

JANUARY 1987

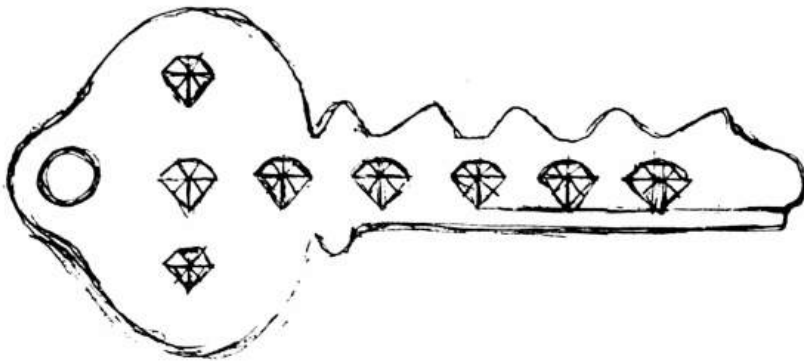
VOL. CVIII - No. 1

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization



ATTITUDE



TO

SUCCESS

AMERICAN SOKOL

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by the

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

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Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

Bequest

At the very beginning of Sokol, its members caught the spirit of sacrifice and excellence and helped to give life to the country. Ever since that time, the loyalty, enthusiasm and comradeship have not diminished and Sokol is as exciting and successful as ever.

Throughout its history, the members have kept Sokol at or near first place in competition with other fine organizations and groups. This will continue and our pride runneth over.

Below is an excerpt from the poem, "Pozdrav," by Viktor Dyk:

"Odkud se vzala v nitrech pevná víra,
kdo umírá, za marně neumírá:
že nese obět' plod?"

"... Sokole, vzhůru! Srdce česká, vzhůru.
Je třeba letět výš, až do azuru.
Je třeba, aby každý touhou rost.
Sokole, vzhůru! Je to chvíle tvůrčí.
Dny bývají, jež národu směr určí
pro celou budoucnost!"

As much as we don't like to think about it, none of us lives forever.

Do you have a last will and testament?

If you don't have a will, the probate court will determine where your earthly possessions will go.

If you do have a will, have you updated it lately?

Now might be a good time to prepare or update your will (and include a bequest to your Sokol).

SOKOL LOS ANGELES
(Non Profit Organization)
500 North Western Avenue
Los Angeles, CA 90004

FUTURE SOKOL LEADERS FUND

NOVEMBER 1986

In memory of Mrs. Irwin Hajek and James Sweet — Sokol Town of Lake	\$ 30.00
In memory of James M. Hruska — Mr. and Mrs. Joseph Masek	15.00
	<u>\$ 45.00</u>

Transfers of funds from Clyde Federal
Savings & Loan to Affiliated Bank/Western
National for two additional Merit Awards
and the expenses of the District Directors
Conference \$7,694.68

FUTURE SOKOL LEADERS FUND

DECEMBER 1986

In memory of Br. Frank Vodrazka — Helen and Betty Prener	\$ 10.00
In memory of the deceased members of Sokol Scheneectady — Sokol Scheneectady	50.00

LIBRARY/ARCHIVES FUND

DECEMBER 1986

In honor of Sokol Fugner's 100th Anniversary — Sokol Women of Little Ferry	\$100.00
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— Donations are tax exempt —

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVIII

January — 1987 — Leden

Číslo - No. 1

Attitude the Key to Success

Attitude IS the key to any successful endeavor. If a job is worth doing, it is worth doing well with the right ATTITUDE.

Whether you are an instructor, a parent of a Sokol participator, a dues paying member, an active member, an officer or committee member, or a spectator, your attitude while engaged in your duty or function is the most important aspect. People do NOT care how MUCH you KNOW, until they know how MUCH YOU CARE.

BE CREATIVE

BE INNOVATIVE

BE POSITIVE

BE PREPARED

BE DEPENDABLE

READ POSITIVE MATERIAL

READ HELPFUL RESOURCE MATERIAL

HELP YOUR UNIT BY

BUILDING A COMMARADERIE within your class, meetings, and with ALL your instructors and members.

Treat each other as you wish to be treated. If you have to share time with another class, work out a schedule and stick with it.

Involve the parents in every aspect possible. Parents love their offspring and when you show you really CARE HOW CAN THEY HOLD BACK.

We SOKOLS have an unlimited opportunity to build good will within our gyms.

REMEMBER: BUILD GOOD WILL BECAUSE WHEN YOU'RE GOOD, THEY'RE WILLING!

Lynda

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 Fügner, who had the means, i.e. the money to carry out these ideas.

Tyrš was a University professor of history of art and Fügner 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 Greece that preserved its independence against tremendous odds — only by its 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 included 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 Fügner.

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 excel, we may, one day, resume the position Tyrš had when he met Fügner.

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

Sokol Los Angeles—J.L.

A Young Gymnast's Advice

Come to Sokol with a positive purpose, so you receive of what Sokol wants you to have. Give undivided attention to your instructor. If you don't care to listen, that's your loss, but don't spoil the lessons for the others. Do not distract others who are interested in listening. Distraction could cause a fall, a serious injury, and prevent that person from benefiting in time spent trying to learn.

