

AMERICAN SOKOL

VOL. CVI - NO. 2

FEBRUARY 1985

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

Soon we will be gathering in competition and friendship in that great event in our Sokol lives that occurs every four years — SLET. Coming to Chicagoland will be thousands from throughout the United States, Canada and yes, Europe to participate in this special Sokol event. It will truly be an international spectacular.

The Slet headquarters will be centrally located at the Marriott Oak Brook, Oak Brook, Illinois. Czech cultural exhibits, souvenir sales, banquet and awards and dance will be held here. This is where much of the "action" will be.

Many long hours of preparation will have taken place and in the span of just a relatively few short days fond memories of competition and new found friendship will be carried home with us.

It is a time that all Sokols look forward to with zeal — not just for the physical attributes that will be displayed but also for the camaraderie and friendship renewed and of new ones made.

This is that unique time in our Sokol lives called SLET. This is the time of participation by all — the young and the not so young. It is the time of Sokols everywhere.

Be there — join us — be a part of Slet.

To our XVI National Sokol Slet.

"Toward New Horizons"

Sletu Zdar,
Roy S. Zitny, President



AMERICAN SOKOL

ISSN: 0003-1259



Published Monthly
(Except Bi-Monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road, Berwyn, Illinois 60402

Subscription \$4.00 per year

EDITOR - JACKIE KOURIM
388 Shenstone Road, Riverside, IL 60546
*Copy for publication must be received by the
10th of the previous month*

OFFICE OF THE EXECUTIVE BOARD ASO
Jackie Kourim, Secretary
6424 W. Cermak Road, Berwyn, IL 60402
Telephone: 795-6671

Meetings: 4th Tuesday - except July and August,
at ASO Office

President - ROY ZITNY
1st Vice-President - GEORGE BASTA
2nd Vice-President - BETTY PRENER
Secretary - JACKIE KOURIM
Financial Secretary - MILDRED PINC
Treasurer - ROBERT BARCAL
Director of Men - PAUL LEBLOCH
Director of Women - MARIE PTACEK
Educational Director - STANLEY BARCAL
Editor - JACKIE KOURIM
Public Relations (Czech) - JERRY RABAS
Public Relations (English) - NANCY BORVANSKY,
VLASTA ZITNY
Membership Director - FRED KALA
Executive Board - VLASTA ZITNY, JIM SPRTEL,
JERRY RABAS
Alternates - CHARLES BORVANSKY, JOHN SATEK
By-Laws Chairman - JOSEPH KOVAR

Reunion for Past Sokol Instructor Course Graduates — 25 Years or More

With our Sokol convention and slet being held June 23rd to June 30th in Oak Brook, Illinois, presents us with an opportunity for Instructor Course graduates of 25 years or more to get together. It was suggested that it would be interesting to see how many of these graduates are active in their units. If you are attending the convention or slet and would like to meet for a luncheon, please contact:

Fred C. Stankovsky
14325 W. Sun Valley Dr.
New Berlin, Wisc. 53151
414-425-1438

Sokol and Sokolice Milwaukee Honors 15 Past Presidents

A beautiful gold pin, designed by us, was presented to our 15 living past presidents. Why not have a special occasion to honor your past presidents?



This gold pin with a stem back, garnet insert, is available for \$20.00 post paid.

Send your check and order to:

