

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization



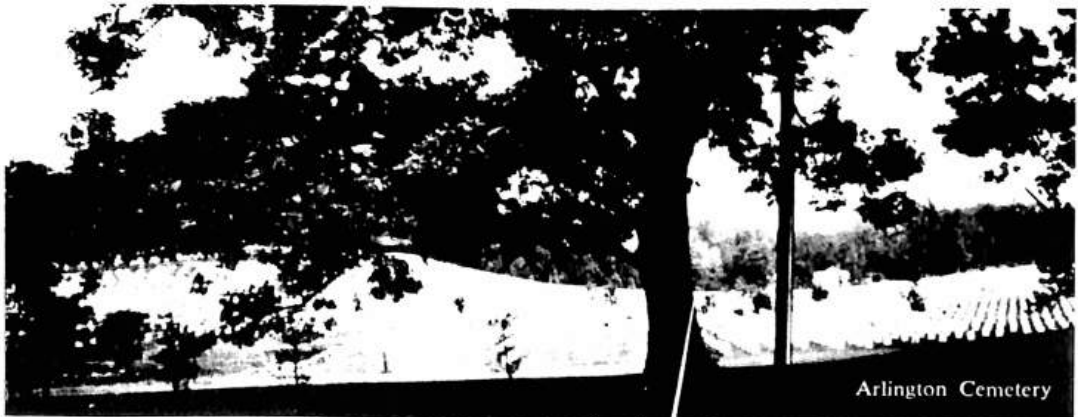
BEGINNINGS

*They had lived here before 1776
Almost as long as it has been since
They wrote the Declaration.
And since they all agreed to disagree
And signed the parchment sheet
We have been "at war" more than
we have not.*

*Row on row of numbered crosses
Are the exclamation points
To remind them all still
We are Free Men and Free Men
we shall remain.
The untethered bonds of Freedom
Are very costly and not free.*

JOSHUA CARPENTER

For Valley Forge, Gettysburg, Belleau Wood, Tarawa, Pork Chop Hill and Khe Sanh.



Arlington Cemetery

AMERICAN SOKOL

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by the

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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*

EXECUTIVE BOARD ASO

Jackie Kourim, Secretary

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

President - GEORGE C. BASTA
I. Vice-President - CHARLES BORVANSKY
II. Vice-President - GARY MASEK
Secretary - JACKIE KOURIM
Treasurer - ROBERT BARCAL
Financial Secretary - MILDRED C. PINC
Director of Men - RICHARD PTACEK
Director of Women - SYLVIA PISTORIUS
Educational Director - PAUL LEBLOCH
Public Relations - JERRY RABAS
Membership - FRED KALA
Editor - LYNDA FILIPELLO
Executive Board Members - ROY ZITNY, JOHN SATEK,
FRED STANKOVSKY
Alternates - VLASTA ZITNY, MARIE PTACEK,
ED JELINEK, EMILIE RUZICKA
By-Laws Chairman - JERRY MILAN

 436

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

- JUNE 6 — Lidice Pilgrimage 45th Anniversary
JUNE 13 — Central District Jr./Sr. Awards Night
Sokol Brookfield
JUNE 14 — Central District Slet R/B Stadium
JUNE 24-27 — XX Sokol USA Slet - Wash., D.C.
JULY 6, 7, 8 — Sokol Greater Cleveland
Czechoslovak Folk Dance Workshop
JULY 10-12 — 10th Annual Czechoslovak American
Festival, Detroit Yack Arena, 3rd at Eureka,
Wyandotte, Mi. Music, hardwood dance floor,
ethnic dancing and artifacts, costumed Folk
dancers, Gymnastics, etc.
JULY 29 — Sokol Greater Cleveland Folk Dancers
perform Showcase Plaza in Epcot Center,
Orlando, Fl. 4 p.m.
AUGUST 16 — Sokol Greater Cleveland Folk
Dancers — Ohio State Fair - Columbus, Oh.
AUGUST 23 — Sokol Chicagoland Annual Picnic
1988 — Sokol South Omaha's 100th Anniversary
MAY 5, 1990 — Sokol Slavsky 100th Anniversary
Celebration

COPY FOR PUBLICATION
MUST BE RECEIVED BY THE 10TH
OF THE PREVIOUS MONTH

FUTURE SOKOL LEADERS FUND

APRIL 1987

In memory of parents of Henriette (Dlohos) and Frank (Kocarek) Kara —	
Henriette and Frank Kara	\$ 50.00
Western Fraternal Life Association —	
Annual Donation per Convention	3,125.00
Sokol Miami's contribution to the Future Sokol Leaders Fund for Merit Awards	1,000
	<u>\$4,175.00</u>

LIBRARY/ARCHIVES FUND

APRIL 1987

Sokol Cleveland	\$ 50.00
— Donations are tax exempt —	

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVIII

May — 1987 — Květen

Číslo - No. 5

EXECUTIVE BOARD MEETING

MARCH 24, 1987

President George C. Basta presiding. Members present:

Sis. Marie Ptacek, Sylvia Pistorius, Jackie Kourim, Lynda Filipello, Bro. Roy Zitny, Fred Stanovsky, Bob Barcal, Fred Kala, Jerry Rabas, and Dick Ptacek.

District minutes received and reviewed: North-eastern, annual mtg. Jan. 18; Central, Feb. 25; and ASO minutes approved after corrections.

CORRESPONDENCE: Pictures of office to be done for insurance purposes by Br. Zitny. Sis. Jolene Dalton of Sokol South Omaha answered ASO letter on unit flag, letter of explanation to be sent. Another letter from Sis. Dalton on research to be taken care of. Thank you letter from Czechoslovak Allied Org. Fifth Annual Czechoslovak Festival invitation for May 24, 25, Astoria, N.Y. Twenty-sixth Annual Nebraska Czech Festival looking for a King Charles candidate. Also copy of Joint Resolution designating July 27th-August 2, 1987 as "National Czech American Heritage Week. Zurich, Switzerland, tour of the DUNAJ cymbal band and singers looking for sponsors.