Remember, you not only participated as an individual — but as a team! Sokol's Team! Do your best at all times, whether practicing or competing so that your team may be proud of you. Help each other to improve skills, be unselfish. Remember, each of you represent Sokol to the public. If each of you present a good image, you'll be doing your part in showing what a fine organization Sokol is.

Show kindness to your team members or fellow participants. You will make lifetime friendships. This is really something to work for, you have to work at being a good friend. While at Sokol, repay Sokol for what it does for you.

Repay your instructors with respect, for your instructor is working for two purposes; to help you and to keep Sokol strong. If you just pretend to take instruction, this is ultimate disrespect. It's up to you not to waste your time or that of your instructor. Always speak and act with respect to your instructor and those of other teams. You owe it to yourself to show respect to all adults and those students younger than yourself. You have tremendous influence on younger people. Give them all the help you can. Set an example they will be proud to follow. Give the Sokol as much or even more than you receive for **YOU ARE THE FUTURE...**

Sokol Tabor-Talk

Quotation

"Knowledge is possessed only by sharing; it is safeguarded by wisdom and socialized by love." (page 557)*

*Quotation from *The URANTIA Book*, copyright © 1955 URANTIA Foundation. All rights reserved.



Sis. Anastazie Jurcik

The membership of Sokol Karel Havlíček Borovský has experienced a great loss with the death of Sis. Anastazie Jurcik our member of 38 years. Sis. Jurcik passed away on the 30th of October. She served as the Secretary of our unit from 1954 to 1972. Most recently she and her husband, Bro. Charlie Jurcik, had just completed a lengthy term as dues chairmen for our Sokol.

Sis. Jurcik was a great lady and a true Sokol. You could always see her lending a helping hand wherever there was a need. I personally remember her best for her terrific support of all efforts in the gym. She was always quick to point out that gymnastics was the backbone of our unit and that what

the gym need, it must have! She made many donations of items and time to our money making events. We also remember her for the many Czech dolls she dressed for us for sales and raffles.

We must recognize that Sis. Stazie and her husband lived Sokol. Bro. Charlie was the first náčelník for many of us. He served as unit president 1965-1968. His father was the first president of our unit. Their three children are all members of our unit. Sis. Bernice Hamilton, currently Southern District treasurer; Sis. Jeanette Zajic and Bro. Charlie Jurcik, Jr. There are 14 grandchildren and 16 great grandchildren survive. Many of these grandchildren and greatgrandchildren are on our staff of instructors and in the ranks of our gymnast.

In addition to their Sokol work Sis. Stazie and Bro. Charlie had time to be great fraternalists. Sis. Stazie served as secretary of WFLA Lodge 402 for 32 years, a position she held at the time of her death. She was also a great supporter and member of the SPJST Lodge 135. She was also a member of the Ennis Sewing Circle

May Sis. Stazie rest in peace. She will be missed.

Nazdar! *Sylvia Laznovsky*



Sis. Monica Toth

Sis. Monica Jo Toth passed away in September at the age of 18, as a result of injuries received in a car accident. She was born January 4, 1968, in Ennis, the daughter of Jerry J. and Jo Ann Lanicek Toth.

Sis. Toth was a May 1986 graduate of St. John's High School in Ennis. She was a member of the Key Club, the Future Teachers of America, the Christian Youth Organization, active in sports, played Varsity Volleyball, named All-District and honorable mention at State, was in the National Honor Society, member of the track team for four years, received the Business and Professional Womens Scholarship, Female Athlete of 1985-86 and Most Valuable Player in Volleyball. In 1985 she was a representative at Girl's State, Diocesan Administration of Youth. She was nominated for a United States National Leadership Award and the Society of Distinguished American High School Students. She was Homecoming Queen and Prom Queen in 1986. In addition to being a Sokol member, Monica was a member of the KJZT and the St. John's Catholic Church.

Sis. Monica was in our gym ranks for many years and although a busy and popular lady she always made time for Sokol. She travelled with us to the Slet in Chicago in 1985 and was a member of our first place Junior Girls Volleyball Team and she completed in the Low B Division.

Survivors included her mother, Sis. Jo Ann Brown and step father, Gerald Brown of Ennis, One brother, Jerry J. Toth, Jr., Two sisters Mrs. Thomas Valek and Mrs. Keith Brannon.

Sokol Karel Havlíček Borovský

AMERICAN SOKOL ORGANIZATION

GYMNAST

JANUARY 1987

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

Begin to Make Plans To Attend
THE XX SOKOL U.S.A. SLET
and
NATIONAL GYMNASTIC
CHAMPIONSHIP



JUNE 24 — 27, 1987 WASHINGTON, D.C.

We proudly invite all Sokols to plan to attend the XX Sokol U.S.A. National Slet to celebrate the 125th anniversary of the founding of Sokol in Prague, Czechoslovakia by Dr. Miroslav Tyrs. Watch the Sokol Times for announcements about trip packages to Washington, D.C.

MERIT AWARD 1987

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. A transcript of grades of the first year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the year. Failure to submit such a transcript will result in a request for repayment of award. This award is renewable for one additional 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. Applicant is wholly responsible that the application is filled out in full, otherwise application is null and void. This letter is to be signed by the Unit and District Directors designating approval or disapproval.

Unit and District Directors should also be responsible that application is complete otherwise application, if not properly completed, will not be considered. 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 as soon as possible. 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. Renewal forms and transcripts to be received at the American Sokol Organization c/o Merit Award Committee by August 1, 1987.