Fred C. Stankovsky
14325 W. Sun Valley Dr.
New Berlin, Wisc. 53151
414-425-1438



**HAVE YOU
SENT IN YOUR
NEW ADDRESS?**

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVI

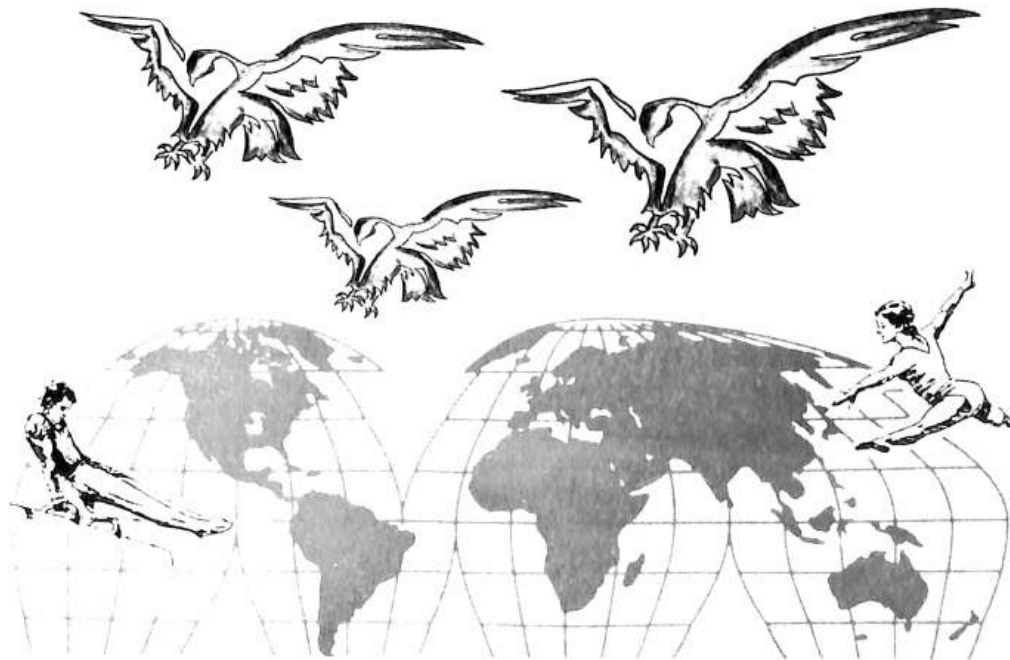
February - 1985 - Únor

Číslo - No. 2

XVI AMERICAN SOKOL SLET JUNE 26th-30th 1985

SCHEDULE OF EVENTS

WEDNESDAY, JUNE 26, 1985	
2:00 p.m.-----	Judges meeting (MARRIOTT OAK BROOK HOTEL, SLET HEADQUARTERS)
7:00 p.m.-----	Opening Ceremony and SPECIAL NUMBER COMPETITION (MORTON WEST HIGH SCHOOL GYMNASIUM)
THURSDAY, JUNE 27th	
7:00 a.m. - 9:00 p.m.-----	All divisions of GYMNASTIC COMPETITIONS (DOWNERS GROVE NORTH HIGH SCHOOL)
FRIDAY, JUNE 28th	
8:00 a.m.-----	Volleyball and Modern Rhythmic Gymnastics (DOWNERS GROVE NORTH HIGH SCHOOL)
6:30 p.m.-----	GALA SLET BANQUET (MARRIOTT OAK BROOK HOTEL)
8:00 p.m.-----	Dance - Social, " EVENING WITH THE BRAVE COMBO " (UNION HALL, RT. 66 & LA GRANGE RD., COUNTRYSIDE)
SATURDAY, JUNE 29th	
9:00 a.m.-----	VOLLEYBALL CHAMPIONSHIPS (DOWNERS GROVE NORTH HIGH SCHOOL)
1:30 p.m.-----	GYMNASTIC CHAMPIONSHIPS (DOWNERS GROVE NORTH HIGH SCHOOL)
8:00 p.m.-----	Awards Night and Dance (MARRIOTT OAK BROOK HOTEL)
SUNDAY, JUNE 30th	
2:00 p.m.-----	XVI SLET Program (HOFFMAN STADIUM, MORTON WEST HIGH SCHOOL, CERMAK ROAD & HARLEM AVENUE)
After Slet-----	FAREWELL SOCIAL (SOKOL BERWYN, 6445 WEST 27th PL., BERWYN)



ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board was called to order by President Roy Zitny, on Tuesday, November 27, 1984, at 7:40 p.m. Pledge to the flag was given, district minutes received from Northeastern district, September 23rd; Eastern, annual meeting, September 30th and the District Directors' Conference, October 26, 27 and 28th, were reviewed.

CORRESPONDENCE: From Bro. R. Jirousek, giving details of our meeting held on November 10th and the people's arrival times, etc. Answer to Bro. John Dusek, Sokol Greater Cleveland concerning questions about the convention. Letter to Bro. Forrest Ortman, Temporary Chairman of Sokol Houston, on their re-organization plans for Sokol Houston. Copy of letter sent to Sokol Houston from the Southern District, plus a copy of Sokol Houston's newsletter. Sokol Houston bulletin, sent to us in an unmarked envelope and signed by the Board of Directors, all of whom were expelled. Thank you from Sis. Emily Falarsh in conjunction with Sokol Milwaukee's recognition dinner. Invitation for Bro. Zitny to attend Sokol Miami's 15th anniversary celebration on December 1st. Send letter of regrets, Bro. Zitny has a previous out of town engagement, included a message of congratulations. Letter from Br. Chuck Kalat, concerning our decision about his representative to the Slet committee. By-laws letter from two units, Sokol South Omaha and Sokol West. Copies will be sent to Br. Joseph Kovar. Letter from Sokol Detroit Ladies Auxiliary, suggesting that we use live music for the Slet in 1985. We have already engaged a band for this purpose. A member of Sokol Minnesota, information about the singing of national anthems, just for our files. Educational Committee, informing them that they will be hosting a group of students from Concordia College on the morning of December 7th. Czechoslovak National Council of America, wishes a sponsor for their ad book for their annual ball. A full page ad, \$100.00 was approved, advertising our upcoming Slet, include the wording "International Gymnastic Festival" and our new logo. Bro. Dusan R. Svetlic, Yugoslav Sokol in the Free World, informing us of their new officers and would like to be put on our mailing list for the "American Sokol" publication. Br. Bruce Janda, Educational Director of Sokol Detroit, with an idea for the Slet. This will be passed on to the committee. Ad books with our new ads featuring the Slet in 1985, from Moravian Cultural Society and Sokol Orel, New York. Two letters that were included in the donations for the Slet seals. One was very derogatory, the other from an 86-year old member wishing us good with our seals and the Slet. Bro. Jerry Srp, asking us if we could be of some help in locating relatives of a deceased friend, had no luck in following through, all dead ends. Two Czech letters, needed the help of

Br. Rabas. One was from England, Sokol London, asking for more seals, these will be sent. Wanted to know if we wanted 100 more ties, they would embroider "XVI American Sokol Slet" on them. We have a sufficient supply, we do not need any more ties. Also an order form for Sis. Provaznikova's new book, no price was mentioned, but it was approved to order a copy for our library. Copy of Sokol Ceska Sin newsletter with the reprint that the Executive Board had asked them to repeat. Sis. Marie Kucera, a letter included with her donation for seals, says she has some things she would like to donate to our library/archives, a return letter was sent, we would like to have them.

1985 SLET: Minutes attached to the agenda for meeting, accepted as written. Everyone given time to read them before going on with meeting.

A late piece of correspondence; a letter from Central District concerning the new petitioning unit, Sokol Naperville. The district has given their approval, the Executive Board voted unanimously to accept the new unit in Central District. All papers were proper and in order. Sokol Naperville will receive a letter of acceptance and information on what steps to take next. A short article could appear in the publication about the new unit and can give some facts on Sis. Linda Filipello who is largely responsible for the development of this new unit.

WOMEN'S DIRECTOR — Sis. Marie Ptacek: Received a phone call from Jeff Clark of North Central College in answer in our letter asking for availability of the dorms and gyms for our course, starting June 30, 1985. Said a letter would follow with prices and information. **FINAL REPORT FORMS:** Western District for a women's Sokol compulsory judging clinic held June 9, 1984, at Sokol Crete, Nebraska. 11 students attended. Sis. Jolene Dalton, instructor. Car mileage, \$20.80 and salary, \$25.00 = 45.80. Pacific District for a practice Teaching Clinic held August 20 to 26, 1984, at Jackson, California. 6 students attended. Iva Prochazka, Joe Jakl and Helen Jakl, instructors. 8 people's bus fare from Los Angeles, = \$400.00; 1 car from Fresno = \$25.00 and 9 people's per diem @ \$50.00 = \$450.00, total \$875.00. Western District for USGF Congress held September 20-23, 1984 at Indianapolis, Indiana. Br. Benak, Cahoy and Sis. Dalton, attended. Each unit allowed 1/2 of their 1983 input into the Special Assessment Fund - Sokol South Omaha, \$164.50; Sokolice South Omaha = \$117.00 and South Omaha = \$100.50, total, \$382.00. All have been approved by the BOI for payment, pending receipt of supporting papers for Br. Cahoy for the USGF Congress. All approved by the Executive Board. **1985 XVI SLET:** A motion was made, seconded and unanimously passed at the Directors' Conference to have live music at the Slet. Everyone said the music makes for a much better atmosphere, both for the participants and the audience. Approval was granted by the Slet committee and we now are asking the