DIRECTOR OF WOMEN: Sis. Sylvia Pistorius — After lengthy discussion of challenges of coordinating womens Indian club number for Gymnaestrada, it was decided to cancel any further plans for national sponsoring of participants. Any interested parties can still participate through the Southern District's special number. Approved by board.

DIRECTOR OF MEN: Br. Dick Ptacek — Coordinating planned April trip to Omaha for pre-Slet details.

MEMBERSHIP CHAIRMAN: Br. Fred Kala — One unit still delinquent with dues for 3rd & 4th 1986 quarters, 5 units delinquent for 1986 4th quarter. Reminders are costly and time consuming. All units are responsible for their own record keeping.

EDUCATIONAL CHAIRMAN: Br. Paul Lebloch — excused, no report.

PUBLICITY — CZECH: Br. Jerry Rabas — Denní Hlasatel has featured several articles on Central District events.

PUBLICITY — ENGLISH: Sis. Lynda Filipello — Local news is covered by Central District.

FINANCIAL SECRETARY: Sis. Mildred C. Pinc — Wrote to delinquent units, books audited for 4th quarter were in order.

TREASURER: Br. Bob Barcal — Reconciled bank statements and all in order.

EDITOR: Sis. Lynda Filipello — Answered and discussed each of four points of letter from Executive board.

SECRETARY: Sis. Jackie Kourim — Adopt-a-Sokol program has generated \$1,000 in donations so far. Read other letters to board.

II VICE PRESIDENT: Br. Gary Masek — Via tele-conference call. Securing more info on possible flag manufacturer. We seem to be getting two different stories about flag quality.

I VICE PRESIDENT: Br. Charles Borvansky — excused. No report.

PRESIDENT: Br. George Basta — annual report will be discussed with Selden, Fox representative at next meeting.

Respectfully submitted, *Jackie Kourim, Sec.*

ASO FINANCIAL REPORT

MARCH, 1987

RECEIPTS:

Dues	\$ 3,496.75
Convention Fund	2,002.00
Special Assessment	1,149.00
Resale of Jewelry	58.00
Subscription in "American Sokol"	5.00
Dividends & Interest	129.72
U.P.S.	2.33
"Highlights of Czech History"	4.50
Education Booklets	1.00
Postage	1.49
Donations	40.00
Skills Patches	2.00
Intermediate Bars	1.00
Miscellaneous	123.50
	<hr/>
	\$ 7,016.29
A.S.O. Uniform Division — Rent,	
Salaries, etc	523.92
	<hr/>
Total Receipts	\$ 7,540.21

DISBURSEMENTS

ADMINISTRATIVE

Salaries — Office Employees	\$ 782.16
F.I.C.A. & F.W.T. for	
Febr., 1987	167.10
Rent, Janitor Services, Phone,	
Electric	985.62

Postage	31.18
Office Supplies	94.38
Travel Expense	571.80
Computer Expense — Labels	78.08
Office Furniture	112.80
Miscellaneous	34.00
	<hr/>
	\$ 2,857.12

BOARD OF INSTRUCTORS

Salaries	\$ 385.40
F.I.C.A. — Feb., 1987	76.74
Editor "Sokol Gymnast" — March, 1987	30.00
Add'l. copies "Sokol Gymnast" — Feb., 1987	58.00
Postage	18.79
Gymnastic skills	186.79
USGF Membership	225.00
	<hr/>
	\$ 980.72

EDUCATIONAL DEPARTMENT

Salaries	\$ 42.52
F.I.C.A. — Feb., 1987	5.00
	<hr/>
	\$ 47.52

SOKOL PUBLICATION

Printing "American Sokol" — Feb., 1987 issue	\$1,024.64
Postage	1,060.18
Editor "American Sokol" — March, 1987	125.00
Salaries — Computer	279.00
	<hr/>
	\$ 2,488.82

MISCELLANEOUS

A.S.O. Uniform Division — Salaries, F.I.C.A., Feb., 1987 F.W.T., Feb., 1987 & Phone, Feb. and Mar., 1987	\$ 446.31
	<hr/>
	\$ 446.31

Total Disbursements	\$ 6,820.49
Balance brought forward:	
Western National Bank of Cicero — Checking Account	\$ 8,496.76
Receipts — March, 1987	7,540.21
	<hr/>
	\$16,036.97
Disbursements — March, 1987	6,820.49
	<hr/>
	\$ 9,216.48

The purpose of the official publication of the American Sokol Organization shall be informative, technical, educational, and cultural. The publisher shall be the American Sokol Educational and Physical Culture Organization. The format of the periodical shall be specified by the Executive Board of the American Sokol Organization. The periodical shall abide by all existing state and postal regulations. The ideological aims of the periodical shall be those of the Sokol movement."

Why is English so Hard?

We'll begin with box, and the plural is boxes;
But the plural of ox should be oxen, not oxes.
The one fowl is goose, but two are called geese
Yet the plural of moose should never be meese.
You may find a lone mouse or a whole lot of mice.
But the plural of house is houses, not hie.
If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?
The cow in the plural may be cows or kine,
But the plural of vow is vows, not vine.
And I speak of a foot, and you show me your feet,
But I give a boot — would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?
If the singular is this and the plural is these,
Why shouldn't the plural of kiss be nicknamed kesse?
Then one may be that, and three may be those,
Yet the plural of hat would never be hose;
We speak of a brother, and also of brethren,
But though we say mother, we never say methren.
The masculine pronouns are he, his and him,
But imagine the feminine she, shis and shim!
So our English, I think you will all agree,
Is the trickiest language you ever did see.

Anon. (Reprinted from a recent issue of *DISTING.*
the *CUSO* Nigeria newsletter.)

*You cannot be anything if you
want to be everything.*

Český Den in Cleveland, Ohio

A wonderful tradition was started in 1922 by progressive Czechs of the Cleveland area. It was decided to hold an old-day picnic on the second Sunday in June and use the entire proceeds for the maintenance of our Czech language schools. When the Czech schools closed their doors some forty years later, Český Den was so popular and well attended, it was decided to continue this traditional outing and use the proceeds for the up-keep of three of our Czech cultural centers. The profit is shared equally by Česká Sň Sokol, Bohemian National Hall, the home of Sokol Greater Cleveland and the DTJ Taborville.

