

# AMERICAN SOKOL

Publication of the American Sokol  
Educational & Physical Culture Organization

PHYSICAL FITNESS  
THROUGH GYMNASTICS



*Sokol  
History*

## SOKOL STAMP 1965

Sometime I wonder how many of our young and new Sokol members are aware of the fact that the United States issued a Sokol stamp 22 years ago to commemorate the 100th anniversary of the Sokol Organization in the United States. As Sokols are planning to attend Slovak Slet in Washington D.C. this summer, I feel this time is appropriate to remind us of the 3 day Commemorative Stamp Ceremonies on February 13th, 14th and 15th, 1965 in Washington, D.C.

Annually, there are more than 3,000 requests for issuance of a stamp by different groups, and only about 18 of these requests are granted. Do we realize what this means for our Sokol? It was a great victory for us.

I had the privilege of being present at the ceremonies in Washington D.C. to represent the Pacific District of ASO. I joined the Sokol tour in Chicago, and 200 of us practically took over the entire train. By bus we were taken over the city and outlying countryside. No other city except my native Praha impresses me as deeply as our Capitol. So much history in each building, monuments etc.

There were many programs to celebrate in the 3 days, but two events stand out mostly in my memory. One, at the banquet was the "Tableau" (Živý Obráz) under the direction of Sis. Mildred Prchal, and Bro. Edwin Halik. Six Juniors from Central District participated. The other event was the climax of the ceremonies at the Departmental Auditorium, where the Commemorative Stamp Ceremony was conducted. There were 1,500 people present. The program was very impressive, with U.S. Postmaster General Hon. John A. Gromonski as the main speaker. Lyra and Milos Nekolny provided vocal selections.

We Sokols were so proud to be recognized as a worthwhile organization to be eligible to have our own stamp. I have no idea how difficult or easy it is at present time, but in 1965 it was quite an undertaking to be accepted. Postmaster General in his speech remarked: "For all Nationalities in United States to teach and practice their traditions is what helps to keep America strong."

We, in the Pacific District, are doing our best to keep our national and Sokol traditions alive.

NAZDAR!

*Louise Nekuda, Pacific District Ed.*

# AMERICAN SOKOL

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EXECUTIVE BOARD ASO  
Jackie Kourim, Secretary

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

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AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

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New address \_\_\_\_\_

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## Calendar of Events

SEPTEMBER 26 — 40th Anniversary  
Sokol Washington, Banquet

OCTOBER 1-4 — St. Louis, USGF  
Congress of Coaches

OCTOBER 18 — "Vinobrani" (Vintage) Party  
to benefit Sokol sponsored Czechoslovak School  
in Washington.

OCTOBER 23-25 — ASO District Directors  
Conference

OCTOBER 27 — Sokol Washington Joint  
Celebration of the Oct. 28, 1918  
Independence Day.

1988 — Sokol South Omaha's 100th Anniversary

MAY 5, 1990 — Sokol Slavsky 100th Anniversary  
Celebration

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

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## Sokol USA Round Table Forum

On Sunday June 28 a round table forum was convened and chaired by President John Walek of Sokol USA. Representatives from the following organizations were in attendance. Sokol Paris, Czechoslovak Sokols Abroad, D.A. Sokol, Yugoslav Sokols, Polish Falcons, American Sokol, and Sokol U.S.A.

The delegates presented a short synopsis of their organizational history. The main objective being the necessity of all organizations working more closely together in order to present a unified program resulting in worldwide recognition for the good of Sokol.

After lengthy discussion, it was unanimously approved that the group meet again in the near future regarding our common values and good.

*Sis. Sylvia Pistorius*  
*American Sokol Physical Director*

# AMERICAN SOKOL

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Číslo - No. 7-8

## EXECUTIVE BOARD MEETING

MAY, 26, 1987

Members present: Sis. Pinc, Zitny, Ruzicka, Ptacek, Pistorius, Kourim, Filipello, Bros. Masek, Lebloch, Stankovsky, Borvansky, Rabas, Jelinek, Ptacek, and Basta. Excused members: R. Barcal, Milan, Zitny, Satek, and Kala.

Representatives from Selden, Fox, and Associates explained our 1986 auditing report from their firm. We will also have to send in an amended 990 form and include a list of the 24 units who are now under our GEN number.

District minutes received and reviewed: Central, Apr. 22, ASO minutes approved after corrections. Music for finale of 1989 Slet is entitled "Headed for the Future" and the slogan will be "Sokols — the Future is Ours".

**CORRESPONDENCE** — Receipt for full page ad in Sokol USA Slet book. Br. Gary Masek to be official representative of ASO board for Southern District Slet. Thank you from Br. Jiri Liska, Pres., Pacific District.