Executive Board for their approval. Bro. Borvansky is working on the gymnasts' number cards and the Certificates of Participation. Motion made by Sis. Schnabl, seconded by Br. Harlan, that the tots' parents/assistants wear the Slet white T-shirt during the tots calisthenics. Decided that the rehearsal for the Special Number competition will be a walk-thru practice. Competitors may listen to a part of their music to make sure timing is the same as they have been used to. Sometimes, timing is altered slightly when played on a different system. Testing of the calisthenics will probably be done in the hall during the rehearsal time. We will need the school gym from about 3:30 p.m. Three parts of the calisthenics will be chosen to be used at the competitions. Then just before the competition starts in each division, one part will be picked from a hat, that part will then be judged as part of the competition. The three selected parts are due in our office by March 1st. BOI chose a red 4" streamer with white printing for the flag streamers. "XVI American Sokol Slet, Berwyn, Illinois" — Slet logo on top of streamer. Survey sheets will go out shortly with a return deadline date of March 1, 1985. BOI will write to the District Directors' to get insurance information from all their units that will be attending the Slet. Br. Harlan will check with Sis. Marie Vachata about stamping the numbers on the gymnasts' cards. We will use the rubber stamp set brought in by Sis. Vlasta Laznovsky. A lot of help will be needed with making the participants' badges. **1985 ADVANCED ASO COURSE:** Letters have been sent to Northern Illinois University, Lake Forest College, Elmhurst College, Concordia College, Trinity College and North Central College inquiring about holding our course there. Called North Eastern College and were advised they have no dorms. Trinity College wrote they are booked for the two weeks we are interested in. **PUBLICITY FOR SLET:** We think posters are a very good form of advertising the Slet. These posters should be in all the gyms as soon as possible. Br. Ptacek suggested putting "Bring a Friend" on the posters. Unit publicity people should be contacted for help in promoting the Slet.

MEN'S DIRECTOR — Bro. Paul Lebloch: Received men's high and championship division routines from Br. Laznovsky. He suggested that a formal invitation be sent to the USGF for our Slet and also invite a USGF speaker to one of our events. I have received the contract from the "Brave Combo" and promotional material. I suggest we call this event "An Evening With the Brave Combo". Bro. Borvansky designed the gymnast number cards, the certificate of participation and participants' badges. His work is greatly appreciated. Br. Harlan would like us to pursue the idea of bringing the U.S. Olympic Gymnastic teams here to perform for the Slet. Sokol Stickney men have volunteered to run a Slet golf tournament.

MEMBERSHIP CHAIRMAN — Bro. Fred Kala: Named the delinquent units for the third quarter of 1984. One unit still owes for the last two

quarters of 1983. They have been notified several times. No answer has been forthcoming. Read the list of units and their losses and gains that they have gone through. Membership rosters must be brought up to date in order to insure the proper representation at our convention in 1985. Attended BOI conference.

EDUCATIONAL CHAIRMAN — Bro. Stanley Barcal: Been off traveling again! Just came back. We will have a meeting this coming Friday. Attended the Friday night meeting of the Directors' Conference. Attended the funeral of Dr. Anton Hrebik and delivered a eulogy in English on behalf of the American Sokol Organization. It was the Thanksgiving weekend and it was very hard trying to get in touch with people. Many were out of town. Bro. Lebloch brought to our attention that Sis. Annette Schabowski of the Educational Committee had a very beautiful exhibit at Morton East Chodl Auditorium in connection with the Czechoslovak Day hosted by Br. Joe Lacina. A lot of hard work and transporting of articles was involved in this project.

CZECH PUBLICITY — Bro. Jerry Rabas: Had articles in 12 Czech newspapers, did the memorial notice for Dr. Hrebik on very short notice. Attended the funeral and also spoke. Putting in as much advertising as possible in all newspapers concerning our Slet 1985.

ENGLISH PUBLICITY — Sis. Vlasta Zitny: Nothing to report.

FINANCIAL SECRETARY — Sis. Mildred Pinc: Absent because of illness. Her report read by Sis. Kourim. The financial report for October, 1984, was prepared and copies were distributed to Executive Board members. There were no certificates to be renewed this month. On October 31, 1984, letters were sent to all units which were delinquent in their dues except Sokol Houston. On November 7, 1984, special assessment balances were sent to all districts. These balances were as of June 30, 1984, because we had been unable to post due to the breakdown of the posting machine. However, at this time we have good news. The posting machine has been repaired. Accounting records are posted through September, 1984. This includes the uniform division records. Donations to the Future Sokol Leaders' Fund were read. There were no donations to the Library/Archives Fund.

TREASURER — Bro. Bob Barcal: Reconciled bank statements, found to be in order. Presented the comprehensive reports for the American Sokol Organization and the uniform division through the third quarter of 1984. Gave a very thorough explanation.

UNIFORM — OFFICE — II. VICE-PRESIDENT — Sis. Betty Prener: Having a good rush of business, large orders coming in, from our own organization, Sokol USA, and the DA Sokol. Also arranged for the printing of the red/white/blue identification ribbons. The ribbon has arrived today. Have made arrangements with Cicero-

Berwyn Press for the printing of the ribbons. Bro. Ed Linhart of the gymnast section of the publication would like the information to print so everyone is not ordering their ribbons the last minute. Read the letter from Seldon, Fox and Assoc. concerning our tax liability in the uniform department. Attended the funeral services of Dr. Hrebik. Will be installing the officers of Sokol Cechie next Sunday.

