

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization



PHYSICAL FITNESS
THROUGH GYMNASTICS

VI. SLET ČS.SOKOLSTVA V ZAHRANIČÍ 3. – 7. 7. 1986 ZÜRICH

Čtvrtek, 3.července 1986

SLAVNOSTNÍ ZAHÁJENÍ, DIVADELNÍ PŘEDSTAVENÍ
Hotel Nova-Park, Badenerstr. 420 (Vstup volný)

Pátek, 4.července 1986

SLETOVÁ SOUTĚŽ V ODBÍJENÉ
Sporthalle Allmend, Allmendstr. (Vstup volný)
SEZNAMOVAČÍ VEČER S TANCEM
Kongresshaus, Claridenstr. 5 (Vstupné Fr. 20,-)

Sobota, 5.července 1986

SLETOVÉ ZÁVODY V NÁRAĐOVÉM TĚLOCVIKU
Schulhaus Döltschli, Döltschli Weg (Vstup volný)
SLAVNOSTNÍ SLETOVÝ KONCERT
Kongresshaus/Tonhalle, Claridenstr. 5 (Vstupné Fr. 20,-)

Neděle, 6.července 1986

HLAVNÍ SLETOVÁ VYSTOUPENÍ — Stadlon Letzigrund
Badenerstr. 504 (Vstupné Fr. 5,-, 10,-, 20,-)
SLETOVÁ VESELICE NA ROZLOUČENOU
Kongresshaus, Claridenstr. 5 (Vstupné Fr. 20,-)

Pondělí, 7.července 1986

DĚN SOKOLSKÉ MLÁDEŽE (Celodenní výlet do Alp)
V. VALNÝ SJEZD ČS. SOKOLSTVA V ZAHRANIČÍ

Úterý, 8. července 1986

Tábor sokolské mládeže
8. — 20.července 1986
Bürserberg, Rakousko

AMERICAN SOKOL

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EDITOR - LYNDA FILIPELLO
4401 Fender Rd., Lisle, IL 60532
312-355-2572

*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

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ED JELINEK, EMILIE RUZICKA
By-Laws Chairman - JERRY MILAN

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

Calendar of Events

- MAY 16 — SOKOL MILWAUKEE
Exhibition and Sokol Graduation
- MAY 17 — SOKOL DETROIT
Boys & Girls Competition
- MAY 18 — SOKOL LOS ANGELES
Veřejné cvičení and dance
- MAY 25 — CENTRAL DISTRICT
Children's Picnic
- MAY 25, 26 — FOURTH ANNUAL
CZECHOSLOVAK FESTIVAL
Bohemian Hall Park, Astoria, N.Y.
- MAY 31 — FIRST ANNUAL SPRING POWER
VOLLEYBALL TOURNAMENT
SOKOL BALTIMORE
COORDINATOR - Chris Golder 301 574 5038
- MAY 31 — SOKOL DETROIT
Jrs. District Competition
- JUNE 1 — CESKA SIN
Summer Exhibition
- JUNE 1 — N.E. DISTRICT
Summer Exhibition in Detroit
- JUNE 7 — CENTRAL DISTRICT
Jr./Sr. Competitions
- JUNE 8 — CENTRAL DISTRICT
Slet
- JUNE 15 — GREATER CLEVELAND
Summer Exhibition
- JUNE 27-29 — WEST. DISTRICT
Slet — Host — Sokol Omaha
- JULY 4 — SOKOL DETROIT
Sokol Camp Picnic
- JULY 11, 12, 13 — SOKOL DETROIT
Czechoslovak Festival
Yack Arena — Wyandotte, MI
- JULY 25-AUGUST 3 — HOST SOKOL
South Omaha, A.S.O. Instructors Course
- AUGUST 15, 1986 — SOKOL DETROIT
Veselka Orchestra — Czechoslovakia
Dearborn Civic Center
- AUGUST 24 — CHICAGOLAND SOKOL
BUILDING ASSN. ANNUAL PICNIC
NATIONAL GROVE No. 2, 28th Desplaines
COORDINATOR - Robert Drake 312 749 3028

CORRECTIONS TO UNIT DIRECTORY:

SOKOL LOS ANGELES: Unit mtg. is **SECOND**
Monday each month.

CALENDAR OF EVENTS: Sokol Los Angeles
Alpine Village event is cancelled.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVII

May — 1986 — Květen

Číslo - No. 5

A.S.O. EXECUTIVE BOARD MEETING

March 25, 1986 meeting called to order by Pres. George Basta. Pledge given. Members present: Sis. M. Pinc, M. Ptacek, S. Pistorius, V. Zitny, J. Kourim; Brs. F. Stankovsky, G. Masek, C. Borvansky, J. Rabas, R. Barcal, P. Lebloch, R. Ptacek, F. Kala, J. Satek, R. Zitny.

Members excused: Sis. E. Ruzicka, L. Filipello; Brs. E. Jelinek, J. Milan.

District minutes received and reviewed: Pacific, Dec. 7, 1985; Northeastern, Jan. 19; Central, Feb. 26. ASO minutes accepted as read.

CORRESPONDENCE: Bohemian National Cemetery Asso. invitation to march in Memorial Day parade, approved; will march in dress uniform. Ltr. from Br. Riha re. interpretation of "associate members". After one hour discussion, Br. Stankovsky motioned, and Br. Masek seconded, the following explanation of "fees" as stated in the 1985 By-Laws "Fees to be paid to the American Sokol Org. would be \$2.00 per member, per quarter, convention fund and special assessment. The initiation fee would be paid only when becoming a SOKOL member." Ltrs. will be sent to all units regarding this. All letters and articles re. recent Life newspapers on "demise" of the SOKOLS in area were read and discussed. Thank you letter to the Western Fraternal Life Asso. for their generous donation of \$3,125.00 to our Future Leaders Fund. Approval for ad in Zurich Slet ad book. Ltr from Americans by Choice re funding of Ethnic American Day Sept. 21. Sokol Corpus Christi request the Sokols to participate in "Hands Across America". Western District submitted bid for 1989 Slet. DEADLINE JUNE 1, 1986 for submitting bids.

Director of Women — Sis. Sylvia Pistorius: No March BOI mtg; All corres. taken care of; Outline of Dist. Dir. Conf. sent to Sis. Laznovsky; Br. Milan reported not much done on ASO Nat'l Gymnastic team; Sis. Kalat statistician sent annual attendance report; Sis. Mlsek, Merit Award Chairman sent resignation; attended most exhibitions, pleased with cal performances.

