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JUNE 1981

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Educational and Physical Culture Organization

American SOKOL Organization

Attend

The
XV National Slet and
Gymnastic Championships



SOKOL ROUNDUP

June 24, 25, 26, 27, 28, 1981

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at ASO Office

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Calendar of Events

- JUNE 6-7 - SOKOL SOUTH OMAHA
All City Ethnic Festival - Civic Auditorium
- JUNE 7 - SOKOL SLAVSKY
Annual Picnic
- JUNE 7 - SOKOL LOS ANGELES
Sokol Exhibition
- JUNE 7 - N.E. DISTRICT SLET
AML Camp Cleveland, Ohio
- JUNE 14 - CENTRAL DISTRICT SLET
Riverside-Brookfield Stadium
Immediately following at Sokol
Berwyn - Barbeque

- JUNE 14 - SOKOL ST. LOUIS
Picnic - Sokol Camp - Imperial, Mo.
- JUNE 19 - SOKOL GREATER CLEVELAND
Fish Fry
- JUNE 21 - SOKOL DETROIT
Veřejné - Sokol Camp
- JULY 11, 12, 13 - SOKOL DETROIT
Czechoslovak - American Festival - Yack
Arena
- JULY 11 - SOKOL DETROIT
Ethnic run - 10,000 meters and
5,000 meters, Belle Isle
- JUL. 17 - SOKOL GREATER CLEVELAND
Fish Fry
- JULY 19 - SOKOL MINNESOTA
Booya Picnic - Sokol Camp
- AUG. 2 - SOKOL GREATER CLEVELAND
Picnic at Oddfellows Farm
- AUG. 16 - 23 - SOKOL LOS ANGELES
Sokol Youth Camp at Dinky Creek
- AUG. 21 - SOKOL GREATER CLEVELAND
Fish Fry
- AUG. 29 - SOKOL GREATER CLEVELAND
"Party on the Court"
- SEPT. 13 - SOKOL DETROIT
Grape Festival - Sokol Camp
- SEPT. 19 - SOKOL GREATER CLEVELAND
Steak Roast and Dance
- SEPT. 20 - SOKOL SOUTH OMAHA
Annual Czech Festival
- OCT. 16 - SOKOL GREATER CLEVELAND
Fish Fry
- OCT. 16 AND 17 - SOKOL WASHINGTON, D.C.
presents Dvorak Opera at Kennedy
Center - "Čert a Káča"
- NOV. 14 - SOKOL BROOKFIELD
50th Anniversary Dinner
- NOV. 20 - SOKOL GREATER CLEVELAND
Fish Fry
- DEC. 6 - SOKOL WASHINGTON, D.C.
St. Nicholas Celebration

CORRECTIONS AND CHANGES IN 1981 DIRECTORY:

Under Executive Board: 1st Vice-President should
read George C. Basta, not Charles C. Basta.
In Northeastern District: Sokol Cleveland, Cech-
Havlicek as of April 5th, 1981, will be known as Sokol
Cleveland.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CII

June - 1981 - Červen

Číslo - No. 6



THE XV NATIONAL SLET
COMMITTEE

*Cordially Invites You
To Attend The*

BANQUET

*To Be Held On
Thursday Evening
June The Twenty-Fifth
Nineteen Hundred And Eighty-One
At Seven-Thirty
In The*

GRAND CRYSTAL BALLROOM
HYATT REGENCY HOTEL

*American SOKOL Organization
XV NATIONAL SLET BANQUET
June 25, 1981
Fort Worth, Texas*



COCKTAILS AT SIX-THIRTY

DANCE TO FOLLOW

CASH BAR

RESERVATION

I am enclosing my check in the amount of \$ _____

for _____ persons at \$27.50 each for the
XV NATIONAL SLET BANQUET

I would like to be seated with

NAME _____

ADDRESS _____

CITY, STATE _____ ZIP _____

Please Respond By June 15, 1981 To:

XV NATIONAL SLET
C/O SISTER DIANE PODHRASKY
9110 SUMMER GLEN
DALLAS, TEXAS 75243

VII Všesokolský Slet - Sixty Years Ago

The VII Všesokolský Slet was held in liberated Prague during the month of June, 1920. It was not only a gymnastic meet, but a joyous celebration of the new republic and it went on from week to week. The spirit of the new life prevailed; Czechoslovakia was freed from three centuries of Hapsburg domination and had taken her rightful place among nations. Prague hotels were filled to capacity with friends and delegates from many lands. There were not too many homes in Prague auntie or uncle from America.

President Masaryk was guiding the nation to prosperity, but it would not be easy. The country was poor and there was so much that needed to be done. They had to build up their country, bringing in new industry and improve their farming methods. Luckily, the Czechs and Slovaks are not a backward people. Sokol had been their guard, their means of staying mentally alert and the people were now able to accept the challenge of making democracy work in Central Europe.

The presiding officers of the Sokol Slet were seventeen brothers and four sisters of the organization. The leaders were Dr. Jindra Vanicek and Dr. Josef Scheiner, whose instructions were obeyed as law. They represented the immortal founder of Sokol, Dr. Miroslav Tyrš, whose philosophy of Sokol goes on from generation to generation. It is a religion, an art, and the tradition of a small, land locked country. To survive, the people had to live spartan lives and the noble falcon with its long wings and sharp eyes was chosen as their symbol of Sokol. During the first uncertain days of the new Czechoslovakia, the Sokols helped keep order and bring about stability.

Tyrš wanted gymnastic exercises and Sokol Slets to be performed with the accompaniment of music. He invited musicians, artists and sculptors to gymnasiums. Josej Manes painted pictures of peasants in their native costumes, made designs and painted banners for Sokol. Mikulas Ales, who became famous for his illustrated verses, painted Sokols on horseback.