EDITORIAL — SECRETARY — Sis. Jackie M. Kourim: November issue ran into many snags. It is completed now. Working on the December issue. Made 38 Citations of Merit Thanksgiving evening and shipped them on to Miami Sokol in time for their 15th anniversary. Trying to keep just one step ahead of all the secretarial duties. Sometimes we are successful and sometimes we are not. Busy attending to listing all the donations that have been coming in. Mailing of the seals completed by myself within the first three weeks of November.

I. VICE-PRESIDENT — Bro. George Basta: Absent, was having knee surgery today. We wish him well.

PRESIDENT — Bro. Roy S. Zitny: Attended the Central District annual meeting as a representative of Sokol Brookfield. Also extended the best wishes of the American Sokol Organization Executive Board to everyone present. Was to go to the Oak Brook Marriott with Sis. June Pros, a meeting about our Slet plans, the meeting was cancelled the last minute.

OLD BUSINESS: A review of the meeting held in the ASO office with Sokol Greater Cleveland - Northeastern District representatives on November 10th. Only the resolutions from the meeting and those who attended will be written up. The other information will be kept on file. So much of it was repetitive.

Reservations were completed for the Christmas party. Research must be done to find out how many new units we have had since the last convention and those units that have celebrated their 100th anniversary since the last convention. Certificates are given to the new units and plaques to the older units at the convention. After a very long discussion it was decided unanimously that we should videotape the convention. It seems to be the most inexpensive and efficient way available to us at this time.

Meeting was adjourned at 10:30 p.m. Refreshments were served. Respectfully submitted,
Jackie M. Kourim, Secretary

FUTURE SOKOL LEADERS' FUND

DECEMBER 1984

AS A FITTING TRIBUTE TO THE
DECEASED MEMBERS OF

SOKOL SCHENECTADY	\$ 50.00
IN MEMORY OF BR. EDWARD HAMATA - Sokol Milwaukee	25.00
	<hr/>
	\$ 75.00

Transfer of funds from savings to checking account for:	
Expenses of District Directors' Conference held in Countryside, Illinois at the William Tell Inn	\$ 3,391.68
Deposit on the printing of the new Sokol Manuals	4,000.00
	<hr/>
	\$ 7,391.68

— Donations are tax exempt —

ASO FINANCIAL REPORT

DECEMBER 1984

RECEIPTS:

Dues	\$ 1,690.00
T. G. Masaryk Dues	10.00
Convention Fund	1,150.00
Special Assessment	558.00
Dividends and Interest	427.22
Resale of Jewelry	185.00
Donations	175.00
Song Books	2.50
Ties	72.00
UPS	9.82
Membership Kits	125.00
Bronze bust of Miroslav Tyrš	725.00
Copies	5.75
	<hr/>
	\$ 5,135.29
ASO Uniform division - rent, salaries, etc.	668.93
	<hr/>
	\$ 5,804.22
Transfer of funds from savings to checking account	7,391.68
	<hr/>
TOTAL RECEIPTS	\$13,195.90

DISBURSEMENTS:

ADMINISTRATIVE	
Salaries - Office employees	\$ 729.62
FICA & FWT for November 1984	208.58
Rent, janitor services, phone, electric	808.59
Office supplies	69.01
Postage	46.31
Fire insurance	339.00
Repairs to machines	208.75
Advertising	87.50
Subscription - Denní Hlasatel	72.00
Miscellaneous	548.99
	<hr/>
	\$ 3,118.35

BOARD OF INSTRUCTORS

Salaries	\$ 342.60
FICA & FWT for November 1984	77.48
Editor "Sokol Gymnast" - December 1984	30.00
Additional copies "Sokol Gymnast" - November 1984	29.00
Postage and stationery	19.57
Printing Sokol Manuals	4,000.00
	<hr/>
	\$ 4,498.65

SOKOL GYMNAST

FEBRUARY 1985

Editor: Edward Linhart — 1820 Ridgeland Avenue, Berwyn, Illinois 60402

MERIT AWARD 1985

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XII American Sokol Convention, held in Detroit in June 1975, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited two-year or four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and an additional student per district which has over 1,500 members. This award is renewable for a second year. In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year. This letter is to be signed by the Unit and District Directors, designating approval or disapproval. The letter of intent, the original application and the transcripts of grades will be reviewed. The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. When a renewal is granted, a transcript of grades after the second year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the second year. Failure to submit such a transcript will result in a request for repayment of the award.

Merit Awards will be reviewed in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year.

The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Should have attended Sokol classes regularly for at least three years prior to this application. Juniors may be included but must become adult members — girls at age 17 and boys at age 18.
2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors School.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of High School Physical Education teacher.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Directors.
7. Approval of District President.

COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN MAY 30, 1985

MERIT AWARD COMMITTEE:

Paul Lebloch, Marie Ptacek, Richard Ptacek, Charles Klapp and Jo Marie Mlsek (Chairman)

**UNIT DIRECTORS — PLEASE POST ON BULLETIN BOARD
(APPLICATION ON OTHER PAGE)**

1985

XVI "TOWARD NEW HORIZONS" AMERICAN SOKOL ORGANIZATION SLET

Jr. Girls & Womens Apparatus Corrections & Clarifications:

JR. GIRLS LOW B BEAM & WOMENS LOW A BEAM:

Paragraph 6: FORWARD ROLL

Step right; close left in front of right — reach forward for beam thru closearm; SQUAT — forward roll to support seat high front-leg (V seat); seat high front-leg straddle — grab beam between legs backswing to support squatting, right in front — sidearm.

(Forward roll will be executed from a squat position as shown on the video.)

HEIGHTS OF BALANCE BEAM ROUTINES:

Heights will be as designated in our Tournament Rules Booklet. Also refer to the cover sheet sent with the various divisions.

CHAMPIONSHIP:	3' 11¼"	LOW B:	3' 11¼"
HIGH:	3' 11¼"	NOVICE:	39¼"
INTERMEDIATE:	3' 11¼"	MASTERS I & II	12"
LOW A:	3' 11¼"	(this was omitted from the cover sheet)	

HEIGHT OF VAULT ROUTINES:

Heights will be as designated in our Tournament Rules Booklet. Also refer to the cover sheet sent with the various divisions. (Please disregard Page 1 of Jr. Girls Low B and Womens Low A Vault which reads 45" to 47").

