

# AMERICAN SOKOL

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Educational and Physical Culture Organization



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## OFFICE OF THE EXECUTIVE BOARD ASO

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Telephone: 795-6671

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

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**AMERICAN SOKOL ORGANIZATION**  
6424 West Cermak Road  
Berwyn, IL 60402

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Sokol \_\_\_\_\_

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVII

January — 1986 — Leden

Číslo - No. 1

## ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, November 26, 1985, was called to order by our President Bro. George Basta at 7:35 p.m. Pledge to the flag was given.

Members present: Sis. Mildred Pinc, Vlasta Zitny, Marie Ptacek, Jackie Kourim, Bro. Fred Stankovsky, John Satek, Chuck Borvansky, Fred Kala, Bob Barcal, Roy Zitny, Paul Lebloch, Jerry Rabas, Dick Ptacek and George Basta.

Members excused: Sis. Sylvia Pistorius, Emilie Ruzicka, Bro. Gary Masek and Jerry Milan. One guest was present: Sis. Emily Stankovsky.

District minutes received: Central District, October 23rd. ASO Executive Board minutes accepted from last month's meeting.

**CORRESPONDENCE:** Resolution from State Senator LeRoy W. Lemke, commemorating Bro. George C. Basta as President of the American Sokol Organization, to be printed in our magazine. Thank you letter from Bro. Frank Capek, President, Eastern District, for his testimonial dinner. Thank you letter from Bro. Edwin Halik, for his 80th birthday surprise! Selden, Fox and Associates, Ltd., contract for professional services, to be signed and accepted. Sokol Schenectady, requiring information about their historical records and the disposition of same, answer sent explaining just what can be done. Bro. Steve Frolo, Eastern District Director of Men (at the time of the convention), requests payment for plane fare and two days per diem for the convention, extenuating circumstances; accepted. Sokol New York, Bro. Walter Slavik, President, requesting Bro. George C. Basta to attend their annual meeting, December 15th, they will pay fare, per diem, etc., approved, also second party attend. Copies of letter (2) to Bro. Henry Siedlik, President, Sokol Detroit and Sis. Elizabeth Penovich, Secretary, Sokol Moravan, concerning the merger of Sokol Moravan with Sokol Detroit, sent letters to each to "keep us posted". Czechoslovak National Council of America, request for an historical page in their program book, 1/2 page for \$50.00, approved. Czechoslovak Sokol Abroad, English translation, Bro. George Basta, is putting a memorial of Dr. Tyrš together and would like some articles from the American Sokol Organization. Bro. Zenisek has some materials already to give them

from the Educational committee. Late bill from the Slet approved for payment, \$13.90. Czech Catholic Union, Bro. Joe Kocab, President, will exchange publications. Bro. Ed and Sis. EllenJeanne Schnabl, wishing answers to two questions concerning our Christmas seals, letter will be sent in answer to their questions. Postcard from Bro. Jerry and Sis. Rose Hardy, from Gymnastic Championships in Montreal. Several articles of interest from other publications. Donations of artifax from Sokol Milwaukee, the archives division will send a thank you letter.

Congratulations to Bro. Chuck Borvansky on his election as new President of the Central District.

**1985 SLET:** Final reports and the minutes of the last meeting held November 21st. Bro. Roy Zitny, went over the reports and formally announced the termination of the Slet Committee of 1985. Bro. Chuck Borvansky was thanked for all the art work that was donated, otherwise it would have cost us a lot. The Slet committee recommends to the Executive Board to send out survey/bids to all the districts to host the XVII ASO Slet in 1989, bids to be returned by June 1, 1986, approved. 25% of the profit will be sent to Central District, \$7,480.01, check to be given to Sis. June Pros.

**DIRECTOR OF WOMEN — Sis. Sylvia Pistorius:** In Sis. Pistorius' absence, Bro. Ptacek gave her report. Letter from Bro. Steve Banjak regarding our inquiry about the Sokol manual. Bro. Banjak relates that most of the stick figures are completed and that he hopes to have the manual ready for our instructors course next July. A very detailed letter from the Western District written by Sis. Jolene Dalton regarding every event during the Slet days. Most of the comments were very complimentary, several good ideas will be put into file for our 1989 Slet. We received the senior competition routines from Zurich. They are written in Czech but have stick figures which make them easier to follow. Since their routines are much different from ours, it was recommended that the District use the 1986 USGF routines so that we are well prepared for the Slovak Slet in 1987. Those wishing to compete in Zurich will have the routines available to them. Received the relay race entry form and the volleyball entry form. These have been mailed to the District Directors. All entry forms are due by March 31st. A birthday card was sent to Sis. Marie Provoznicova on her 95th birthday. Final Report forms approved for payment: Western District, technical gymnastic material men/women (\$40.00 per unit), \$171.79; Western District, USGF, Congress, Sept.

12-15 in Salt Lake City, Bud Benak, South Omaha; Phil Cahoy, South Omaha; Rhonda Frey and Allison Gerber, Sokolice Cedar Rapids, \$328.50. Bro. John Satek submitted information on the video equipment and it is the recommendation that two 4 head VCR unites and a monitor with some additional cords and etc. be purchased, not to exceed \$1,000.00, approved. A letter will be written to the Downers Grove North High School thanking them for their cooperation during the Slet competitions held there.

**DIRECTOR OF MEN — Bro. Dick Ptacek:** The Doane College sent a letter thanking the Sokol organization for furthering the cause of education by presenting the Merit Award Scholarship to Sis. Georgia Walter. It was suggested that copies of the letter be sent to Sis. Jolene Dalton and JoMarie Mlsek. This is the first time we have ever received a thank you letter from a college. Invitation from C. J. Johnson, men's gymnastics of U of I, Chicago, to the Windy City 1985 Invitational. Newsletter received from D. A. Sokol South Omaha, Sokol Detroit and Sokol Los Angeles which contained an article on "Early Teachings" by Bro. Edwin Halik. Bro. J. Liska requesting information on the School Board, the Sokol manual, instructors, course and word processor, reply to Bro. Liska's requests will be forthcoming. Sis. Jan Kalat requests additional attendance figures. All districts are asked to comply with this requests in order that the statistician's report may be completed. A number of members of various units plan to attend the U.S. Association of Independent Gymnastic Clubs Clinic and Seminar, Nov. 22, 23, 24 at the Woodfield Hyatt. The board discussed the possibility of having informal reports made by those who attend these conferences as well as USGF to keep others informed. Informal work shops will be planned when the next Directors' Conference is held, since members who attend these conferences must have a wealth of information to share. Sis. Pistorius has been in contact with Bro. Benak and was informed that the plans for the instructors' course should be completed and sent to the District Directors around December 1st.