There was never a happier day in Prague than June 3rd, the day the first group of Americans arrived in Prague. They were met at the Wilson Railway depot by officials of the government, a band, Sokol units and hundreds of Czechs and Slovaks, bearing bouquets of flowers. The American women were dressed in light summer dresses and a few wore the colorful Selsky costumes of the provinces where they had been born. The men wore business suits, keeping on their coats in spite of the warmth of the day and proudly waved their American flags. The band played, church bells rang and pent-up emotions were poured out in great outbursts of loud talk. The Americans had come to celebrate victory and the great Slet. Truth had won out. The Germans were whipped.

A Slet proclamation had been issued, condensed form follows: "Mother Praha welcomes her regiments of Sokols for the first time in her liberated land. This year

Olympiada for our new republic means hard work and many activities, but they will be done in the glow of the nation's great enthusiasm. It not only has great meaning among all nations, but for all Czechoslovak enterprises and national security. It concerns us to lay down rules for a permanent institution that will advise and spread propaganda."

"Chiefly, our advisory board should be able to give advice on technical, economic matters and help Masaryk promote science, art and literature. We must give information on our economy to friends of ours, especially Americans, and those Americans who brought their capital to our country and settled here, and also all good Czechoslovaks. They will learn of the economic ties we have made with our state and other states. We are undertaking programs for which everyone will eagerly work. We must make a review of our spas, which heal the sick, our tourist trade, railroads, waterways, electrical and industrial plants and our machine shops. We must plan exhibits of our Bohemian glass, laces, embroidery and artistic work. We must introduce to foreigners our Czech literature, newspapers and periodicals.

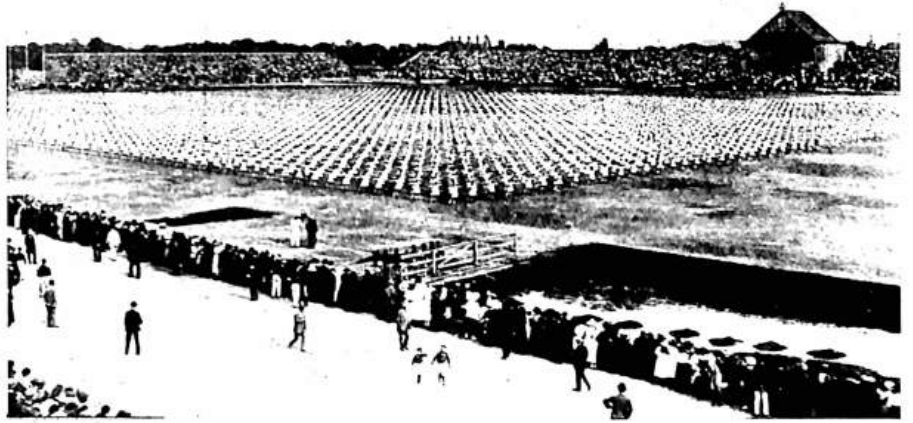
"We have planned programs for our Sokol visitors. There will be concerts, dancing and singing festivals and sight-seeing tours. Olympiad of this year means for us revival, the will and the strength to forge ahead. To strangers we must show our national riches of different types of industry, technical achievements and agricultural progress, but most important will be our concern for our youth."

Dr. Benes, Minister of Foreign Affairs, was kept busy welcoming to Prague world diplomats and high-ranking officials from England, France, Switzerland and Belgium. President Masaryk, as head of the nation, took active part in the festivities. He was seen greeting generals and visiting with various groups of Sokols. So many had come to see how the small republic was developing.

Of the Slet, Masaryk stated, "Our Sokol Slet alongside gymnastic training, penetrated deeply into the moral side of our nature. Sokol is best thought of as a noble institution of the nation, its national energy, determination, everyone subjugated to it - our Čechy - our Slovany - and also strangers."

The Slet was programmed over a period of weeks, one Sunday for the children, one for the young men and women and Saturday, June 26th, for the army. There were days scheduled for American Sokols, French and German Turners, Swedish gymnasts and other performers. There were days scheduled for competition on bars, rings and horse, and the awarding of medals and trophies.

June 13th, the youngest members of Sokol, boys and girls ages eight to fourteen years had their big day. They marched into the arena of the large stadium to the music of the song, "Nový Život" (New Life), composed especially for the VII Slet. A group of boys performed with a huge ball and then separately, the boys and girls did calisthenic numbers. They held their heads up and shoulders back like all good Sokols, and



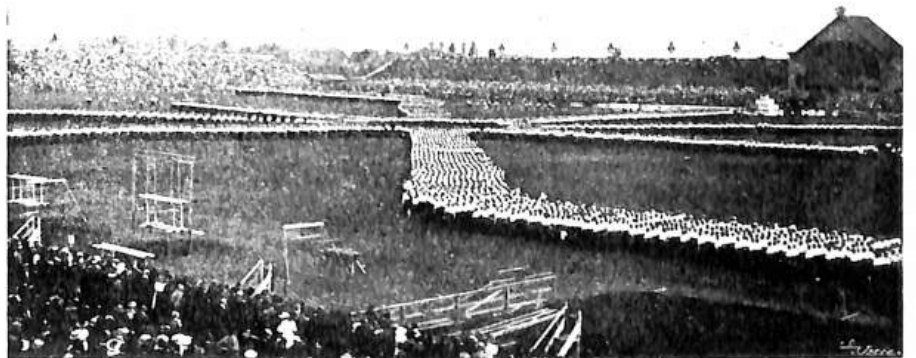
Rozstup žaček.



Dr. Jindra Vaniček a dr. Josef Scheiner.



Americký Sokol.



Nástup žen.

performed in perfect unison. The best number of all was the one in which 12,000 children took part. The conclusion of viewers was that nothing can be more comforting in life than watching children perform on an athletic field.

Many lovely scenes were enacted before the statue of "Svoboda" (Liberty), made for the great days of the Slet and celebrating liberation. A pantomimic show was given before it in which "Mater Vlast" (Mother Nation), a beautiful woman dressed in a long, white gown with a coronet on her head appeared with her young girls, called geniove. They were dressed like Mother Nation in white gowns, but instead of coronets, they wore white head-bands and their hair hanging in braids. In one scene the geniove are asking Mother Nation to re-light the candle of life for their nation. The rural people who had saved their native tongue through three centuries of foreign dominance approach and their nation awakens.