The oldest Český Den in our country will observe it's 64th year of dedication and support of our Czech heritage. Good Czech food will be available and various musical groups will play for your pleasure as well as our Sokol Greater Cleveland concert band. Our children's classes donate canned or packaged foods for the raffle baskets and seniors and membership give monetary donations.

We urge all our Sokols and their friends to attend the 64th Český Den at DTJ Taborville, Auburn Corners on Sunday, June 14th. Join in the fun and support a worthy cause. Na Zdar,

Milada H. Žižka p.r.



AMERICAN SOKOL ORGANIZATION

GYMNAST

MAY 1987



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

THROWAWAYS... EXERCISES TO TOSS

By PEG ANGSTEN, RN

Here's one for the baby boomers. Think back to your first formal physical education class in the 7th grade. Remember the calisthenics portion of the class? The "warm-up" consisted of four or five laps around the gym. Stiff and sluggish from hours of classroom paralysis, you were thrown into 20 whirling dervish windmills, 15 senseless squat-thrusts and endless jumping jacks. Physical fitness 25 years ago was an experimental battleground P.E. teachers did the best they could considering the fact that exercise physiology was as yet an interesting notion in most college P.E. departments.

The flow of knowledge from the exercise science researcher to the fitness instructor has only recently become a well-traveled path. Seminars on fitness and exercise abound in every community, YMCA, sports medicine clinic, professional association, hospital wellness center — even at fitness industry buying shows like THE SUPER SHOW®. The information has become accessible. The last decade of exercise research has finally put some of those 7th grade exercises to pasture. Permanently.

It's important to realize that almost any exercise can be potentially harmful if done incorrectly. But the following list of exercises usually always cause injury.

And the losers are...

1. The traditional straight-leg toe touches to stretch the hamstrings. Hyperextension of the knee joint places undesirable stress on the lumbar vertebrae of the lower back as well as on the knee itself. Always roll down and come up with knees relaxed.

2. Save the "plough" for serious practitioners of yoga. It has the potential for injury to the vertebrae and discs of the cervical spine. Only under controlled circumstances should the plough be used for therapeutic purposes, and even under the direction of a qualified therapist its use is still very controversial. The plough, a body arch (lying on your stomach, forcing head and feet as high off the floor as possible) was a popular move in the 1960 P.E. class and can increase pelvic rotation promoting the development of swayback or lordosis.

3. Straight leg lifts while lying on the back and raising both legs simultaneously should not be performed in any exercise class. Unless the abdominal muscles are extremely strong, this exercise causes the lower back to arch, risking injury to the thoracic and lumbar vertebrae, aggravating lordosis. There are several safer, more effective exercises designed to strengthen the abdominal muscles.

4. The windmill, a rapid ballistic exercise that alternates diagonal toe touches with an upright stance, arms extended at shoulder height, was often touted to be a "waist slimmer". The exercise is usually performed so rapidly that momentum is all it does have going for it. There is no isolation of the obliques not the longitudinal abdominal muscles, and therefore, no waist-trimming work is performed. Perhaps if the exercise were performed for 30 minutes, it might qualify as an aerobic fat burner, but by then one would require a month of bedrest and 10 pounds of traction to the lower back.

5. Deep knee bends, the drill sergeant's revenge, were traditionally performed so that the buttocks touched the heels. This caused a serious overstretching of the knee ligaments. Stretching ligaments is not desirable. Instability of the joint results, with eventual injury to the cartilage of the knee. It takes very strong quadriceps to control and protect the knee when performing knee bends with the thighs parallel to the floor, and that is the maximum angle that this exercise can be safely done.



5. Full sit-ups from the head on the floor to the head touching the knees do not work the abdominal muscles efficiently. Only the first third of this exercise (head off the floor to about a 30-degree angle) actually works rectus abdominus. The remainder of the exercise (head to knees) is the work of the hip flexors or iliopsoas. These are generally very strong muscles and will take over the work from the abdominal muscles.

7. Standing waist exercises in general are not very effective in toning and defining the waist. The most effective waist exercises are abdominal curls with a lateral twist. Make sure the knees are bent and that the elbow is brought to the opposite knee. Most standing waist work is not done in a tightly controlled, resistive manner, and therefore causes an abnormal twisting and side-flexing of the lower back.

8. Side leg swings (while on hands and feet) caused a lot of pain, and on that basis were considered effective in the early days of aerobic exercise. We have come a long way since then. These exercises were performed easiest when performed rapidly. At that point, the momentum and torque caused tremendous grief to the spine and hip joint.

9. The infamous squat thrust. Think about this exercise for a minute. Just what was it trying to achieve? One was thrown to the floor to land violently on the palms, kicked the legs out for a second, brought them back to a squat, stood up and started all over. No real conditioning was done. No muscle isolation was achieved. Too brief to qualify as aerobic and too ineffective to qualify as a strengthening exercise, the squat thrust has no place in the exercise studio today. Coaches will agree that perhaps there is a plyometric conditioning quality to the move, and that it may be useful in the development of neuromuscular efficiency or power bursts. I'm glad I don't do them anymore.

Send me your favorite throwaways. We'll get nostalgic together.

Stretching and flexibility in athletics

*Frank Zezoney, ATC, Head Athletic Trainer
St. Cloud State University, St. Cloud, Minnesota*

Stretching and flexibility are now recognized as very important parts of a total athletic fitness program because it flushes the muscles with oxygen rich blood and prepares them to be stressed throughout the range of joint motion. Methods of stretching should be gentle and easy and conform to individual differences in muscle tension and flexibility.

Why Stretch? Stretching can relax the individual as well as increase muscle suppleness and flexibility. Proper stretching can do the following:

1. Reduce muscle tension and relax the individual.

2. Enhance coordination by allowing free and easy movements.
3. Increase range of motion by lengthening muscles, connective tissue and tendons and by relaxing antagonistic muscles.
4. Minimize injury because a strong, pre-stretched muscle resist stress better than a strong, unstretched muscle.
5. Make strenuous activities easier by preparing the musculature for activity.
6. Develop body awareness by letting each individual get to know the limits and abilities of his/her body.