**MEMBERSHIP CHAIRMAN - Bro. Fred G. Kala:** — Three hundred forty-two associate members have been reported thus far. Long discussion ensued. What fees should be collected? The understanding from the convention is that \$2.00 per associate will be paid to the ASO, the rest of the fees are not legally collectible until they become bonifide members.

**EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch:** The Education committee has met three times. Meeting day will be the third Tuesday of each month. Bro. Stanley Barcal is the 1st Assistant and Sis. Nancy Borvansky is the secretary. Essay contest rules sent to unit educational and physical directors. Deadline for entries is January 15, 1986. The Unit Cultural Contest and Awards were discussed, will be reviewed. Submitted by Bro. George Kotlan of Sokol Greater Cleveland. Approved

\$100.00 petty cash fund for the secretary. Purchase of 4 manuals and 1 tape of Sis. Mildred Prchal's ballet books, approved. Long list of donators to the library/archives read, these people will also received a letter of acknowledgement for their donation.

**PUBLICITY — CZECH — Bro. Jerry Rabas:** Article for the 28th of October and an article on Bro. Ed Halik's 80 birthday surprise.

**PUBLICITY — ENGLISH:** We are still looking for someone to fill this position. Bro. John Satek gave us a copy of the Suburban Life's publicity booklet. This would help make the publicity job easier.

**FINANCIAL SECRETARY — Sis. Mildred Pinc:** Financial report for October, 1985, was compiled and copies were distributed to Excecutive Board Members. Sis. Agnes Sotka and I attended the seminar given by Selden, Fox and Associates. A new supply of 10 and 50 year membership pins was ordered and received. There will be an increase in the price. The 10 year of associate members to be added to our records. These plus the new members and changes of addresses are being added to our plates. Sis. Linda Modes has come to help with this in the evening. Letters sent to all delinquents units, 23 in all. Carbon copies sent to the district presidents. Donations to the Future Sokol Leaders' Fund were read along with the dividends and interest received from four savings and loans.

**TREASURER — Bro. Bob Barcal:** Comparison report given for the uniform department. Bank statements were reconciled and found in good order. One missing check for the Berwyn Window Cleaning and for the Slet we are still waiting for the Falconer Association to cash their check. Bro. Sprtel is checking into this for us.

**EDITORIAL — SECRETARY — Sis. Jackie Kourim:** December issue is being worked on, November already mailed. Hopefully we have a new editor in the wings and right after the holidays we will begin working with her. As secretary finally getting caught up with all the details and tying up all the loose ends from the convention and Slet. Mailings to go out for the tour and rosters for the new directory. Proof read a copy of the new by-laws. Christmas seal report, 745 donors, \$4,500.00 gross receipts thus far, very good response.

**II. VICE-PRESIDENT — Bro. Gary Masek:** Report read by Sis. Kourim. On November 9, I was present at Sokol South Omaha's Mortgage Burning Ceremony. This ceremony took place as a result of a devastating fire that destroyed the original Sokol Hall in 1975. A 30-year mortgage was obtained to replace the old Sokol Hall with a new one. With dedication and hard work from Sokol South Omaha's members this 30-year mortgage was paid off in a little over nine years. A good time was had by all at the dinner. We were treated to New York strip steaks with all the trimmings. Along with myself at the head table was Bro. Roy Zitny who also spoke. Sokol South Omaha's new goal is to pay for the paving of a 500 car parking lot and landscaping

around the almost square block area. Bro. Roy Zitny also gave his report on the morgage burning ceremony.

**I. VICE-PRESIDENT — Bro. Chuck Borvansky:** Waiting for the proofs from Bros. Kovar and Milan for the by-laws so he can go ahead with the layout work.

**PRESIDENT — Bro. George C. Basta:** Went to Bro. Capek's testimonial in Little Ferry. Over 250 people were in attendance. Bro. Capek was presented with many awards. Bro. Walter Slavik acted as master of ceremonies. Met with both the tour and computer committees, attended Bro. Halik's 80th birthday party, Central District annual meeting and installed their officers, attended the Milwaukee Folk Fair, food and exhibits were excellent.

**TOUR COMMITTEE:** Met October 31st, Bro. Zitny gave a report on all the bids received. Cihak World Travel was chosen as our agent. Other bidders will be notified of our decision. Any profit realized on this tour will be used for the defrayment of the cost of our new computer system, approved by the Executive Board. The BOI will have to note that the volley ball team players will have to be in Zurich a day earlier than others.

**COMPUTER COMMITTEE:** Should be coming tomorrow. Software for the computer will be demonstrated by Meta File. Furniture will be purchased at a later date. Costs were given. The five year cost of maintaining our mailing list is the same as the purchase of the computer. Will there be a need for air-conditioning in the summer months? Static mat should be used in the winter months. What method will be used to put the mailing list on the computer? One thing that has to be on the mailing list is the unit number and the zoning.

**TELE-CONFERENCING:** Call long distance operation 5 to 10 minutes before meeting starts. We will have to get our own equipment. AT&T will sell us equipment. Many options given on the subject.

**SLET 1986 — Logo:** The tour committee is asked to stay 10 minutes after our meeting and make a decision.

Bro. Stankovsky requested a letter of approval for Sokol Milwaukee's by-laws. Short report given on the progress of the new management in the uniform division. New hours are beginning to take hold. Trip to Museum of Science and Industry for the Christmas Around The World this Saturday, bus tour.

Bus tour to Cleveland in February sponsored by Sokol Stickney, to visit Sokol Ceska Sin and Sokol Greater Cleveland.