**DIRECTOR OF WOMEN** — Sis. Sylvia Pistorius: Met with Br. Jerry Milan to cover details of Gymnastrada. Costumes are being made by the Southern District. The number as a whole is being rewritten and will be longer. Sis. Annette Schabowski and Vlasta Chlopek of Sokol Tabor will be part of this event. Portions of the Indian Club number will be incorporated by Sis. Jean Stoppleman. Parade uniform will be worn by all adults and warm up suits by juniors. Neck scarves have Texas logo and red Sokol emblem on warm up suits. A letter of congratulations will be sent to each participant individually. The letter will also emphasize their responsibilities in representing our organization and the USGF. Cost to individual participants is \$1,262.00. Each participant will receive \$184.00 from the "Adopt a Sokol" program that included a \$5,000 donation from the USGF.

**DIRECTOR OF MEN** — Br. Richard Ptacek: combined men's and women's report. Report from Sis. Pros of Uniform div. supplier (Zwickel) will no longer supply women's royal blue leotard used for competition. Decision to discontinue supplying this leotard to be made at DD conference. Sis. Pistorius to attend special meeting of Sokols following USA Slet to discuss topic "Where the Sokol Organization is going". Br. Lebloch to represent Br. Ptacek. **SOKOL USA SLET:** Following districts to partici-

pate in the Indian Club number: Eastern, 8; Northeastern, 38; Central, 32; none from Southern, Western, or Pacific. Sokol USA Instructors course \$125.00 to 150.00 per week (two week course).

**ASO NATIONAL SLET:** Omaha, Nebraska — Bros. Ptacek, Basta, and Zitny attended a recent planning meeting with Host District committee. Competition site is adjacent to hotel. Competition area 75 ft x 200 ft with seating capacity of approx. 400. Separate area for warm-ups. Tentative calendar of Slet events include: Tuesday, opening ceremonies and special number competition; Wednesday, apparatus competitions; Thursday, rhythmic gymnastics, volleyball, banquet and social; Friday, volleyball championships and optional competition and awards nite; Saturday, Rehearsals for "gymnastic festival". Suggested theme "The Future is Ours". New business — Sis. and Br. Harlan advised that the 1989 Slet calisthenics have been completed and music will be taped over the summer.

**MEMBERSHIP CHAIRMAN** — Br. Fred Kala: absent, no report.

**EDUCATIONAL CHAIRMAN** — Br. Paul Lebloch: Received program book, letters of appreciation and newspaper articles from Br. George Kotlan regarding Sokol Greater Cleveland's celebration of the 90th year of Bohemian National Hall with the Cleveland Institute of Music Symphony Orchestra. Congratulated and thanked them for an outstanding educational presentation. Sis. Baca sent notice of Sokol Greater Cleveland's 1987 dance workshop instructed by Frantisek Bonus of Prague. Received a copy from Br. Rabas' reply to Sokol Minnesota's "Slovo", thanked him. Sokol Stickney will conduct an eight week course in Czech this summer. Also read two other articles printed in the last two copies of the "Slovo". Very informative.

**PUBLICITY** — Bro. Jerry Rabas: Prepared answer to "Slovo" article, presented the article on Sis. Provaznikova to the Denní Hlasatel.

**PUBLICITY** — English — Sis. Lynda Flipello: No report at this time.

**FINANCIAL SECRETARY** — Sis. Mildred Pinc: Fin. report prepared and distributed. Rosters are still being returned by units, still waiting for answers from other units. The \$500,000 liability insurance policy which we ordered from Olympic has been issued and the \$750 premium paid. Duplicate check being sent to Carol Lat to replace one misplaced. The auditing committee did not come as planned to audit the first quarter. Br. Basta gave an

impressive memorial dedication at the Bohemian National Cemetary in honor of our deceased brothers and sisters on Memorial Day. Sis. Kourim led the group in a two verse rendition of "America, the Beautiful", which was a most fitting climax to the dedication.

**TREASURER** — Br. Robert Barcal: Excused, in hospital for tests. Bank statements in order.

**EDITOR** — Sis. Lynda Filipello: Will attempt to get publication back on schedule with July/August issue. Need material from all units.

**SECRETARY** — Sis. Jackie Kourim: Regular secretarial duties, will now prepare letters to gymnast participants.

**II. Vice President** — Br. Gary Masek: Br. Jim Riha checked into copyright of the Sokol emblem and name. Vice-Chairman of the by-laws committee was supposed to be discussed in the hallway between the six members of the by-laws committee; but since it was not brought to the convention floor it was not voted on. Minutes and notes from the convention were checked thoroughly, no mention of this being passed.

**I. Vice President** — Br. Charles Borvansky: attended memorial services with ASO delegation on Memorial Day.

**PRESIDENT** — Bro. George Basta: Filed the 990 report. We will have to send an amended copy to include units under the "Group Exempt number". Participated in all of above mentioned events.