When to Stretch. Start each exercise session with a warm-up period, i.e. easy jogging, jumping rope, etc. Then begin the stretching activities that will prepare the cardiovascular and musculoskeletal systems for aerobic and/or anaerobic training. Stretching should also be used as a cool down activity after vigorous exercise to bring the body gradually to a resting state. This slowing down activity helps to remove lactic acid and other by-products from muscle and tissue.

How to Stretch. The correct way to stretch is to perform a relaxed sustained stretch with attention focused on the muscle being stretched (static). The incorrect way to stretch is to bounce up and down or stretch to the point of pain (ballistic).

Several specifics make up a good stretch. Begin with an **easy stretch** which takes 10-30 seconds to go to a point of mild tension, then relax while holding the stretch position. This first specific of a good stretch will reduce muscle tightness and prepare the tissue for the developmental stretch.

With the **developmental stretch**, move a fraction of an inch further until mild tension is felt again, then hold for 10-30 seconds. As with the easy stretch, tension should diminish gradually or one should ease off. The developmental stretch increases flexibility and fine-tunes the muscles.

Breathing is another important specific. Breathing should be slow, rhythmical and controlled. When bending forward in a stretch, exhale as you bend forward and then breathe slowly as you hold the stretch. If you find that a position inhibits natural breathing, then ease off and try to relax.

Counting is a specific that can be initially done to ensure proper tension for a sufficient length of time. However, with familiarity, one will be conditioned to the time factor and most likely not need to count.

Pain without gain? Overstretching is not recommended because the rebound stretch reflex becomes activated and is it counterproductive to what we are trying to accomplish. The stretch reflex is a mechanism that protects the muscles. When muscle fibers are stretched too far by bouncing or over stretching, a nerve reflex responds by signaling the muscles to contract to keep the muscle from being injured. Ironically, when you stretch too far, the very muscles you are attempting to stretch produce tension.

The old saying of "no pain, no gain" is simply not true for stretching. Stretching correctly should not be painful. Pain associated with physical improvement is a misconception. Pain indicates that something is wrong.

Starting to Stretch. Proper body alignment is important when stretching. An analysis of proper body alignment in three different stretches follows:

1. When stretching for the back of the lower leg or heel cord, use a stationary support to lean on. Stand a short distance from the support, rest the forearms on the support and the forehead on the back of the hands. Bend one knee and bring it toward the support. The back leg must be straight with the foot flat and slightly toed in or pointed straight ahead.

Keep the feet in the same position and slowly move the hip forward, keeping the back leg straight and the foot flat. Create an easy feeling of stretch in the calf muscle. Stretch the other calf to determine if one is more flexible than the other. Remember, no two individuals are the same so the position of muscle tension during a stretch may vary from individual to individual.

2. When stretching the groin, sit on the floor with the soles of the feet together. Grasp the feet and toes with the hands. Gently pull the upper body forward until an easy stretch is felt in the groin (inside upper thighs). Hold this easier stretch for 20 seconds. The longer the stretch is held the less tension is felt.

The forward movement should not be initiated from the head and shoulders because rounded shoulders put undue stress on the lower back. The forward movement should come from the **lower back**. Keep the lower back flat and focus your eyes to the front.

Once initial tension has diminished, increase the tension again by pulling a little further into the stretch (developmental stretch). Intensity should be felt, but **not pain**. Feelings of tension should decrease or stay the same. Stop and hold each stretch and "really feel" what is happening to the muscles.

3. When stretching the hamstrings and lower back start in a sitting position with one leg straight and one knee bent. Bend forward from the hips, holding this easy stretch for 30 seconds. The quadriceps of the straight leg should be spongy or soft, not tight or hard. Be sure to bend forward from the hips — don't attempt to touch the forehead to your knee since this encourages backward tilt of the hips and pelvis and round the shoulders. The chin should be held in a neutral position — not up or down.

The foot of the leg being stretched should be upright with the ankle and toes relaxed. Keep the ankle, knee and hip aligned. Don't let the leg turn to the outside as this misaligns the leg and hip.

When tension has subsided from the initial stretch, slowly go into the developmental stretch — this may be only a fraction of an inch. Hold this

stretch for 25 seconds. Slowly come out of the stretch and do the same to the opposite leg.

It takes time and personal sensitivity to stretch properly. Develop your stretching ability by how you feel and not by how far you can stretch.

Western District Childrens Competition 1987

Hosted by SOKOL SOUTH OMAHA
MARCH 28, 1987

GIRLS

CHAMPIONSHIP DIVISION

1	Kim Wehrbein, Sokol South Omaha	34.80
2	Michelle Eells, Sokol South Omaha	33.45
3	Tiona Knapp, Sokol South Omaha	33.10

HIGH DIVISION

1	Jillian Knapp, Sokol South Omaha	34.75
2	Amy Monzingo, Sokol South Omaha	34.60
3	Melissa Kohler, Sokol South Omaha	33.60

INTERMEDIATE DIVISION

1	Kathy Kent, Sokol South Omaha	32.60
2	Carrie Lehotak, Sokol South Omaha	32.15
3	Gina Dunn, Sokol South Omaha	32.05

LOW A DIVISION

1	Erin Reichers, Sokol South Omaha	35.05
2	Jana Yeshnowski, Sokol South Omaha	34.40
3	Rachelle Fishler, Sokol South Omaha	34.20

