARCH 8th - SOKOL BALTIMORE, MD.  
Dozvuky  
MARCH 16th - SOKOL STICKNEY, ILL.  
Corned Beef and Cabbage Dinner  
MARCH 22nd - SOKOL BERWYN, ILL.  
Annual Gymnastic Exhibition  
MAY 25th - SOKOL BALTIMORE, MD.  
Gymnastic Exhibition

## SIS. ANN SKODA'S 70th BIRTHDAY

Recently Sis. Skoda marked her 70th birthday. She has always been a hard-working member on behalf of Sokol, and her efforts should be recognized. Sis. Skoda started her Sokol career at the age of 7, progressing through all classes. For many years was instructor of little girls. For 30 yrs. has been director of women, presently also treasurer of Sokol Cleveland.

When the Sokol Hall was sold due to a changing neighborhood, as was true in many cases, she was one of several devoted Sokols determined Sokol Cleveland must exist regardless; so, a vacant store was rented and gym classes and meetings were held there under the most adverse conditions until the present location was obtained 25 years ago.

At 70 yrs. "young", she still has her place in line as a gymnast in the ladies class. Devoted members such as Sis. Ann Skoda help keep the Sokol movement alive.

Bertha Cihula, Sokol Cleveland

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCV

November - 1974 - Listopad

Číslo - No. 11

## MEETING OF THE EXECUTIVE BOARD OF THE A.S.O.

October 22, 1974

Pres., Bro. Stanley Barcal presided. Present: Bros. E. Linhart, G. Herink. Sisters B. Prener, J. Pros, A. Sotka, A. Basta, L. Zdenek, A. Falta.

Correspondence: Sokol Brookfield's request for the purchase of the ASO's old mimeograph machine. Will be considered. - Greetings from the Eastern District's Annual Meeting. - Receipt of the U.S. Olympic Committee forms regarding delegates to its forthcoming convention.

B.O.I., Sis. Zdenek: Reported on combined meeting, Oct. 15th. - Bro. Paul Fina represented the ASO at the AAU Convention. Approved, payment of his expense, \$181.42. - Approved, Bro. Milan's expenses in attending the Olympic Games Committee meeting in St. Louis, Mo., \$123.90. - Southern District's Final Report covering various teaching, visual aids, etc. from November 1973 to the present, \$2,550.72. Approved. - Western District will send 6-8 members to the Congress of Coaches, Nov. 8-10th in Chicago. Approval granted the ASO pay the registration fee and per diem for BOI members attending the Congress. - Pacific District will hold a one-week workshop during the summer at Dinky Creek. - Eastern District's Southern Circuit will hold a one-half day workshop in Baltimore, Md. - Sokol USA Slet will be held, June 26-29th, in Binghamton, N.Y., all N.Y. University's facilities will be used. - BOI will meet one day prior to the 1975 ASO Convention. - Special meeting of the Tournament Rules Committee to be held, Jan. 29th. - Merit Award Committee meeting, Oct. 30th. - Bro. Edward Linhart stated the Potter Lake, Wis., Camp is available for the ASO Gymnastic Camp. - Northeastern District's bill of \$152.27 for Folk Dancing Workshop was approved. - The following Sisters were approved as members of the Women's BOI: M. Zeman, S. Pistorious, L. Zdenek, J. Kourim, M. Prchal, C. Michalek. - Senator Roman Hruska replied, stating he

will provide assistance and keep the Sokols informed pertaining to the Bi-Centennial.

Educational Committee, Sis. Prener: Essay Rules appeared in the Sokol Gymnast, and also sent all Educational Directors. - Song-book sales very good. To date 550 books have been sold. - The Czechoslovak Cultural Exhibit opened at the Lincoln Federal Savings in Berwyn, Ill., Oct. 20th. Sokol display consists of various books, publications, emblems, ASO Flag, Slet material, etc. The Central District Folk Dancers were to perform.

Publicity, Sis. Basta: Various articles have been placed with the news media re; Song-book.

Financial Sec'y., Sis. Sotka: Financial and 3rd quarter 1974 tax reports filed. Federal taxes deposited. - Approved, re-order of 50 copies of the Sokol Manual. - Sokol Schuyler paid all obligations to date. - Denni Hlasatel subscription, \$28.00, approved. - Bro. Basta will be asked the possibilities of having a blanket policy to cover all the various ASO insurance policies.

Uniform Division, Sis. Prener: All suppliers paid to date. - The BOI will consider the suggestion a warm-up suit for the smaller childrens classes be used for parades, and that the regulation Sokol uniform be worn at all classes.

President, Bro. Barcal: Met with Bro. Hrebik regarding Sokol Slet Abroad in 1976. Tentatively it will be held in Switzerland. - Spoke with Bro. Venglarcik, President of Sokol USA, regarding program for Bi-Centennial. After discussion, if anything is done on a national level the ASO will participate, otherwise activities should be held locally. The Sokols would be interested in a Czechoslovak Day if ethnic groups would be given equal recognition. - A tentative meeting with ASO Convention leaders will be held in December with the Executive Board in Berwyn, Ill.

**Enroll That New Sokol Member NOW!**

## DISTRICT REPORTS

### Eastern District Annual Meeting

September 29, 1974

Pres., Bro. Charles Zraly presided. The officers were introduced. The delegates and guests welcomed. Moment of silence for departed Bro. James Primus, long-time member of Sokol Baltimore, and the memory of other deceased Sokol brothers and sisters.

Delegates in attendance: Sokol Baltimore, Bro. Henry Vrzalik, Sisters Libby Vrzalik, Marie Pokorny; Sokol Belcamp, Bros. Frank Novak, Thomas Dolina; Sokol Fuegner, Bro. Anton Chaloupka, Sisters Bertha Hochner, Blanche Zraly; Sokol and Sokolice Little Ferry, Bros. Richard Novotny, Frank Donovan, Sisters Beatrice Novotny, Joan Donovan; Sokol Newark, Bros. Frank Kotlan, Frank Bartell, Sisters Barbara Kotlan, Ella Bartell; Sokol New York, Bro. Jan Babinec, Sis. Lillian Pribil; Sokol Philadelphia, Bro. George Novak, Sis. Josephine Tunkl; Sokol Washington, Bros. Mathew Neumann, Jerry Friedrich, Sis. Rose Friedrich; Director of Women, Sis. Norma Zabka; Director of Men, Bro. Frank Capek; Director of Southern Circuit, Bro. Edward Stetka.