CHAMPIONSHIP:	48" Minimum	LOW A:	44" Minimum
HIGH:	48" Minimum	LOW B:	42" Minimum
INTERMEDIATE:	46" Minimum	NOVICE:	42" Minimum

Jr. Boys & Mens Apparatus Corrections & Clarifications:

HIGH DIVISION:

#4 Change "To foot takeoff handspring to read: "TWO foot takeoff handspring.

INTERMEDIATE DIVISION

FLOOR EXERCISE: IN DIRECTION A-C

1. RISE ON TOES, UPARM THRU REARARM, 2 OR 3 RUNNING STEPS
HANDSPRING, CARTWHEEL, HANDSPRING. 1.5
 2. HEADSPRING FORWARD ROLL, JOINTLEG HANDSTAND THRU TUCK, PAUSE 1.0
 3. 45 DEGREE TURN SNAPDOWN, BACKHANDSPRING, BACKHANDSPRING
STEP OUT ON RIGHT FOOT 180 DEGREE LEFT STEPPING ON LEFT IN
DIRECTION "B" 1.5
 4. 1 OR 2 STEPS JOINTLEG REBOUND HANDSPRING FORWARD TO BENTARM
SUPPORT LYING LEGS TO REAR 1.0
 5. SUPPORT WITH 90 DEGREE TURN TO LEFT, AND RIGHT SIDE LEG TO STAND
ASTRIDE FRONTBOW, SIDARM 0.5
 6. STRAIGHT ARM PRESS TO MOMENTARY HANDSTAND, 45 DEGREE TURN
ROLL TO STAND FACING CORNER "D" 1.0
 7. STANDING HURDLE, CARTWHEEL LEFT WITH 90 DEGREE TO LEFT,
DIVEROLL JUMP WITH 180 DEGREE TURN WITH STRAIGHT BODY, UPARM 0.5
 8. FOUETTE, STEP DOWN ON RIGHT FOOT, STEP BACK ON LEFT RAISING
RIGHT TO AND BACK WALKOVER, STEP DOWN ON RIGHT 90 DEGREE
TURN RIGHT 1.0
 9. SIDE CHASSE, 90 DEGREE TURN RIGHT, UPARM STEP ONTO RIGHT,
STEP ON LEFT WHILE CIRCLING ARMS DOWNWARD, FRONT SCALE
SIDARM FACING "D" HOLD 0.5
 10. 180 DEGREE TURN RIGHT, FACING "B", 2 OR 3 RUNNING STEPS ROUND OFF
BACK HANDSPRING, BACK HANDSPRING REBOUND STRAIGHT BODY 1.0
- | | |
|----------------------|------|
| APPROACH AND RETREAT | 0.3 |
| VIRTUOSITY | 0.2 |
| | 10.0 |

#7 Standing hurdle = Hop on right step left

#8 Fouette = step left jump 180 degree turn to left, land on left, right rear leg.

PARALLEL BARS:

#1 With inner grip, joint rebound thru bent hip hang, kip, release grip, uprise to arm support (cast to arm support) back uprise.

POMMEL HORSE

Change #8 to read as follows:

8. OVERPASS LEFT SIDELEG TO REAR, OVERPASS RIGHT SIDELEG TO FRONT, OVERPASS LEFT SIDELEG TO FRONT, JOINT LEG OVERPASS TO RIGHT WITH 90 DEGREE TURN TO LEFT TO STAND CROSSWAYS, RIGHT SIDE TO HORSE.

INTERMEDIATE DIVISION — RINGS:

Change #9 to read as follows:

9. FRONTSWING, DISMOUNT TUCK OPEN FLYWAY
THE INTERMEDIATE VAULT — USGF USES SIDE HORSE, WE ARE USING THE LONG HORSE.

LOW A DIVISION

PARALLEL BARS:

#4 stradleg press to shoulderstand closeleg (hold)

#8 Change front vault dismount of red: Rearleg dismount.

LOW A DIVISION AND MASTER I DIVISION — RINGS

Change #5 to read as follows:

5. FRONTSWING, DISMOUNT TUCK OPEN FLYWAY

SIDE HORSE:

#5 Overpass right forward — overpass left outward — overpass right to rear while changing right hand to left pommel, overpass left to rear while changing left hand to horse (simple travel down).

LOW B DIVISION

FLOOR EXERCISE:

#1 Thru front arm uparm, toestand

#2 Thru reararm closearm, and 2-3 running steps cartwheel, cartwheel.

HORIZONTAL BAR (NEW EXERCISE)

#1 From hang — overgrip — contra swing, cast to front — backswing

#2 Front swing, 180 degree turn to left to mixed grip

#3 Front swing, backswing — change left hand to overgrip

#4 Front swing thru pass right to knee overhang

#5 Knee uprise to support astride

#6 Overpass right to rear — front support

#7 Under swing dismount.

NOTE — The Men's and Junior Boys Apparatus routines are taken from the new 1984-1988 USGF JUNIOR OLYMPIC AGE GROUP COMPULSORY ROUTINES. It may help some instructors to purchase the USGF Booklet and study the illustrations of these compulsory exercises.

AMERICAN SOKOL ORGANIZATION

Merit Award Committee
6242 West Cermak Road
Berwyn, Illinois 60402

1985

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

My age is: _____ years. I am a member of Sokol _____
of the _____ District.

UNITED STATES GYMNASTIC FEDERATION

REPORTS BY A.S.O. REPRESENTATIVE
NORMA ZABKA

USGF Education Project

- A. The development and implementation of four National Gymnastic Coaching Seminars. These seminars will be offered this coming summer of 1985 at the following sites:
1. University of Utah, Salt Lake City
 2. International Gymnastics Camp, Stroudsburg, PA.
 3. Tsukara, Cable, Wisconsin
 4. Either at the W. G. Thomas Coliseum in Fort Worth, Texas, or at the University of Oklahoma in Norman, Oklahoma.

Each of these seminars will last a period of five days and can be taken either for no credit or for undergraduate/graduate credit. These National Coaching Seminars will serve as the basis for the development and implementation of our projected National Coaches Certification Program.