**UNFINISHED BUSINESS:** Slet committee, Western Dist. met on the 16th of May to coordinate all committees. Most chairmen were picked at this time. A member of South Omaha, who is very active with a running club, volunteered to set up a 10K and 6K run for us. Considering holding the slet at Milland South High School so we could set up our own food booths. Discussion on theme: the executive board prefers "The Future is Yours" signifying a statement from the Slet committee to our entire membership and youth that the future of Sokol is in their hands. Report by Br. Masek — The word "festival" will be used, with Slet in parenthesis. Motion made to rescind the name change, 14 yeas, 2 nays. Motion made to print on posters "American Sokol Slet", a Gymnastic Festival, approved 14 yeas, 2 nays. Slogan change: motion made to rescind last month's motion to approve slogan 14 yeas, 2 nays. New motion made and approved, slogan now reads "Sokols the Future is Yours". In the future, we should not vote on a report as a whole, but each item separately to maintain order. Approval also given to use Slet design on stationery.

**OTHER UNFINISHED BUSINESS:** The letter from Sokol Cleveland was read with the final payment of their dues to the ASO and their donation of \$100.00 to the Library/Archives fund. This unit was 90 years young when it merged with Sokol Greater Cleveland. This unit is to be commended on how well they handled their closing under very hard circumstances.

Br. George and Sis. Ann Basta will attend the Western Fraternal Life Convention in August. Letter composed by Br. Rabas to Slovo approved. Flags from Sokol and Sokolice S. Omaha viewed and discussed. Sis. Filipello will take flags back to manufacturer for adjustments. Was not entirely company's fault. Fred Kala will be contacted and asked to return copies of the by-laws so that corrections can be sent to individual units.

Sokol Stickney sent letter regarding their interest in purchasing Haley School and if we would consider relocating offices there. More information needed.

Sis. Emilie Ruzicka presented a report on happenings in the Eastern District, also suggestions on updating attendance forms. We need to keep in mind that each unit and district have individual needs that need to be considered. Long discussion followed.

Next meeting of board — AUGUST 25.

Respectfully submitted, *Sis. Jackie Kourim, Sec.*

## *Jerry Komarek's poem wins the Golden Award*

Jerry W. Komarek of 101 Mehrhof Road, Little Ferry, has been awarded the Golden Poet Award for 1987 by World of Poetry.

Komarek's poem, *It's A Great Life*, was entered in the Poetry Contest, sponsored by the Sacramento, Calif., World of Poetry. The group considers the Golden Award to poets, is what the Academy Award is to actors. "It is the highest honor World of Poetry is able to bestow on a poet.

Following is the winning poem,

### **IT'S A GREAT LIFE:**

It is a great life, being aboard our planet earth,  
Where you're given the opportunity, of proving your worth!

And what must be apparent, for all of us to see —  
Is that a heaven on earth, was never meant to be.

A sound mind can face reality, without any hallucinations,  
Cognizant of the fact, that all things have limitation.

Traveling in a straight earthly direction, you'll ultimately come,  
Back to the same location, that you had originally started from.

Many new products, as well as producers, it is true,  
Quite often prove to have, some bad side effects too.

But let us also turn, to the rosy side of things,  
With a good sense of humor, you reap the pleasure, it brings.

It is perfectly normal, to give thoughts to the hereafter,  
But you can enhance your earthly stay, with occasional laughter!

As for reaping rewards, there isn't any need to wait,  
Until you are admitted, through heaven's pearly gate.

Showing kindness to animals, might be a good start,  
To bring a satisfying feeling, into any skeptic's heart.

Helping others, when no material gain, can possibly be,  
Achieves instantaneous rewards, why not try it and see?

That it's really a great life, there isn't any doubt,  
But it is entirely up to you, to help bring it about!



## Honorary Dedication of 1987 Southern District Slet

JIRÍ (GEORGE) PŘEVŘÁTIL

Member Sokol Žižka — 35 years.

Bro. Prevratil, an ardent believer in the American Sokol Organization, ideals and purpose. He is also a firm believer that the strength of the Sokol Organization lies in its unit membership tied together by its District and National Executive Board and the whole organization under the umbrella of its strong Constitution and By-laws. Without this structure, we would be nothing.

Bro. Prevratil has served as Vice President and President of his unit in the 60's and again in the 80's, and has also served on various committee's in the past years.

Bro. Prevratil also served as Vice President of the Southern District from 1962 through 1967 and as President 1968 through 1978. He has served on the National By-laws Committee 1968 through the 12th National General Convention held in Detroit, Michigan, in June 1975.

Bro. Prevratil was honored to serve as chairman of the 13th General Convention of the American Sokol Organization held in June 1980 at Cedar Rapids, Iowa, and again honored to serve as Parliamentarian at the 14th American Sokol Organization General Convention held in June 1985 at Oak Brook, Ill.

Bro. Prevratil is currently serving as membership chairman of the Southern District.

Listed are just a few of Bro. Prevratil's many accomplishments.

It gives us great pleasure, on behalf of your friends in Houston and throughout the American Sokol Organization, to dedicate the 1987 Sokol Houston Slet to you. Brother Prevratil we salute you.

## A Box of Souvenirs

Everyone has a box that they hid away,  
Filled with souvenirs from a bygone day.

The other night at the hall I stumbled across one such box  
sitting at the end of the bar,  
Overflowing with souvenirs from near and far.