Another scene showed Mother Nation stricken by the "red spider" (War) and she falls to the ground. Children, representing the government, gather around her and bring her back to life. Another scene showed Mother Nation with her arms stretched upward, symbolizing love, love to all. The statue "Svoboda" (Liberty) meant freedom. The victory of the Czechs and the Slovaks was complete.

The triumphant parade on Tuesday, June 29th, made hearts beat faster as it moved slowly along the flag-draped street. It was led by the presiding officers, Dr. Vanicek and Dr. Scheiner, their deputy marshalls, three sisters of the C.O.S., and the standard bearers with their beautifully decorated poles. Following came the bands, the Sokols marching, Sokols on horseback, the legionnaires, American Sokols, Parisian Sokols, Swedish Sokols, Turners from other countries, sedlaks and selky in their native costumes, fifty years and over members and many other participants.

The VII Vsesokolský Slet in Prague had so much soul-stirring meaning. It brought so many people in the world together not only to enjoy the Olympiada, but to celebrate freedom and the right of all nations to live together in peace and observe each other's rights.

Sister Stella Tichy, Sokol Cechie,
Chicago.

ASO Executive Board Meeting

Regular meeting of the Executive Board was brought to order at 7:35 p.m. by President Roy Zitny, Tuesday, April 28, 1981. The following district minutes were received and reviewed: Western District, March 9th; Central District, March 25th; Northeastern District, March 25th; Slet Committee meeting, April 21st (also financial report).

CORRESPONDENCE: From Sokol Cleveland, explaining the name change, letter sent to them asking for a copy of the charter with the original name. Letter from George Boucek in regard to our by-laws book. He requested a copy of the new one, which was sent. Copies of this correspondence sent to Bro. Joseph Kovar for his

by-laws files. Letter to Don Kotlan, we cannot honor his request at this time. Letter from Sokol Stickney requesting Bro. Roy Zitny as their installing officer at their installation on June 7th, answer is yes. Letter telling of the installation of the bronze relief of Stefanik at the American Embassy in Prague, a thank you letter will be sent to them.

SELDEN, FOX AND ASSOCIATES, LTD. - Mr. Bob Selden went over the report completely with the Executive Board before meeting started.

SLET, 1981 - Bro. Janecka will not be able to get a stamp cancellation because of the time it takes to get processed. He will work out a program of cancellation with the Pitny-Bowes machine. Public Relations: Sis. Zitny and Borvansky are trying to get as many Chicago and suburban papers to handle the articles as possible. Because the Slet is being held out of state the paper isn't too thrilled to print our articles. The ASO office would like a copy of the poster being used in the buses, the postcard and decal if at all possible for our files up here. The Executive Board would like to see combination advertising for both the championships and the Slet, not the championships only. Menu combinations looked very good, any one of the three would be good. Would like to have a copy of the invitation to the banquet for May 10th to put in the publication. The Executive Board would also like to see the trophies (pictures will be fine) before the order is placed. We would also like to know what the set-up for the head tables will be. It was unanimously decided that formal attire should be strongly suggested to the guests. A list of the evening's entertainment and speakers for the banquet be furnished the ASO office. Slet committee minutes accepted. Letter will be sent to the co-chairmen to answer the few questions that we have. Sis. Podhrasky will be sent a copy of the 1977 program book to aid her in setting up the banquet. Financial report also accepted. Rules for the Essay Contest on Slet '81 will be printed in publication shortly. Announcement of the contest is already in.

WOMEN'S DIRECTOR - Sis. Marie Ptacek: Sis. Judy Harlan was approved as a new member of the Board of Instructors for the rest of the season. Received a request from Eastern District as well as from Sokol New York for several girls under 13 years of age to enter the Jr. Girls Intermediate and High Divisions in Fort Worth. Permission was granted. Bro. Waldauf, Czech Sokol Abroad, wrote about various Slet activities. Expects about 30 people from Austria, Switzerland and Germany to attend our Slet. Sis. Benda wrote that plans for the Directors Conference to be held in Baltimore, Maryland in October are fine. We have written to Sis. Sain to get reservations. Sis. Chilla, Directress, Sokol USA, phoned to say that a group from the east may not make it in time for the judges meeting on the 24th. Per Sis. Laznovsky's suggestion, a rule has been passed that jr. girls and women may form championship teams. (Men already have this rule). Also wrote about the heights as listed on the vault routines. Decision made that we will use the heights as specified in our Tournament Rules on the vault routines. Questioned the Certificates of Participation, only UNITS entered in the Special Number competition and only UNITS

SOKOL GYMNAST

JUNE 1981

Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402

1865



1981

Our personal thank you to all of you who have done so much to make our XV American Sokol Slet a success. You are living examples of our Sokol motto: "Ni zisk, ni Slávu" - "Neither Profit nor Glory".

May your participation be a rich and wonderful experience and a source of happy memories.

Success to the Slet!

PAUL

Sletu Zdar!

MARIE

Fort Worth - We're On Our Way!

Tune "Come to the Cabaret" from "Cabaret" -
Musical Comedy

Put on your cvitčky, your clean uniform,
Throw all your cares away,
Bring forth our banners proudly borne,
Our Slet is on its way - - -
Pull back your shoulders and lift up your chin,
You can be proud, I'll say,
Join in the Grand March on the field,
This is our Sokol way - - -

Come hear the horns, the trumpets blare,
Come line up, start the celebrating,
Flags and gymnasts congregating -

March to the music, the Slet has begun,
Spectators cheer the way,
Gather you Sokols - one and all,
This is our special day -

Repeat:

Come hear the horns, the trumpets blare,
Come line up, start the celebrating,
Flags and gymnasts congregating -

March to the music, the Slet has begun,
Spectators cheer the way,
Gather you Sokols - and and all,
Fort Worth - we're on our way!