LOW B DIVISION

1	Wendy Vernon, Sokol Crete	35.00
2	Katy Wilson, Sokol Crete	34.70
3	Linda Barta, Sokol Crete	33.80

NOVICE DIVISION

1	Angie Wieland, Sokol Crete	36.45
2	Cami Loftus, Sokol South Omaha	35.10
3	Dana Bennett, Sokol South Omaha	34.75

BOYS

DIVISION II

1	Todd Zymball, Sokol South Omaha	48.55
2	Troy Loftus, Sokol South Omaha	47.75
3	David Simmons, Sokol South Omaha	43.95

DIVISION III

1	John Mangold, Sokol Cedar Rapids	50.55
2	Paul Lesac, Sokol South Omaha	48.65
3	Eric Hoffman, Sokol South Omaha	47.95

HELP
OUR SOKOL
GROW

XX SOKOL USA SLET AND NATIONAL GYMNASTIC CHAMPIONSHIP**SCHEDULE OF EVENTS:**

Event	Day	Time	Place
— Registration begins June 24.....	Wed.	Noon	Hyatt Regency
— Judges and Directors meet.....	Wed.	3:00 pm	Hyatt Regency
GYMNASTIC COMPETITION:			
— Opening Ceremonies and Championship Competition Optionals	Wed.	7:00 pm	Gym. No. 1 Gallaudet U.
— Jr. Girls Novice	Thur.	8:00 am	Gym No. 1A Gallaudet U.
— Jr. Girls Low B	Thur.	8:00 am	Gym No. 1B Gallaudet U.
— Jr. Boys Novice	Thur.	8:00 am	Gym No. 2 Gallaudet U.
— Jr. Boys Low B & A	Thur.	8:00 am	Gym No. 2 Gallaudet U.
— Jr. Girls Low A	Thur.	1:00 pm	Gym No. 1A Gallaudet U.
— Jr. Girls Inter	Thur.	1:00 pm	Gym No. 1B Gallaudet U.
— Jr. Boys and Senior Men, Int., High & Champ. compuls	Thur.	1:00 pm	Gym No. 2 Gallaudet U.
— Jr. Girls and Sr. Women, High and Champ compuls....	Thur.	3:00 pm	Gym No. 1A Gallaudet U.
— Senior Men, Masters, Low A and B	Thur.	3:00 pm	Gym No. 2 Gallaudet U.
RIVER BOAT DANCE CRUISE	Thur.	7:30 pm	Potomac
(for Jr. and Sr. Competitors)			
COCKTAIL HOUR	Thur.	6:00 pm	Hyatt Regency
BANQUET	Thur.	7:00 pm	Hyatt Regency
GYMNASTIC COMPETITION:			
— Sr. Women, Low A and Inter	Fri.	8:00 am	Gym No. 1A Gallaudet U.
— Sr. Women Masters & Los B	Fri.	8:00 am	Gym No. 1B Gallaudet U.
COMPETITORS' SIGHT SEEING			
TOUR OF WASHINGTON (optional)	Fri.	9:15 am	Hyatt Regency
RHYTHMIC GYMNASTIC, all Divisions	Fri.	11:00 am	Gallaudet U.
VOLLEYBALL PRELIMINARIES	Fri.	noon	Gallaudet U.
VICTORY DANCE	Fri.	7:30 pm	Hyatt
SLET REHEARSALS	Sat.	8:00 am	Armory
VOLLYBALL FINALS	Sat.	1:00 pm	Gallaudet U.
XX SOKOL USA SLET	Sat.	7:30 pm	Armory
AFTER SLET PARTIES	Sat.	11:00 pm	Hyatt

FOR YOUR INFORMATION

Orange survey sheets **MUST** be turned in to Bro. Banjak before anyone gets a hotel reservation card to get special rates of \$55.00/Double or \$65.00/Triple-Quad. Hotel charges \$10.00 parking for guests of hotel only.