I felt rough calloused fingers as he held his hand in mine,  
As he reminisced about memories from another time.

He spoke of a war to end all wars our country fought,  
And about the lessons the great depression taught.

He talked of his youth, the hard times shackled with fears,  
And about his beloved comrades that have died,  
As his eyes sparkled with tears.

He told me about my grandparents and my mother when she was a girl,  
And how we could dance and make the young women twirl.

It seemed that he struggled and passed life's test,  
But as his sunset nears, he has one last request.

He said his wish to spend his last hour would be,  
To sit on that barstool talking with friends like me.

If your box of souvenirs ever seems empty and bare,  
Sit on that barstool one night and talk to one who loves to share.

*Robert J. Bourisaw, Sokol St. Louis  
10 May 1987*

*Dedicated to Uncle Bud Kalal, who one night shared his  
box of souvenirs with me.*

## Mom & Dad to School

Wilson Junior High School in Hamilton, Ohio, has a program that subjects kids who break school rules to an ingenious — and devilishly effective — deterrent: bringing Mom or Dad to school. The school's 37-year-old principal took over his job a little over a year ago. Up to 60 of Wilson's 860 students were being expelled every semester, and dozens more were being suspended for everything from tardiness to fighting.

The principal thinks suspension is a waste. He told parents he would take the suspension away if they would spend one day in class with their child. So far about 60 parents have put in their time. After-school detentions are down from 20 a day to zero on some days; expulsions have dropped to 11 since the program began. After all, what child wants a parent at school to see how they misbehave? And only a handful of the parents have refused to join what the principal calls his Parent Involvement Program.

Punishment is only one aspect of the Wilson program, though. If a child who has been a discipline problem goes for a while without causing problems, the principal call the parents up and says they're doing something right. Each teacher makes five phone calls — positive or negative — to students' homes each week. And the principal personally calls the parents of every child who makes the honor roll because he wants to notice those kids who do a good job.

## *The Art of Calisthenics* —

### A WEEKLY WORKOUT OR A CRAM SESSION

Most cultures of our earth have evidence of some form of calisthenics, some more artistic than others. Some catering to a select few, others incorporating all those who are willing and able to participate. The American Indian had specific dances for celebration and history. The Orient developed theirs into martial arts, while their general population developed it into dances of great hand and arm expression. Their controlled calisthenics is aesthetic in nature with its soft, flowing hand and arm movements. The SOKOLS with their more rigid movements timed in unison with strong Czech music provided a more military form of calisthenics in the beginning, now have refined their calisthenics to softer moves.

Aerobic exercises (or muscle tearing sessions as I prefer to call them) became very popular starting in the 60's and they intensified as each aerobic "Queen" vied for top position. Now, medical history has been made. Low impact exercises are best!

Many people enjoy a dance with a storyline that has a moral or a lesson to be learned or gained by. Few people can tell good stories let alone write one to calisthenics. Sokol USA presented a meaningful and emotional Junior Calisthenics at their XX Slet in Washington D.C. this past month that is reminiscent of the older dances that told a story emphasizing youth entering adulthood. The author of this calisthenics, Br. Robert Mihalik of Sokol USA New York No. 1 elaborated in the Narration that these junior years represent maturity, independence, conflict. Performed to the music "Magic Bird" and "Karicka" the audience "felt" the emotions of those juniors. We seniors were reminded of our own junior years. The audience's response throughout the performance echoed through the Armory their delight in the writer's portrayal of the adolescent years and the participants performance.

Sokol Calisthenics is a form onto its own. While incorporating dance moves, marching tactics, and light tumbling; it can best be described as a "mental and physical exercise for all skill levels".

#### MENTAL EXERCISE

Just as physical exercise helps older adults keep their muscles flexible, many brain experts say mental exercise prompts brain EFFICIENCY.

In a recent Chicago Tribune article by Allen A. Keller entitled "Mental push-ups may keep brain in shape for ages" he condensed information from the Words by Wire:

Preserving the mind:

1. Senility is NOT a part of the normal aging process; behavior and memory changes observed in

the elderly may often result from improper medication, depression or other TREATABLE conditions.

2. Older people do experience a decline in reaction time, the speed with which one responds to stimuli. However, they actually become MORE ACCURATE although they accomplish less.

3. Individuals who do not decline in their old age are typically people who have CONTINUED to interact with their environment (families, community, Sokol).

4. The use-it-or-lose-it principle applies to keeping muscles flexible as well as to maintaining intellectual performance.

5. A healthy support system is essential; a nerve cell needs its adequate supply of nutrients as well as its oxygen.

6. Physiological factors affecting the central nervous system — such as blood flow, oxygen consumption and glucose use — were found to be the same in normal, healthy older people as they were in the young.

7. Studies show that 85 percent of all people over 65 DO NOT have any significant memory loss or other form of mental disfunction.

8. People can continue to learn and modify their behavior throughout life; educational programs could maintain or restore the intellectual competence of many older people.

Now, how does the "Cal" promote mental exercise.