Don't forget your reservations for the Executive Board Christmas party due by December 6th. Meeting adjourned at 10:05 p.m. Refreshments served afterwards.

Respectfully submitted,  
*Jackie M. Kourim, Secretary*

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HAVE YOU BROUGHT A FRIEND TO  
SOKOL WITH YOU YET?

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## *Sokol Educator*

### **VYŠEHRAD**

Once again Sokol gymnasiums around the world are resounding with heart-warming melodies of senior calisthenics as we are rehearsing for the upcoming Slet of the Czechoslovak Sokol Abroad in Zurich next summer. It seems like yesterday that these same halls were filled with that unforgettable sound of Antonín Dvořák's New World Symphony as we were preparing for the Vienna Slet of 1982.

This time, however, it is the music of another great Czech composer, Bedřich Smetana, which accompanies our calisthenics. Vyšehrad, as this piece is known, is the first part of the internationally acclaimed masterpiece "Má Vlast" (My Country), which Smetana composed in 1874 and completed in total deafness. This symbolic poem, the first he has ever wrote, is written in praise of his beloved homeland, its beauty, its people, its history or perhaps legend.

Vyšehrad takes its name from the rocky bluff in Prague, overlooking the river Vltava; it is here where the great prophet-queen Libuše held court. Of the poem Smetana writes as follows in the flyleaf of the score:

"At the side of the venerable rock, Vyšehrad, the poet's memory is carried back to the remote past by the sound of the harp of the bard, Lumír. There rises the vision of the rock in its ancient splendor, its gleaming golden crown that was the proud dwelling place of the palace of the Přemysl kings and princes. Here in the castle, the knights assembled at the joyous summons of the trumpets and cymbals, to engage in splendid tournaments; here the warriors gathered for combat, their arms clanging and glittering in the sunlight. Vyšehrad resounded with songs of praise and victory. Yearning for the long-perished glory of Vyšehrad, the poet now beholds its ruins. The devastation of furious battle has thrown down its lofty towers; fallen are the sanctuaries and demolished the proud adobes of its princes. Instead of songs of triumph and victory, Vyšehrad quakes at the echo of savage war-cries. The tempests are stilled. Vyšehrad is hushed and bereft of all its glory. From its ruins there comes only the melancholy echo of Lumír's song, so long forgotten and unheard."

First few bars of the harp of this magnificent work were adopted and used throughout the years as the official station identification signal (znělka) of Radio Prague. This touching tune cutting through the night gained symbolic importance as the warning voice of a small democratic nation in the heart of Europe, betrayed and abandoned by its friends and allies in Munich on the eve of World War II, reminding the free world that no lasting peace and security can ever be gained by sacrificing small nations to ruthless dictatorships.

*Sis. Dagmar Fiala, Sokol Washington, D.C.*

# ASO FINANCIAL REPORT

NOVEMBER 1985

### RECEIPTS:

|   |             |
|---|-------------|
| Dues  | \$ 4,123.70 |
| T. G. Masaryk Dues                                | 20.00       |
| Convention Fund                                   | 54.00       |
| Special Assessment                                | 27.00       |
| Advertising in "American Sokol"                   | 150.00      |
| Resale of Jewelry                                 | 262.25      |
| "Highlights of Czech History"                     | 2.25        |
| U.P.S. Charges                                    | 7.18        |
| Educational Booklets                              | 2.00        |
| Sokol Ties  | 360.00      |
| Christmas Seals                                   | 3,082.00    |
| Membership kits                                   | 15.00       |
| Copies made                                       | 3.00        |
|   | \$ 8,108.38 |
| A.S.O. Uniform Division — Rent,<br>Salaries, etc. | 851.94      |
| Total Receipts                                    | \$ 8,960.32 |

### DISBURSEMENTS:

#### ADMINISTRATIVE

|   |             |
|---|-------------|
| Salaries — Office Employees                           | \$ 1,065.23 |
| F.I.C.A. & F.W.T. —<br>October 1985                   | 206.32      |
| Rent, Janitor Services &<br>supplies, Phone, Electric | 1,102.32    |
| Office Supplies                                       | 12.00       |
| Postage   | 76.60       |
| Travel Expense  | 332.59      |
| Donations — CNCA —<br>Seals & Ad                      | 60.00       |
| Printing Christmas Seals                              | 876.82      |
| Membership Pins                                       | 2,667.50    |
| Computer  | 5,883.00    |
| Miscellaneous   | 327.86      |
|   | \$12,610.24 |

#### BOARD OF INSTRUCTORS

|  |           |
|--|-----------|
| Salaries   | \$ 440.78 |
| F.I.C.A. — October, 1985                         | 68.40     |
| Editor "Sokol Gymnast"                           | 30.00     |
| Add'l. copies "Sokol Gymnast" —<br>October, 1985 | 29.00     |
| Postage  | 22.56     |
| Subscription to "International<br>Gymnast"       | 18.00     |
|  | \$ 608.74 |

#### EDUCATIONAL DEPARTMENT

|                          |           |
|--------------------------|-----------|
| Salaries                 | \$ 190.75 |
| F.I.C.A. — October, 1985 | 13.54     |
| Petty Cash               | 100.00    |
|                          | \$ 304.29 |

#### SOKOL PUBLICATION

|  |           |
|--|-----------|
| Editor "American Sokol"                      | \$ 125.00 |
| Printing "American Sokol" —<br>October, 1985 | 1,052.64  |

|   |             |
|---|-------------|
| Postage "American Sokol" —<br>Oct. and Nov., 1985 | 746.52      |
| Mailing list changes —<br>November, 1985          | 299.32      |
|   | \$ 2,223.48 |

### MISCELLANEOUS

|   |             |
|---|-------------|
| A.S.O. Uniform Division —<br>Salaries, F.I.C.A., Oct., 1985,<br>F.W.T., Oct., 1985 and<br>phone | \$ 743.40   |
| Special Appropriations —<br>Western District  | 500.29      |
| Future Sokol Leaders' Fund —<br>Postage   | .88         |
|   | \$ 1,244.57 |
| Total Disbursements   | \$16,991.32 |
| Balance brought forward:<br>Western National Bank of Cicero —<br>Checking Account               | \$10,246.25 |
| Receipts — November, 1985   | 8,960.32    |
|   | \$19,206.57 |
| Disbursements — November, 1985  | 16,991.32   |
|   | \$ 2,215.25 |