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 at age 17.
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 Physical Director of Sokol Unit.
5. Recommendation of District Physical Directors.
6. Approval of District President.

COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN JUNE 1, 1987

MERIT AWARD COMMITTEE:

Sylvia Pistorius, Richard Ptacek, Marie Ptacek, Paul Lebloch, Steve Fischer, Anne Halik (Chairman)

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

Bring a Friend to Sokol

AMERICAN SOKOL ORGANIZATION
 Merit Award Committee
 6242 West Cermak Road
 Berwyn, Illinois 60402

1987

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: _____ Phone: _____

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

American Sokol Organization Additional Merit Award Recipient for 1986-87

Upon the recommendation of the merit award committee Mary O'Sullivan has been approved by the executive board to be paid from the Sokol Future Leaders Fund.



MARY
 O'SULLIVAN

Sokol New York
 Eastern District
 Borough of
 Manhattan

A renewal was also granted to DAVID JIROUSEK of Sokol Greater Cleveland, Northeastern District.

MERIT AWARD COMMITTEE

Sylvia Pistorius, Richard Ptacek, Paul Lebloch, Marie Ptacek, Steve Fischer, and Anne Halik (Chairman).

1986 Sokol St. Louis Volleyball Invitational

It was a year for new volleyball powers, with Sokol Tabor and West Suburban taking home top honors in the annual Sokol St. Louis Invitational Volleyball Tournament, held Thanksgiving weekend. It was the first ever championships for those units in the 11 year history of the tournament.

Almost 100 Central District members took the floor November 29th for the yearly renewal of volleyball battle. The televised event attracted 11 teams from 6 units.

Final standings were as follows:

Women		Men	
1. West Wuburban	6-0	1. Tabor	7-1
2. Brookfield	4-2	2. West Suburban	6-2
3. St. Louis	2-4	3. Brookfield	6-2
4. Stickney	0-6	4. Berwyn	6-2
		5. St. Louis	3-5
		6. Tabor 2	0-8
		6. Stickney	0-8

West Suburban's Women emerged undefeated, gaining the title in an impressive overtime struggle with Brookfield, who took second place. Final scores of the match were a couldn't-be-closer 16-14, 15-13.

On the other court Tabor 1's Men destroyed Berwyn's own bid for a first time title in the final match. Berwyn, who had led most of the tournament, fell 15-9, 15-5. Tabor's Victory ended Stickney's four year domination of the Men's side.

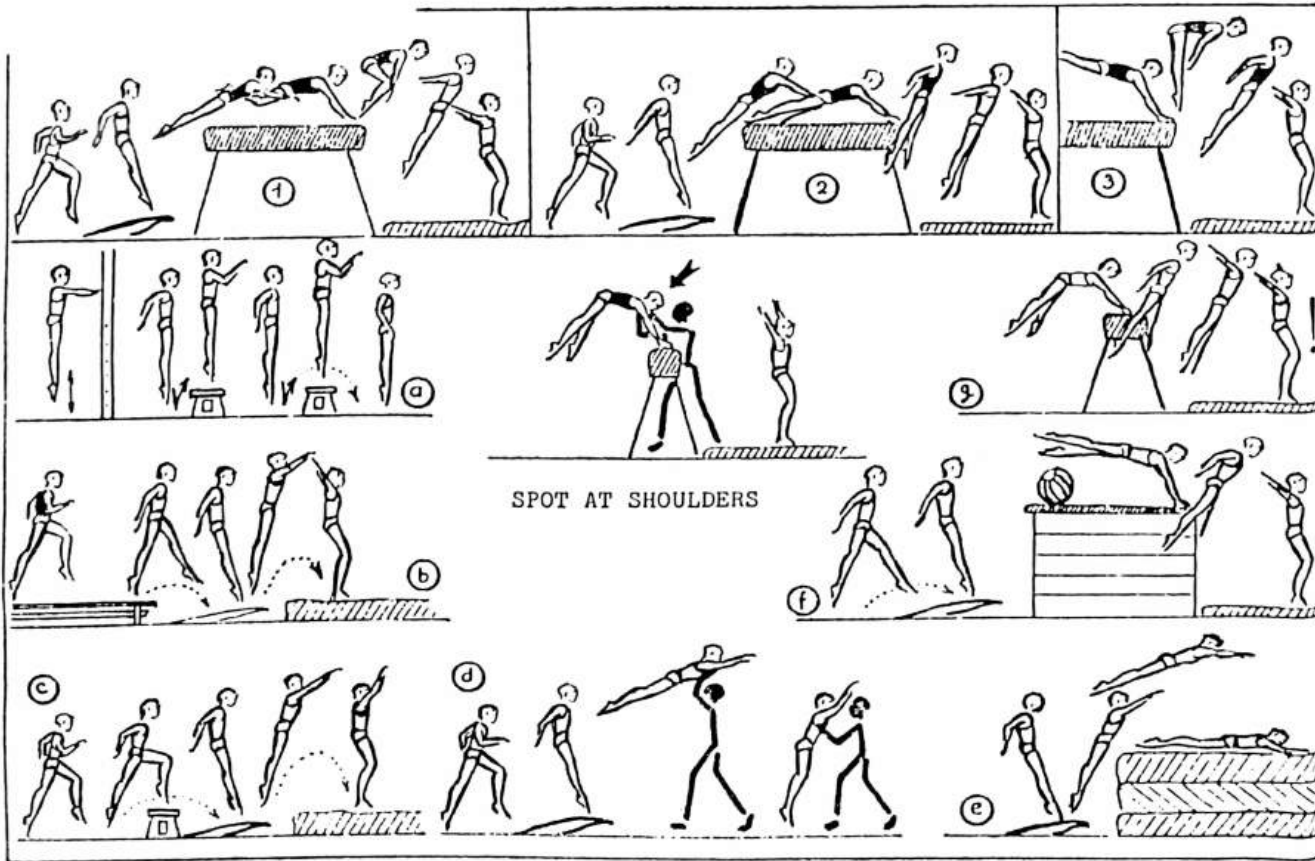
West Suburban edged out Brookfield for 2nd place, the three way tie being decided by overall point differential. West Suburban was +50, Brookfield +43. Brookfield's own first place hopes were spoiled earlier by a determined St. Louis team. Berwyn, at +41 points, was awarded 4th.