We must remember the order of the moves with the music. How many of you can remember last year's cal in the correct order? If you performed it consistently, weekly, in class for the class year and, also, if you on occasion were a "front line person", your retention would be greater than a person who only followed another. This is a fact. Do not expect perfection from anyone who has not drilled on their own, which is in essence what a front line person does.

When Sokols rehearse the cal, a feeling of camaraderie develops instantly between the more experienced to the less experienced. We automatically want to assist the newest person to master the drill so that the total will appear as one. The power of the sum working together as opposed to each individual "doing his own thing" is proven in physics. A horse capable of pulling 1000 pounds coupled with another of equal ability can collectively pull 3000 pounds. Their strength is greatly increased by pulling together. Mentally, we become more alert to our environment when we rehearse regularly with others. (I tried learning the women's Indian Club number through the written text and the video. What an experience when I encountered my first rehearsal with 50 well rehearsed Sokols! My positions were reversed in some instances.)

Number two above states that people become more accurate as they become older. How about that for a feeling of superiority! What great calisthenics instructors we become as we get older! Where is all that talent out there in our Sokol ranks.

AMERICAN SOKOL ORGANIZATION

# GYMNAST

JULY-AUGUST 1987

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



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**NA ZDAR**



## The Use It or Lose It Theory Is Confirmed

### SPECIAL REPORT ON AGING AND FITNESS

If you've watched the Los Angeles Lakers play basketball, you're sure to have heard the announcer marvel at how fast Kareem Abdul-Jabbar "gets up the floor" on his 39-year-old legs. Watch a Cincinnati Reds game, and you'll hear the same compliment paid to Pete Rose, the player/manager who at 45 still punches singles to right field like a rookie. Follow the PGA tour, and you'll notice that Jack Nicklaus, having long shed the paunch he carried 20 years ago, actually looks younger than ever as he kneels on the green to line up a putt.

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*'We've overestimated the effects of aging,' says one doctor, 'and underestimated the value of staying in shape.'*

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Every year, it seems, athletes are competing later and later in life. And as we watch their ages climb, it's hard to resist feeling what might be called intimations of immortality. Maybe — just maybe — we don't have to grow old as early in life as we thought. Maybe we still haven't tested the limits of youthful vigor or seen how far we can stretch the "envelope." It's an exhilarating thought, the thought of extending youth. It's also a universal dream, one that made last year's summer movie *Cocoon*, in which three elderly couples were given eternal life by visitors from outer space, so poignant and so popular.

Outside of the movies, of course, there's no evidence that we can live forever. But there is new evidence suggesting that we can postpone old age and possibly even extend our lives by several years simply by exercising for a few hours every week.

"Much of what we've attributed to aging is really due to people's becoming inactive," says West Virginia University exercise and aging researcher Andrew Ostrow, Ph.D., voicing the feelings of many others in the field. "We've overestimated the effects of aging and underestimated the value of staying in shape."

In the 1700's, it was theorized that farmers lived longer than tailors because they were more physically active. Modern research supports that observation. In 1978, for instance, after tracking 18,000 middle-aged male civil servants in England for several years, British researchers discovered that those who were physically active had only one-fourth the risk of dying of heart disease as those who didn't exercise. And, just last spring, researchers at Stanford University announced their finding that men who exercise at least three hours a week can expect to live about two years longer than men who don't exercise.

Based on a long-term survey of 17,000 Harvard graduates between the ages of 35 and 74, the study, conducted by Ralph S. Paffenbarger Jr., M.D.,

Dr.P.H., of the Stanford School of Medicine, showed that the more calories the men burned up — anywhere from 2,000 to 3,500 calories a week (3,500 is roughly what you'd burn by running five miles, five days a week at five miles per hour) — the lower their risk of dying, compared with men who didn't exercise.

Those who exercised faithfully throughout their lives, the study showed, could expect to live an hour or two longer for every hour they exercised. It didn't seem to matter whether a man was a jock in college or whether he had inherited a possible risk of dying young. Overall, regular exercise throughout life increased longevity.

#### 'Use It or Lose It': A Proverb Confirmed

The Stanford study added proof to the theory that many of the physical symptoms we've attributed to "the aging process" are actually the result of not exercising. We don't wear out, we rust out.

Four years ago, a landmark paper written by California physician Walter Bortz, M.D., and published in the *Journal of the American Medical Association* showed that the declines of aerobic capacity, of androgen levels, of our handling of blood sugar, of sheer muscle mass — all commonly seen in the aged — are identical to the physical conditions found in people of any age who are bedridden or get no exercise.

This realization forced doctors to distinguish between "primary" and "secondary" aging. The primary kind is the one we can't do anything about, the one that keeps us from living forever no matter what we do. The secondary kind refers to premature aging. It comes from disuse and disease, and it can be delayed with exercise and other good health habits.

"Very few people die of old age," says John Holloszy, M.D., professor of medicine at the Washington University School of Medicine in St. Louis, who conducts research for the National Institute on Aging. "Usually they die of specific diseases. The major killer is coronary-artery disease. High blood pressure, diabetes and osteoporosis are also favorably affected by exercise. Exercise has no effect on primary aging, which is due to the aging process itself. But it does affect secondary aging."