## FUTURE SOKOL LEADERS FUND

November 1985

|  |          |
|--|----------|
| In memory of Anton and Ada Bares —<br>Myra J. Ripkey (daughter)                  | \$ 20.00 |
| In honor of Br. Edwin Halik's 80th birthday —<br>Dick and Marie Ptacek           | \$ 20.00 |
| Lorene and Joan Sedlacek   | 10.00    |
|  | 30.00    |
| In memory of Sis. Milada Hodoval —<br>George and Rose Vytlačil                   | 10.00    |
| In memory of the deceased members of<br>Sokol Schenectady —<br>Sokol Schenectady | 50.00    |
|  | \$110.00 |
| — Donations are tax exempt —   |          |

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

### PICTURES ON PAGES 8-9

*Page 8, upper l. Tots Cal, upper r. boys/girls,  
lower l. men/wo men, lower r. Jr. Boys Girls.*

*Page 9, upper l. Central District parachute #,  
upper r. Div. Champs, lower l. American Sokol  
Slet Exhibit, lower r. Momentos of Blanche Kos at  
Exhibit.*

# GYMNAST

JANUARY 1986

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 Editor: Frank H. Michalek — 10 S. 020 Lorraine Dr., Hinsdale, Illinois 60521
 

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## Part II of a three part series

### JUDGING SOKOL WOMEN'S COMPULSORY EXERCISES

by JOLENE DALTON

**VAULT**

All vaults must be executed with hands on the horse. Two trials are permitted. Each vault will be scored and averaged separately. The higher of the two averages will count. The judge's slip should show vault #1/vault #2.

One balk for both vaults (not one balk for each vault) is allowed providing the gymnast does not touch the horse. She may touch the beat board.

All compulsory vaults do include approach and retreat, worth 0.4.

**Voids vaults (\*):**

- Two balks/false runs. (One is allowed without deduction.)
- Touching the horse on a balk.
- Spot during the vault. (A spot is allowed on the **landing** with a 0.5 deduction.)
- Incorrect vault performed. (Example: a 1/2 on, 1/2 off vault is performed instead of a hand-spring full. A horizontal squat instead of a layout squat is **not** an incorrect vault. It is simply the vault performed at the wrong angle.)

\*In Sokol, you can still give points for Approach and Retreat even though the vault is void.

**UNEVEN BARS**

When a gymnast falls from the bars she has 30 seconds to remount. She may chalk her hands or adjust her handguards. If she has not returned after 30 seconds the exercise becomes terminated and is judged up to that point. The exercise may not be repeated unless there was some fault in the equipment or a technical error in the meet.

One extra run and takeoff for the mount is permitted if the gymnast does not touch the bar or pass under it.

Either bar may be raised or lowered 1 or 2 inches; the low bar may be adjusted in or out.

**Point deductions:**

- Passing under the bar or touching the bar on the mount ..... 0.5
- Stop ..... 0.2
- Light touch of the bar ..... 0.1—0.2
- Repetition of a missed element ..... 0.5

- Alternate regrasp ..... 0.3
- Extra swing ..... 0.3
- Release of one hand without supplementary support ..... 0.3
- Release of one hand with supplementary support (foot on or against apparatus or floor) ..... 0.5
- Fall on floor or apparatus ..... 0.5
- Fall on the dismount: hand touch ..... 0.3  
hand support,  
knees, &/or seat .... 0.5
- Coach between the bars ..... 0.5
- Coach touching the bar ..... 0.3
- Coach speaks to the gymnast ..... 0.5
- Coach signals to the gymnast ..... 0.3
- Aid by coach during the exercise (even a small touch) ..... 1.0  
or value of the movement  
(whichever is greater)
- Aid by the coach on the landing ..... 0.5
- Coach obstructing the judge's view ..... 0.3

**BALANCE BEAM**

Rhythm is a very important factor in the beam. A routine need not have any stops. Any movement in which the legs or torso do not continue moving is considered a stop. Support movements should stretch to show the element and move right on or they will constitute a stop.

If a fall occurs, the gymnast is permitted 30 seconds to remount. The routine will be terminated and judged up to that point if she exceeds that time limit.

**Point deductions:**

- Touch on the beam after takeoff (without mounting) ..... 0.5
- Repetition of a missed element ..... 0.5
- Slow routine ..... up to 0.5
- Stop ..... 0.2
- Failure to comply with length of "show" or "pause position (1 second) ..... 0.1
- Failure to comply with length of "hold" position (2 seconds) ..... 0.3
- Touch** of the hands on the beam to maintain balance ..... 0.3

8. **Support** of the hands on the beam to maintain balance ..... 0.5
9. Support of the leg on the side of the beam 0.2
10. Fall on the floor or the beam ..... 0.5
11. Fall on the dismount: hand touch ..... 0.3  
hand support,  
knees, &/seat ..... 0.5
12. Coach walking up and down beside the beam ..... 0.3
13. Coach speaks to the gymnast ..... 0.5
14. Coach signals to the gymnast ..... 0.3
15. Aid by coach during the exercise (even a small touch) ..... 1.0  
or value of the movement  
(whichever is greater)
16. Aid by the coach on the landing ..... 0.5
17. Coach touching the beam ..... 0.3
18. Coach obstructing the judge's view ..... 0.3

## WILL THE REAL SIT-UP PLEASE STAND UP?

*Practically everyone knows that doing a sit-up with your legs straight is definitely out, but anchoring your feet is also a sit-up no-no.*

What's the easiest way to start an argument between two instructors at a Sokol?

Ask them the "right" way to do a sit-up.

The sit-up: Probably no other exercise has been performed so widely and frequently (after all, it promises a flat stomach and a pain-free back, two Holy Grails of any fitness program), yet is so misunderstood.