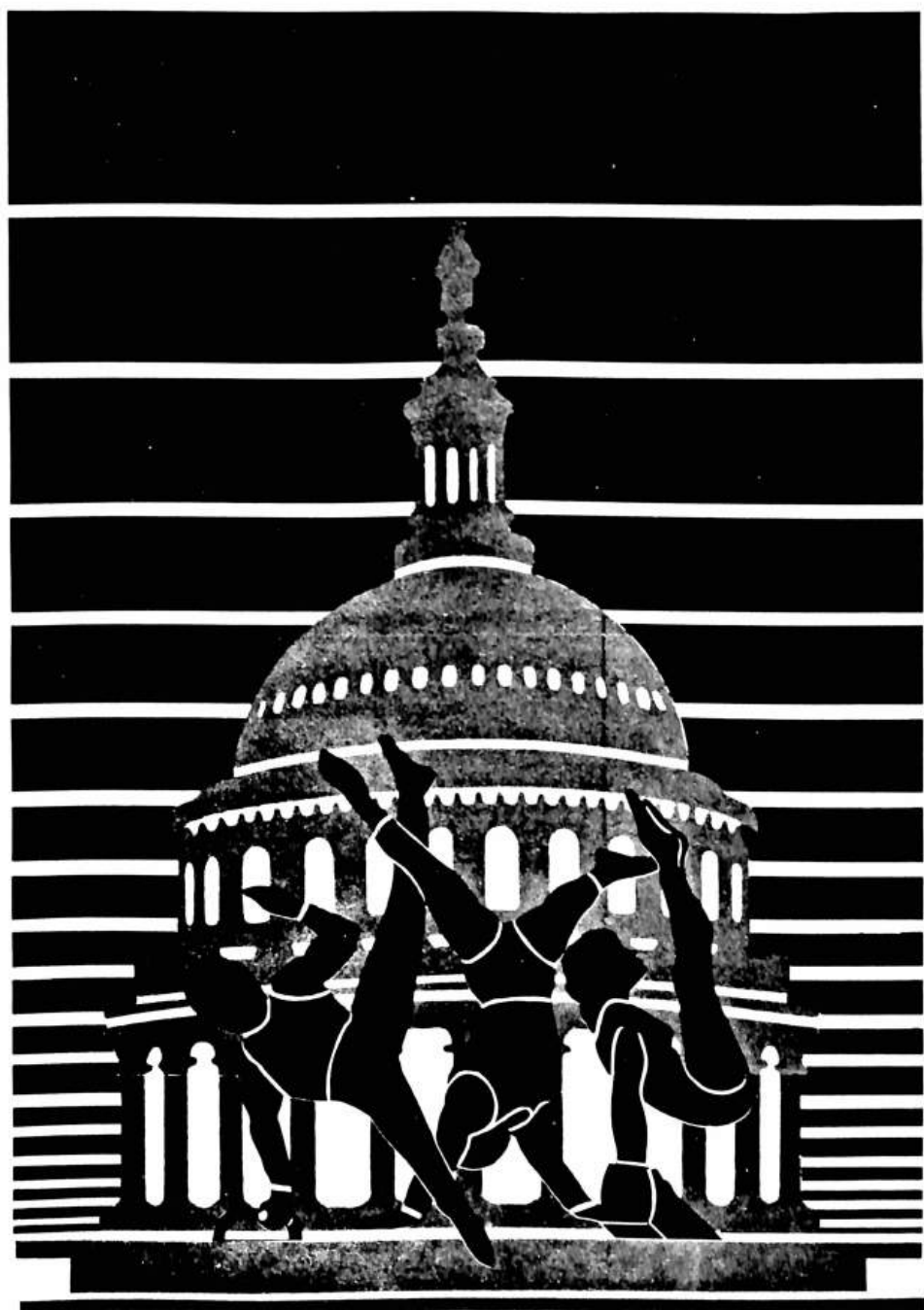
PRICES

Opening Ceremonies	\$ 3.00	
Awards Night	5.00	
Slet	10.00	
Banquet	47.50	
Boat Trip/Jrs.	12.00	(included in entry fee), but if there is room, it is on a 1st come 1st serve basis. — Jrs. must have 1 chaperone for each 10 kids — payment separate
Volleyball Finals	2.00	
Team Entry	30.00—35.00	

USGF rated Judges needed for Intermediate, High and Championship Divisions. If interested, please contact Chris Yatchyshyn or Steve Banjak for judging assignments.

This is current information and subject to change.

THE XX SOKOL USA SLET and INTERNATIONAL GYMNASTIC FESTIVAL



W
A
S
H
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G
T
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N
D.C.

DC Armory
Saturday, June 27th, 1987 7:30 p.m.



DOC'S CORNER

After teaching gymnastics and physical education in Sokol for a total of 41 years, with six years as an assistant from age 12 and 35 years as an instructor from age 18, I believe it's time to address an ever occurring problem.

Today in our permissive society more so than ever before we are confronted with parents who meaning well for their children don't realize the harm they are causing when their young children usually under the age of 10 and 12 decide they wish to quit Sokol. The parents want to do what is best for their children and allow the child to quit the Sokol program. Many of these children quit after the first year, and some do not complete the first year. The easy way out for the child is sometimes an easy way out for the parent, particularly if the weekly task of shuttling children is an inconvenience to everyone involved, adjusting mealtimes, and other schedules so that Sokol can be fit in.

In search of an answer I sometimes question, could it be that the program is not interesting and attractive enough, with children not leaving class, shouting for more. But the program is attractive well planned with a wide variety of challenging activities, and the learning of new skills and feeling of accomplishment when a child has mastered a new and difficult stunt.

Citing a personal experience with my own son, Michael, when he was around 10 he decided because he was not experiencing a great deal of success, mainly due to being overweight, and hating the calisthenics (PROSTNA) like it was bad medicine, and not wanting his friends to see him in white ballet slippers, he like so many other well meaning parents did not know the positive outcomes of participating in a Sokol program. By the nature of the sport of gymnastics, everyone knows that one must be very self disciplined to learn the many progressions leading up to more and difficult skills. Gymnastic skills in many instances are not learned overnight or instantly the first time you try them. In some instances only the extremely talented and gifted youngster will advance at a rapid rate, but in general the average Sokol child works hard to develop new skills.

In some sports a child can learn to shot a basketball into the hop in one day, or learn to bat a ball in the same amount of time, but learning a glide kip on the unevens or regular parallel bars may take weeks or even months, and in some instances years. Getting back to Mike I did not allow him to quit, and he eventually worked himself from last place in competition to first place. It was a struggle in the beginning for both of us, but eventually he made the high school team, started to assist me with teaching Sokol classes, and learned to love gymnastics. He had developed into a better than average gymnast and loves performing on the trampoline, vaulting, Tumbling, handbalancing. I like many other parents could have taken the easy way out and just let Mike quit Sokol.

I don't know what the solution to this problem is, and perhaps it is the underlying cause to our small enrollment in boys classes. Perhaps the A.S.O.-B.O.I. could look into this problem in areas where it exists. First we must determine if this exists nationwide.

If some units around the country are also experiencing this problem then perhaps a follow up survey form may be needed to investigate why some children drop out of our programs. Granted all children are not destined to become Marylou Rettons, or Kurt Thomas's, but positive outcomes of participating in a well rounded gymnastic program that does not concentrate solely on competitive gymnastics are many. No one can deny that our children after a few years develop strength, flexibility, balance, agility, coordination, and kinetic sense, not forgetting the fact that they also, develop confidence self esteem, self discipline, comradery, and friendship locally and nationwide once they have participated in a Slet.

Training tips by Kelly Crumby, Still Rings

Letter to the Editor

In the March edition of "American Sokol" the Editor of "Doc's Corner" asked for contributions in the form of articles, letters to the editor or just questions. This is a good idea and I believe that it might bring about some interesting discussions.

I believe that any material which helps to improve knowledge and quality of our instructors and information on how to run their classes is very good and appreciated, although I feel that we are spending more printing space about advanced gymnastics, rather than help with material "What and How" to handle lower levels of participants, like first and second classes, junior and adult beginners.

We have seen lately that our adult classes are getting older, or in other words, there is a bigger percentage of older adults, whom we need to take care of, and whom we can not expect to take part in higher levels of performance.

To run a class of beginners is much more difficult than a class of advanced gymnasts, therefore I believe more suitable instruction and material would be appreciated.