We invite many of the disabilities of old age because we stop challenging ourselves, researchers say. As we age, we don't raise our pulse up into the aerobic zone as often as we once did. We shy away from activities like tennis or basketball or even just driving on a busy freeway — activities that demand quick thinking and fast physical responses. And by not "using it" we literally risk "losing it."

Exercise seems to delay secondary aging rather than stop it. "Exercise isn't a fountain of youth," says Dr. Ostrow, "but it definitely slows aging down."

#### The Truth About Masters Athletes

But can't exercise reverse the aging process a little bit? Can't we take our 45- and 55-year-old bodies

and pull them back into shape, the way you'd soup up an antique car and turn it into a street rod? Certainly we've seen plenty of sedentary, overweight men and women become thin and strong by working out. Doesn't that constitute a reversal of the aging process?

Yes and no. Yes, exercise can enable an older man to perform like a younger man. There's no doubt of that.

"It's possible to maintain a younger level of performance by exercising," agrees Dr. Holloszy. "A highly trained 60-year-old can function in terms of endurance as well as an untrained 21-year-old. A lot of competitive masters athletes can run a mile in 5:20. You're not going to find the average 21-year old doing that."

On the other hand, and here's the catch, a trained masters athlete is no competition for a trained younger man. In that sense, aging waits for no man. "There's no question that athletic ability deteriorates," Dr. Holloszy admits. "The world records for the mile decline with each older age group, and a trained 60-year-old can't perform as well as a trained 21-year-old. It just looks as though the body declines progressively with age. Exercise just slows the process."

#### Reaping the Rewards of Exercise

You don't have to win your age group at the Boston Marathon, however, to feel like you've benefited from exercise. Everyone who exercises walks away with medals and ribbons that are often invisible but still very real. Says Dr. Holloszy, "There's no question that you'll feel better and function better with exercise."

"Exercisers obtain tremendous benefits from their exercise regimen," said Andrew Goldberg, M.D., a researcher at Francis Scott Key Medical Center, during a recent lecture. They have lower blood pressures and less body fat; they weigh less and maintain their muscle mass. They have lower cholesterol levels and are less prone to diabetes. "They have more agility and strength," he said, "a heightened sense of confidence and self-esteem, and a more positive attitude than their age-matched sedentary counterparts."

Other researchers speak of exercise as an antidepressant. "People who have higher levels of fitness are less prone to depressive states," says John Piscopo, Ed.D., author of the book *Fitness and Aging* (Macmillan, 1985) and professor of physical therapy and exercise science at the State University of New York at Buffalo. Fitness allows elderly people to be active, to socialize and to maintain a satisfying life. "Otherwise they become more isolated and eventually more depressed."

Even if you have a family history of heart disease — and even if you have had a heart attack — exercise seems to pay off in subtle but generous ways. "People who stay in shape, those who are active runners or swimmers, are less affected if they do suffer a heart attack, and they'll recover more rapidly," says Dr. Ostrow. "And we think that

through a combination of exercise and good nutrition, the person who's genetically prone to heart disease will be less vulnerable to developing it."

Joint tightening and stiffness, a problem that affects so many older people, may also yield to exercise. According to Robert Buxbaum, M.D., of Harvard Medical School, many older people think their joints and tendons are "frozen" when they may only need stretching exercises to regain their youthful range of motion.

While gerontologists know a lot more about the link between fitness and aging than they used to, they've still got a long way to go. The Paffenberger study, for instance, applied only to male Harvard graduates, a group that tends to be healthier and wealthier than the general population. Nobody knows whether the results would hold true for women or minorities or the poor. No one knows exactly how much exercise we need or what kind. The process of primary aging is still a mystery, locked in our genes.

*Special report from the Executive Fitness Newsletter — July 1986*

## Teaching Can Be Easy As A-B-C!

### THE ART (AND SCIENCE) OF TEACHING GYMNASTICS

By Bev Hayasaki

Child psychologists use a simple "A-B-C" model to help children learn skills and behave appropriately. We'd like to pass along the A-B-C methods for skill development this month!

A	B	C
Activator	Behavior	Consequence

**The Activator:** Observe what happens immediately before a behavior. The stimulus that precedes the behavior often affects the behavior. If you improve the activator you may be able to speed learning of new skills.

**The Behavior:** When the child attempts a skill, we see "the behavior." Skill learning behavior include holding a handstand, "Hitting" a routine, practicing many repetitions in a short time span, pointing toes, and any other *observable* response a child makes. To call what the child does a "behavior" it must be something you can see. Note: You cannot deal with abstractions like "talent," "drive," or "intelligence" with the A-B-C model.

**The Consequence:** Observe what happens immediately after a behavior. The event that follows a behavior usually affects the behavior in the future. Therefore, if you improve the consequence you can often speed up the learning process.