Correspondence: Invitation from Sokol Schenectady to its 75th Anniversary, Oct. 19th. Approved, Bro. and Sis. Zraly represent the District. All expenses be paid by the District. - Appreciation of Bro. William Zabransky Jr.'s donation of \$25.00 to the District. - Reminder the ASO Convention will be held in Detroit, Mich., June 1975. All By-Law changes must be submitted 90 days prior to the convention.

Reports were given by the Pres., Bro. Zraly; Sec'y., Sis. Zraly; Treasurer, Bro. Chaloupka; Financial Sec'y., Sis. Pribil. Membership as of 1974 is 635 men, 732 women. A gain of 9 since last year.

Director of Men, Bro. Capek: District participated in track and field, bowling, volleyball and apparatus competitions. - One week Course held at Sokol Little Ferry. - Greatest problem in District is the lack of qualified instructors. - District will participate in the Sokol USA Slet in Binghamton, N.Y., in 1975.

Director of Women, Sis. Zabka: Units lax in reporting activities. - Sokol Belcamp has been reactivated. - No report from Sokol Schenectady. - District victorious in many events. - District Exhibition was held in Little Ferry. - Bros. Stetka and Vrzalik and Sis. Audrey Benda taught at the Course. - Sis. Provaznik and Sis. Zabka instructed at the evening Course in Cleveland.

Southern Circuit, Bro. Stetka: Conducted 2 instructors schools with 26 enrolled. - Bro. Peter Dusek of Cleveland conducted 2-day Clinic for seniors and juniors. - Gymnastic competition was held in Belcamp. - Wreath was placed at the "Tomb of the Unknowns".

B.O.I., Sis. Pokorny: 16 instructors present at Annual Meeting held the previous day. - District Exhibition to take place, Nov. 17th, at Perry Hall High School in Baltimore. Volleyball game and Dance at Sokol Belcamp, Nov. 16th. - Junior and senior competitions will be held at Sokol Little Ferry, April 5, 1975.

Suggestions to the ASO Convention: During the ASO Slet, competitions to be held in Naperville, Ill. The Exhibition at Morton West High School. Traveling time from motels and hotels to competitions would be eliminated. - No charge for gymnasts on night of the awards. - Method of awarding prizes to District teams be changed. Teams should consist of members of either, Units or District alone, and not a combined team. - The consensus of opinion is that the Scholarship Fund be discontinued and the money used for other purposes.

#### UNIT REPORT

Sokol Baltimore, Sis. Pokorny: Many affairs held during the year. Gymnasts in many events. - Some question on the assessment fund, and how it should be used. Explained it should go through the District and to the ASO for approval.

Sokol Belcamp, Bro. Novak: Active in gym classes. Many affairs staged during the year.

Sokol Fuegner, Sis. Hochner: Unit active socially. Gymnasts victorious in many District events.

Sokol Little Ferry, Bro. Novotny: Very active in small boys classes. - Hall being renovated. - Exhibition and picnic huge successes.

Sokolice Little Ferry, Sis. Novotny: Women staging many fund-raising affairs. - Girls gym classes very active.

Sokol Miami, Sis. Emilie Ruzicka (By phone): Very active in conducting tours and affairs. - Unit's 5th Anniversary, Nov. 30th. - Group of women will take part in the District's Exhibition in Baltimore, Nov. 17th. - Average attendance at meetings, 95 members.

Sokol New York, Bro. Babinec: Gym classes progressing nicely. - Hold many affairs. - Unit has received tax exemption.

Sokol Philadelphia, Bro. Novak: No gymnastic activity. - Active socially.

Sokol Schenectady: Active socially. - Will celebrate 75th Anniversary, Oct. 19th.

Sokol Washington, Sis. Friedrich: Very active socially. - Gym classes held at St. Anne School.

\* \* \*

Unfinished Business: Approved, a meeting of all delegates be held June 1, 1975 in Washington D.C. Wreath laying ceremonies to be held June 2nd at the "Tomb of the Unknowns", with a picnic to follow at Palisades Park. - That the terms of all officers be limited to 2 consecutive terms in the same office be eliminated from the By-Laws. - Question of dual membership came up. It was stated any member can hold dual membership but must declare allegiance to one Unit and District when voting. ASO Board must be notified of their

allegiance. Voting on an honor basis. Dual members should pay dues to both Units.

New Business: Possibility of having polo shirts as a fund-raiser for the District. - Reunion planned for all students of Sokol Courses to be held at Sokol Camp at East Haddam, Conn., Oct. 26-27th. - Approved, that Bro. Neumann and Sis. Zabka obtain all details to have a recording made of Czech and English songs played on the piano by Bro. Charles Divisek. - Discussion ensued on the possibility of building a shelter for apparatus at Camp Sokol at East Haddam. - No bus tour will be conducted to Miami. Approved that Bro. and Sis. Zraly be sent as representatives to the 5th Anniversary of that Unit. - Approved, the District contribute \$85.00 toward the Czech radio broadcasts in the area. - Each Unit should notify the District on the numbers intending to go by bus to Baltimore.

1974-75 District Officers: Pres., Bro. Charles Zraly; Vice-Presidents, Bros. Mathew Neumann, Frank Capek; Sec'y., Sis. Blanche Zraly; Treasurer, Bro. Anton Chaloupka; Financial Sec'y., Sis. Lillian Pribil; Organization, Sis. Emilie Ruzicka; Public Relations, Bro. Edward Stetka. - B.O.I. Officers: Director of Men, Bro. Frank Capek; Assistants, Bros. Walter Slavik, Edward Stetka. - Director of Women, Sis. Audrey Benda; Assistants, Sisters Marie Pokorny, Norma Zabka. Athletic Directors: Bros. John Stora, Paul Paces, Sis. Virginia Belsen; Sec'y., Sis. Tessie Mastik.

Chance Book Winners: J. Cablik, Abington, Md., \$100.00; Emil Dupal, Aberdeen, Md., \$50.00. Crocheted cape donated by Sis. Lillian Pribil was won by Sis. Blanche Zraly. A profit of \$275.00 was realized. This fund-raising project will be repeated next year.

Treasurer, Bro. Chaloupka: Receipts - \$234.30. Disbursements - \$388.25.

## Western District Annual Meeting

September 29, 1974

Pres., Bro. Edward Pavoucek presided. A moment of silence for the departed Sokol brothers and sisters.