Director of Men — Bro. Richard Ptacek: After viewing all but one exhibition (due to illness) came to conclusion that lengthy calthenics should be reduced to within 8 min. limit.

Membership Chairman — Br. Fred Kala: Only

two outstanding units for 1985; Sokol Cleveland has not sent closing report, final expulsion ltr will go to Seattle after Apr. 22nd mtg.

Educational Director — Br. Paul Lebloch: Ltrs. and Slet certificates are being sent to all essay contest entrants. Trophies with engraved plates to follow. A replica of the gold medal won by Br. Alois Hudec to the XI Olympic games in Berlin was received from Br. Anton Studnicka of Sokol Chicago. Sis. Joan Sedlacek donated two books "A Bohemian Girl in America" by Emily Polasek. Many of our unit newsletters are doing a fine job. Sokol Havlíček-Tyrš sponsored a bus trip to Sokol Greater Cleveland Czech musical "Koline-Koline". Approval was given to have our 3 fold pamphlets reprinted, 10,000 after corrections and updating are done.

Publicity — Czech — Br. Jerry Rabas: Central District news covered; Br. J. Satek received a nice letter from the Denní Hlasatel re his reply to Life newspapers article.

Financial Secretary — Sis. Mildred Pinc: Financial reports for February distributed to board members; Approval given to raise price of membership kits from \$5.00 to \$6.00; Approval to keep \$600.00 in Post Office account.

Treasurer — Br. R. Barcal: Bank stmts. reconciled. Everything in order.

Editor — Sis. Lynda Filipello: excused, no report.

Secretary — Sis. Jackie Kourim: Handled a multitude of correspondence; distributed new by-laws to Central District, half of Eastern shipped. Received a call from Br. George Prevratil with info on Southern District suit against T. J. Sokol Houston. Mr. Kuropata has been refused Application for Writ of Error by the Supreme Court of Texas. Three times the courts in Texas have refused him and proven him wrong. He has again been requested by the law to turn over all the property of T. J. Sokol Houston to Br. Forrest Ortman.

II. V. President — Br. Gary Masek: Installed speaker phones; also checked into the property of Sokol Karel Jonas, Wilson, Kansas. Because only 14 members remain, who meet every three months, building will be turned over to the City of Wilson as a memorial to our immigrant forefathers. City will care for building.

I. V. President — Bro. Charles Borvansky: Thank you, Bro. Borvansky for fine job of printing the by-laws.

President — Br. George Basta: Attended all exhibitions except two; worked with the audit of books; received invitation to speak at Czechoslovak National Council. Gave report on surplus of convention fund and presented projection of the next five years of the fund including higher costs.

TOUR INFORMATION: Sis. Ruzicka reported by phone to Br. Basta; Motion made and carried to purchase a "Statue of Liberty" flag to take as gift to the Zurich Slet. Will talk with Northeastern District and Sokol Greater Cleveland re: letter from board.

COMPUTER UPDATE: Sis. June Pros and Frances Malina attended classes.

Uniform Div. — Sis. June Pros: Sales very good in March due to Central District's exhibitions.

A letter of congratulations to Sokol Berwyn in honor of their 75th anniversary to be sent.

Br. Stanovsky reported that the Sokol Milwaukee gymnasts did two shows at the Centinal Sport Show. They will march in the June 21st celebration.

ASO FINANCIAL REPORT

MARCH, 1986

RECEIPTS:

Dues	\$ 1,114.40
Convention Fund	278.00
Special Assessments	111.00
Advertising in "American Sokol"	400.00
Resale of Jewelry	451.75
U.P.S. Charges	6.77
Postage	.73
Donations (Late receipts for Christmas Seals)	60.00
Skills Patches	5.00
Badges	22.00
T-Shirt	7.50
Ties	32.00
Copies	5.35
	<hr/>
	2,494.50

A.S.O. Uniform Division — Rent,
Salaries, etc. 819.36

Total Receipts \$ 3,313.89

DISBURSEMENTS:

ADMINISTRATIVE

Salaries — Office Employees	\$ 875.41
F.I.C.A. & F.W.T for February, 1986	163.82
Rent, Janitor Services, Phone, Electric	947.48
Postage & U.P.S. Charges	101.61
Office Supplies	177.75
Travel Expense	547.76
Printing By-Laws	4,975.00
Jewelry	6,418.55
Miscellaneous	86.20
	<hr/>
	\$14,293.58

BOARD OF INSTRUCTORS

Salaries	\$ 448.40
F.I.C.A. — February, 1986	60.98

Editor "Sokol Gymnast" — March, 1986	30.00
Add'l. copies of "Sokol Gymnast" — February, 1986 issue	29.00
Postage and U.P.S. Charges	27.24
Video Tape	2.34
	<hr/>
	\$ 597.96

EDUCATIONAL DEPARTMENT

Salaries	\$ 189.61
F.I.C.A. — February, 1986	21.16
Office Supplies	12.61
U.P.S. Charges	8.56
	<hr/>
	\$ 231.94

SOKOL PUBLICATION

Printing "American Sokol" — February, 1986 issue	\$1,065.44
Postage "American Sokol" — February, 1986 issue	533.91
Mailing List changes, February & March, 1986	488.10
Editor "American Sokol"	125.00
	<hr/>
	\$ 2,212.45

MISCELLANEOUS

A.S.O. Uniform Division — Salaries, F.I.C.A., Feb., 1986, F.W.T., Feb., 1986, Phone, Feb. and Mar., 1986	\$ 726.24
F.S.L.F. — Postage	2.86
	<hr/>
	\$ 729.10

Total Disbursements \$18,065.03

Balance brought forward: Western National Bank of Cicero — Checking Account	\$20,442.51
Receipts — March, 1986	3,313.89
	<hr/>
	23,756.40

Disbursements — March, 1986 18,065.03
\$ 5,691.37

New Unit Flag Design

The Executive Board approved a new design for the unit. This design can be ordered through the ASO c/o Sis. Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532. The new design *does not* cancel any existing flags. Only new units and/or units needing to *replace* old flags need respond to this special ordering.

SPECIAL BULK ORDER PRICES:

1 to 2 flags	\$300.00 each
3 to 5	285.00 each
6 to 8	270.00 each
12 to 17	255.00 each
18 and up	240.00 each

To qualify for special prices, ALL ORDERS MUST BE RECEIVED BY JUNE 30, 1986. Please send your check for \$300.00, a refund will be mailed to you after all orders have been received.