**Improving the Activator:** Things that "Activate" skill success include:

**Setting Achievable Goals:** It is essential for the instructor to individualize for each student within the group, presenting different students with different specific goals. The following techniques, drawn from behavioral research, offer some ideas for breaking skills down so that success will follow:

**"Chaining."** Break the trick into separate skill segments or elements, then "chain" segments into complete skills or elements into routines.

**"Shaping."** Ask students for small improvements or "successive approximations" towards the skill goal. To use "shaping" the teacher finds a skill that the student can already do and teaches by changing the skill in very small steps until it becomes a new skill.

Other ways to provide good "activator" include:

**Visual Activators:** Use marks that students can see which communicate what to do.

**Example:** Hold a hula hoop around a small child jumping on the tramp to help the child see the "boundaries" of the center of the trampoline.

**Example:** Using masking tape, mark a grid on your mat to help cue students to travel backward on flip flops.

**Physical Activators:** Use special equipment such as inclines and pits to increase success rates.

**Example:** A "pit" allows the gymnast to concentrate mainly on the aerial phase of his maneuver by reducing the impact of landing. Keep in mind, however, that the gymnast must be able to correctly execute the skill before you rely on a "pit". No landing surface will eliminate the risk of catastrophic injury should a gymnast land improperly on the head or neck area!

Take care not to rely on spotting too much while instructing — it can actually slow down skill acquisition if used incorrectly. Usually, it is better to present skills in the form of tightly-knit progressions which allow the student to learn without being manipulated ("active learning" methods) than to rely on carrying students through tricks ("passive learning" methods).

**Verbal Activators:** Give clear instructions — concrete descriptions in short, one part sentences.

#### **Tips:**

— Use concrete terms (things a child can easily visualize) instead of abstractions. ("Put your nose to the bar" is concrete. "Keep your arms flexed" is abstract.)

— Try not to get too carried away with your verbal analysis of the skill. Remember that no matter how valid your biomechanical analysis, most students cannot process (convert verbal instructions to motion) more than one or two simple instructions. Long complex discussions waste the gymnast's time.

**Demonstrations:** It can help to show the gymnast what you expect. Some students are "visual learners" — they can "process" visual instructions more easily than verbal instructions. A particularly effective way to use demonstrations as activators is

to use the "wrong way-right way" approach. The instructor demonstrates a common error, and then demonstrates the correction of the error. Wrong way-right way demonstrations can take very little time and provide a great deal of information to students.

**Remember:** You can increase success rates for children who are learning new skills by improving the activators!

**Changing The Consequence:** "Feedback Is The Breakfast Of Champion." There are two kinds of consequences you can provide:

**1) Praise** (reinforcement of correct performance). Guidelines for using praise:

- a. *Be specific;*
- b. *Make it immediate;*
- c. *Show your feelings.*

**Wrong:** "Jenny, that was great!"

**Right:** "All Right! Jenny, you travelled back and you fully extended those powerful legs. How I do like to see a flip flop done correctly!"

**3) Reprimands:** By giving a reprimand after an incorrect performance you can improve performance if you follow these guidelines:

a. *Never reprimand a learner;* — it immobilizes them and makes them feel even more insecure. Use reprimands only when you know the gymnast has correctly performed in the past and has already mastered the goal. Reprimands do not teach students to perform well, they only help students who have already mastered the skills use what they already know. Remember, when a gymnast who is still learning makes a mistake, use "activators" to correct the problem. When the gymnast can do the skill correctly, but makes mistakes anyway, reprimands can help.

- b. *Make reprimands specific;*
- c. *Make reprimands immediate;*
- d. *Provide the gymnast with support while issuing a reprimand.*
- e. *Tell the gymnast what to do instead of what not to do.*

**Example:** "Aaron, your legs were bent on all of those kips. I know you can do kips with straight legs, I have seen you. So straighten those legs! I want to see 10 more kips, with straight legs. Now get back up there and show me what you are capable of... impress me!"

**Summary:** To help your gymnasts learn skills quickly and easily, become aware of the activators and the consequences that control the learning of the skill. By working on improving the "A-B-C's" of teaching, you set your students up for success!

*This series of articles has been contributed by SPORTASTIKS INC., a franchised system of gymnastics center operations. Information is designed especially for gymnastics teachers — to help each instructors get the MOST out of each communication with young gymnasts.*

## Suggestions for the Improvement of our Sokol Program

EDWIN J. HALIK, Sr.

Originally, I was thinking of the Sokol Program at the gymnasium or Board of Instructors level, as an alternative for what I have been calling "Instant Teachers Courses" (one week or week-end courses), but there are problems at the Administrative level as well, so why not talk about them too!

I propose that the Central District of the American Sokol Organization and its affiliated Units, whether gymnastically active or not, hold meetings, call them conferences, workshops, consultations, seminars or just plain meetings, but no matter what we call them, let's have them, at the various levels of activity, be it administrative, Board of Instructors, teaching levels, educational, cultural, social or other levels, to discuss and to plan our future course of action.