Submitted by Mickey Schramek, Sokol USA -
Dist. Ludevít Stur - Lodge 306.

Nazdar, Y'all!!

It has been stated that the "Sokol Slet" is like the harvest time when after many months of initiating, developing and perfecting new skills, the labor is ended and we behold the golden harvest.

Our gym classes are now in the process of getting ready for the XV National Slet in Fort Worth, Texas which will take place from June 24th thru the 28th.

During this very busy Slet season there must be continuous "sowing" if one expects continuous reaping. In other words: moral and physical values must be taught along with discipline in order to build a stronger Sokol Cleveland. Not everyone will become champion gymnasts, but in order to make a strong Unit, interest must be shown to each and every person so that they also can enjoy with love and respect the "golden harvest of Slet time."

Sokol Cleveland Newsletter

CORRECTIONS FOR WOMEN'S CALISTHENICS - XV SOKOL ROUNDUP SLET - 1981**PART I**

IX	1	Should be: Palms DOWN	XI	1	Should be: Palms DOWN
X	1	Should be: Palms IN	XII	1	Should be: Palms IN

Page 3 - Passage to PART II, before interlude:

Measure V 1-2 ADD Arms are close to body as in "closearm, inward"

Page 5, PART III, MEASURE III:

ALL: Closeknee $\frac{1}{2}$ squat, bend **sidearm downslant** (hands do touch shoulders, but elbows are away from body, yet not horizontal)

Page 5, PART III, MEASURE XI:

Change bend sidearm so that clasped hands are in front of left to read:
IN FRONT OF RIGHT SHOULDER.

Page 5, PART III, MEASURE XVI - 2

Should be: Make a 6" circle of the arms, starting **BACKWARD**, down, **FORWARD** and up

Page 6, PART III:

On the **REPEAT** of measures I-XXIV - Middle gymnast does not take steps forward. - Movements are done in place. Explanation: Middle gymnasts step forward only two steps during measures I thru IV - steps **omitted** when repeating the whole of part III.

Page 6, PASSAGE TO PART VI: MEASURE II - Formation of a circle:

Count 1 #2: 180 deg. turn left and step forward with left
#B: One step rearward with left
#1: 135 deg. turn left and left forestep
#A: 45 deg. turn left and left forestep
#3: 135 deg. turn right and left forestep
#C: 45 deg. turn right and left forestep

Count 2 #2: Step forward with right
#B: One step rearward with right
#1: Close right to left
#A: Close right to left
#3: Close right to left
#C: Close right to left

Count 3-4 #2: Close left to right (now on own marker)
#B: Close left to right (now on own marker)
ALL: Adjust circle - hold hands on 4th count.
(Circle is formed with #2 and #B on their own markers)

FINALE 3 Do NOT grasp hands: add: Palms FORWARD
X

WOMEN'S APPARATUS CORRECTIONS AND REVISIONS**MASTERS DIVISION - Balance Beam**

8. Forestep left, close right to left with hop to stand right (chasse): forestep left, close right to left with hop to stand right (chasse): forestep **left**, close right to left in half squat, uphop (body extended and feet close together during jump): land in half squat - sidearm, palms down; uprise . . .

INDIAN CLUB EXERCISE: Will be performed to music

Beginning: March forward to designated spot with Indian Clubs up - that is: Held by "knobs" and upright alongside the inner forearm . . .

At the instruction: Drop clubs to a hanging position, closearm.

MEASURE 8: ADD - "Thru Closearm . . ."

MEASURE 17: ADD - "Thru Closearm . . ."

WOMEN'S LOW B DIVISION - Balance Beam

13. With 90 deg. turn **right** - close right to left - toestand - left hand on hip, fingers front - right uparm, palm in - look up.

WOMEN'S LOW B FLOOR EXERCISE

FLOOR EXERCISE: Counts have been changed to match the music. Entire routine is done slowly.

Closeheel stand - closearm:

8 count hold

1-2	Forestep left - right reartouch - with body slightly twisted to left - closearm; uparm outward through sidearm	0.7
3-4	Forestep right - left reartouch - twist body to right; closearm through sidearm	0.7
5-6	Twist trunk forward - draw left to right - uphop, body arched - uparm through frontarm - head up	0.3
7-8	Land in squat - sit on floor	
9-10	backward roll	
11-12	to lunge left - right reartouch	
13-16	slowly frontarm upslant, palms up - head up	1.3
1-2-3-4	Run right, left, right - sidearm; rebound right - left foresplit leap	1.3
5-6-7-8-	Land left - continue run right, left (in curved pattern around corner); uphop from left - bend right frontleg, foot touching left knee - frontarm halfbend (wrists crossed in front of body) through closearm - head down	0.4
9-10-11-12	Continue run right, left, right - sidearm; rebound right - archtumble sideward left (cartwheel)	1.3
13	90 deg. turn left - dip step left - right reartouch - uparm outward - head up (slight pause)	0.4
14	Left halfsquat - high right rearleg - frontbow (bent knee scale) - push to sidearm - head up (slight pause)	0.6
15-16	Upright - forestep right (to corner) - 135 deg. turn right - left bend frontleg downslant, foot to right ankle - uparm	0.3
1-2-3-4-	Step left; draw right to left to support squatting - frontarm downslant; forward roll to support sitting - weight on right arm - left sideleg - right bend frontleg (Stag sit) - left sidearm	1.3
5-6-7-8-	Left frontal circle inward to uparm outward - head follows left arm to look back over left arm	0.4
	Approach	0.5
	Retreat	0.5
		<u>10.0</u>

TOTAL 10.0

MEN'S CALISTHENICS CORRECTIONS -

Page 2 PART I - MEASURE X

Count 1 Film shows frontbow. **Text is correct** - no frontbow - the same holds true whenever this part is repeated in the drill.

Page 9: PART IV SECTION A - MEASURE XV

Count 3 Film shows kneel sidearm. **Text is correct** - Support kneeling, closefeet

Page 9: PART IV SECTION A - MEASURE XVI

Count 3 Film shows no sidearm. Text has sidearm - **text is correct**, but **DO NOT HOLD HANDS**.