Motion was approved that the Western District request the ASO in its requirements for the Merit Award: "that a renewal be subject to approval and the signatures of the Unit Director, District Director and District President be affixed to the application." - Approved, the BOI's recommendation that 5 percent of the Traveling Instructors Fund be used sending instructors to the USGF Congress. - Motion to add to the District By-Laws: that the date for the Semi-Annual Meeting be set at the Annual Meeting, was carried. - Approved, the next Semi-Annual Meeting be held the 2nd week of April, 1975. - Site of the District will remain at Sokol Omaha. - Motion to reinvest the CCD Certificates for a 4-yr. period, was carried. - Sokols Minneapolis,

Schuyler, Caldwell and Crete delinquent in their ASO dues.

Educational Director, Bro. Robert Vanyo: Distributed literature to the delegates. Also, brought books recommended for the study of the Czech language.

Audit, Bros. Victor Jirka, Richard Kittrell: Slet books and the Treasurer's books found in order. - Approved, the books be audited the early part of September, prior to the Annual Meeting.

1974 District Slet, Sis. Havel: Gave the Slet Report. - Pres. Bro. Pavoucek praised all in making the Slet a success. - 3 trophies were not yet received from the District Competitions. Approved, to withhold \$50.00 from the Slet proceeds to cover the cost of the 3 trophies. - Survey sheets for hosting a District Slet were given each Unit. Each Unit to discuss official acceptance of same.

Director of Women, Sis. Bozena Drozda: Modern Gymnastics Clinic was postponed until Feb., 1975. - In the near future a week-end Self Improvement Clinic will be conducted. - The Men's and Women's Directors of Sokol USA will be invited to check routines for their Slet in Binghamton, N.Y. - The District Slet saw the following competing: 52 Jr. Girls, Low Division; Intermediate, 23; High, 9; Championship, 3. 5 Women competed in the Low Division; Intermediate, 3; High, 2. - Motion was made to purchase 2 one-hour tapes and 2 reels for the video tapes, carried.

Director of Men, Bro. Ray Lastovica: The Men's Slet Competition went well except for the long horse and the free exercise. - Same problem developed with equipment. The Men and Women needed it at the same time. The number of competitors was as follows: 19 Low Jr. Boys (2 teams); 9 Intermediate Jr. Boys (2 teams); High Jr. Boys (3 teams); 5 Championship Jr. Boys. Men: 1 in Low Division; 2 Intermediate; 3, 30 and Over; 1 Championship. Approved, to purchase equipment (not to exceed \$1,000.00) to be loaned to new Sokol Units. Monies for this proposal to be taken from the Traveling Instructors Fund. Unit borrowing the equipment will have the option to purchase the same. - Also approved, \$175.00 from the same Fund be used to send a student to the Course from the following combined Units: Sokol and Sokolice So. Omaha; Sokol and Sokolice Omaha; Sokol and Sokolice Crete; Sokol and Sokolice Cedar Rapids; Sokol St. Paul; Sokol Wilber.

1974-75 District Officers: Installed by Sis. Helen Karpisek. Pres., Bro. Edward Pavoucek; Vice-Pres., Bro. Leo Mach; Sec'y., Sis. Phyllis Jirka; Treasurer, Sis. Blanche Masek; Educational Director, Bro. Robert Vanyo; Organizational Director, Bro. Phil Cahoy; Historian, Sis. Blanche Heeren; Auditors, Bros. Victor Jirka, Anton Krejci; Women's Director, Sis. Bozena Drozda; Men's Director, Bro. Ray Lastovica; Guide, Bro. Alfred Chab.

October 14, 1974

Pres., Bro. Pavoucek presided. - Miscellaneous bills approved for payment. - One of the books recommended

for study of the Czech language "Czechs and Slovaks in America" - Lerner Publishing Co., 241 1st Ave. No., Minneapolis, Minn. 55401. Cost \$3.95. - Cost of the 3 late District Competition trophies, \$10.50. - Letter of invitation sent Bro. and Sis. Walko of Sokol USA for Slet Workshop. - Received Sokol Schuyler dues (\$25.00).

Since \$175.00 was allocated each Unit to participate in a Course, each Unit is responsible for the immediate payment. The District will reimburse the Units after it receives the allocation from the ASO Traveling Instructors Fund. - Approved, Units traveling to District Workshops be paid a rate of 13c per mile from the Traveling Fund. - Each Unit will receive a form requesting a list of 2 delegates and their alternates and the Directors; to be returned before Jan. 15th. - ASO Convention will be held in Detroit, Mich., June 15-18th.

### WESTERN DISTRICT ANNUAL B.O.I. MEETING

September 28, 1974

Approved, the District have a Tabulating Committee. The outline and forms will be incorporated into the Slet outline. Proposed forms will be ready for the Feb. meeting. - Sokol USA Slet data soon to be received. - Inquiry from Sis. Schnabl whether the Units would be interested in a Self Improvement Clinic. Sokolice awaiting more information as to date, cost, instructors, equipment, etc. - All Units report the Video Tapes are useful; used in dancing workshops, learning skills, and as spotting and teaching aids.

Recommendation for addition to Tournament Rules: A gymnast who declares himself or herself in Championship be eligible to receive High Division placement if an injury occurs after High Division Competition, but before Championship Competition; subject to approval of the National Directors. - The Secretary will obtain clarification on the age limit of gymnasts wanting to compete, but are under-age. - Bro. Benak suggested a different method to judge and score the gymnasts during Competition. The system has been seen to work. The proposal will be defined and submitted to the District. It will be used at the next District Slet. - Suggested that the Free Exercise mat be used alternately (boy-girl-boy-girl competitor) during Slet competitions. This eliminates mat being idle while the previous competitor is being scored.

## Northeastern District'

September 25, 1974

Pres., Bro. Edwin Jirousek presided.

Memorial silence on behalf of deceased Bro. Charles Cerny of Sokol Cleveland-Cech-Havlicek. - Corrections in last month's report; should have read Sokol Tyr's Seniors and Juniors participated in the All Nations Fair along with other Sokol Units; also, the inaccurate figure of profit should have been deleted.

Pres., Bro. Jirousek: Reported on attending the Ethnic News Conference at Karlin Hall.

Treasurer's Report: Checking Account - \$102.82. Savings Account - \$1,687.25. Savings Certificate, \$5,000.00.

### UNIT REPORT

Sokol Cleveland-Cech-Havlicek, Bro. Frank Kovan: Chicken Dinner to be served, Oct. 7th.