So what is the right, or most effective, way to perform a sit-up? Well, it's actually easier to talk about the wrong ways first. Practically everyone knows now that doing a sit-up with your legs straight is definitely out because it can hurt your back. But many people still don't understand that anchoring your feet is also a sit-up no-no.

Marilyn I. Miller, a San Francisco registered physical therapist and back-care consultant to business and industry, has just completed her master's thesis on sit-ups and back health at the San Francisco State Human Performance Laboratory. She'll be presenting the results of her research at the Olympic Scientific Congress in Eugene, Oregon, this July. She says anchoring feet during a sit-up (having your feet held down or hooked under something) defeats the purpose of the exercise—which is to use your abdominal muscles.

Instead of using your abdominals, a feet-anchored sit-up forces you to depend on your legs and your iliopsoas, a complex of muscles in the hip area, says Miller. The iliopsoas affects the entire working of the back, hips and pelvis.

To make matters worse, in most people the iliopsoas complex is already too tight—it needs to be stretched. But a feet-anchored sit-up just tightens it

even more. And that can lead to back problems and other related aches and pains.

Anchoring your feet underneath something can also force your body toward a swayback, a vulnerable back and posture position many of us already use in everyday life. Doing sit-ups in this weakened position can even *cause* back injury, Miller says.

"Well, that's that," you may be thinking in exasperation at this point. "Since I can't do a sit-up unless my feet are anchored, I guess I have to give up sit-ups!"

But you don't, says Miller. For 15 years, she's been training people to perform sit-ups without anchoring their feet. And in her thesis study, she used a progressive program to teach 40 men to do the same. They did that by retraining their abdominal muscles to do the work formerly done by their hip muscles. To be certain her exercises really were using the abdominals, Miller attached electrodes to the men's stomachs to measure the energy the abdominal muscles expended. She found that the men were able to use the specific lower abdominal muscles she studied (called the internal oblique transversus abdominal muscles) an average of 100 percent more than they had before she trained them.

Miller's program (see box) really involves a curl-back and curl-up exercise sequence. But she says there are also many other ways to train the abdominals. We asked Miller about the "partial" sit-up so many people now perform. She says the partial sit-up is an effective and safe way to strengthen the abdominals. However, it does not teach the coordination skill between the abdominals and the legs that her program does. That skill is essential for back health during daily activities. You can do a partial sit-up by lying on the floor with your legs bent and your back pressed flat against the floor. With your hands behind your head and your elbows flat against the floor, pull your body partially up, and hold. Elbows should still be parallel to the floor as you come up. Make sure you continue to look at the ceiling, and don't allow your hands to pull your head or neck forward; the lower abdominal muscles should carry the load. They should be pulled back and up toward the spine.

One final note: You shouldn't be performing sit-ups if you're experiencing back pain, says Miller. That's a signal to check with your doctor or physical therapist.

So the next time someone tries to pick an argument with you about sit-ups, just smile. You'll be the one walking around with the well-toned stomach and the ache-free back.

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

## The Two-Step Program to Better Sit-Ups

If your feet fly into the air when you try to sit up without anchoring your feet, you have to retrain your muscles, says physical therapist Marilyn Miller. Feet-anchored sit-ups use your hip muscles; you should be using your abdominal muscles instead. The curl-back exercise below is one way to begin retraining your abdominals.

### Learning the Curl-Back

1. Sit on the floor with your knees bent and your back rounded, with your arms stretched out in front of you. As you pull your navel (or lower abdomen) back and up toward your spine, bend your head forward, and (you guessed it) contemplate your navel.



2. Slowly curl back toward the floor, keeping your trunk curled and looking at your navel. (The trick here is to keep your attention on your abdominal muscles.) Breathe out as you curl back, since this helps you to further contract your abdominals. When you reach the floor, stretch your arms out behind you, unbend your head, and take a deep breath.



The object of this exercise is to curl back as slowly as possible while your heels remain in contact with the floor. Once you can do the curl-back evenly in a smooth and continuous motion that lasts at least five seconds, you're ready to try a curl-up.

### The Curl-Up

1. Do the reverse of the curl-back. Lie flat on the floor with your knees bent and your arms stretched out on the floor above your head.

2. Then stretch your arms up above your head and forward. Suck in your abdominals, breathe out,



and smoothly curl yourself up into a sitting position. Keep your back rounded and your head down and focused on your navel. If you can't do this at first without your feet flying up, try placing your feet over the anchor bar to give yourself a little support. This variation will exercise your hamstring and gluteal (buttocks) muscles, but your abdominals will still do the work of sitting up instead of the iliopsoas (hip muscles), says Miller.

If you're into slantboard sit-ups with your feet anchored, securing your feet over the anchor bar is a good way to continue performing them, says Miller.

Once you can do the curl-up without your feet coming off the floor, you can perform both exercises in one continuous sequence. Remember to breathe out as you curl back, then take a breath, and breathe out again as you curl up. As it becomes easier to sit up, you can place your hands across your chest to make the exercise more difficult.

## 1985 St. Louis Invitational Volleyball Tournament

With some of the hardest fought matches in recent years, Thanksgiving weekend, November 29 & 30, 1985, hosted the latest edition of the St. Louis Volleyball Invitational. Some 85 Sokol members participated in the tournament held at Sokol St. Louis.

Open to Central District units, the games began on Friday night with co-ed (3 girls and 3 guys on each side) competition. Women's and Men's matches ran through Saturday morning and afternoon.

### Final standings were:

| CO-ED           |     | Women           |     |
|-----------------|-----|-----------------|-----|
| 1. Stickney     | 6-0 | 1. Stickney     | 6-0 |
| 2. St. Louis II | 3-3 | 2. Berwyn       | 4-2 |
| 3. Berwyn       | 2-4 | 3. St. Louis II | 2-4 |
| 4. St. Louis I  | 1-5 | 4. St. Louis I  | 0-6 |
| Men             |     |                 |     |
| 1. Stickney     | 6-2 | 5. Brookfield   | 4-4 |
| 2. Berwyn II    | 5-3 | 6. Tabor I      | 4-4 |
| 3. Berwyn I     | 5-3 | 7. Tabor II     | 0-8 |
| 4. St. Louis    | 4-4 |                 |     |

Intensity of the competition can be judged in particular from the Men's standings, where final

placements could only be determined by adding point differential in each of the team's games.