I also would like to react to a sentence printed in Doc's Corner which I quote: "Sokol is a business and our gymnasts and members are our customers". Does this mean then, that our customer is our boss? Please do not mix Sokol with business in sport. The business in sport makes our job in Sokol much more difficult, because — we have — and we care about moral obligations. Sokol is not a business. Our members and gymnasts are participants and co-workers not customers. Our big customer is our nation, for which we are trying to produce strong and healthy people. Sokol is an organization doing for its nation, what business is not! Our program is rather to correct damages done by business in sport.

*Vaclav Zenisek
Central District Educational Director*

JUNIOR NATIONAL NOTES

TRAINING CAMPS AND REGIONAL CLINICS OBSERVATION AND DISCUSSION

By Kelly Crumley

I have had the opportunity to travel and participate in some of the Regional Tests & Clinics and have just returned from the Junior National Winter Training Camp. This was very educational for coaches and gymnasts. I have taken many notes that I would like to pass on to fellow coaches. This paper should help communicate those ideas and concepts from our Junior National staff. There were several areas talked about. I will try to make the information as complete as possible.

The information is over whelming when trying to put it down on paper. My notes stem from discussion and observations I have had with coaches from all over the nation. These notes are on areas which seem to be the emphasis of training done by the junior national staff.

The following information I will list by event or training area.

STILL RINGS

Forward giant — The chest should dip downward in bottom of swing. A ring turn outward and spread will help create a fast turn over action. The head should remain neutral with the body. After the turn over has occurred, the push downward on the rings takes place. The legs must reach vertical before pushing is attempted. The turn over must occur first. As the body rises to the handstand, a rounding in the chest occurs to slow the speed and control the handstand. Arching to the handstand is not the desired technique, but rather hollowing to the handstand is.

Handstand — The rings should be turned out in order to maintain a free balance off the straps. The turn out should be done with a shoulder extension and straight back. During practice this can be worked on by controlling the ring turn out for the gymnast. The coach should turn the rings out for the gymnast and help him balance the handstand off the straps. This is an effective way this can be worked on. The back arch and shoulder angle should be the main concern. These two areas seem to be the biggest problem most gymnast have. The body should be straight in line with the cables. This is a problem due to shoulder flexibility. If the shoulders are tight, the back will arch to maintain a balance position.

VAULTING

Running — A fast arm swing during the run will help promote a faster running speed. An efficient leg exchange during each stride is important. If you know someone in track or spring events, their knowledge can prove to be a useful aid for vault. The vaulter should avoid up and down movement of the center of gravity during the spring phase. This is waster energy and does not promote fast speed to the horse. The center of gravity should run

in a straight line down the runway until the board is hit. If an imaginary wire is placed through the runners belly button from the horse down the runway, the runner should run as smooth as possible not to disturb the straight line of the wire through his mid section. On the hurdle, the runner should have a dipping down action so as to not disturb the forward momentum acquired during the run. If the body rises during the hurdle, a block phase has taken place and thus part of the speed to the horse as well. The dipping down action refers to the center of gravity. This will create a greater board depression. The lean forward during the run should maintain during the hurdle step to the board. The legs, however, need to be very quick during the recoil phase from the floor to the board so that the body appears to be seating back with the chest leaning forward. The under arm swing is used as additional means of depressing the board more effectively.

PARALLEL BARS

Peach to Handstand — The single most important aspect to the peach is "hitting the bottom". The bottoming effect during the peach seems to be what gymnasts don't do effectively. The drop should not be a free hip action nor the inside staldler action, but rather in between these. The drop should be more like to the toe on toe off on the horizontal bar. Being patient with the swing through the bottom and not pull early is the key. Straight arms should be emphasized all the time. It is felt that the bent arm peach and the straight arm peach are remarkably different. To learn the peach straight arm takes individual time learning. A bent arm peach does not make a good lead up skill to a straight arm peach. After the gymnast has a safe concept of what should be done on the peach, straight arms should be emphasized. This will help avoid the bent arms as a bad habit to break later and excellerate the learning of a proper straight arm peach. Straight arm peaches, at first, should turn over to a support and not attempt to go to a handstand. The concept of straight arms is I feel, best felt when doing a straight arm backward extension roll on floor. The arm angle is very open and no deep compression is done. The closing action of the body is that of the toe on toe off concept. The opening action of the body will help create forces against bars which will facilitate the pull to handstand. Too much shoulder angle will create too much pull to accomplish, thus making the peach difficult.

Giant — Working with the bars wider is important, 1-2 inches wider than normal. This will help open the shoulders and chest during the long hand swing and a better grip will be accomplished. Additionally, when the swing is horizontal during the bail, an inward wrist shift downward will help maintain a stronger grip through the bottom. The hip action should open and a knee thrust with minimal shoulder angle should follow. The knees should maintain their angle and not open. When

the knee angle opens, swing momentum is lost. The head should stay neutral. The chest should not drop too prematurely on the bail. Arching on the bail can cause an early knee thrust which then causes the hips and back to arch to the handstand. Again being patient through the bottom and not pull early is the key.

Pre-Development for the giant:

1. Long hang swings to straight arm back uprise.
2. Bail from support swing rearward to long hang swing forward, then back uprise with straight arms.
3. Bail from support swing rearward to long hand swing forward to upper arm support with legs above body.
4. Combining the above drill with the backward shoulder roll or streuli type action is the beginning of the giant.
5. Refinement is then done with bailing higher, swinging more technically correct and pulling with straight arms. All of this is done after the orientation of rotating the giant is accomplished.

HORIZONTAL BAR

Giant Forward (under grip) — The rounding of the upper back just prior to the handstand phase is what is desired. The shoulder angle should be eliminated. A long smooth curve in the body line rather than sharp angles at hips and lower back should be executed. The head should remain neutral with the body. Visual orientation with the floor should be done with eye movement and not head movement.

Gienger Release — It is felt by many coaches that the gienger (fly-a-way $\frac{1}{2}$ turn recatch) is probably the easiest of all flipping releases to learn. New hand spotting techniques allow coaches to manually manipulate the beginning gymnast safely through the skill. Obviously, the gymnast will still need adequate back ground before attempting this skill, regardless of the spotters capabilities.