Sokol Nova Vlast, Bro. Emil Pekar: Patronat of Ceska Sin is having financial difficulties. - One new member enrolled. - Gym classes started, and are growing. A waiting list for Little Girls and Junior Girls classes. - Entertainment 75 books will again be on sale. The proceeds toward the purchase of new equipment.

Sokol Tyr's: An All Nations Encore to be held, Sept. 29th. - Picnic was successful, - Sewing Club is back in operation. Will have a quilt drawing at the Annual Meeting.

\* \* \*

Educational Committee: Czech song-book available from ASO Office in Berwyn, Ill. \$3.00 a copy, mailing included.

A.S.I., Bro. Robert Jirousek: Beer Festival held, Sept. 7th, even more successful than last year. - Referendum to rezone property on Roadside Road will again be on the ballot. - 250 Club Dinner, Nov. 9th.

B.O.I., Sis. Georgia Jencik and Bro. Peter Dusek: Sokols will participate in the St. Wenceslaus Parade. - Folk Dance Clinic, Oct. 12th. A Social to follow that evening. - Sokol USA Competitions and Slet will be held at Binghamton, N.Y., June 26-29th, 1975. - All Units will enter under one banner at the AAU Competitions. Entry fee to be paid by the individual Units. - District BOI will meet, Oct. 10th. - Sis. Provaznikova will be invited to attend the Winter Exhibition in Cleveland. - Dr. Albert Mastalko, a visitor from Czechoslovakia, described the Sokol situation presently in that country. Also elaborated on the numbers to be performed at the Spartakiade in 1975.

## Southern District

September 25, 1974

Pres., Bro. George Prevratil presided. Present: Bros. Oldrich Parma, Don Steinman, Larry Laznovsky, Frank Cechan, Harrell Hamilton, Stuart Hamilton. Sisters Sylvia Laznovsky, Bernice Hamilton, Rose Steinman, Helen Parma, Henriette Milan, Vlasta Laznovsky. Guest - Bro. Joseph Ehrenberger of Sokol Zizka.

### UNIT REPORT

Sokol Corpus Christi: Sept. meeting, 24 in attendance. Gained one regular member. - Sokol Festival, Oct. 27th. A gym program will be presented at a shopping mall to promote the festival. - Improvements made on Sokol building.

# SOKOL GYMNAST

NOVEMBER, 1974

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Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

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**S**trength through physical and mental development are basics of our organization.

**O**nce our youth enter Sokol, the Unit should offer a stimulating, enjoyable program to improve their physical and mental processes. This should be a life-long development.

**K**nowledge of Sokol is more rapidly assimilated by new members when adults display leadership, understanding and brotherly and sisterly love. Observance of acceptance and completion of tasks, even under difficult conditions, acts as a catalyst for our youth and unit.

**O**pen Minds in dealing with physical or cultural programs should be displayed. Our various units may differ in program presentation, but our goals should be the same.

**L**ove for our brothers and sisters; physical and mental beauty; realization that success comes from work; happiness through cooperation; lasting friendships. These are some of the things that come through Sokol.

ALVIN W. MEIER  
Náčelník (Instructor)  
San Francisco Sokol Unit

## Central District Spotting Clinic



Bro. Paul Fina of A.S.O. conducted a Spotting Clinic for beginner instructors at Sokol West Suburban on Wednesday, Sept. 11, 1974. The Clinic was open to all Units and instructors from the Central District.

Sylvia Pistorius - J. Jindra.

## 1974 Midwest Gymnastics Championships

ADDISON TRAIL HIGH SCHOOL  
ADDISON, ILLINOIS  
NOVEMBER 29-30, 1974 (Fri.-Sat.)

### MEN AND WOMEN

#### COMPETITION SCHEDULE:

The Meet will be held on November 29th and 30th and will be conducted in the following sessions:

#### Session I

Friday morning, Nov. 29th. 9:00 a.m. **Compulsory competition** for men's all-around only (three events at a time).

#### Session II

Friday afternoon, Nov. 29th. 12:00 p.m. **Preliminary competition:** Men - free exercise, pommel horse, rings. Women - vaulting, uneven parallel bars.

#### Session III

Friday evening, Nov. 29th. 8:00 p.m.

#### FINALS:

Men - free exercise, pommel horse, rings (6 finalists).  
Women - vaulting, uneven par. bars (6 finalists). Also - tumbling exhibition (invitation only).

#### Session IV

Saturday morning, Nov. 30th. 10:00 a.m. **Preliminary competition:** Men - vaulting, parallel bars, horiz. bar, tramp.

Women - beam, free exercise, tramp.

#### Session V

Saturday evening, Nov. 30th. 8:00 p.m.

#### FINALS:

Men - vaulting, par. bars, horiz. bar, tramp. (6 finalists).

Women - beam, free ex., tramp. (6 finalists).

#### COMPETITION:

For men, Competition I will prevail for all optional routines. Compulsories are required for men AA only. Competition for women will be on an optional basis only. Compulsory exercises are not required. Competition in both men and women tramp. will be on an optional basis only. All competitors should be able to perform an 8.5 routine or better. A 92.00 score is required for all men AA competitors. (6 men and women finalists will be competing Friday and Saturday night in each event . . . tramp. finalists will be 3 men, 3 women.

#### WOMEN ONLY:

**Eligibility** - ages 14 and over. Any girl competing in the Midwest Gymnastics Championships is not eligible to participate in the Junior Midwest Open.

**Rules** - Women competition will use the latest F.I.G. Code of Points rules changes in Rules for National Competitions. These changes appear in the April issue of the U.S.G.F. News. Please direct any inquiries regarding these rules to Jeannie Edwards, 19 W.307-4 Winthrop Way, Downers Grove, Ill. 60515.

## Sokol USA Slet Notes

The National competitions and Slet of Sokol USA, will be held in Binghamton, New York, with a revised date. The dates are Fri., Sat., and Sun., June 27-28-29, 1975. All Units and Districts are asked to take note of this.

A new special number event has been added to the competitions in which guest organizations will be able to compete, however, only one number per organization will be accepted. Br. Walko states that 50 people will constitute a special number.

## COMPETITIVE MODERN RHYTHMIC GYMNASTICS

A series of articles will appear in the Sokol Gymnast prepared by our former National Women's Director, Sister Mildred Prchal. These articles will have intensified information on Rhythmic Gymnastics and will be taught in special clinics by Sister Prchal. They will contain instruction for the JUMP ROPE, HOOP, BALL, RIBBON and SCARF. Following pages contain material for JUMP ROPE.