FROM THE DESK OF LIBBIE KRIVANEK
Sokol Slavsky Educational Director

LIBUŠE AND VYŠEHRAD

PART II VYŠEHRAD

Vyšehrad today is not only a peaceful place in the midst of a busy metropolis, but above all it is a place full of reminders of the colorful Czech history that transpired here. High above the Vltava river and overlooking the city of Prague, Czech families and visitors alike stroll about drinking—in the awesome feeling of this place.

In 1966 the Czechoslovak government set aside enormous funds to be used in archeological exploration which would greatly expand their knowledge of that period covering the legendary reign of the Prophet Queen—Libuše, and most certainly the period of the reign of the first Czech king Vratislav II (1061-1092). Amazingly, they found that Vyšehrad had already been a fortress during the stone age, guarding the towns north and west of Zámka, Podhoří, Šárka, Zlíchov and Dubeček. Also, they unearthed an entire children's cemetery and thousands of pieces of various farming implements proving that this was an agrarian society. The first true authentication that this place really existed was in the 32 types of hand minted silver coins of the period 992-1012.

At the beginning of the Middle Ages it was under the rule of the Přemysl Dynasty (descendants of Libuše and Přemysl), and it was the seat of the first Czech king Vratislav II. Vratislav's successors resided here as late as 1140 when the center of the state was moved to the Prague Castle. The only preserved structure remaining there from Vratislav's time is the Romanesque rotunda of St. Martin, where in the medieval period the hill-fort ended.

The second period of development falls into the reign of Charles IV when after his death in 1369 the basilica of St. Peter and Paul was constructed. It was the largest sacred building in Prague. By the 15th century Vyšehrad had become a renaissance parish of less than 50 houses. After the devastating loss of the Thirty Years War (1620) when the protestant Czechs were beaten by the Holy Roman Empire, Vyšehrad lived heavily damaged, only to be struck again by the Swedes in 1639 and chiefly 1648. During the Prussian War of 1744, Vyšehrad was wasted again by foreigners, and this time the French.

The fortress of Vyšehrad survived up to the 19th century to be abandoned as late as 1911. By the second half of that century the period of deep national consciousness and romanticism arrived, and it gave rise to the building of a national cemetery and pantheon of Slavín.

We were some of the strollers through the Vyšehrad cemetery last summer ('85) and felt as if we were being propelled through history. At present the national cemetery is the resting place of nearly

600 outstanding personalities of Czech national culture. Also, the hand cut tombstones represent a gallery of Czech sculpture from the mid-19th century up to now. Buried at the cemetery are composers Bedřich Smetana, Antonín Dvořák, Zdeněk Fibich; writers and poets such as Božena Němcová, Jan Neruda, Karel Čapek; scientists and technicians, professors and opera stars (Ema Destinová). Almost in the center of the cemetery our eyes caught sight of a monument with the lettering newly gold-leafed. It was the monument of Prof. Jiří Pacold, grandfather of Dr. Otakar Pacold who can be remembered as serving the Berwyn community for 35 years and who died here in 1983.

This year Sokol units around the world (senior calisthenics) are performing to the first symphonic poem Vyšehrad of Bedřich Smetana's cycle of six entitled My Fatherland (Má Vlast, 1874)*. L.K.

*See American Sokol Magazine — January 1986.

FUTURE SOKOL LEADERS FUND

MARCH 1986

In memory of Br. Charles Richter —		
Jarca Richter, Wife	\$100.00	
Helen Pilger	10.00	
		\$ 110.00
In memory of Br. Albin Barzyk —		
Joseph and Rose Vacha	\$ 10.00	
Sokol Town of Lake	15.00	
		25.00
In memory of Br. Joseph Ruzicka —		
Sokol Town of Lake		15.00
In memory of Sis. Josephine Rozum —		
Sokol Town of Lake		15.00
In memory of Libbie Spicak —		
Vlasta Chloupek		200.00
In memory of Elizabeth Janousek —		
Mr. & Mrs. J. Matustik	\$10.00	
Mr. & Mrs. M. Stine	10.00	
Mr. & Mrs. W. Polacek	10.00	
Mrs. B. Santucci	10.00	
		40.00
Convention Donation of		
Western Fraternal Life Association		3,125.00
		\$3,530.00

— Donations are tax exempt —

LIBRARY AND ARCHIVES FUND

MARCH 1986

In memory of Br. Charles Richter —	
Stanley and Rose Barcal	\$10.00

— Donations are tax exempt —

75th ANNIVERSARY

The SOKOL BERWYN GYMNASTIC ASSOCIATION celebrated its 75th year on April 12, 1986, with a Diamond Jubilee banquet and program held at Rick's Restaurant & Banquet Hall.

The affair was attended by 223 members and guests, making it a near sellout, as well as a very successful evening. All attendees received a souvenir program book, logo button and a souvenir wine glass. The very attractive book contained greetings, honorariums, Sokol history, ads and congratulatory messages from many members, guests and businesses, including the Honorable James Thompson, Governor of Illinois.

Very beautiful live floral centerpieces, topped by our 75th logo, were created by Sis. Helen Hlinka and Bro. Irwin Proksa. One lucky person at each table was able to take their home with them.

The evening began with the National Anthems, led by Sis. Eva Balas, Director of Women. Sis. EllenJeanne Schnabl, Educational Director, greeted all present in the Czech language and then introduced our President, Sis. Sharon Somolik, who addressed the assembly in English. Sis. Mili Zeman gave the toast, wishing Sokol Berwyn another 75 years. Dinner followed with guests having their choice of prime rib, veal picante or red snapper.

After dinner, the Head Table was introduced by Bro. Ed Schnabl, Chairman of the gala occasion. State Representative Jack Kubik presented the Unit with a resolution passed by both Houses of the Legislature. A copy will be on display at the hall.

Longevity pins and certificates were awarded by Sis. Anne Dusek, Financial Secretary, assisted by Sis. Sharon Somolik. Sis. Mildred Svoboda, former Treasurer and Bro. Bohumil Vydra, long-time President, both received special plaques.

Bro. Charles Borvansky, President of Sokol Stickney, presented our Unit with a gift of a beautiful stained-glass wall plaque designed and hand-made by one of their members. This plaque will occupy a prominent place in our hall.

Bro. Schnabl then reminisced on "the good old days", with a program segment he called "Sokol Trivia", or "Things learned en route to looking up other things". The entire audience enjoyed his presentation, many favorable comments later on how well they liked its content and delivery.

All National and District Sokol officers were then introduced, followed by introductions of all representative organizations.

The program was concluded with the singing of "Lví Silou" both in Czech and English. Dancing followed to the music of Rudy Drnek.

On view all evening was a memorabilia display put together by Bro. Paul Lebloch. Using some of his own materials, plus framed pictures from our hall, and loaned photographs from a number of members, the display was well received by all and was busy all evening with everyone looking for pic-

tures of themselves and their friends from yesterday and yesteryear.