Following the all day event, most players returned to the headquarters motel for a night of relaxing, swimming, and, mostly, socializing, at which every team claimed victory.

Joe Ptacek, Tournament Director

Help Our Sokol Grow

VAULTING BASICS presented by bro. JERRY MILAN



CENTRAL DISTRICT

Boys & Mens December Competition Results

DECEMBER 12, 1986
 CONDUCTED AT SOKOL SLAVSKY
 Meet Director Br. Richard Vrba

2nd Class Boys Low Division

No Teams — Individuals

- | | | |
|------------------|-------|---------|
| 1. Greg Stroud | 106.3 | Slavsky |
| 2. Paul Pschirer | 100.3 | Tabor |
| 3. Ricky Frisch | 95.6 | Tabor |

2nd Class Boys Intermediate Division

Teams

- | | |
|------------------|-------|
| 1. Slavsky R | 303.8 |
| 2. West Suburban | 301.9 |
| 3. Tabor | 292.8 |

Individuals

- | | | |
|-------------------|-------|---------------|
| 1. Joe Fitzgerald | 105.3 | Slavsky |
| 2. Chris Stahulak | 104.3 | West Suburban |
| 3. Rick Tybor | 103.1 | Slavsky |

2nd Class High Division

Teams

- | | |
|--------------|-------|
| 1. Slavsky X | 202.9 |
| 2. Slavsky Y | 191.2 |

Individuals

- | | | |
|-------------------|-------|---------|
| 1. Mario Mongello | 109.8 | Slavsky |
|-------------------|-------|---------|

- | | | |
|---------------------|------|---------|
| 2. Dominic Mongello | 96.6 | Slavsky |
| 3. Ed Kolozy | 94.6 | Slavsky |

Juniors Low Division A

- | | | |
|-----------------|-------|---------------|
| 1. Jay Vondra | 108.5 | Stickney |
| 2. Paul Moravec | 103.4 | West Suburban |

Juniors Low Division B

- | | | |
|-----------------|-------|----------|
| 1. Greg Vondra | 105.9 | Stickney |
| 2. Dennis Buric | 100.9 | Stickney |
| 3. John Becker | 91.8 | Slavsky |

Mens Intermediate Division

- | | | |
|-------------------|-------|-------|
| 1. Brian Hathcoat | 100.0 | Tabor |
|-------------------|-------|-------|

Mens Low A Division

- | | | |
|------------------|-------|---------------|
| 1. Mike Michalek | 108.9 | West Suburban |
|------------------|-------|---------------|

Mens Low B Division

- | | | |
|-----------------|------|----------|
| 1. Richard Vrba | 53.3 | Stickney |
|-----------------|------|----------|

Mens Masters Division

- | | | |
|-------------------|-------|---------------|
| 1. Frank Michalek | 109.3 | West Suburban |
|-------------------|-------|---------------|

**MAKE PLANS NOW
 FOR THE
 SOKOL U.S.A. XX SLET
 in Washington, D.C.
 June 24-28, 1987**

DISTRICT DIRECTORS CONFERENCE MINUTES (Cont.)

In place of the recommendations a, b and c submitted by Sis. Halik, the following motion was made:

Motion by Sis. Dalton to make the following changes on the Merit Award Application:

4. *In accordance with the Constitution and By-Laws of the ASO:*

Date Applicant enrolled in Sokol Gym (____)

Date Applicant initiated in Sokol Unit (____)

Seconded by Sis. Maryann Fiordelis. Motion passed.

GYMNAST EDITOR REPORT

Br. Michalek passed out a Gymnast Survey Sheet to all District Directors and would like them filled out and returned to him before the Conference concludes on Sunday.

Conference was advised of the difficulties encountered regarding the addition of extra pages to the publication when necessary. However, after a meeting with Br. Basta, Sis. Kourim and Sis. Filippello, Editor, these problems have been resolved. Br. Michalek recommended that at the next Convention, request be submitted to allocate more money for the Gymnast publication.

Units requesting additional copies of the Gymnastic portion of the publication with numbers desired are listed below:

Central District:	Br. Satek	100 copies
	Sis. Schnabl	100 copies
Pacific District:	Br. Liska	10 copies
	Sis. Pelc	10 copies
Eastern District:	Br. & Sis. Mergl	60 copies
Southern District:	Sis. Laznovsky	50 copies
	Br. R. Milan	50 copies

(Br. Milan also requests an extra 10 copies of the entire publication be sent to him.)