\* \* \*

## COMPETITIVE JUMP ROPE

By Mildred Prchal

**NORM:** Rope is of hemp, without handles. Correct length of rope is arrived at when gymnast holds each end of rope in hands, steps into center of rope with one foot, stretches rope to armpits or to sides. Rope may be thicker in center.

### Holding Rope:

Rope is held lightly by thumb, index finger and middle finger under knots which are free in palm. Remaining two fingers are free and bent toward palm.

**Length of Exercise:** - 1 minute to 1 minute and thirty seconds.

### Characteristics of Exercise with Rope:

Rope must be held very lightly, so that it has the necessary mobility and flexibility for executing elements that are natural for the rope. During various movements with the rope (swinging, figure 8s, circles) and during hops, the rope must always remain stretched. Amplitude of movement is in relation to the rhythm; for example, during hopping in slower rhythm, the arms pass, during each turn of rope in stretched position; during hops in faster rhythm, the arms are bent, movements often only in wrists.

Specific exercise with rope, except jumps over rope, must follow each other smoothly so that rope will be constantly active and so that impulses that follow each other during exercise are sufficient for overcoming weight that would lead to falling of rope.

For movements in horizontal plane we use centrifugal force, so that we can hold rope stretched and parallel to floor.

The rope may be used in its entire length, doubled, or folded in 4; can be held on each end with both hands or with one hand.

Groups of elements with rope are divided as follows:

- jumps or movement led by rope

A) **JUMPS OVER ROPE** are executed in all possible forms, over single rope, over doubled rope or over 4-ply rope.

**THE SPEED OF ROPE** is governed by simple turning of rope, double turns, etc.

**SWINGING OF ROPE** is executed forward, backward and sideward.

B) **LEADING MOVEMENTS OF ROPE:**

- Swinging in all directions with single or doubled rope.

- Turning single or doubled rope.

- Stretching and throwing.

**Exercises** in all of the groups are, of course, combined with rhythmic steps, runs, changing of place, turns, pirouettes, balancing exercises adapted to the character of the implement.

### EXERCISES

Using balance forward and back, holding rope between thumb and index finger, swing rope forward and back beside body (rope in frontal plane), body bent to side way is on.

1. Lunge to right side on R - hold both ends in right hand, both arms are extended to side: big circle of doubled rope horizontally from right to left over head while changing lunge to L leg. Reverse all.

2. Holding an end in each hand but with both hands together, with movement of body, flank (lateral) circle to left with both hands, then to opposite side, bending body toward side circle is being directed. (Total body movement).

3. Sway rope in lunge to begin swinging of rope, bringing one hand in front of the other, when lunge changes, increasing swing of rope and doing steps between lunges (chasse) to swing rope harder.

4. Step back on R halftoe, then 3 steps L, R, L forward while swinging rope in both hands back on right side and forward on 3 steps, then reverse.

5. Circle rope frontally, both hands evenly holding ends. First swing from side to side, then one big frontal circle of rope very amplified.

6. 2 swings of rope from side to side, 2 big frontal circles and repeat.

7. Dips with twist of body swinging rope high front.

8. Holding rope ends in one hand, swing under legs as gymnast jumps over.

9. Back jumps, front jumps, jump over 4-ply rope.

Positions of arms when turning rope:

Slow jumping over rope, stretch arms perfectly.

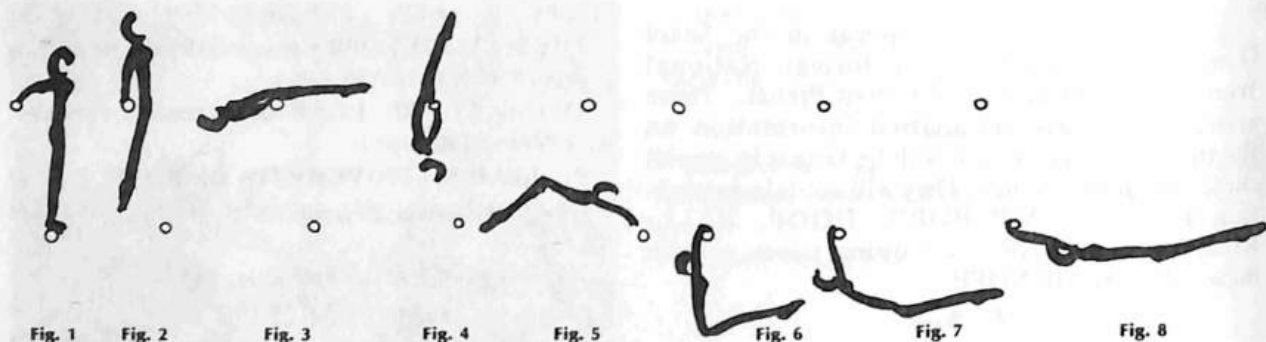
Faster jumps over rope, turn from elbows.

Very fast jumps over rope, movements in wrists only.

(Jump Rope Concluded next issue)

# LAY-OUT CATCH

By Helen Sjursen (Gymnast)



If a beginner can perform a glide single leg shoot through to a stride support, there is no reason why she should not be able to master the lay-out catch.

The first step for anyone trying the lay-out catch is to just turn backwards over the high bar and deliberately drop to the feet. This gives the gymnast the feel of turning backwards from a high position.

## LAY-OUT CATCH

Fig. 1. - Stand on the low bar, back towards high bar. Grip high bar with a regular grip.

Fig. 2. - Jump backwards to a rear support stretched (stretched body). Be sure arms are straight and remain straight during Fig. 3 and 4.

Fig. 3 and 4. - Lean backwards to start a turn backwards. Increase the arch a little so the legs will "trail". Keep angle between arms and body rigid so that the body stays close to the bar while turning backwards.

Fig. 5. - Release the high bar and immediately grip the low bar, regular grip. At the moment the regrasp is made, should the arms be slightly bent, be sure to immediately straighten them out. The moment the regrasp is made, the hips should bend at the same time, no more than 90 degrees.

Fig. 6. - Hold this bent position until the body swings under the low bar, then extend as usual, for the glide. (Figures 7 and 8.)

From Fig. 5, the most natural thing to do is to just jump to the floor after regrasping the low bar. Once you have successfully regrasped the low bar "the trick is made" so there is no real reason to bend the legs and let the feet drop to the floor. Instead, once the regrasp is made, look at your legs, concentrating on keeping them straight, knees tight, toes pointed hard, and keeping your stomach muscles real tight to fight that split second of forceful gravity.