CORRECTIONS FOR JR. GIRLS CALISTHENICS

PART I - SECTION C:

VIII 1-4 Four alternate step hops forward (skipping steps), starting left, with bend right front leg - bend rear arm across (right hold left).

Both lines skip toward boy in center.

IX 1-4 Four alternate step hops backward (skipping steps) starting left, with bend right front leg - bend rear arm across (right hold left)

Both lines finish on inside markers.

XIX **Right line:** 1. 90 deg. turn right, left rear touch. 2. Close left to right

3-4. Sidearm (hands on shoulders of girls on each side)

Left line: 1-2 90 deg. turn right and 2 step hops forward (skipping steps) starting right, hands on hips (finish in front of right girl)

3-4 Sidearm (hands on shoulders of girls on each side)

XX **ALL:** 1 Frontbow

2 Uprise

3-4 4 running steps back to two single files on outside markers facing front.

Apparatus Corrections - Jr. Girls Low B

This correction applies to Junior Girls Low B Division ONLY; does NOT apply to Women's Low A.

UNEVEN BARS: See ASO Tournament Rules for Dimensions.

From stand parallel, outside facing low bar:

1. Grasp low bar in overgrip; with alternate rebound - uprotate (pullover) to front support on low bar1.0
2. Overpass right sideleg to support astride, right in front.....1.0
3. Regrasp to undergrip; rotate forward to support astride, right in front1.5
4. Regrasp left to overgrip on high bar; overpass left sideleg to seat closeleg; regrasp right to undergrip on high bar (mixed grip).....0.5
5. Offseat, high front swing with 180-deg. turn left - frontswing, contact low bar at waist (wrap swing); backswing1.5
6. Bend right frontleg, place right instep on low bar; overpass left sideleg (left thigh on low bar); regrasp left to overgrip on high bar0.5
7. Urotate to front support on high bar1.0
8. Fall down rearward through benthip hang to hang lying closeleg on low bar0.5
9. 180-deg. turn left on thighs - regrasp right then left to overgrip on low bar0.5
10. Upswing; underswing dismount to stand rearways, back to high bar.....1.0
- Approach0.5
- Retreat.....0.5

10.0

Apparatus Corrections Jr. Girls Low B

This correction applies to Junior Girls Low B Division ONLY; does NOT apply to Women's Low A.

BALANCE BEAM: High Beam - 47 1/4" high

From stand parallel facing L end of beam:

1. Jump to front support - overgrip - overpass right sideleg - overpass left sideleg to seat support closeleg; 45-deg. turn left - bend left frontleg - right rearleg - left hand on beam in front - right hand in back (stag sit) - immediately 180-deg. turn right to stag sit - right bend frontleg, left rearleg; with upper body contraction, left flank circle forward1.0
2. Regrasp to rear - bend frontleg - extend high close frontleg V seat; seat astride - regrasp to front; stradleg upswing to rear to support squat; right in front; rise with body wave - arms swing rearway to uparm outward.....0.5
3. Left forestep - bend frontarm downslant inward (arms crossed in front of body); right fore-leap to right halfsquat, left rearleg - left frontarm - right sidearm; left forestep - sidearm; swing right to frontleg to rearleg with 180-deg. turn right (backward swing turn) - aparm outward, palms out1.0
4. Right forelunge - with upper body contraction - circle to uparm inbend through reararm, closearm, and frontarm; thrust left to sidearm - head left; thrust right to sidearm - head right; grasp beam in front; lower to

kneel right - slide left leg rearward (half-split) - sideways uparm inbend - pause1.0

5. Sidearm, palms up - frontswing left - uprise to right kneel - left bend forestep; uprise to stand left - right reartouch0.5

6. Right forestep - left frontal circle downward to sidearm, palm up; left forestep - right frontal circle downward to sidearm, palm up; right forestep - frontal circle downward to sidearm, palms up; left bend frontleg, left toe touching right knee - right frontarm upslant through closearm - left reararm downslant through closearm1.0

7. Left Forestep - sidearm; uphop - high right frontleg to halfsquat, right in front - closearm; jump upward (body extended during jump) uparm; land in squat, right in front - frontarm, bend forearm upward, palms facing body0.5

8. 180-deg. turn left - bend frontarm downslant (arms crossed in front of body) through frontarm, closearm, reararm, sidearm, frontarm (back of hands leading until arms cross); rise to stand closeleg; left high rearleg - arms optional (hold for 2 counts)0.5

9. Upright - uparm inbend; left forestep; draw right to left with hop to stand right (chasse); left forestep; draw right to left with hop to stand right; (chasse); step left halfsquat - right halfsquat reartouch - twist body slightly to left - reararm downslat outward through frontarm and closearm1.0

10. Right forestep on toes - 90-deg. turnleft - draw left to right in toestand - right uparm, palm in - left sidearm downslant inbend, palm on hip; 90 deg. turn right - halfsquat - right sidearm downslant inbend (both hands on hips)0.5

11. Uprise - high frontleg right or left - uparm; zero, one or two steps and rebound archtumble sideward left or right with 90-deg. turn left or right (round-off) dismount facing end of beam - closeheel stand1.5

Approach0.5

Retreat.....0.5

10.0

TENTATIVE SLET PROGRAM FOR SATURDAY JUNE 27, 1981

Assembly
I & II Class calisthenics
Folk Dance
440 Relay Race
Speech
Women & Men Calisthenics
Apparatus
Central District Special Number
Speech and Olympians performing
Jr. Girls and Jr. Boys calisthenics

FINALE

entered in the volleyball tournament will receive these certificates - not each person on the teams. Tabulators will also receive certificates. A Czech copy of the women's calisthenics was sent to Sis. Emilie Ruzicka, Sokol Miami, as requested. Women should bring their own Indian clubs for master division to make sure they are comfortable with them. Survey sheets and insurance information letters are coming in. MRG: Sent for music for the MRG routines and a manual, \$12.45, approved for payment. SPECIAL NUMBER COMPETITION: Sis. Pistorius reported she has names for judges from Central and Eastern Districts only so far for this competition. GYMNASTIC SKILLS: Received a check in the amount of \$12.00 for patches from Sis. H. Milan, Fort Worth, 24 patches have been sent to her.