The evening was a huge success and greatly enjoyed by all who attended. May our next anniversary celebration be at least as well attended and well done.

NAZDAR! *Bro. Ed Schnabl*
75th Anniversary Chairman

Sokol Detroit Tribute to Sis. Jarmila Zboril

It was our lucky day when Jarmila Pliska, daughter of one of the leading Sokol families in Cleveland, met and married John Zboril and moved to Dearborn, Mich.

In 1938 she traveled to Czechoslovakia along with Bro. Louis Teichman, to participate in the X Sokol Slet in Praha. They were chosen to represent the American Sokols Gymnastics Team. Sister Zboril was the Director of Women (Náčelnice) between 1939-1944. She has continued to be active in the Gymnastics teaching many calisthenics numbers and is ever respected and admired. In 1976 she taught an Indian Club number that was gymed in Zurich, a memorable event remembered here with pride.

At our old Czech Hall she played in many Czech divadlos (Plays), she has taught Czech language to our children, and been our Master of Ceremonies (many times in our Mother tongue). In 1968 she became our President and has held this office through 1985. Sister Zboril, we are appreciative of all you have done for us in the past and we look forward to your guidance and participation in the future. You have earned a special place in our hearts. We salute you with a heartwarming Sokolský Nazdar... and the Sokol Detroit Ladies Auxiliary would like you to be the *first* Sokolice member to receive the Past Presidents Pin.

If you do not exercise your rights, you lose them

All citizens of a democracy have these basic rights, however, many prefer to complain about their plight, or circumstances, instead of changing the circumstances.

If you would improve yourself, your family, your organization, look to yourself first. You may need to change your attitude first before others will change theirs.

Remember, you have the right to change your attitude on how you chose to react to any one person(s). You can, I can, We can, all change our attitudes and become happier persons.



AMERICAN SOKOL ORGANIZATION

GYMNAST

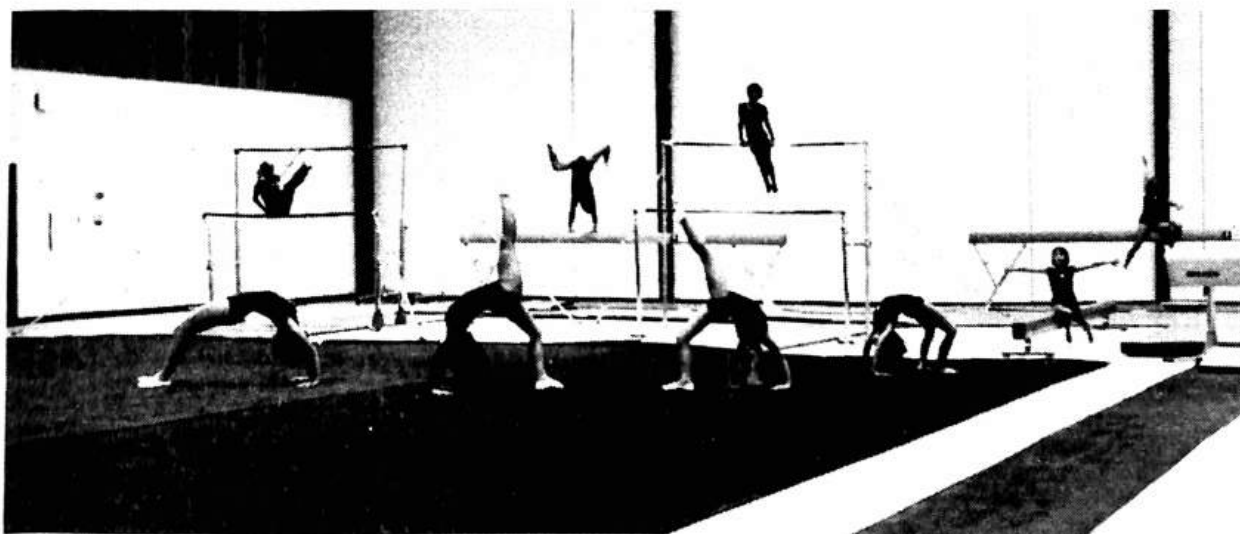
MAY 1986



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

AMERICAN SOKOL INSTRUCTORS SCHOOL

Beginners - Intermediate - Advanced



JULY 26 to AUGUST 3, 1985

**Hosted by the Western District A.S.O.
and Sokol South Omaha**

*For additional information
Please contact:*

SCHOOL DIRECTOR
BUD BENAK
5919 So. 15 Str., Omaha, NE 68107
402-731-2665

FLEXIBILITY: A COMPONENT OF FITNESS

ROBERT V. VOLSKI, RPT, ATC
Coral Gables, Florida

Shunt and spurt isn't the name for some new move on the basketball court or an intricate wrestling technique. It's a basic rule of kinesiology which states that there are two types of muscles, each doing a different task around a joint.

A shunt muscle causes compressional effects and a spurt muscle causes rotational effects. Muscle pulls rarely occur in shunt muscles so, as you can see, a basic understanding of anatomy and kinesiology is essential in developing a preventative stretching regimen for your athletes.

The benefits of stretching exercises have been known for years. As a clinician, I use stretching exercises as a part of daily treatment and rehabilitation. However, it's unfortunate that stretching regimens in athletics as a preventative measure sometimes aren't emphasized enough.

Athletes may therefore be predisposed to injuries such as a pulled groin, pulled muscle or tendon rupture. The end result is usually an athlete who is unable to participate at an effective level.

Failure to warm up properly may lead to injuries that may have been prevented by sufficient work before participation. Wrestlers, basketball players, sprinters and any other athletes who require quick bursts of muscle contraction at maximum levels are prime candidates for stretching regimens.

Flexibility and muscle testing are the best ways to find the athlete who is a high risk for muscle injuries. However, this article focuses on prevention and primary treatment for muscle injuries. Therapists, coaches, trainers and physicians who work with athletes should require all members of the team to participate in the following stretching exercises, not just the members who prove to be a high risk for muscle pulls.

The following exercise program is designed to prevent musculotendinous injuries and prepare athletes for competitive sports. When you introduce athletes to these exercises, it's important that the following points be emphasized: (1) all movements must be done slowly; (2) stretch to the maximum until a tightness or burning sensation is felt in the muscles being stretched; (3) hold the stretched position for 10 seconds.

Stretching may be inadvisable with certain injuries, so if you're in doubt, check with the team physician or trainer before allowing the athlete to exercise.