- B. The development and implementation of the National coaching Certification Program is currently in progress and should be made available to the general gymnastics industry by the Summer of 1985.
- C. An organizational framework and flow chart has been established for the Department of Education and Safety. The following six basic sub-committees have been established:
1. Sports Medicine Committee
 2. Bio-Mechanics Committee
 3. Exercise Physiology Committee
 4. Sports Psychology Committee
 5. Education Committee
 6. Safety Committee
1. To promote the conduct of original research into the scientific aspects of gymnastics.
 2. To serve as an editorial review team for the USGF Publications Department.
 3. To disseminate relevant scientific and technical information to teachers, coaches, gymnasts and judges via USGF publications, workshops, seminars and Congresses.
 4. To direct and coordinate the collective workings of the sub-committees.
- D. The Grass Roots A.A.H.P.E.R.D. Project — The purpose of this project is to establish a direct liaison with the National Governing Body for Sport and Physical Education. Its intent is to help bring gymnastics back into the school systems. In addition, this Department intends to establish a close relationship with their National Committee on Curriculum Development for the school systems. And finally, we hope to influence the National Association for Sport and Physical Education (N.A.S.P.E.) into recommending that gymnastics be a required compo-

nent in all physical education majors programs at the college level. According to recent national surveys lack of qualified gymnastics teachers has been sighted as the most prevalent reason as to why the activity of gymnastics is not being offered in the public elementary and secondary school settings. Consequently, the above program thrust should do much in the way of minimizing this problem.

- E. USGF Regional Clinics — The Department of Education is planning to become more actively involved in the development of Regional Coaches Clinics, workshops, and symposiums. This will, in part, be established by working closely with our Regional Directors who are currently already in place. The various Regional Congresses offer an excellent medium to expedite these kinds of programs.

Safety Programs

- A. The USGF Official Gymnastic Safety Manual — The development and publication of our new safety manual is on schedule and is expected to be available for public consumption in January of 1985.
- B. Safety Certification — The development of our Safety Certification Program will be completed by May of 1985. The actual implementation of the program is scheduled for the Summer or Fall of 1985.

BODY BULLETIN

Q. I know that exercise is important for adults, but how necessary is it for children?

A. A conference was held earlier this year in Washington to discuss the fitness levels of American youth, and it seems some work is definitely needed. Studies show that the fitness levels of most children begin to decline around the age of 12 and continue to decline if some sort of regular physical activity is not encouraged.

On the plus side, however, children who get as little as 20 or 30 minutes of exercise three to four times a week have been shown to substantially improve their cardiovascular systems and also their personalities. Increases in self-esteem and self-image — and *decreases* in hyperactivity — have been observed in preteens and teenagers who get some form of regular physical exercise.

"Physical activity... promotes the balanced development of a child," concluded Roy Shephard, Ph.D., M.D., in an extensive review of the effects of youth fitness programs. There is even evidence that regular physical exercise can help improve scholastic performance and curb inclinations toward the use of drugs.

*Have you brought a friend to
Sokol with you yet?*

EDUCATIONAL DEPARTMENT

Salaries	\$ 127.00
FICA for November 1984	15.34
Library supplies	9.23
Picture framing	146.00
Postage	.95
Bronze bust of Miroslav Tyrš	700.00
	<u>\$ 998.52</u>

SOKOL PUBLICATION

Printing "American Sokol"	\$ 1,115.64
Mailing list changes - November and December 1984	344.41
Postage - November 1984	316.06
Editor "American Sokol"	100.00
	<u>\$ 1,876.11</u>

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA & FWT, November, 1984 and phone	\$ 395.95
Future Sokol Leaders Fund - Postage	.80
Library and Archives Fund - Postage	3.20
XVI ASO Slet - Postage	29.51
Special Appropriations	920.80
	<u>\$ 1,350.26</u>
TOTAL DISBURSEMENTS	<u>\$11,841.89</u>

Balance brought forward:	
Western National Bank of Cicero - Checking account	\$ 460.93
Receipts - December 1984	13,195.90
	<u>\$13,656.83</u>
Disbursements - December 1984	11,841.89
	<u>\$ 1,814.94</u>

	Price
Post Card w/XVI Slet	\$.25
w/American Flag	.25
Luggage Tag w/Sokol Emblem	1.00
Hand Painted Spoons — 10"	1.00
12"	1.25
14"	1.50
Plastic Mug w/Vaulter	1.25
Patch w/Logo	1.25
Lapel Pin w/Logo	2.50
Duffle Bag w/Falcon	7.00
Designer Scarf	7.50
"T" Shirt Navy Blue w/Logo	7.50
Sizes: Adult — S, M, L, XL,	
"T" Shirt White w/Falcon - Blue trim	7.50
Sizes: Adult — S, M, L, XL,	
Men's Sokol Tie	8.00
Leaded Glass Sokol Emblem	25.00
Buttons — each	1.00
Gymnast w/hoop	
I (Love) Sokol	
Co Czech To Sokol	
Sokols Do It Better	
Kiss Me I'm A Sokol	
Kiss Me I'm Czech	
Bratři NAZDAR Sestry	
Sokol Emblem	
Button — XVI Toward New Horizons ... Promotional	.50

*Get your orders in early!
Shipping and handling extra.*

Make checks payable to:

XVI. American Sokol Slet

Mail to: XVI. Slet Souvenir Committee
6424 W. Cermak Road
Berwyn, IL 60402

XVI American Sokol Slet SOUVENIRS



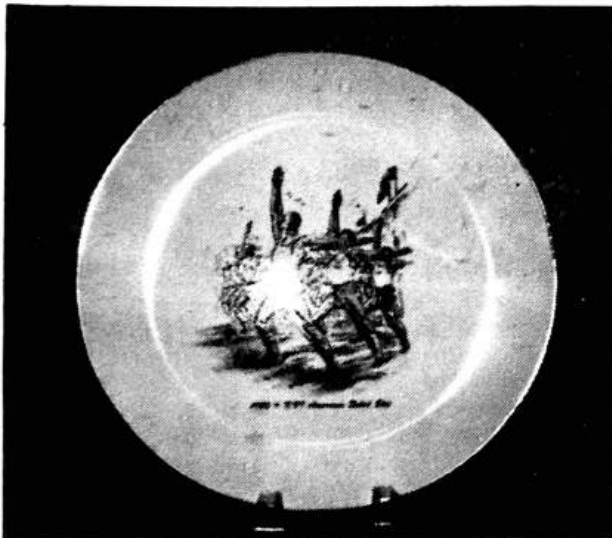
MORE SOUVENIRS!