DIRECTOR OF MEN - Bro. Paul Lebloch: Request granted for 4 boys (second class) of the Western District to compete in Intermediate Junior Boys Division in Fort Worth. Pacific District submitted an 11-year-old boy to enter Jr. Boys Low Division. Our rules state that under age competitors must enter intermediate or high division. Bro. Waldauf stated that the Slovenian Sokol unit in Toronto is interested in our Slet. An invitation and all material has been sent to them. Our ASO code of conduct will be reprinted in the "Sokol Gymnast" as a reminder to our instructors and gymnasts attending the XV Slet. The tentative program for the Slet is: Assembly, I and II class calisthenics, Folk dance, 440 relay race, speech, women and men calisthenics, apparatus, Central District special number, Jr. girls and boys calisthenics, finale. The US Air Force falcon will not perform. The cadet will march with the falcon in the opening ceremonies. Bro. Milan and Sis. Stoepelman have selected the finale starting with measure 18 to the end of the junior drill, to be used for competition. Bro. Ptacek and Sis. Schnabl are to select a portion of the senior prostna to be used for competition. Bro. Laznovsky inquired about XV Slet streamers to be put on organizational flags. We started this tradition at our last Slet. Approved to have Bro. Kala handle having the ribbons printed up. Sokol USA published an excellent article on our tournament rules governing the XV Slet. Completed detailed questionnaire for the USGF regarding the ASO.

MEMBERSHIP - Bro. Fred Kala: Will be working toward sending out the information to the individual units concerning the drive for new members. As soon as all the first quarter reports are received we will be able to get this project started. Districts have already received their letter concerning the membership drive.

EDUCATIONAL - Bro. Stanley Barcal: Sis. Betty Prener gave the report. Three points that Sis. Zdenek wished to bring to our attention were: Designing the Certificate of Membership, Bro. Ed Hlinka has been asked to work out the design. An essay contest will be held following the Slet, rules are done. Juniors and seniors may send in their essays beginning July 1st and ending September 1st, 1981. Subject: My Recollections of the XV. American Sokol Slet as a participant or a spectator. First prize: one of the standardized trophies of this year. It was suggested that a column should be initiated in the American Sokol about different things

that are going on in the Districts and Units; small bits of interest about the happenings around our organization, told in an informal way, to be taken from newsletters that we receive. A column started this way would soon be bringing items of interest from Units and districts to keep them from being left out.

PUBLICITY - CZECH - Bro. Jerry Rabas: Paid announcements have been appearing in the Hlasatel. Articles will be printed when available.

PUBLICITY - ENGLISH - Sis. Zitny and Borvansky: Have been sending articles to newspapers in the suburbs and working on an outline for the city papers. The papers are not too enthusiastic about printing articles about events happening out of state. The ladies will keep trying.

FINANCIAL SECRETARY - Sis. Mildred Pinc: Financial report for March, 1981, was prepared and copies were distributed to Executive board members. A Clyde savings certificate was automatically renewed. A Citizens savings certificate is coming due April 30th and Bro. George Basta will handle the renewal. Fort Worth sent in all their quarterly reports for 1980. Donations to Future Sokol Leaders' Fund for April were read.

TREASURER - Bro. Ed Hlinka: Bank statements were reconciled - everything in perfect order. Will begin posting the 1981 figures shortly. Financial secretary runs the machine.

UNIFORM - OFFICE - II VICE PRESIDENT: Orders are coming in from all districts in preparation for the XV. Slet. A check in the amount of \$2,000.00, paid to American Sokol Organization to apply to the Uniform Division account, reducing the ASO equity. Leo's is offering a program of "ship now, pay later" - a 5 percent discount is received on uniforms ordered. Stock will be on hand in plenty of time for September. Leotards for "special number" - "Symmetry" have been ordered. Shorts will be ordered as soon as measurements are received. I.D. ribbons are being ordered also, Cicero-Berwyn Press is again imprinting same. **SOKOL SLET** - Additional Slet "T" shirts and Slet pins have been received, hope to close out souvenirs in the month of May. People are asking about our commemorative souvenir plate. The interest is good! Listing of all ASO presidents was sent to Sis. Sylvia Laznovsky, as requested. **II. VICE-PRESIDENT** - Educational meeting was attended. Arrangements made for the cleaning of the office floor. Had flood in basement today. Fortunately the sewer was able to keep it from spreading too far. Do hope to keep the office in good condition should the people from Vienna pay us a visit the end of June or early July.

EDITORIAL - SECRETARY - Sis. Jackie Kourim: All copies of the American Sokol are now caught up and the May issue is being printed. Another notification from the post office that zip code plus-4 is here. It can already be used on first class bulk mailing. Some decision will have to be made about our mailing system soon. May 10th is the absolute deadline for the June issue, the last one before the Slet. Last week worked mainly on the bulk mailing of the by-laws. Only ten units left to do. Questions that have come up during the month: Getting requests for the old plates and the new

plates and have no price to quote. Am holding orders. Bruce Janda from Sokol Detroit has requested 200 copies of "Highlights of Czech History" on consignment for the Czech-American Festival to be held in July, approved. From the Central District everyone is to send their money for the decals to Fort Worth, care of Bro. Chuck Kalat. Pictures of the board, etc., for the souvenir book received.

I. VICE-PRESIDENT - Bro. George Basta: Just home from the hospital after eye surgery. Brought in some plaques as samples for the certificate of membership. Is helping Bro. Hlinka with the 990 tax form.

PRESIDENT - Bro. Roy Zitny: Is talking with Bro. Vodrazka about putting our mailing list on the computer. Presented bill from John Satek, Jr. for photographic work done for the souvenir book, \$31.19, approved. Bill from Pan-Slavic convention presented and approved for payment.