Stretching the hamstrings

The hamstring muscle group plays an important role in maintaining erect posture while walking or running. These muscles combine to decelerate for forward swing of the leg, flex the knee and prevent excessive hip flexion in normal gait. The hamstring can become quite tight during training runs or wind

sprints. To prevent tightness or possibly a pulled hamstring, an athlete should do the exercises illustrated in figures one through four.

When performing the hurdler's stretch exercise (fig. 1), the athlete should reach for the toes of the outstretched leg with the opposing arm. When the athlete feels the muscles in the back of the leg draw tight, he should hold that position for 10 counts, then sit up and relax. The exercise should be repeated eight to 10 times.

The standing position (fig. 2), can be done anywhere the athlete can prop up his leg. The athlete should bend the head toward the knee of the extended leg until it hurts, hold for 10 counts, then relax. The exercise should be repeated eight to 10 times.

In the sitting position (fig. 3) the athlete should start with his legs extended together in front of him and reach down and grab the ankles or toes and try to put his nose between his knees. Hold the position for 10 seconds and repeat the exercise 10 times.

The fourth exercise for the hamstrings is the standing position illustrated in figure four. The athlete should reach down and touch the ankles or floor, and try to put his nose between his knees. The position should be held for 10 seconds and repeated an appropriate number of times.

Stretching the quadriceps and the pre-tibial group

Each and every time we take a step, our quadriceps or thigh muscles prevent our knee from buckling and the pre-tibial group dorsiflexes the ankle through the swing phase. Although the strength of the quadriceps and dorsiflexors is important, the elasticity of the muscle fibers must not be forgotten. Stretching these two muscle groups not only helps to prevent muscle tightness, but also helps to relieve it after muscle exertion. The exercises illustrated in figures 4 and 5 are excellent methods to achieve the desired results.

In figure 5 the athlete must pull up strongly on the foot to stretch the pretibial group. These muscles are often neglected in stretching routines. Stretching the pre-tibial group is also important in decreasing the incidence of shin splints. The exercise shown in figure 6 can also be used in conjunction with other groin stretching exercises to insure that all the groin muscles have been stretched.

Stretching the plantarflexors

The calf musculature is often the primary area of tightness with many athletes after vigorous exertion. This group of muscles contracts each time we push off to start a move or change direction. The hurdler's position, illustrated in figure 1, can also be used to stretch out the calf group if the athlete pulls up on the toes toward the body until tightness or a burning sensation is felt in the outstretched leg. Hold that position for 10 counts, relax, then repeat the exercise 10 times.

The other exercise designed to stretch the plantarflexor group (fig. 7) is accomplished by facing a wall with the feet spread approximately three feet from the baseboard. Lean into the wall and use the

arms to lower the body towards the wall until the calf muscle is tight. Hold the position for 10 counts and repeat 10 times.

Stretching the groin (adductors and hip flexors)

The adductors and hip flexors make up the musculature that composes the groin. Both groups of the muscles are subject to strain, so a pre-exercise stretching routine is needed. An easy test to determine if the individual's hip flexors are tight and injury prone can be conducted by having the athlete assume a supine position and telling him to flex one knee up towards the chest. Both hands should be used to pull up strongly on the knee.

If the contralateral knee rises off the floor or treatment table more than a couple of inches, it's a good indication that there is tightness present on that side. The adductor muscles often become tight after long training runs. Tightness can be noted on the medial aspect of the thigh from the crest of the pubic bone to the medial aspect of the knee. A quick check can evaluate the flexibility of these muscles. If the athlete can come close to touching the upper body to the floor while in a sitting position with the legs extending as wide as possible, flexibility is good.

If the athlete doesn't come close, more stretching exercises are needed. Both ballastic stretching (one involving motion with force) and static stretching (pressure exerted by a motionless body or mass) are employed in the following exercises for adductors and hip flexors.

The exercise illustrated in figure 8 is a classic example of an adductor stretch. The legs should be spread wide with the knees locked in full extension and the athlete should reach back between the legs with both hands until it hurts. This position should be held for 10 counts and repeated eight to 10 times.

The next exercise (fig. 9) is also an adductor stretch. Starting in the sitting position with the back straight, the knees bent and the bottoms of the feet together, the athlete should place the hands on the knees and push towards the floor, hold the position for 10 seconds and repeat eight to 10 times. This particular exercise does an outstanding job of stretching all five of the adductor muscles.

The hip flexor muscles can be stretched by using the bilateral stretch exercise illustrated in figure 6, and the forward stride position shown in figure 10. Start the forward stride position by bending forward and arching the back (hyper-extension). Repeat the exercise with leg position reversed and hold each position for 10 seconds.

Stretching the back musculature

Two exercises adequately stretch the back muscles. In the supine position (fig. 11), the lower thoracic and lumbar spine extensors are stretched. This exercise is begun by lying on the back, lifting the legs with the knees locked and extending them up over the head. The athlete should attempt to touch the floor behind the head with the toes and hold the

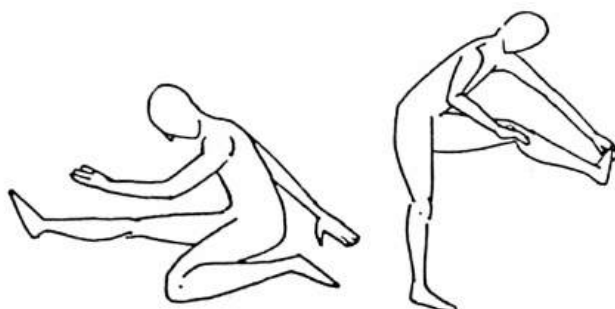


Fig 1

Fig 2

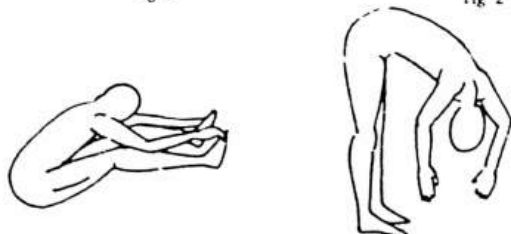


Fig 3

Fig 4



Fig 5



Fig 6



Fig 7

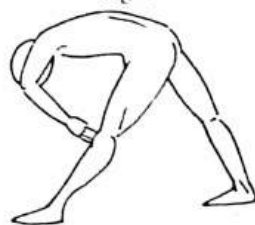


Fig 8



Fig 9



Fig 10



Fig 11



Fig 12

position for 10 seconds. The exercise should be repeated five times.