SPOTTING . . . If the gymnast is just to turn backwards and land to her feet, the spotter just grasps the upper arm. On the lay-out catch as soon as the gymnast releases the high bar, the spotter circles the hips with both arms until the catch is made, then the spotter releases so the gymnast can continue with the glide.

## Sokol Gymnasts!

- ATTEND YOUR CLASSES REGULARLY
- PARTICIPATE IN YOUR UNIT EXHIBITION
- ENGAGE IN YOUR UNIT'S COMPETITIONS
- PREPARE FOR THE SLET

Sokol Zizka: Sept. meeting, 43. Gained 2 regular and 2 associate members. - 10 girls presented a gym exhibition at Northpark Inn for a women's convention. - Gym Clinic, Nov. 15-16th. - Gymnasts will participate in Czech Day program.

Sokol Karel Havlicek Borovsky: Gained 12 associate members. 5 transferred to regular membership. - Held two dances. - Country Western Dance, Oct. 5th. - Will cater for 2 banquets. - 50 yr. membership pin awarded to Bro. Kostak. - By-Laws committee will be appointed. - Will take part in the Czech Day. - Twirling classes initiated.

Sokol Fort Worth: Gained 42 associate members. - Warm-up routine composed by Sis. Stoeppelman used by all classes. - Acquired 4 office machines donated by a firm. - 11 will attend Men's World Games in Austin, Sept. 27-28th. - Harvest Dance, Oct. 5th. - Program being prepared for Pioneer Days, Oct. 11-12th.

Sokol Houston: Sept. meeting, 23: Gained 4 regular and 5 associate members. - Held 3 dances in August, one in Sept. - Sokol Circus, Oct. 5th.

Sokol Yukon: Classes resumed. - Held Unit's second Exhibition, May 22nd.

\* \* \*

B.O.I., Bro. Laznovsky: Approved, week-end Clinic, Nov. 1-3rd, conducted by Bro. Dusek of the Northeastern District. First night at Sokol Zizka. Following days at Sokol in Ennis, with the BOI Annual Meeting, Nov. 2nd. Travel assistance was approved, one additional car per Unit with maximum passengers. - Sokols in Dallas, Fort Worth and Ennis will participate in the Czech Day program, Oct. 13th.

Educational Director, Bro. Parma: Purchased tape recorder for educational office. - In process of compiling a list of songs for Unit educational directors. Plans to tape music accompaniment. - Bro. Hosek lectured on history of Sokol, and gym rules were explained, at Sokol Zizka. - 1948 Slet films, lecture on meaning of Sokol, and taped lectures by Sis. Provaznikova, were presented to the gymnasts at Sokol Fort Worth. - Information on Sokol in Ennis being compiled. - Plans for 2 visual aids.

Public Relations, Bro. Milan: 1948 Slet film reproduced, approximately 1,700 feet, cost \$156.50. Plans to edit the same. Film will be available to Units.

Treasurer, Sis. Hamilton: Receipts - \$238.30. Disbursements - \$416.64.

President: Bro. Prevratil: Was contacted regarding organizing another Unit in Corpus Christi. Received the necessary signatures. A meeting is scheduled for Oct. 4th with the organizers and 2 District representatives. - In contact with Bro. Kouba of Sokol Yukon regarding instructor for the Unit.

Discussions: Was stated the District's display material for the 1973 ASO Slet has not been returned. - Sis. Amick of Sokol Zizka will represent her Unit, the

District, and the SWAAU, at the AAU convention. Approved, \$25.00 for financial assistance.

## Central District

September 25, 1974

Vice-Pres., Bro. Edwin Halik presided with 18 members present. Moment of silence in memory of Bro. John Tomes of Sokol Slavsky.

Correspondence: Sokol Havlicek Tyrs notified the District of a meeting, Sept. 30th. The main topic the formation of a new combined Unit. Also, a letter from its Sokolice suggesting the District appoint one Unit each year to assume responsibilities of running a District Slet, with supervision of the Board. This on a rotating basis alphabetically. Thus all Units could share the work-load. Smaller Units could combine to fill necessary committees. - Announcement of publication of Sokol San Francisco's Cook-book. - Certificate confirming membership in the AAU.

Director of Men, Bro. Paul Lebloch: Sokol members took part in the Toronto Slet. Participated in the volleyball tournament, memorial services and parade. Attended the Victory Dance. The Folk Dance Group performed. - The Dance Group's performance at the Golden Agers luncheon held at Chicago's McCormick Place was very well received. - The District Course was held at Potters Lake, Wis., for 3 weeks during August. Bro. Laddie Vanac was reimbursed for his expenses traveling there to teach, the amount \$35.00. - Bro. Fred Kala held a Folk Dance Clinic in St. Louis. - The District Golf Tournament was a success. Sokol Stickney's golfers the winners. - The Dancers, Vaulters and Tumblers will perform Oct. 28th thru Nov. 1st during Czechoslovak Week at the Ford City Shopping Center. Sokol Tabor and Slavsky will be asked to perform their special drills. - Sokol Milwaukee requested the Dance Group to perform at Milwaukee's Folk Fair, Nov. 23-24th. Approved, the District pay the Group's traveling expenses. - District volleyball tournament will be held in St. Louis, Nov. 30th.

Director of Women, Sis. Carolee Michalek: A judge's Clinic will be held, date to be announced later. - Sis. Mildred Prechal will be asked to stage another Rhythmic Gymnastic Clinic. - Coming events: Sokol Slavsky Gymnastic Show, Oct. 3-4th; Dinner Dance, Oct. 5th; Sokol Stickney's Farmers Dance, Oct. 5th; Las Vegas Tour, Nov. 8-11th; Sokol West Suburban's Harvest Dance, Nov. 9th; Gymnastic Show at the Yorktown Shopping Center's Mall, Nov. 2-3rd.

Tour Chairman, Sis. June Pros: Deficit of \$137.10 on the Toronto Tour due to higher hotel rates than anticipated.

District Slet Report, Sis. Pros and Bro. Svoboda: Profit from the Slet, \$2,549.12. From the Awards Night, \$162.42.