NEW BUSINESS: Letters will be sent out to all the districts and units requesting copies of their by-laws and charters for our files here in the national office. Tour meeting for Vienna will be held on May 21st at 7:30 p.m. All members of the Executive board who can should attend the services at the Bohemian National Cemetery on May 25th. Please make note on your calendars, the next executive board meeting will be held on **June 16th**, Tuesday at 7:30 p.m. We are moving up the date because of the Slet. Meeting adjourned at 11 p.m.

Respectfully submitted,
Jackie Kourim, Secretary



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ASO FINANCIAL REPORT

APRIL, 1981

RECEIPTS:

Dues	\$4,462.44
Convention Fund	294.00
Special Assessment	96.00
Advertising in "American Sokol"	492.00
Resale of Jewelry	17.75
"Highlights of Czech History"	6.75
Postage	1.02
UPS Charges	2.34
Song Books	3.00
Educational Pamphlets	1.00
Membership Kits	12.00
Miscellaneous	21.00
	<hr/>
	\$5,409.30
ASO Uniform Division Rent, Salaries, etc.	825.65
	<hr/>
	\$6,234.95
Repayment of Advance made to Uniform Division	2,000.00
	<hr/>
TOTAL RECEIPTS	\$8,234.95

DISBURSEMENTS:

Administrative	
Salaries	\$864.36
FICA & FWI for March 1981	86.38
IWT - 1st Qtr., 1981	56.33
Rent, Janitor Service, Phone, Electric	521.04
Office Supplies	233.43
Office Equipment	472.25
Postage and Freight charges	100.98
Insurance	116.00
Travel Expense	64.40
	<hr/>
	\$2,515.17

Board of Instructors

Salaries	\$458.59
FICA & FWT for March, 1981	96.12
IWT - 1st Qtr., 1981	31.09
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	30.45
Office Supplies	41.00
Postage	36.76
XV Slet Postage, Film and Tapes	98.78
Teaching Aids	26.15
Petty Cash Fund	25.00
	<hr/>
	\$ 873.94

Educational Department

Salaries	\$ 46.01
FICA for March, 1981	4.78
IWT - 1st Qtr., 1981	1.24
	<hr/>
	\$ 52.03

Sokol Publication

Printing "American Sokol" - March, 1981	\$1,757.90
Postage "American Sokol" - March and April, 1981	410.89
Editor "American Sokol"	100.00
	<hr/>
	\$2,268.79

Miscellaneous

ASO Uniform Division - Salaries, FICA, FWT, IWT and phone	\$ 679.31
XV ASO Slet - Advertising and Pictures	76.19
Future Sokol Leaders Fund - Postage	1.17
	\$ 756.67

TOTAL DISBURSEMENTS \$6,466.60

Balance Brought Forward:	
Western National Bank of Cicero - Checking Account	\$9,000.40
Receipts - April, 1981	8,234.95
	\$17,235.35
Disbursements - April 1981	6,466.60
	\$10,768.75

FUTURE SOKOL LEADERS FUND

April 1981

In memory of Bro. Bill Mumm - Sokol Slavsky Board of Instructors - Sokol Stickney	\$ 10.00 25.00
In memory of Sophie Shabart's birthday, May 15th - age 86 - Allen J. Shabart, Husband	10.00
In memory of August F. Tunkl - Friends and members of Sokol Philadelphia	330.00
	\$375.00
Interest Earned	267.67
	\$642.67

LIBRARY AND ARCHIVES FUND

April 1981

In memory of Frank Kaspar - Betty and Helen Prener	\$ 10.00
<i>Donations are tax exempt</i>	

Those Queer Gymnasts

You are going to try, for the first time in your life a "giant swing" on the horizontal bar. Ever since the time several years ago you saw a world-champion Czechoslovak gymnast do it, it has been one of your secret ambitions. You have sweated, strained, groaned, and fallen, many times, while learning the fundamentals which you found necessary to learn before you could try the dangerous stunt.

You are clad only in long gym trousers, a flimsy athletic shirt, and light leather shoes. There is a funny feeling in the pit of your stomach like there was when you first visited a dentist. Your instructor, seeing your grim, taut face, smiles and encouragingly tells you it won't be so hard.

"All you have to do," he drawls softly, kindly trying to supply a little humor to ease your growing tension, "is to make at least one complete revolution around the bar, your body completely stretched out, with only the palms of your hands touching the steel."

So that was all! Yet how well you know that the majority of gymnasts never learn to do the "giant swing". Many never acquire the necessary suppleness, agility and strength. Others haven't the right kind of "nerve." Some do not have the talent. Because of this, and because it is so spectacular and beautiful, the "giant swing" is often called the aristocrat of gymnastic stunts.

Your instructor is talking again: "Remember, my boy, that you must hold on for dear life or --". He shrugs his powerful shoulders. You instantly sense what he means by that expressive gesture. Your over-active imagination draws a vivid picture - with you as the central subject. You vision tearing loose from the bar and bouncing against the brick wall on the other side of the gym. You are silent, sad-faced comrades carrying your mangled body away, dolefully remarking that "he wasn't such a bad guy after all, he was too young to die." Then you recall that such accidents are rare in well-regulated gymnasiums and you feel better.

Well, here you go! You can't put it off any longer. You grab a hunk of white chalk (milk of magnesia in cake form, to be exact), and rub it briskly on the palms of your hands. This is to keep them from slipping - your neck depends on your grip here.

Thus prepared, you advance to the bar, standing under it. It seems so high up! So frail! So slippery! Crouching a little, you leap up and catch hold of it. The steel seems cold, yet somehow comforting to your hands. You work your fingers to get the strongest possible grip.