We have three more souvenirs to offer you. They are:

- Blue/white Sokol emblem note paper, pkg. of 10 with envelopes, \$2.50 per pkg.
- Postcard, Sokol emblem w/flowers, 25¢ ea.
- Fingertip Sokol emblem applique, 25 ¢ ea.

The souvenir committee also requests that you do not prepay your souvenir order, but wait until we bill you. The differences in shipping and handling costs to all the different areas of the United States make it impossible to set a firm rate charge. It will make book-keeping and shipping procedures less complicated. The interest in souvenirs has been great and if you could help us out by waiting to be billed, it will be greatly appreciated by the personnel in the American Sokol Office. This procedure will also help to expedite matters quickly. Thank you for all your help and cooperation.

NEW PLATES HAVE ARRIVED!

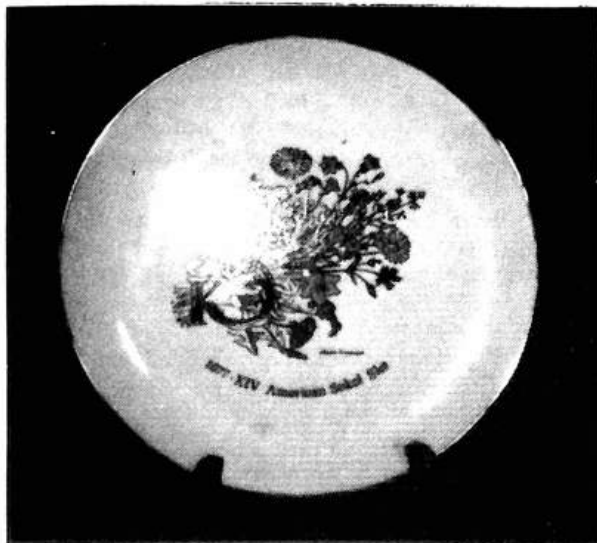


The shipment of XVI American Sokol plates for the 1985 Slet have just been delivered to our office. Now is the time to reserve yours. If you are collecting the series of plates send us your number and we will put it aside for you, to be picked up at the Slet or you can have it sent to you.

Price: \$20.00 plus shipping and handling.

The plate features a group of Sokol men drilling. Very different, but beautiful. Send for yours today!

Commemorative Plates



A tradition was started in 1977 to start a collection of plates for the American Sokol Organization. The third plate of the collection has arrived in the ASO office. Because our collection has only 300 plates in each series it has become a collector's item. Any series of plates with less than 15,000 plates produced can be considered a very good investment. We have only 23 plates left from the 1977 series, a 100 from the 1981 series. If you are considering completing your series or perhaps starting the whole series, it is best to reserve your number immediately. The first plate from 1977 will not be sold alone, it will only be sold in a series of three plates, one from each Slet. It already has become valuable enough to restrict its sale. Reserving the same numbered plate from each Slet makes your collection even more valuable. Plates can be picked up at the office weekdays, or if you live out-of-town, they can be shipped to you. The cost is \$20.00 per plate, plus shipping charges. If you wish to reserve an individual plate, or the whole series, do so right now because sales have been brisk. You may also reserve a number and have your plate or plates held in our office until you arrive for the Slet! Do not hesitate, or you may miss out on one of the nicest traditions started by the American Sokol Organization.

CORRECTION!

On last month's cover the editor took the message over the phone. There are three errors.

The first paragraph, should read "within the same year," instead of with the same year. Last line in the second paragraph should read, "to sail that course". And last, third paragraph should read "meet in competition and camaraderie."

The editor apologies for these errors, and any inconvenience it may have caused our readers.

Sokol and Sokolice Milwaukee

With Sokol's 117 years and Sokolice's 85 years of activity we accomplished some very interesting goals in 1984. Since we moved from our "Česká Sín" in 1967 our method of operation had to change. There we had our own gym and an opera hall, now we hold co-ed gym classes once a week in a public school. This presents a difficult problem in teaching four levels of gymnastics in one night. Our unit meetings are held at the International Institute and National Savings buildings. This arrangement does not permit us a lot of flexibility.

In review for the year: February, A very successful Jaternice dinner. March, well attended Pabst Beer Social. April, Channel 10 TV taping, May, 117th exhibition and graduation program. The big event for May was the 85th anniversary banquet for Sokolice held at the Hoffman House restaurant. Picnics and Czech culture presentations occupied the summer months. September, started our gym classes with a registration of over 40 youngsters. October, Sokol and Sokolice did something outstanding. We held a recognition banquet and honored fifteen living past presidents with a special Sokol pin designed by us. Honored were Sisters: Vlasta Eckert, Emily Falarsh, Lillian Funk, Geri Hruzek, Helen Knuth, Ethel Pivonka, Barbara Shabart, Vlasta Vojta and Johanna Yirkal, Brothers: LeRoy Bauman, James Hron Sr., Jamed Pilger, Edward Pivonka and August Shabart. In addition we also honored our two Physical Directors, Sister Emily Falarsh and Brother Fred C. Stankovsky who are directors for over fifty years. All members enjoyed this spectacular presentation. November, our Folk Fair participation in Czech Crafts, Food, Culture, Dancing and Gymnastics, over 100 of our members volunteered.

So its "Toward New Horizons" for Sokol and Sokolice Milwaukee. Nazdar, Fred Stankovsky

Additional Olympic News



Pictured above is Sis. Emilie Ruzicka waiting for the beginning of the first rotation of teams at the Olympic games, where she worked with the Women's Gymnastic competitions. Upon conclusion of each exercise, score was posted, and results after the first rotation printed and distributed, with a ten minute time limit. Sis. Emilie served as a volunteer thru the entire competition of Women and Men, also rhythmic gymnastics with training plus special events, socials and festivities in our uniforms. It was very exciting being present full time at the gymnastic events to the end, in the walk way near the apparatus.