The other exercise (fig. 12) also begins in the supine position. If the athlete raises both knees toward the chest, bends the head towards the chest with one arm and pulls the legs into flexion at the hips with the other, the cervical and upper thoracic extensors will be adequately stretched. This position should be held for 10 counts and repeated eight to 10 times.

Running backwards

Daily training overdevelops the true prime movers of the body. These include muscle groups such as the hamstrings, plantarflexors, gluteals and erector spinae. To compensate for this overdevelopment, athletes should incorporate an antagonist to the prime movers into their workout routines.

If tightness is felt in any of the prime movers, running backwards will often relieve the muscle tightness. The quadriceps, pre-tibial group, hip flexors and abdominal muscles become the prime movers of the body when running backwards. Thus, via reciprocal inhibition, the true prime movers of the body remain in an eccentric state and most of the work is being done by muscles on the ventral surface of the body. Running backwards is an exercise that can be easily incorporated into any training program to help prevent muscle imbalance. A suggested minimum is 300 yards.

The use of therapeutic exercise both on the field and in the clinic, can be an instrument of success for the trainer, therapist, coach and, most importantly, the athlete.

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New Floor Finish

Wilmington, MA, Jan. 31 — A new aqueous urethane/acrylic copolymer designed specifically for finishing gym and sports floors has been developed by Polyvinyl Chemicals Inc. Designated Copolymer XP-7060, the new product is the first high performance water-borne finish for sports floors that is cost competitive with traditional solvent-based systems. It dries quickly, allowing as many as four coats to be applied in a single day. Using solvent-based systems, the same process requires several days.

Copolymer XP-7060 can be applied rapidly over new or previously finished wood floors, after appropriate preparation, to produce a durable, recoatable, anti-slip surface. Conventional mops or lambs wool applicators can be used with good results. Field trials using tank-type continuous flow applicators were also extremely successful. Typical application rates achieved were approximately 4,000 sq. ft of surface finished per hour using an average of only 5 gallons of finish.

Samples and information on surface preparation, application methods and maintenance procedures are available from Michael Pezzuto, manager, specialty markets, Polyvinyl Chemicals Inc., 730 Main Street, Wilmington, MA 01887.

Polyvinyl Chemicals Ins., a member of the ICI Group, is a major producer of acrylic and urethane special-purpose polymers.



To all Unit Instructors and Directors

from:

BRO. VACLAV ZENISEK

Educational Director, Central District

Dear Brothers and Sisters:

In cooperation with Bro. Satek and Sis. Schnabl, I lectured our future instructors in the last two courses, about our Sokol Organization and our Sokol program.

This time I am facing a different group. You are already instructors. I cannot talk to you, like to the beginners. I came to you to ask for your cooperation.

We just cannot afford to be a plain, gymnastic organization. We want to be something different. Different, means — better.

We cannot expect to be just only some kind of nesting place for out future Olympic Gold medal winners. We are not so strong and not so equipped.

We are, and must be, an organization with a program not only for improving everyones physical ability, but moral strength too.

Everyone of you, I believe, knows something about "Spartakiáda" in Czechoslovakia. This very effective event is praised all over the world, but not too much attention is given to the fact, that without former Sokol Slets — there would not be any "Spartakiáda" at all.

One hundred, twenty-three years ago, a very idealistic and able man, Dr. Miroslav Tyrš, created an organization with the intention to increase the health level of his small and suppressed nation. He intended to use physical fitness as a help to improve not only the physical ability of each individual, but simultaneously the moral and patriotic quality too.

Today we know how much his effort was successful.

But he, himself, did not dream, that one day his nation, with the help of his idea, would become independent and that his Sokol organization will reach hundreds of thousands of followers.

The first Sokol Slet, under his personal leadership in Praha, 1882, counted only several hundred men. He did not live to see the tenth Sokol Slet in 1938, when 30,000 gymnasts took part at the same time in Sokol calisthenics.

His was the idea — but his enthusiastic followers did the job.

One hundred, twenty years ago, several dedicated individuals used his idea to create a Sokol organization in St. Louis. It was the beginning in this Country.

We do not want to make a Czechoslovak out of you. We just want you to be the followers of this idea, and continue in their steps, to build something similar for this Country, which needs it now more than anything else and any time before.

Our successful and beautiful Slet this year in Chicago, was proof that it can be done.

You are now in charge of the Sokol work. The Sokol future depends on your understanding, intention, quality and dedication.

When we cooperate — we will be successful. When we succeed, it will mean that everyone of you developed a higher quality in yourselves.

To develop quality in your classes, they have to set an example. You are the leaders. You are the ones who ask the others to do something; but you cannot ask somebody to do something which you are not willing to do yourselves.

That does not mean only physically. We have moral requirements too. I do not like to use the word "discipline" — there is a better word: respect. It takes a long time and hard work to earn the respect, but it can be lost in minutes. Without personal respect, there cannot be success in teaching.

What does it mean? In having success, you are proving improvement in your personality. In other words, you are not only giving, you are getting. You are not realizing what Sokol work did for yourselves while taking a teaching job.

Taking your job seriously, you are getting more knowledgeable, experienced and are a more respected person. But do not forget: to be respected, means to give your respect to others.

We must be able to explain to our classes that competitions are not only to win first place. Regardless of the number of competitors, even in the hundreds, there can only be one first place. We do not like the winning to be the only price.

In competitions, we are testing our physical and moral ability.

Do not be spoiled by winning and do not be disappointed by losing. Sometimes the loser might appear like the winner. It all depends on his behavior.

We are just testing our ability and preparedness under certain rules and circumstances, and not always the physically best, is a winner.

Good preparation, good nerves, self control and a little bit of luck are very important requirements.

We must explain to our classes, that participating in our Sokol Mass Calisthenics means a symbolic show of our democratic understanding, togetherness, reliability on each other, physical and aesthetic maturity and simultaneous execution of something done by all our participants of all ages and ability.

This is our Sokol specialty and trademark, without which we would not be Sokols any more. It is a beautiful show and is giving to us nice feeling to be a part of it.

We are all practically living two different lives. One home in the family and one in our working place. You would not like to expose your children to the way you sometimes act in your working place.

There is one exception — Teachers cannot characterize their class rooms as a working place.

Accepting responsibility means a big self-education. You behave the way you want your children to behave.

We want to produce a future of good citizens, equipped with a nice and healthy body, with equally moral and patriotic behavior.

To our future Sokol work — a big “ZDAR”!

Learn How to Sell Your Knowledge

When Sokol was founded in 1862, this new organization was lucky to have at its head two men who formed an ideal team: Miroslav Tyrš who had the original idea, and Jindřich Fugner, who had the means, i.e. the money to carry out these ideas.