Trophies were given for 1st and 2nd place in co-ed and Women's; 1st, 2nd, and 3rd in Men's. Co-ed and Women's teams received their awards in a ceremony at the Sokol hall, Men's trophies were presented at poolside at the Holiday Inn where most of the players stayed.

Already every team has challenged every other team to a rematch, which is scheduled for Thanksgiving weekend 1986. The Women of St. Louis I are working up a new strategy against St. Louis II, and the Tabor men promise "something special" for their first team next time...

*Joe Placek, Tournament Director*

## The United States Gymnastic Federation USGF Coaches Congress

The '85 USGF Coaches Congress was held in Salt Lake City, Utah, September 12-15. This meeting of coaches, judges, gymnasts and gymnastic enthusiasts first began twenty years ago in Denver, Colorado.

I was again fortunate to attend the Congress representing the Southern District. This year more Sokols were represented than there had been in previous years. The Congress was an opportunity for us not only to gain more current knowledge in the gymnastics field, but it was an opportunity for us to gather informally as Sokols to discuss our ideas and concerns to continue to promote Sokol and to reflect upon Sokols continued progress.

I urge our units, districts, and our national organization to send representation to the next USGF Congress. The American Sokol Organization is one of 19 member organizations of the United States Gymnastics Federation, therefore representation from our national level would seem appropriate and would certainly promote our organization.

The '85 Congress reflected an increased momentum of gymnastic growth in the United States. Many topics of importance were covered—both in artistic and rhythmic gymnastics. We must strive to be knowledgeable of new trends. Participation in the annual congress will help us keep abreast of new

trends which we can use to our advantage in promoting the growth of Sokol.

**NAZDAR!**

*Sylvia Laznovsky*

*Director of Women, Southern District*

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STATE OF ILLINOIS  
EIGHTY-FOURTH GENERAL ASSEMBLY  
SENATE

Senate Resolution No. 454

Offered by Senator LeRoy W. Lemke

WHEREAS, The Members of the Senate are pleased to recognize those individuals who have made significant contributions to the betterment of this State; and

WHEREAS, It has come to our attention that George C. Basta, director of Olympic Federal in Berwyn, has been elected national president of the American Sokol Organization; and

WHEREAS, The goal of the American Sokol Organization is "Physical Fitness Through Gymnastics," with the premise that bodily health produces mental and moral health; and

WHEREAS, For the past 20 years, George Basta has been on the executive board of the National Sokol Organization, and he has served as first vice president, second vice president and treasurer in the past; and

WHEREAS, It is an honor to recognize George C. Basta for his many contributions to the American Sokol Organization as well as his dedication to other worthwhile causes; therefore, be it