NE District: None

Western District: None

Problem of limited space in the Gymnast section was discussed among the Districts Directors, and it was recommended that one way to resolve this would be to condense competition results.

Motion by Sis. Fiordelis that the top three (3) Winners of all Competition levels including teams be published in the Gymnast section for all competitions, and will include the total number of competitors and teams of each level. Seconded by Br. R. Milan. Motion passed.

Discussed clarification of the limited amount of advertising which can be put in our type of publication. Announcements of clinics, which include a price, is deemed as advertising. This should be clarified with the Postal Service.

Motion made by Sis. Dalton that District Directors Conference give its support to Br. Michalek as to what is put in the Gymnast regarding "advertisement" of clinics, etc., as long as it is within the guidelines set by the Postal Service. Seconded by Sis. Schnabl. Motion passed.

Districts are still encouraged to submit material to Br. Michalek for publication in the Gymnast in accordance with format voted on at the last Conference.

STATISTICIAN'S REPORT

Presented by Sis. Jan Kalat. Sis. Kalat thanked the District Directors for submitting attendance figures, however, some reports were not turned in or were incomplete, and this naturally affects the total statistical picture. Question was raised concerning the fact that some districts do not differentiate between Girls and Boys 1st Class. Some 1st and 2nd classes are separated according to ability, however, when reporting these figures to Sis. Kalat, they should be reported according to age. It is important to have these figures for 1st and 2nd class separated in order to be aware of class attendance and at what point (age group) class enrollment declines.

Motion made by Br. Liska that for the sake of uniformity, when reporting Tot's class enrollment, the boys and girls be separated. Seconded by Sis. Dalton. Passed with one dissenting vote.

Meeting adjourned at 12:00 Noon for lunch break.

* * *

AFTERNOON SESSION

Meeting resumed at 1:45 P.M.

GIRLS GYMNASTIC SKILLS

Sis. Pat Satek submitted report, listing results of units who participated in the Gymnastic Skills Program from Oct. 1984 through Sept. 1986. Program was discussed and it was agreed that it needs clarification and revision; possibly adding a Masters Division for our older women.

Motion made by Sis. Harlan that a Gymnastic Skills Committee be formed consisting of Sis. Schnabl, Sis. Riddle and headed by Sis. Satek to formulate a new format by June 1st in order to have a revised Skills Program ready for distribution in September. Seconded by Sis. Fiordelis. Motion passed.

BOYS GYMNASTIC SKILLS

Report presented by Br. Frank Michalek. Only two units responded with results in the Gymnastic Skills Program. Br. Michalek asked for any specific changes that District Directors might have in mind to implement the program. Br. Satek suggested that a change be made to revise the extreme jump from Novice to Intermediate Division. Br. Harlan offered his services to Br. Michalek to help in making the necessary revisions. Br. Michalek with the help of Br. Satek and Br. Harlan will try to have the revisions completed by June 1st in conjunction with the Girls Skills Program. Br. R. Milan suggested sending the Southern District a supply of patches and bars so they could make the awards immediately upon the entrant's completion of the skill. However, it is the consensus of the BOI that we not deviate from the present procedure.

Br. Laznovsky introduced Br. Bob Podhradsky of Sokol Zizka who has been to Seoul, Korea. He gave the Conference a little information about the forthcoming Olympics; the location, facilities, stadiums, gymnasiums, etc.

UNIFORM DIVISION REPORT

Report prepared by Sis. June Pros and read by Sis. Malina. Complaint registered by Sis. Fiordelis about the Women's blouses (material is too sheer); other Directors agreed. The possibility of using a knit material was suggested, however, it must be kept in mind that this blouse will have to accommodate some of our larger sisters. Also blouses should be cut longer. Sis. Laznovsky advised that at one time the Southern District had been forced to find a supplier for Girls red leotards. They located a supplier (Art Stone and found their leotards to be of a better quality material and cheaper than those provided by the Uniform Division (they are, however, a tank style as opposed to the ASO cap sleeve). ASO Uniform Division might be interested in contacting this supplier who also maintains headquarters on the East Coast.

Sis. Pistorius advised the Conference that she has with her a number of "Instructor" T shirts if anyone is desirous of purchasing one.

Regarding Junior boys uniforms, Br. R. Milan commented that the material for these uniforms vary; some being a heavier knit and some being more elastic than others. Also on some tops, the red piping has little elasticity making it hard to put on. Br. Satek also commented that the Men's shirts are consistently getting shorter.

* * *

Br. Ptacek introduced Br. Emil Milan of Sokol Fort Worth to the Conference members.

Br. R. Milan introduced Sis. Rose Steinman and Sis. Jeannie Mason who provided the bakery for our Coffee break and Hospitality Room. Many thanks Sisters for the delicious strudel!

TOURNAMENT RULES

Report presented by Br. Dave Harlan - Chairman. Br. Harlan read a letter which was received from Sokol St. Louis in which Br. Robert Pesek requested clarification on an interpretation problem regarding minimum age of 17 on Page 1 of Tournament Rules.