Pres. Joseph Drnec: Praised Sokol Stickney's generosity in making its premises available for District

special meetings at no cost. - Thanked all the Sokol members in making the District's Slet a great success. - Received phone call from Sokol St. Louis. Asked permission to fly to St. Louis with Vice-Pres., Bro. Edwin Halik if deemed necessary, approved.

Activity Board, Bro. Kala: Holiday Party formulated. - Practicing group singing. The group went carolling last Christmas. Will be repeated this year.

By-Laws Committee, Bro. Halik: Meeting held at Sokol Stickney, Sept. 30th.

District Library, Bro. Pirka: Library has been catalogued. - Had Sokol displays in various locations. Taped songs and lectures at the District Course. - Essay Contest will be held, Nov. 1, 1974 to Jan. 12, 1975.

Treasurer's Report: Balance on Hand, \$2,141.86.

## American Sokol, Inc. Beer Festival

Another very successful Sokol Beer Festival was promoted at the Ceska Sin Sokol in Cleveland, Ohio, on Sept. 7th. More than 1,000 people were in attendance. A combination of a vigorous public relations and a publicity campaign together with Mother Nature providing an ideal Fall day are just a few of the many ingredients that made this Festival worth-while.

A small committee headed by Bro. Don Kotlan that organized this event in detail, and assisted by a large group of dedicated Sokol workers certainly merits a public acknowledgement, indeed.

Music for both, dancing and listening, was provided by 2 bands plus 2 accordionists. The dinners were catered, and by reservation only. All the other Czech food specialties were exhausted before midnight. Beer drinking contests plus ethnic dancing were somehow squeezed into entertaining the audience. Net proceeds from the Beer Festival go into the American Sokol, Inc., Building Fund.

## Cleveland Sokol Czech Folk Dancers

On Sept. 14th, 28 Czech Folk Dancers performed at Blossom Music Center for the 4th Annual International Festival. The dancers were well received and gave evidence, once more, of the dance skill they had acquired as well as the pleasure they themselves experience when performing these dances. Sister Jean Dusek, accordionist, for the first time publicly accompanied the group.

A few of the dancers wore new krojs (native dress) which they recently acquired. Vera Hibler's Kijovsky kroj came from Moravia. Jane Hosticka's Slovak kroj from Pistany, a Czechoslovakian spa city. Pete Dusek wore an unusual working summer Kijovsky kroj with white pants and a white shirt trimmed with red, accented by an embroidered tie and ribbon. Mary Jane Kotlan

wore a Slovak kroj with a light pink bridal cap. The group is constantly striving for authenticity as well as dance selections and steps.

D.B.

## FINANCIAL REPORT American Sokol Organization

OCTOBER 1974

### RECEIPTS:

Dues .....	\$3,834.75
Convention Fund .....	20.00
Special Assessment .....	29.00
Dividends and Interest .....	137.50
Subscriptions to "American Sokol" .....	4.00
Resale of Jewelry .....	51.00
Thomas G. Masaryk Dues .....	10.00
Sale of Song Books .....	457.00
Film Rentals .....	50.00
Postage .....	6.33
Miscellaneous Income .....	65.00
	<hr/>
	4,664.58

Transfer of funds from	
Savings to Checking .....	1,000.00
Total Receipts .....	<hr/>
	\$5,664.58

### DISBURSEMENTS:

#### Administrative

Salaries .....	\$366.65
F.I.C.A. - F.W.T. for September ....	90.40
3rd quarter 1974 I.W.T. ....	38.71
Rental, Janitor Service, Phone .....	296.75
Office Supplies, Postage .....	101.91
Service Contracts, Subscriptions .....	133.00
General Office Repairs .....	85.00
	<hr/>
	\$1,112.42

#### Educational Department BOI

Salaries .....	\$208.82
F.I.C.A. - F.W.T. for September ....	51.64
3rd quarter 1974 I.W.T. ....	12.48
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" .....	28.00
Travel Expense .....	305.32
Postage .....	4.54
Registration Fees .....	60.00
	<hr/>
	695.80

#### Sokol Publication

Printing "American Sokol" .....	\$790.03
Editor "American Sokol" .....	75.00
Postage "American Sokol" .....	47.74
	<hr/>
	912.77

#### Miscellaneous

Uniform Division - Salaries,	
F.I.C.A., I.W.T., Phone .....	\$335.12

Special Appropriations -	
Eastern District .....	952.14
Special Appropriations -	
Northeastern District.....	1,083.68
	<u>2,370.94</u>
Total Disbursements.....	\$5,091.93
Balance brought forward:	
Western National Bank of Cicero -	
Checking Account.....	\$1,217.99
Receipts - October 1974 .....	5,664.58
	<u>6,882.57</u>
Disbursements - October 1974.....	5,091.93
	<u>\$1,790.64</u>

**FUTURE SOKOL LEADERS FUND**

October 1974

Victoria Machotka,	
in memory of husband, Charles .....	\$ 25.00
Czechoslovak Society of America	
XXX Quadrennial Convention .....	250.00
Dividends earned 10-30-74 .....	<u>150.00</u>
	\$425.93

**Donations are tax exempt**

Correction: Future Sokol Leaders Fund September listing - Dividends Earned, September 1974: \$88.09.

Agnes D. Sotka  
Financial Secretary

**James Primus**

Bro. James Primus, President of Sokol Baltimore during the late 20's and early 30's, passed away on September 27, 1974 at the age of 91. Born in Baltimore in 1883, he was enrolled in the gym classes at an early age and developed into a very good gymnast. He was a member of the Sokol Baltimore teams which won many trophies and medals in the district, national and other gymnastic and track and field competitions during the early years of this century. He had been a member of Sokol Baltimore since September, 1901.

Bro. Primus also served as the Czechoslovakian consul in Baltimore until he resigned when the Communists took over that country.

As a member of the Masonic fraternity, he was the Grand Commander of the Knights Templar of Maryland, Commander of the Crusades Commandery, Patron of the Loyalty Court of the Order of the Amaranth and President of the Czech Square Club.

He was a devoted Sokol member and his contributions to the Sokol ideals will long be remembered.

Edward Stetka

**EDITOR'S NOTE**

Due to the lengthy District Reports the conclusion of Sis. May Konecny's story, "What Preceded and Prompted the Founding of Sokol" will appear in next month's Sokol publication.

**Czech Heritage Study**

A model study program on Czech heritage will be developed at Kirkwood Community college in Cedar Rapids, Iowa, with funds from the U.S. Office of Education. Announced was receipt of a \$25,000. grant for development of a study program where an estimated 25 to 35 percent of the students have Czechoslovakian origin.