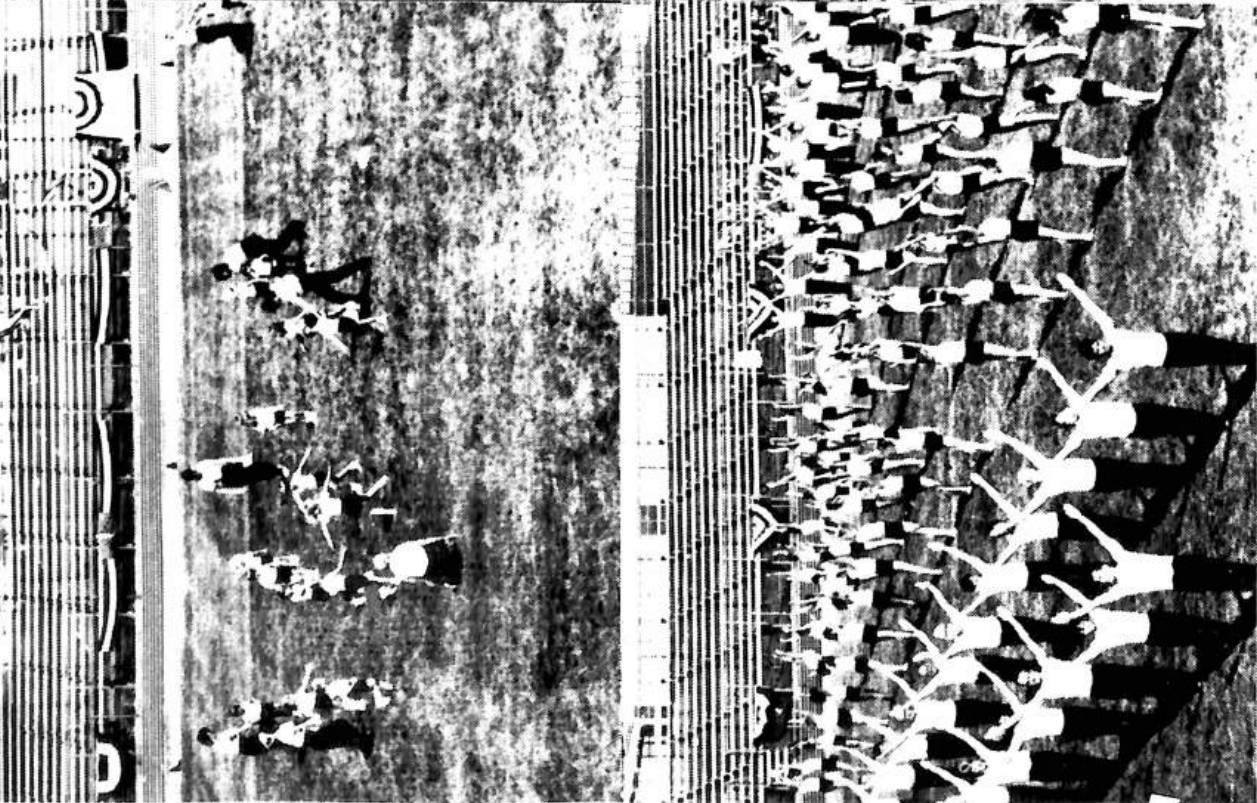
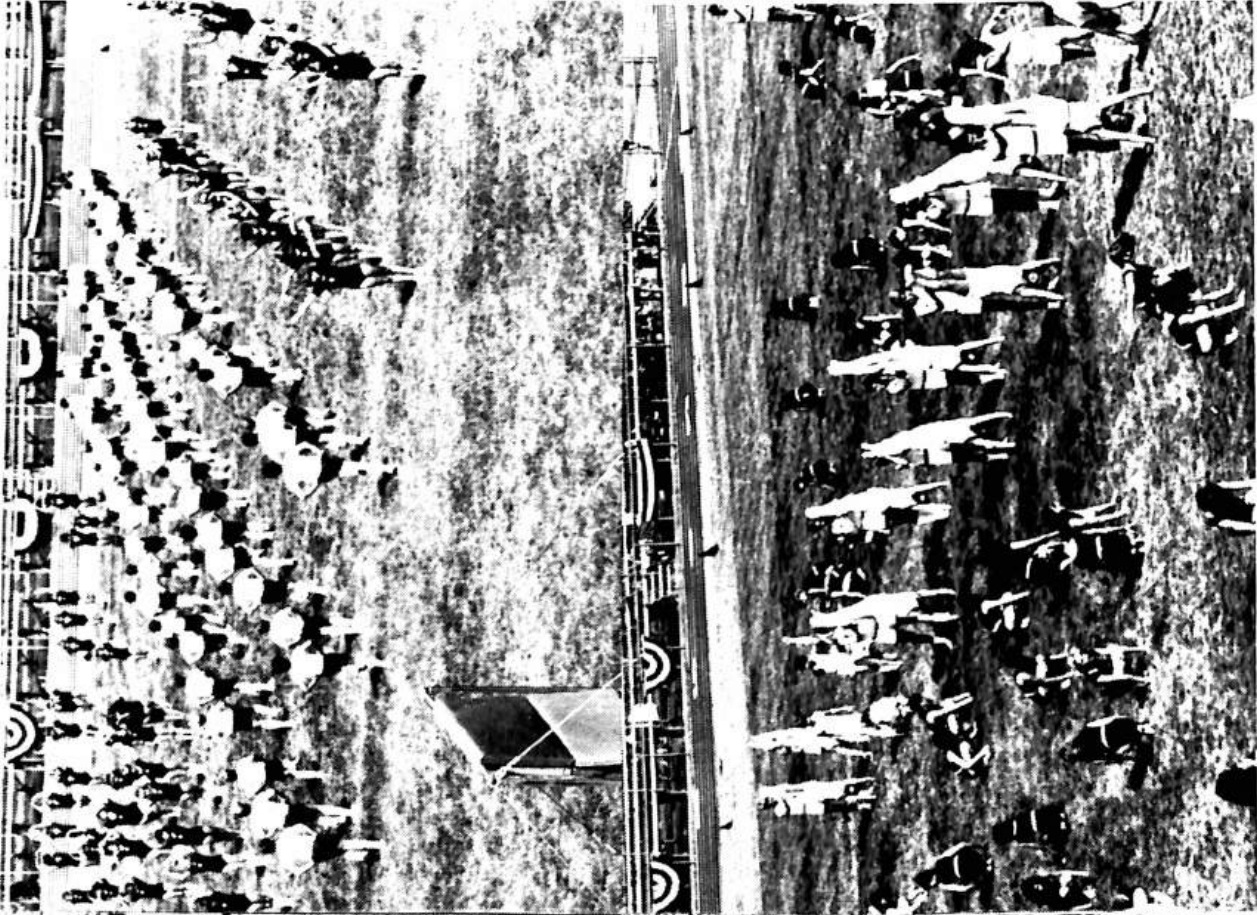
RESOLVED, BY THE SENATE OF THE EIGHTY-FOURTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that we congratulate George Basta on being elected national president of the American Sokol Organization; that we commend him for years of dedicated service to Sokol; and be it further

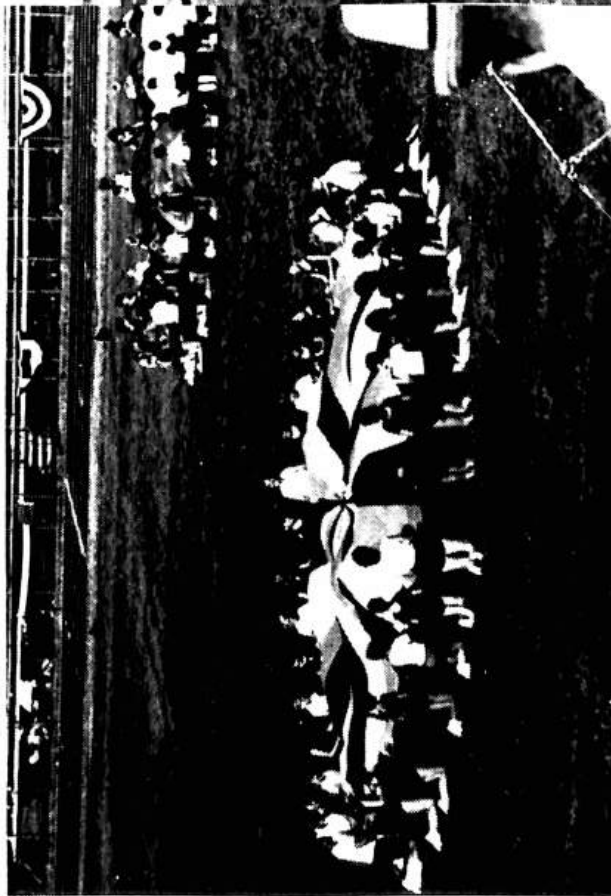
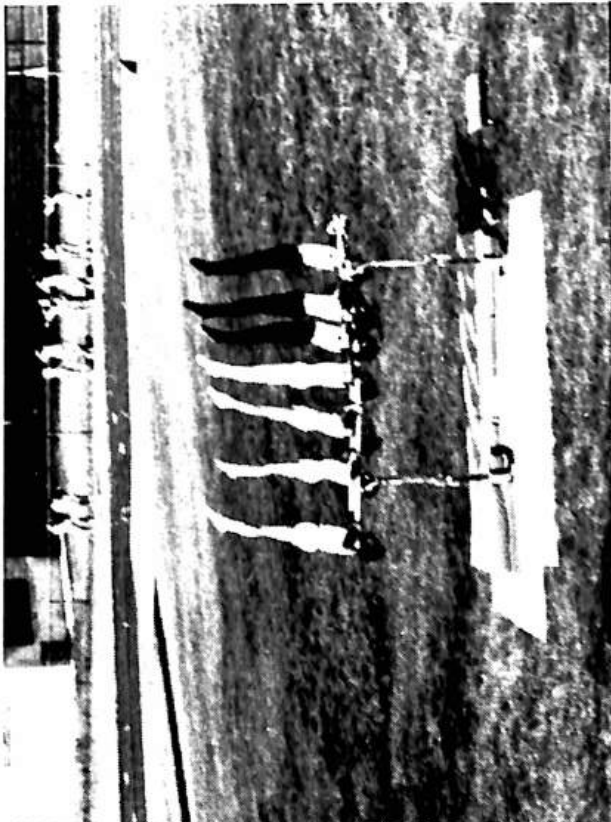
RESOLVED, That a suitable copy of this preamble and resolution be presented to George Basta, with our sincere best wishes for the future.