The smooth way your bicep muscles contract as you draw yourself up gives you much needed confidence. You pull your toes close to the bar, then shoot them up and out. Now you are rushing backwards in a huge swing. Back you swish and do a "Kip", to a position half above and half below the bar. Poising for a moment, stomach against the bar, you drop down backwards, circle the bar body doubled up and shoot upwards around the other side of the bar to a handstand above it. Your body is stretched out. You start the downward sweep of your "giant swing". As you plunge down, the strain on your hands is terrific. You are now starting your upswing, but - great scott! - something has gone wrong with your grip! Your clutching fingers are torn loose from the bar and you are in the air. After you sail for what seems to you a great distance, strong arms encircle you and gently set you on the floor.

A little shaken up, you get up. Your instructor is laughingly telling you that you have done fine, but that you had forgotten to shift your grip at the right time. He is right, as you recall, rather shamefacedly, for you committed a gymnastic sin - losing your head.

You do not feel like trying any more "giant swings" just then. But your instructor tears into you. "You've got to try it again, and right now! Right now, do you understand?" You well know why he tells you that you must try again "right now!" It has to do with gymnastic psychology. That is, when a gymnast falls

during an attempt at a dangerous stunt and doesn't try it again immediately, he is apt to suffer an attack of "bad nerves", and not be able to try that stunt - or any like it, for a long time. Almost all gymnasts and acrobats, professional and amateur, are familiar with this strange phenomenon.

Your comrades realize what is going on in your mind. They encourage you. "Come on, fella, you can do it!" says one, clapping you on the back. "You have the guts all right," assures another. "You're not afraid, are you?" asks a third, with just the right tinge of sarcasm in his voice. A girl on the balcony is looking on. You don't know her, yet somehow her smile gives you additional courage.

One of your fellow gymnasts hands you the chalk, another takes some steel wool and smooths the bar. You look around. Everyone is ready to give you protection in case of another fall. Every face indicates that its possessor is taking it for granted that you will try again.

All right, by gum! You'll show them. You feel savage as you jump for the bar. There is a peculiar feel to your muscles now. They have more power, more speed in action. Hurriedly you start into your preliminary swings. Into a "kip" you go. Now you take a deep breath - it is now or never! Down you drop, and around the bar you go in bent-formation, up on the other side and zip! . . . into a handstand over the steel tube. You hesitate there momentarily, balancing delicately, and feverishly regrip the bar. Gravity begins to pull at your body. You swing down rapidly, your body stretched taut as a violin string. You start swinging up - here you remember to reshift your grip! and presto! you are on top of the bar again. There is a roar in your brain. You have done it! - the "giant swing".

Confident now, you try another one. What a thrill, brother, what a thrill! You feel like a soaring eagle must feel. As you swish around the bar, you hear, as if from a long distance, the hearty applause of your comrades. For that one moment you own the world. You have done the "giant swing!"

Of the myriad of activities in which the human race engages, many Americans consider the sport of gymnastics one of the queerest, especially that phase of it which has to do with complicated maneuvers on gymnastic apparatus. Some even refuse to consider it a sport - just a queer activity.

One such soul, after amazedly observing for the first time a Sokol gymnastic exhibition, remarked that "evidently apparatus gymnastics consist of crazy, bulging-muscled death-defyers whirling, crawling and sliding on flimsy looking contraptions."

Contrast this opinion of gymnasts with that of Dr. Miroslav Tyrš, founder of the world-famous Sokol organization, who considered gymnastics the most civilized of all athletic endeavors.

Seems like someone is busy preparing for the '81 Slet, but in reality this article was written by Frank J. Adam, Omaha, in preparation for the Slet being held in Cleveland, Ohio in 1935.

A Rallying Point

Every organization must have a rallying point, a belief to which it can turn when the going gets rough. Our Sokol is rich, very rich in these. Most of them come from the fertile, idealistic mind of Dr. Tyrš.

It seems now after mature reflection that this lack of a unifying idea has been the main cause for failure in most public attempts at serious physical education. Outside of the natural desire to win in specialized events, on the part of youngsters, there seemed to be nothing to hold them over a long period of time.

There have been fine, even magnificent instructors in schools and public playgrounds. They held the youngsters by their personal magnetism and gained their personal loyalty. A slight break in the chain and the whole group fell apart. No individual, no matter how good he may be, can build a lasting organization, unless it is based on ideas and ideals that can and should outlive him.

One such thought of Dr. Tyrš', only one sentence in length, could become the new rallying point for not only our Sokol Units but for the entire country. It is so simple, so logically true and yet so idealistically beautiful that it should be taught to every class and repeated at every opportunity.

"OUR FIRST AND OVERALL TASK RESTS IN THE PREMISE THAT BEFORE ANY DEMANDS, WE MUST PRESERVE OUR NATION IN THAT GENERAL VIGOR, THAT DOES NOT ALLOW A NATION TO DIE, IN THAT STEADY AND FRESH STRENGTH, IN THAT PHYSICAL, SPIRITUAL AND MORAL HEALTH, THAT WILL NOT ALLOW ANY DECAY TO SET IN AND WITH THAT NO STAGNATION, THAT WORST, EVEN CRIMINAL ACTION PERPETRATED UPON NATIONS."

This can bring them into gymnasiums, and what is more important, keep them there for a lifetime of participation. This will mutually benefit the individual, the Unit, the community and the country.

It should be our credo, spoken, pointed to and lived. Let us use it at every opportunity until it becomes an integral part of our lives. It has done marvels in the past and has lost none of its intrinsic value while at work for the present, or building for the future.

Put it to the test today!

The above article was written by the late Brother James L. Cihak over 20 years ago.

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SLET '81

June 24- 28, 1981



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Composer Antonín Dvořák, who since the previous year had been director of the National Conservatory Of Music in New York, visited the Spillville, Iowa (pop. 361) home of Josef Kovarik, the viola and violin player of the New York Philharmonic. Here Dvorak composed the American Quartet in F major, op. 96, the String Quintet in E flat major, op. 97, and put the finishing touches on the symphony "From the New World." They show influence of Indian and Negro music, as well as a blending of Czech and American folk tunes. -

From: The Czechs in America
1633-1977 - Compiled and edited by
Vera Laska.

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