Sis. Jolene Dalton made a motion to reword the first paragraph on Page 1 as follows:

When a Junior become 17, he/she shall become a regular member of the Organization according to the American Sokol Organization Constitution and By-Laws. If this Junior is still a high school student, he/she shall be eligible to compete with the Juniors.

Seconded by Sis. Schnabl. Motion passed.

Sis. Schnabl introduced discussion regarding Award Winners and advancement of contestants listed on Page 2 under CONTESTANTS' CLASSIFICATION. After a lengthy discussion in which

the advisability of mandate scores was brought forward, Sis. Dalton made the following motion:

Motion made by Sis. Dalton that District Directors submit any suggestions or changes regarding mandate scores to the ASO Office by June 1st of next year and that the ASO BOI then distribute all suggestions to each District Director for consideration before the next Directors Conference. Seconded by Br. R. Milan. Motion passed.

Tot's Uniforms — Page 3. Discussed the difficulty in fitting Tots in the white gymnastic slippers and also the fact that they are so quickly outgrown.

Motion made by Br. R. Milan to replace the Tots uniform requirement from white gymnastic slippers to plain white gym. shoes. Seconded by Sis. Schnabl. Motion passed.

Bro. Milan made a motion that Junior boys be allowed to wear the long, white gymnastic pants for competition if they so desire. Motion did not receive a second and failed to pass.

Sis. Schnabl made a recommendation that white footies be eliminated except for competition only. Discussion followed, however, no motion was formally introduced.

Discussion on uniforms for H) **Championship Competitors:** Page 4.

Motion made by Sis. Dalton to make the following insertion under Championship Competitors: Women and Jr. Girls.

For Optional Competition Only:

Jr. Girls & Women may wear red, white or blue, or any combination thereof, leotards (no french cut); however, members of a team must wear the same leotard.

Seconded by Br. R. Milan. Passed.

On Page 5 and 6 (DIMENSIONS FOR VARIOUS APPARATUS).

Motion made by Sis. Dalton to check on heights and dimensions for all apparatus to see that they are in compliance with USGF rules. Sis. Dalton will handle the Women's Division and Br. Rome Milan will check same for the Men's Division. ASO BOI will be informed of changes, if any, as soon as possible. Motion seconded by Sis. Schnabl. Passed.

Sis. Schnabl brought up a problem of interpretation on GUARDING AND ASSISTANCE — Page 6. lengthy discussion followed. Recommendation by Br. Milan to table the matter until rules can be rewritten. (Rules rewritten and submitted by Sis. Dalton and Schnabl.)

Motion on change made by Sis. Dalton and Sis. Schnabl as follows:

Touching is when the spotter touches the Gymnast but does not actually help him/her do a skill.

Assistance is when the spotter actually helps the Gymnast do a skill.

*Deduction for each touch is 1.0 for Women
0.5—0.7 for Men*

*Deduction for each assist is 1.0 for Women
0.5—0.7 for Men*

plus the value of the skill.

Seconded by Br. Benak. Motion passed.

Discussion of Section (12) AWARDS on Page 8. Various changes suggested.

Motion by Sis. Dalton that anyone who has a recommendation regarding formula for Awards Presentation, submit same to the ASO BOI by June 1 and they will distribute all suggestions to each Director for consideration before the next Directors Conference. Seconded by Sis. Schnabl. Motion passed.

Discussion regarding system of handling competitors placement in case of tie.

Motion by Sis. Dalton to add the following stipulation under (12) AWARDS under Individual, Team, Team Games & Individual Sport & Special Events Competition: — In case of ties, duplicate awards will be given, (to be added) but a tie will negate the following place or places. Seconded by Br. Benak. Passed with one dissenting vote by Sis. Schnabl.

Motion made by Br. R. Milan for the following changes under (13) OFFICIALS on Page 9:

C) JUDGES

Scoring when 4 judges are used:

For each event, the high & low scores are dropped — the middle two scores are averaged.

Scoring when 2 judges are used:

For each event, the two scores are averaged.

Motion seconded by Br. Benak. Motion passed.

On Page 9 — (14) PROCEDURE AT MEETING OF JUDGES. Sis. Schnabl recommended splitting paragraph A) into two parts. Discussion followed, however, no formal motion was presented.

On Page 11. Rules under JUDGING AND MARKING OF EXERCISE. Questions have been received regarding the 3 steps before and the 3 steps after the exercise completion. Is this stipulation necessary?

Motion made by Sis. Dalton to eliminate Paragraph 2 on Page 11 for Men & Women and insert the following:

Proper approach and retreat is expected of all competitors; failure to comply will result in the deduction of 0.1—0.3 in the final scoring of an apparatus exercise. A proper approach includes acknowledgment of the "at ease" position while waiting his/her turn. Upon dismounting, the gymnast is expected to show good control in the landing, followed by "at ease"; facing the judge to wait for the judge's permission to leave.

Seconded by Mr. Martanovic and Sis. Schnabl. Motion Passed.

Page 14 Women's Rules and Page 13 Men's Rules — Scoring of Slet Calisthenics. Since scores will be averaged instead of totaled, discussion followed regarding change in the 1.0 deduction for general appearance and uniform.

Motion by Sis. Dalton to eliminate the part in parenthesis. The paragraph to read as follows. —

All totaled — no more than one point should be deducted for general appearance and uniform by each judge. Motion seconded by Sis. Riddle. Passed.