Tyrš was a University professor of history of art and Fugner was general manager of the Prague branch of the Trieste Insurance Association, a man of wealth.

They were both men of high intellectual culture.

What was the Tyrš philosophy?

First: The history of mankind represents an eternal struggle for survival in which all what is unfit to live must succumb and perish. This rule applies especially to the fate of nations.

Second: In support of this theory Tyrš pointed to the ancient Greeks that preserved it's independence against tremendous odds — only by it's physical fitness, spiritual maturity and moral qualities, closely associated with boundless love of one's country and liberty.

With these ideas in mind, Tyrš put together an efficient and well-thought program of physical education which he called “Základové tělocviku” (The basics of physical education) and which includes the famous Tyrš System.

This program which included the ideology as well as the system, was fitting marvelously to the era of National Rebirth. And all these factors: the favorable mood of the Czech public favoring the ideas of liberty, the systematic program reaching to everybody and the support by the wealthy and the intellectuals — this was what made Sokol grow so fast in the old country.

One hundred years have passed since the death of the Sokol founder, the Sokol movement is still existing, and we as followers are obliged to make an effort to find out what, in our situation, could be learnt, and followed, through this valuable heritage.

I think that it appears to be this:

First, we should be striving for excellence by applying the Tyrš systematic program.

Second, we should persuade the wealthy and intelligent people in this country that what we do and what we accomplish is the best way how to keep the whole nation physically and morally fit.

These are the two prerogatives which must be done successfully if we really want to become an efficient and strong organization.

In other words, we have to do what Tyrš did when he persuaded Jindřich Fugner.

Unfortunately, the level of knowledge of us, the Sokol instructors, and therefore the efficiency of our classes is far from excellent. On the other hand, we are fortunate enough to have many dedicated Sokols all over the nation. If we sincerely want to excell, we may, one day, resume the position Tyrš had when he met Fugner.

To conclude: we have to strive for excellence by learning and planning, and know how to sell our good results.

J.L. — Sokol L.A.

I'll be back in four years!

JACK DROBNY

Junior Boy, Age 14, Sokol Greater Cleveland

I have many recollections of this past Sokol Slet that I will never forget. Let me share with you just a few of them.

Though there are fewer Junior Boys than Junior Girls this does not mean that we do not make ourselves known. For example our trip was amplified by not just one Ghetto Blaster but five boarded the bus. All on different stations.

We boarded the back seats of the bus. These also contain the one unit everyone would sooner or later have to visit, the restroom. Of course we made every effort to make it a pleasant visit for the poor person who had to use it.

Our Junior Boy's Class is unique in that we all have undercover names. Mine happens to be “Poo-bie”. There are also Binkley, Sugar Buns, Knuck, Chumly, Mario, Alfred, Spock, Puddin Head, Cisco, Poncho, Manard, Gumby, Stash, and Anheiser. Fourteen of us terrorized the bus on the way there with only a dozen of us making the return trip.

Our chaperones tried to make it interesting by making up a game of “Sokol Trivial Pursuit. We were asked questions pertaining to Sokol with the right half of the bus against the left. We were surprised to see how much smarter we were than they thought. We quit when the score was tied.

We also had to learn Czech songs by way of bus microphone. We played along and made everyone happy.

Not soon enough we arrived in Chicago. The hotel was a madhouse. We were released to go eat and return.

And so the great “Gumball Rally” began. The next five days were turmoil. We stayed up late and got up early. We even ended up paying the charges on one of those X-rated movies which no one remembers watching.

We made many new friends. We spent much time hiding in the rooms of Sokol Juniors other than our own. It was great.

Too soon our trip came to an end. I really hated to leave. Fortunately, I'm one of the lucky ones. I'll be back in four years.

Ed. comment — The judges of the Essay contest on Recollections of the 1985 Slet want to share this interesting and honest observation.

Jack Drobny's experiences are definitely a Back to the Future drama for more than one "Sokol". We hope his essay stirs some "fond" memories of your own.

Masaryk on Love

Now that the newsmedia is carrying daily reports of worldwide events, perhaps it is time for the American youth to research the philosophy of the greater minds of the past... as far back as Socrates and come forward through time (even the "Dark Ages") to the American Revolution, to the works of Benjamin Franklin, Thomas Jefferson, Emerson; to Europe with Dr. Thomas Masaryk and then to our present age.

Youth may say... that's the past, this is today... what does all that have to do with me. True, IF we dwell on the past, life passes us by. However, if we do not know and understand history, we are bound to repeat the same errors. History reveals a certain commonness in personalities, in actions, in philosophies. After all, we are all of the same human race, whether of 50,000 years ago, or yesterday. History gives us an advantage the future holds from us... knowledge of the Results. Through this knowledge we can improve on our decisions to take one road or another. Our options multiply, our choices become more interesting, our goals more challenging, our results more gratifying.

My husband, Angelo, reminds us on occasion, if you would succeed at your goal, study the successes that went before you (and the reason some failed) observe the many facets of their lives, their philosophies.

Today we are history. How will each of you read your biography?

In the reading of the philosophies of great persons... those who sought to discover what-why-how-the human mind arrives at conclusions that affect nations, eras, people, you will "discover" as surely as Columbus "discovered" America that there is nothing new under the sun, only names and places differ not motives. What is the motive behind a person's, a group's, a nation's actions? Why does one nation pursue prosperity for those who would earnestly earn it, and another seek only to terrorize, de-humanize its inhabitants and then its neighbors.

Dr. Masaryk's work, Humanistic Ideals, page 116 expands on this question—What is morality? "Modern morality... is not founded on anything new, "Thou shalt love thy neighbor as thyself" is its basis. Who, however, is my neighbor?

"We speak of the humanistic ideal; I accept this ideal. It has for me a dual sense.

"It means, in the first place, the ideal of manhood; be a man! Secondly, it entails consideration

for our fellow humans in the widest sense. ... Love, humanitarianism, must be positive. Hatred of another nation often is regarded as the love of one's own. To love positively and to feel no hatred is far more elevated. I shall not debate the question whether one can love another nation as he loves his own. To demand that would be unnatural. But let us learn to love our own nation, our own family, our own party positively — without any background of hate — and a whole new moral world will be opened to us."

As you can see, Dr. Masaryk's philosophy was based on LOVE.