Work on the curriculum was to begin this Fall. The project director is Florence Masters, head of the foreign language dep't. at the community college. The first year of the program will feature development of Czech studies for grades 7 through 12. The equivalent of 100 hours of instruction will be developed incorporating video tape and traditional materials. Methods used in Kirkwood's individualized program of foreign language instruction will be stressed.

There is a desire to preserve not only local heritage but to preserve memories and history of the old country the residents once knew as Czechoslovakia. The grant proposal pointed out that, "Cedar Rapids, Iowa, has the highest concentration of denizens of Czech origin of any city of its size in the U.S." An advisory committee consisting of area residents of Czech descent will assist in planning the program. The Linn County Bi-Centennial Commission will work with the committee.

The Cedar Rapids Gazette.

**Karel Černý**

Bratr Karel Černý zemřel 18. září po delší nemoci. Byl narozen v Clevelandě roku 1906. Bydlil v předměstí Seven Hills, ale před tím blíže Sokola Tyrš. Pracoval v rodinné pekárně, a pak nastoupil do poštovní služby. Do penze odešel roku 1969.

V roce 1930 byl br. Karel Černý oddán se slečnou Boženou Novotnou, známou sokolskou cvičitelkou. Byl členem Sokola Cleveland-Čech-Havlíček 50 roků. Byl též údem Lože Prokop Velký, Odd Fellows a Zednářské Lože Iris. Starousedlíci si budou pamatovati na br. Černého, co člena bývalé clevelandské sokolské hudby, kde vynikal hrou na křídlovku. Cvičil v tělocvičně na Wendel ulici. Ač v této zemi narozen, br. Černý se vždy hrdě hlásil k svému českému původu.

Zanechává zde manželku Boženu, matku, Boženu Waverkovou, sestru Dorothy Martaničovou, bratry Rudolfa a Viléma. Projevujeme upřímnou soustrast pozůstalým.

Voltaire H. Žiška

## Clevelandský Mayor a Sokolské Tanečnice



Starosta města Clevelandu Ralph J. Perk s členkami taneční skupiny clevelandských Sokolů po jejich krásném vystoupení v neděli 21. července na Dnu českých katolíků v České síni Sokol na Clark Ave. — Na našem obrázku jsou s mayorem Perkem Věra Hiblerová (vlevo) a Jane Mastná za ním zleva: Jean Dušková, vedoucí skupiny Dolly Baca, Maryann Peterková a Charlotte Darovcová.

## Cleveland ukazuje cestu

### Tyrš: Věčný ruch, věčná nespokojenost!

Po léta již starostlivě pozorujeme, že naše cvičitelské školy neplní svůj úkol zásobovat jednoty neustálým přítokem nových, odborně připravených cvičitelů. Ne všechny župy jsou s to pořádat školy pravidelně aspoň jednou za rok. Nad to pak plní nám školy nedospělé děti, čtrnácti i třináctileté, které nejsou schopny učivo pochopit, promyslet a prakticky použít.

Ptáme se, proč? Proč dnes nevyhovuje system cvičitelských škol, který před lety uspokojoval? Inu, svět se změnil. V dnešní soutěži na pracovním trhu je těžko dospělým získat dovolenou (málo je těch, kdo jsou ochotni obětovat na školu svou řádnou dovolenou). I dorost se stává ve školách vzácností, protože od čtrnácti let využívá prázdnin, aby si vydělal na studium v

kolejích. Pro cvičitelské školy zbývají jen děti, které z nich mají nepatrný, ne-li vůbec žádný užitek. V důsledku toho klesá úroveň a řídnu řady cvičitelských sborů a v Americkém Sokole čteme o jednotách, které uvažují o najmutí placených cvičitelů-nesokolů. Ti ovšem nevědí nic o sokolské myšlence a cílech ani o sokolské tělesné výchově; jak by nám mohli v tělocvičnách vychovávat budoucí Sokoly? Brzy by proměnili sokolské jednoty v kluby bez ideje a bez výchovných cílů. To by ovšem byl konec Sokola.

Chceme-li tomu předejít, musíme zvednout úroveň cvičitelských sborů dobře uváženou reformou cvičitelských škol. Ve změněném světě musíme změnit i způsob své práce, abychom zachovali to, co je důležité, podstatu sokolství.

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Jednu z cest ke zvýšení úrovně civičitelských sborů ukázala letos v létě župa Severovýchodní. Uspořádala koncem srpna krátkou školu, ve které se vyučovalo 5 dní po sobě ve večerních hodinách - po práci - a v sobotu dopoledne. Škola byla, myslím, původně míněna jako opakovací a doplňovací škola pro cvičitele, kteří prošli školou před lety nebo vůbec žádnou školu neměli; měla oživit, co časem vypadlo z paměti a upozornit na nové podmínky a nové způsoby v tělocvičné praxi. Kupodivu se do ní přihlásila také řada cvičitelských nováčků, i starší dorost tu cvičil vedle ostřílených "sekáčů". Všechno bylo celkem 50 a cvičili i poslouchali se zápalem a s vytrvalou účastí. Byla radost v takové škole učit. Všestranný základní výcvik umožnil posluchačům rychlé zvládnutí nových pohybů a vyspělá inteligence přijímala výklady s porozuměním a zájmem. Nepochybuji, že tato škola přinese župě víc užítku než delší škola naplněná dětmi.

Proč by nemohla být takto uspořádaná plná pomahatelská škola? Ta by ovšem nemohla být v souvislosti, to by byl příliš velký nárok na posluchače i učitele. Mohla by být rozdělena na 2-3 kratší běhy, buď po večerech v pracovních dnech nebo po weekendech nebo v kombinaci obou způsobů. V Evropě měla Vídeňská župa školu, která trvala celé weekendy (soboty a neděle po 8 hodinách) a večery mezi nimi po 4 hodinách, celkem 52 hodiny, což je skoro polovina souvislé celodenní čtrnáctidenní školy. Letos bude mít druhý běh, který první školu doplní. I kdyby bylo nutno uspořádat takových škol v jedné župě několik, přišly by župě i jednotám levněji než posavadní způsob a přinesly by větší užitek.

Jen nezústat stát spokojeně. Převést v čin Tyršův příkaz: "Kamkoli se v čem dospěje, to nezdržuj nás myslit a pátrat dál, zda by snad přece nemohlo být všechno též jinak a ještě lépe!"

Marie Provazníková

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