Women's Rules Page 14, Men's Rules Page 14 (24) ACCIDENTS. Since a physician is not always in attendance, recommendation made by Sis. Schnabl that the wording be changed to Medical Personnel. No formal motion made, however, change generally agreed upon.

Page 16 — DIVISION DIRECTORS DUTIES

Sis. Schnabl made a motion to add the following: — Rule 13. Upon completion of competition, check with Tabulators to verify that all scores are accounted for before dismissing judges and gymnasts. Motion seconded by Br. Satek. Passed.

Page 17 — C) DUTIES OF JUDGES

Sis. Schnabl made a motion to add Rule 7. Judges may not leave until dismissed by the Division Director. Seconded by Br. Satek. Motion passed.

Volleyball Rules: Will have to be up-dated for the next Slet.

Sis. Pistorius advised the Conference that the Tournament Rules are in the process of being put in the Computer.

Sis. Dalton questioned a phrase in bold letters under J) Judges Uniforms: Page 5.

Motion made by Sis. Dalton to eliminate phrase — **HEREIN. NO JEWELRY EXCEPT WEDDING RINGS AND TAPED-DOWN RELIGIOUS MEDALS.** Motion seconded by Br. Benak. Passed.

Motion made by Sis. Dalton to change the last sentence in paragraph under Judging and Scoring Procedures. Women's Rules Page 12 & Men's Rules Page 13. — These slips shall then be collected by a runner and brought to the Head Judge and then to the tabulator who shall enter these figures in the respective columns on the score card. Motion seconded by Mr. Martanovic. Passed.

Motion by Sis. Dalton that if there are over 60 gymnasts in a Division, that Division must be divided into sessions. This to be placed on Page 7 — under (8) ENTRIES after the sentence covering double entry fee. Motion seconded by Br. R. Milan. Passed.

Sis. Dalton made a motion to change the method of scoring calisthenics on Page 14 Women's Rules and Page 13 Men's Rules. (Sis. Dalton and Sis. Schnabl worked together to re-phrase the text).

A) Scoring of Slet Calisthenics

1. Approach & Retreat	0.3
2. Execution, amplitude and rhythm of the exercise	8.5
3. Virtuosity	0.2
4. Proper Uniform	1.0

The calisthenics competition exercise will be assigned point values for the benefit of the judges.

Motion seconded by Br. Benak. Passed.

Motion by Sis. Dalton that any Tournament Rule changes be submitted to ASO BOI office by

1986 NATIONAL INSTRUCTOR'S COURSE STAFF



First row left to right: Jolene Dalton, Norma Zabka. Second row: Course Director Bud Benak, Jerry Milan, Joe Vrzahlik, Rome Milan, Robert Liptak and Frank Michalek.

June 1st to be distributed to all District Directors for consideration at the Directors Conference. Motion seconded by Br. R. Milan. Passed.

1986 NATIONAL INSTRUCTORS COURSE

Report presented by Br. Benak covered briefly the daily schedule for all Divisions. Total attendance at the course was 91 students, however, all did not graduate for various reasons. Graduating students: 11 Advanced, 17 Intermediate and 57 Beginner, all receiving a diploma. Instructor body wanted to de-emphasize the terminology sections, with heavy emphasis on spotting and progressions, practice teaching, special number construction and general class structures. As a part of the curriculum, students were given a special time to create a special number, and the results were amazing. Total income from the Course was \$10,114.00. Br. Benak informed the attendance that the Course paid for itself; no money allocated from the Future Leaders Fund was needed and a check for \$51.61 was turned over to the ASO BOI.

FUTURE COURSES

Regarding Future Courses, a letter was received from Sokol USA inviting the American Sokol Organization to join Sokol USA in hosting a combined Sokol USA and ASO Instructors School following their National Slet in 1987. For the past 8 years the 3 week training course has been held at

Sokol Woodlands Camp in Berryville, N.Y. After the last 2 Slovak Slets, Sokol USA provided a bus to transport students to the camp. If this site is chosen, similar arrangements could be made. Discussion ensued.

Sis. Dalton made a motion that we support Sokol USA in their plans for an Instructors School. Seconded by Br. R. Milan and Br. Benak. Motion passed.

Letter will be written to Sis. Chris Yatchyshyn of Sokol USA informing them of our decision to support them in this endeavor.

Br. Jerry Milan discussed various schools or courses we have held over the years. This included types of week-end clinics or workshops. More effort should be made to send our younger classes to Slets and workshops and plan Beginners Schools every year.

AMERICAN SOKOL NATIONAL TEAM

Br. J. Milan, Br. Benak and several others met to discuss the formation of a team, however, no specific plans were formulated. Discussion followed with Br. Milan requesting input from the Conference as to how they feel this should be handled. A suggestion was made that the National Team be chosen from those attending Skill Improvement Clinics up to ASO 1989 Slet and include top gymnastic winners of Slet competition.

To be continued

My **SOKOL** Notebook...

Compiled by: *Sis. Patricia Satek*

Do you know where and when the Sokol Organization began?



The Sokol Organization was founded by Dr. Miroslav Tyrš on February 16, 1862, in Prague, Czechoslovakia. The first Sokol in the United States was started in St. Louis, Missouri on February 14, 1865. Sokol has a long and proud history!