Adopted by the Senate, October 2, 1985.

*Ernest A. Donald*  
Secretary of the Senate

*Philip J. Rock*  
President of the Senate







*Jim Hartung*



*Outgoing Pres. Roy Zitny passing the Leadership to Pres. George Basta*



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Offer thanks for all you've got;  
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Start new projects interesting;  
work your hobby, do your thing.
- EACH TUESDAY:**  
Find some source for happiness;  
good deeds always void distress.
- EACH WEDNESDAY:**  
Help someone who needs your aid;  
kindness ever is repaid.
- EACH THURSDAY:**  
Practice golden rules that teach;  
virtues are within your reach.
- EACH FRIDAY:**  
Strive to finish tasks undone;  
solve tough problems, then have fun.
- EACH SATURDAY:**  
Relax and laugh, enjoy the day;  
work's complete, it's time to play.
- AND EVERY WEEK:**  
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*The Falcon,*  
January 8, 1986

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## Calendar of Events

FEB. 1 — SOKOL BROOKFIELD  
Spaghetti Dinner

FEB. 1 — SOKOL CESKA SIN  
Gymnastic Exhibition

FEB. 9 — SOKOL MILWAUKEE  
Jaternice Dinner

FEB. 15 — SOKOL LOS ANGELES  
St. Valentine's Ball

FEB. 16 — SOKOL STICKNEY  
Pancake Breakfast

FEB. 22 — SOKOL BERWYN  
Las Vegas Night

FEB. 28 and MAR. 1 — SOKOL BROOKFIELD  
Gymnastic Exhibition

MAR. 2 — SOKOL NAPERVILLE  
Gymnastic Exhibition

MAR. 8 — SOKOL TABOR  
Gymnastic Exhibition

MAR. 15 — SOKOL LOS ANGELES  
St. Joseph Dance

MAR. 15 — SOKOL STICKNEY  
Gymnastic Exhibition

MAR. 16 — SOKOL SLAVSKY  
Gymnastic Exhibition

MAR. 22 — SOKOL BERWYN  
Gymnastic Exhibition

MAR. 23 — SOKOL WEST SUBURBAN  
Gymnastic Exhibition

APR. 12 — SOKOL BERWYN  
75th Anniversary Celebration

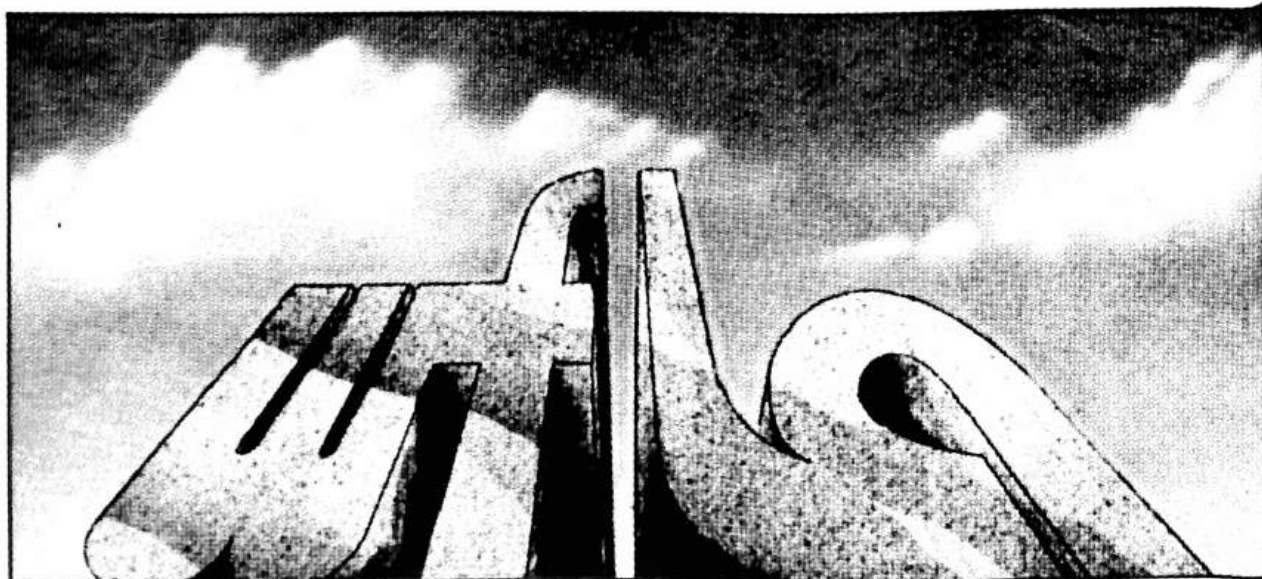
MAY 16 — SOKOL MILWAUKEE  
Exhibition and Sokol Graduation

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