Pre-Development for the gienger:

1. Front $1\frac{1}{4}$ to stomach drop on trampoline
2. Tuck fly away with lift from giants
3. Pike fly away with $\frac{1}{2}$ to feet from under swing
4. Combining the above skills with a spotter is next

When attempting to recatch the bar, the rotation should be carried over to the stomach and not land on the feet. This rotation is important; it provides a wider range of catching capabilities and provides a better swing throught the bottom to help oerform connecting movements. Proper preparation in a safe landing will help build confidence when attempting to recatch.

Boxes or mats are stacked and placed under the bar so that the spotter can stand with the bar at waist to chest level. First attempts should be done from a swing and not a giant. The gymnast should twist away from the spotter. The spotter stands on the left side for a gymnast twisting to the right. The

spotter uses both hands to guide the gymnast upward with the right hand reaching over the gymnast body and the left hand oposite on the waist. After the gymnast has become airborne, the spotters left hand pivots but stays in contact with the gymnast waist. The left hand should help maintain the gymnast position in space until rotation and twist are sufficient. The right had is repositioned on the waist opposite the left. The spotter should have both hands on the gymnasts waist with the gymnast facing away from the spotter. From this point the spotters left arm continues to twist the gymnast so that the left arm ends crossing over the gymnast body. The spotter should try to have two hands in contact as much as possible, even though the spotter is making hand changes. The bar should be visually seen throughout the skill. This is what makes this flipping release one of the easiest to learn. Pictures would do this more justice however, adequate thought and safe experimentation can help provide a safer spotting technique than using a spotting belt.

DANCE

Dance is becoming a must in our sport. The importance of dance was very evident at the training camp. Dance instruction was done twice a day (dance warm-up, Ballet and leaps, then again with Jazz and scales). The form drilling that dance offers is worth the time spent. Good body control helps excellerate skill learning.

TRAMPOLINE

Trampoline is used for a great deal of air sense drills. Jumping from the trampoline into a foam pit is part of a well planned training program. Brani out, Brani in, double front, and many other fliffus type work can be done many times over in one practice sessions. Trampoline should not be looked at as just a fun, icing on the cake, part of practice, but rather as another event. The trampoline is a vital training aid for advanced skill learning. Improving the air sense of a gymnast can help prevent a number of injuries. Safe and organized workouts should be planned with trampoline just as they are done for the horizontal bar, parallel bars, etc.

FLEXIBILITY

Along with leg and splits flexibility, shoulder flexibility is also very important. This area is commonly over looked. Flexible shoulders can reduce injury, improve body line and offer an easier time of learning. Inverted giants, ring swing, efficient flip flops, and many other skills that require shoulder flexibility.

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

My **SOKOL** Notebook...

Compiled by: *Sis. Patricia Satek*

Many thanks to Sis. Blanche Kos, Sokolice Tabor, Berwyn, Illinois, for this "Notebook" idea!

The American Sokol Organization is represented by units in each of the states shaded grey on the map below. Can you name these states?



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*PLUS...
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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. Patricia Satek, 1922 S. 57th Avenue, Cicero, IL 60650-2143.

Share the learning! Pass this page along to a friend!

May 1987

BACK TO BASICS SOKOLS ON THE MOVE

Marching, that is!

Even though I feel I have a good rapport with the younger Sokol gymnasts, I am very old-fashioned about marching. There is nothing more beautiful than to see our members stepping out proudly to the great Czech tunes in 4/4 or even 2/4 tempo.

Lately, I am sad to say, our younger members can't set the beat. Part of this is due to our lack of practice. We are so intent on learning the cal, finishing the special number, hurrying a routine on the apparatus, that we forget about how to get from one place to another — by MARCHING! We need this not only in the local gym class, but at competitions to keep them orderly and on the Slet field to give the audience the best impression that Sokols are the Greatest!

By trial and error I have found the following to be of help:

- 1) Teach a Sokol song — a phrase a day to the very young
 - a) Keep adding on until the whole song is learned
 - b) Let them sing while marching *in place* — do it slowly at first, then speed up the tempo
 - c) Finally let them march around the gym while singing
- 2) Bring in “their” music” — anything current (which us old-timers don't necessarily like)
 - a) Play it & swing along with them — show them this, too, has a beat
 - b) Make them realize that they are “keeping in step, and in time”
- 3) Ask how many play musical instruments
 - a) Do they count their practice pieces?
 - b) Do their music teachers insist on a certain tempo?
- 4) Next use American marches
 - a) Those college songs are especially lively
 - b) Good Sousa marches work
 - c) The Boston Pops with Arthur Fiedler has good selections.
- 5) Finally get back to the Good Czech Marching Songs

After some practice — and the instructors must get good examples by marching the Sokol way of putting the toes down first — we'll all be delighted with the results! Don't forget this should be done EVERY gym period — every instructor certainly has two minutes to spare!

NAZDAR!

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The Top 5% of People

- 1) It is our attitude at the beginning of a task, which more than anything else, will affect its successful outcome.
- 2) It is our attitude toward life which effects its attitude toward us.
- 3) We are inter-dependent. It is impossible to succeed without others and it is our attitude toward others which will determine their attitude toward us.
- 4) Before a person can achieve the kind of life he wants, he must be that kind of individuals. He must think, act, talk, walk, and conduct himself in all of his affairs as would the person he wishes to become.
- 5) The higher you go in any organization of value, the better the attitude you'll find.
- 6) Your mind can hold only one thought at a time. Since there's nothing to be gained by holding ugly negative thoughts, hold successful positive thoughts.
- 7) The deepest craving of a human being is to be needed, to feel important, to be appreciated; give it to them and they will return it to you.
- 8) Part of a good attitude is to look for the best in New ideas and look for good ideas every where.
- 9) Don't waste your time broadcasting your personal problems. It probably won't help you; it cannot help others.
- 10) Don't talk about your health unless it's good or unless you are talking to the Doctor.
- 11) Radiate the attitude of well-being, of confidence, of a person who knows where he is going. You'll find good things start happening right away.
- 12) For the next 30 days treat everyone you come into contact with as the most important person on earth. If you'll do this for 30 days, you'll do it for the rest of your life.

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