The press section next to our office in the Pauley Pavillion served media from all over the world and each newsman or lady had a TV news screen at their elbow.

I have been in Sokol since childhood, all the way up to the high division gymnastic competition and in the Results Team at the 1984 Olympic found the Olympics the most exciting following my SOKOL MEMORIES. UP AND SOARING.

Sis. Emilie Ruzicka
Sokol Miami, President

who was involved with the Staff Technology Division at the 1984 Olympics!



JUNE 26th-30th 1985

*Have you brought a friend to
Sokol with you yet?*

**COPY FOR PUBLICATION
must be received by the 10th
of the previous month**

ASO Educational Department

Calendar of Events

MARK YOUR CALENDARS FOR 1985!

- FEB. 17 — SOKOL STICKNEY
Pancake Breakfast
- FEB. 17 — SOKOL DETROIT
Winter Gymnastice
- FEB. 17 — SOKOL GREATER CLEVELAND
Winter Gymnastic Exhibition
- FEB. 24 — SOKOL GREATER CLEVELAND
Winter Exhibition — Cleveland State University's
Woodling Gymnasium
- MAR. 1 and 2 — SOKOL BROOKFIELD
Gymnastic Exhibition
- MAR. 9 — SOKOL TABOR
Gymnastic Exhibition
- MAR. 9 — SOKOL SAN FRANCISCO
Masaryk Dance
- MAR. 15 — SOKOL GREATER CLEVELAND
Fish Fry
- MAR. 16 — SOKOL STICKNEY
Gymnastic Exhibition
- MAR. 17 — SOKOL SLAVSKY
Gymnastic Exhibition
- MAR. 23 — SOKOL BERWYN
Gymnastic Exhibition
- MAR. 24 — SOKOL NAPERVILLE
Gymnastic Exhibition
- MAR. 31 — SOKOL WEST SUBURBAN
Gymnastic Exhibition
- APR. 19 — SOKOL GREATER CLEVELAND
Fish Fry
- MAY 10 — SOKOL SLAVSKY
Bunco Party
- MAY 11 — SOKOL SAN FRANCISCO
May Dance
- MAY 18 and 19 — SOKOL ST. LOUIS
Weekend celebration - 120th Anniversary
- MAY 18 — NORTHEASTERN DISTRICT
Boys and Girls Competitions in Cleveland, Ohio
- JUNE 1 and 2 — NORTHEASTERN DISTRICT
District Slet - Cleveland, Ohio
- JUNE 2 — SOKOL SLAVSKY
Family Picnic
- JUNE 9 — SOKOL DETROIT
Summer Gymnastice, Sandy Bottom Lake,
Sokol Camp
- JULY 14 — SOKOL SOUTH OMAHA
Czech Festival
- AUG. 4 — SOKOL SAN FRANCISCO
Picnic



Sis. Joan Curran, Sokol Tabor and Sis. Annette Schabowski, a member of the ASO Educational Committee and also a member of Sokol Tabor, pictured with part of the Sokol display at the Czechoslovak Show at Morton East Chodl Auditorium sponsored by the Cicero-Berwyn Fine Arts Council. The show was a huge success and far exceeded anyone's expectations.



Sis. Annette Schabowski, with several of her paintings exhibited at the program. Sis. Schabowski is a member of the ASO Educational Committee and is the current librarian at the national office.

America's Oldest Fraternal Benefit Society:

Providing quality life and health insurance protection and fraternal benefits to our members for over 125 years!

Visit the CSA Heritage Museum, Library, and Archives Monday through Friday 10:00 a.m. to 4:00 p.m.

Public Invited, Group Tours Available
(312) 795-5800



P. O. Box 249 • 2701 S. Harlem • Berwyn, IL 60402

At' Jedete
kamkoliv

vlakem, lodí nebo
letadlem,

po celém světě nebo jen
po Americe,
vždy pojedete nejlépe od

HEGER
TRAVEL BUREAU

6118 W. Cermak Road
Cicero, Illinois 60650

863-3681

... IT IS NOT EASY ...

*To apologize,
To begin over,
To be unselfish,
To take advice,
To admit error,
To face a sneer,
To be charitable,
To keep trying,
To be considerate,
To avoid mistakes,
To endure success,
To profit by mistakes,
To forgive and forget,
To think and then act,
To make the best of little,
To subdue an unruly temper,
To shoulder a deserved blame,
To recognize the silver lining —
BUT IT ALWAYS PAYS!*

From: Sokol Times

THE BOHEMIAN NATIONAL CEMETERY

OF CHICAGO

FEATURES THE BEAUTIFUL
**MASARYK MEMORIAL
MAUSOLEUM**
WITH NEWLY ADDED WINGS
It offers a complete cemetery
service consisting of
**Cremation - Columbarium
Ground Interments**

**BRONZE GRAVE MARKERS
and GRANITE MEMORIALS** are
on display at the Cemetery
Office.

**5255 North Pulaski Road
Chicago, Illinois 60630**

Telephones: 539-8442 - 3
Suburban 788-8442

**Listen to our radio hour every
Sunday at 9:00 A.M. on WTAQ**



NEW SOKOL POSTCARD!

NEW SOKOL NOTE PAPER!

Spolehlivá cestovní služba do všech částí světa

Vyřídíme rychle a přesně návštěvu Vašich
příbuzných z ČSR.

WEBER TRAVEL AGENCY

6805 WEST CERMAK ROAD

BERWYN, ILL. 60402

Dárková služba TUZEX Vaším drahým.

312-242-1512

312-749-1333

87th
SUCCESSFUL
YEAR

of

Fraternal
Life Insurance
PROTECTION

**Western Fraternal
Life Association**
Západní Česko-Bratrská Jednota

LARGEST
CZECH-AMERICAN
ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 members in 8 states. - Now licensed in 18 states, has over \$211,000,000 of insurance in force. - Total assets over \$51,000,000. - Offers Legal Reserve Fraternal Life insurance and annuities for Juveniles and Adults.

Home Office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402