Until next month, "**NA ZDAR!**"

Watch for this page every month. I'll have all kinds of fun and interesting Sokol information to share. Send me *your* ideas! Address them to: "My Sokol Notebook", % Sis. Pat Satek, 1922 S. 57th Avenue, Cicero, IL 60650.

ASO FINANCIAL REPORT

DECEMBER 1986

RECEIPTS:

Dues	\$ 2,750.80
Convention Fund	1,500.00
Special Assessment	571.00
T. G. Masaryk Dues	20.00
Resale of Jewelry	155.00
Advertising in "American Sokol"	150.00
Donations to "American Sokol"	160.00
Skills Patches	6.00
Christmas Seals	4,765.50
Christmas Party	42.00
U.P.S.	2.17
Educational Booklet	1.00
Labels	6.50
Copies	9.14
Donation	25.00
	<u>10,164.11</u>
Transfer of funds from Savings to Checking Account - Land of Lincoln	284.24
Total Receipts	\$10,448.35

DISBURSEMENTS:**ADMINISTRATIVE**

Salaries - Office Employees	\$1,310.68
F.I.C.A. & F.W.T. - November, 1986	224.96
Rent, Janitor Services, Phone, Electric	918.17
Postage	31.30
Office Supplies	49.54
Subscription (Hlasatel)	72.00
Insurance (Fidelity Bond)	34.00
Office Equipment	492.45
Repairs to Office Machines	24.50
Advertising	82.50
Printing Christmas Seals	883.92
Miscellaneous	472.98
	<u>\$ 4,597.00</u>

BOARD OF INSTRUCTORS

Salaries	\$ 393.24
F.I.C.A. - November, 1986	98.94
Editor "Sokol Gymnast" - December, 1986	30.00
Additional copies "Sokol Gymnast"-Nov., 1986	29.00
Membership Dues - USGF	200.00
Subscriptions	75.00
VCR Cabinet	106.99
	<u>\$ 933.17</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 79.01
F.I.C.A. - November, 1986	10.72
Tape	4.15
	<u>\$ 93.88</u>

SOKOL PUBLICATION

Printing "American Sokol" - Nov., 1986	\$1,059.64
Postage - November, 1986	534.51
Mailing List Changes - Nov. & Dec., 1986	481.99
Editor "American Sokol" - December, 1986	125.00
Salaries - Computer	258.75
	<u>\$ 2,459.89</u>

MISCELLANEOUS

A.S.O. - Uniform Division - Salaries, F.I.C.A., Nov., 1986, F.W.T., Nov., 1986 & phone	\$ 354.93
Future Sokol Leaders Fund - Postage	2.64
	<u>\$ 357.57</u>
Total Disbursements	\$ 8,441.51
Balance brought forward: Western National Bank of Cicero - Checking Account	\$ 3,872.37
Receipts - December, 1986	10,448.35
	<u>14,320.72</u>
Disbursements - December, 1986	8,441.51
	<u>\$ 5,879.21</u>

ASO FINANCIAL REPORT

NOVEMBER 1986

RECEIPTS:

Dues	\$ 2,466.00
T. G. Masaryk Dues	10.00
Subscription to "American Sokol"	4.00
Resale of Jewelry	90.25
Educational Booklets	25.00
U.P.S.	4.27
Miscellaneous	155.45
	<u>2,754.97</u>
A.S.O. Uniform Division - Rent, Salaries, etc.	1,252.15
	<u>4,007.12</u>
Transfer of funds from Savings to Checking Account	11,500.05
Total Receipts	\$15,507.12

DISBURSEMENTS:**ADMINISTRATIVE**

Salaries - Office Employees	\$ 987.95
F.I.C.A. & F.W.T. for October, 1986	279.26
Rent, Janitor Services, Phone, Electric	1,155.49
Postage	40.25
Service on Copier	146.21
Office Supplies	164.80
Subscriptions	3.00
Insurance	468.00
Lawyer's Fees	1,500.00
Computer Expense	300.00
Christmas Seal Expense	1,335.48
	<u>\$ 6,380.44</u>

BOARD OF INSTRUCTORS

Salaries	\$ 625.17
F.I.C.A. - October, 1986	76.74
Editor "Sokol Gymnast", Nov., 1986	30.00
Additional copies "Sokol Gymnast"-Oct., 1986	29.00
Postage	16.53
Phone	1.29
Subscriptions	42.00
District Directors Conference - Travel Exp., Per Diem, Rental of Meeting Rooms	6,206.68
	<u>\$ 7,027.41</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 67.77
F.I.C.A. - October, 1986	3.72
Rhythmic Gymnastic Photos	41.53
	<u>\$ 113.02</u>

SOKOL PUBLICATION

Printing "American Sokol"-Oct., 1986 issue	\$1,080.64
Postage - October, 1986	543.93
Editor "American Sokol" - Nov., 1986	125.00
Salaries - Computer	292.50
	<u>\$ 2,042.07</u>

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A., Oct., 1986, F.W.T., Oct., 1986 & phone	\$ 377.48
Merit Awards	400.00
	<u>\$ 777.48</u>
Total Disbursements	\$16,340.42
Balance brought forward: Western National Bank of Cicero - Checking Account	\$ 4,707.62
Receipts - November, 1986	15,507.17
	<u>\$20,212.79</u>
Disbursements - November, 1986	16,340.42
	<u>\$ 3,872.37</u>

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