Lynda

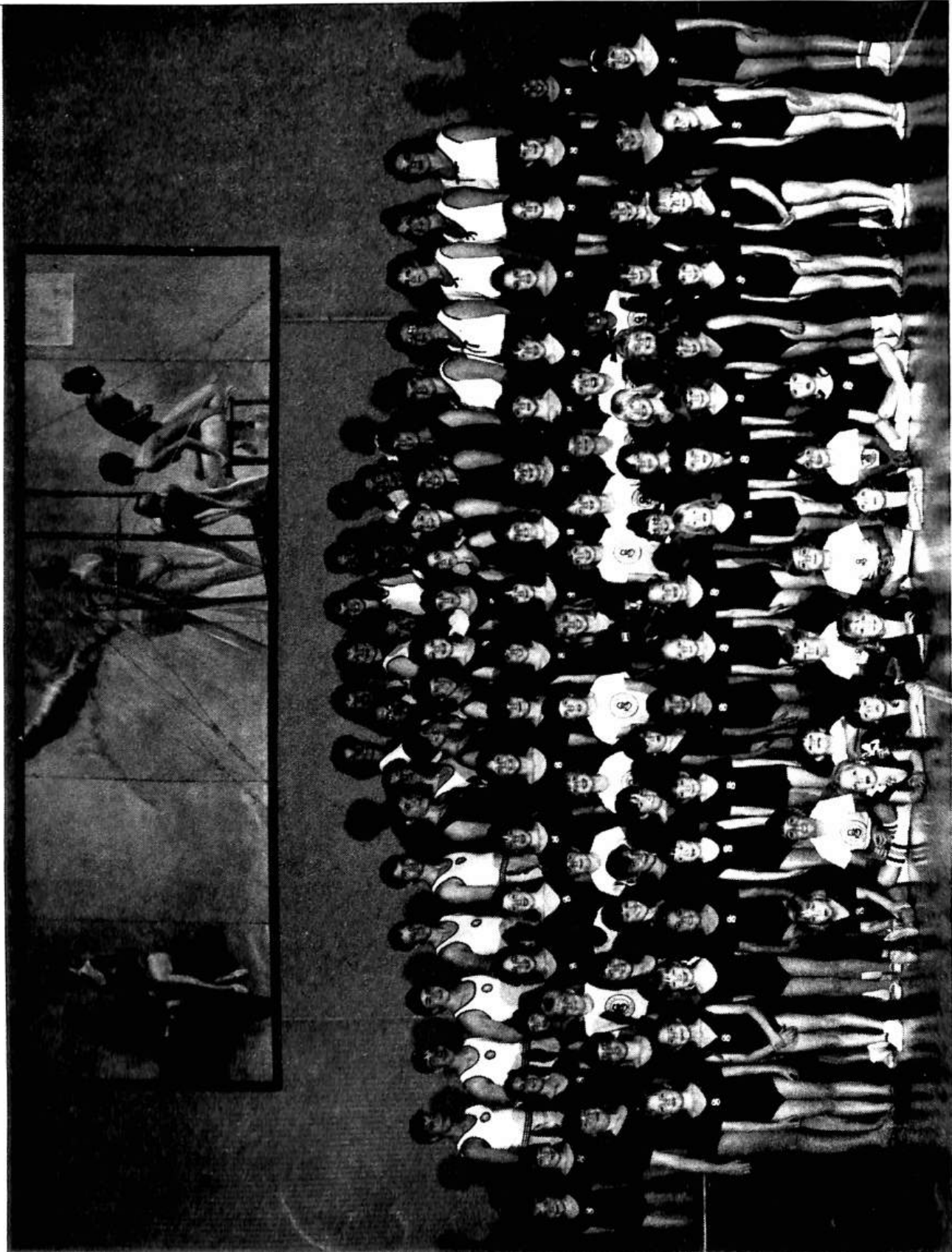
A DAY TO REMEMBER

Sokol Fort Worth Annual Class Photo Day and Spaghetti Dinner was highlighted by an inspirationally encouraging "Don't Give Up" talk by the 1984 U.S.A. Bronze Medalist for balance beam Kathy Johnson. Kathy relived the pressures of the XIV Olympic trials when she traveled the "road from nadir to zenith". "When I fell off the beam during the overall competition I was devastated, I cried." At 25, she had already been a member of two previous Olympic Teams. She continued rigorous training after the cancelled 1980 Olympics because she "had more to achieve". Disappointed with her fall and missing twice a mandatory skill during compulsory bar exercise, she came very close to missing a place on the team. For many reasons, the road to her final balance beam exercise was "the hardest thing I ever did in my life". She dug deep into herself the hours before her beam performance but did not find the necessary boost of confidence. It emerged later from an unexpected source. When Kathy began her gymnastics career at 12, one of her heroines was Ludmilla Turicheva a Russia Olympian. Kathy admired the athlete because of her perseverance and continued dedication in light of success. They had become distant friends.

As Kathy approached the beam for her final performance one of the Olympic judges facing her was Turicheva. Although not customary for judges to notice gymnasts except for actual judging time, Turicheva looked Kathy "right in the eye and they said "Don't Give Up". Aided by that supportive encouragement from her role model, Kathy Johnson turned in what some experts consider her best beam performance of her life.

Kathy continues to share the excitement, commitment, goal setting, and enthusiasm during all her speaking engagements across the country. She adds "Success is measured in different ways and should be viewed through your own eyes — not someone else's. Ultimate success is found within yourself."

Thank you, Sokol Fort Worth, for sharing this article and great class picture with us.



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EDITOR'S COMMENT:

As Jackie Kourim transfers this honor to me, I can't help but reflect on my childrens' past piano teacher's comment to me "We are all teachers. What we learn of value, we are required to pass on to others. It is the means by which a society progresses."

Thanks, Jackie!

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Sokol St. Louis Dinner Play a Success

All who attended were exhilarated by the performance of the St. Louis Thespians at Sokol St. Louis' first dramatic renaissance of Sokol Theatre. The audience of over 200 are evidence of a "new" feeling in the Sokol Gymnasium. Perhaps it is time for all our brothers and sisters across the American continent to renew an old interest in "Theatre". Perhaps the old T.V. set is just another receiver on the market. Live theatre has a special magic all its own... alive... emotional... touching... hugging... tearing... all the wonderful real, human attributes that we all need so dearly in our daily lives. How many times have you watched a great movie at home or at the cinema that left you emotional? When you would have loved to shake the hand of the performer and thank them for awakening feelings in your heart, but who could you thank when

the film ended? Write a letter? Who will answer it? A computer!

Your Educational Chairman, Br. Paul Lebloch, asked me to comment on Sokol St. Louis' review of their play, and further I quote him "Congratulations Sokol St. Louis. Hopefully, your success will inspire other Sokol units to reactivate their dramatic programs." For a more detailed review of their play, please refer to your copy of their newsletter.

Lynda

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