We have many problems administratively such as building maintenance and rehabilitations, rentals, new or proposed building programs, re-activation, insurance problems, fund raising and membership (new or old) to mention a few. There are educational, cultural and social programs to be talked about and also, how about P.R. (Public Relations)!

At the Board of Instructors level, there's lot to be discussed, i.e. Types of programs to be offered, re-classification of classes, especially at the First Class level which has too wide an age span (6-9 years) age-wise or comprehension-wise. How about skill groups, specialty sports training, fitness, conditioning, aerobics, apparatus, acrobatics and tumbling, dance in basic and advanced forms, exhibition calisthenics, special number calisthenics and others such as recreational activities. You name it, let's discuss it.

Instructors and leaders should meet at the various class levels (eventually all class levels to meet together) to discuss, compare and evaluate methods, practices and opinions on Sokol theory, class handling, class organization, teachable teaching materials in marching, calisthenics, apparatus and games, apparatus to be or not to be used, spotting, assisting, guarding, difficulty of exercises, planning and preparing a program and/or schedule, knowledge and use of basic and advanced skills, talks to the class (historical, cultural or topical) in a short simple form (make it narrative or anecdotal), improvisations and innovations, composition of calisthenics and special numbers, selection of music, composition of apparatus, tumbling, floor and rhythmic routines at proper skill levels of the participants, knowledge of Sokol terminology and its basic use for program planning, i.e. marching, calisthenics, exercises with hand implements, track and field, apparatus exercises, combative and resistive exercises, pyramids, the use of descriptive and other terminology and last but not least, how to use the tape recorder and amplifier system if available. It has been suggested that class assistants should be included in these sessions.

## Gymnastics changes made in balance beam

### FOCUS ON THE RULES

In its February 4-5 meeting in Kansas City, the National Federation Girls Gymnastics Rules Committee changed the event requirement for the balance beam to include three passes and at least one dance and one tumbling series within the routine.

The change, one of about 20 made by the rules committee for the 1986-87 season, was made to encourage dance as well as tumbling in the routine on the beam.

The committee also changed the warning signal on the beam to one minute, 20 seconds to provide the gymnast 10 seconds to dismount the apparatus safely before receiving a deduction for overtime.

Two changes were made in vaulting. Rule 8-2-5 now defines the handspring on-half off and the half on-handspring off as lead-up skills rather than competitive vaults and forbids their use in competition.

Rule 8-2-4f was changed so that a gymnast cannot extend the length of a meet by performing a second vault that has a lower value than the score she receives on her first vault since the best score is recorded as her event score.

Four noteworthy changes were made in rules governing the uneven parallel bars, including a 0.1 deduction whenever a gymnast performs a fifth consecutive skill on the same bar that does not lead to a bar change, touch of another bar or a dismount. This revision was made to discourage the performance of high-bar type routines on the uneven parallel bars.

In addition, the event requirement for the uneven bars was increased to eight skills, with at least two skills on each bar. This requirement reinforces the concept that routines on the uneven bars should involve both bars.

To eliminate the need for the gymnast or her coach to keep track of the time as well as prepare for a safe remount of the uneven parallel bars, Rule 6-2-4 was altered to provide a warning 20 seconds into the time permitted a gymnast to remount after a fall.

In another significant change made by the rules committee, deductions for the coach standing between the bars or by the beam were deleted. A deduction may still be taken if the coach blocks the view of the judge, however.

Other changes made by the Girls Gymnastics Rules Committee:

Rule 1, Skill — Walking and running were deleted from this definition so they cannot be used to fulfill requirements of a pass.

Rules 2-1-3, 5-1-2, 5-1-4 and 5-1-5, Meet Referee — Revisions were made in these rules to reflect the importance of having a certified judge designated as the meet referee and to be the individual giving

team deductions and handling inquiries when appropriate.

Rule 3-3-2, Footwear — This rule was added to clarify the penalty for wearing inappropriate footwear such as tennis shoes or leg warmers; it is not considered improper uniform.

Rule 4-1-3A3, Difficulty — Additions were made to the guidelines for awarding difficulty so that a gymnast who is assisted through a skill by a spotter, or performs a skill for the third time without variation shall not receive difficulty credit for the skill.

Rule 4-3-1 and 4-3-2, Tie Breaking — Breaking ties at dual and invitational meets was made optional, and ties in qualifying and state meets shall stand unless state association rules determine otherwise.

Rules 6-1-3, 6-1-4, 7-1-2, 7-1-3, 8-1-2, Padding — The specifications for minimum matting required for the working area of the bars (one base mat plus one landing mat), and beam (one base mat) and the landing area for bars, beam (one landing mat) and vaulting (one base mat plus one landing mat) were added to ensure greater safety for the competitors.

Rule 6-2-2, Component Parts on Bars — Swinging and circling skills requirements were combined into one, deleting the grip change requirement to make the component parts requirements on bars consistent with progressive routine composition on the bars.

Rules 6-3-4c and 7-3-4e, Stops — The deduction for a stop was reduced to 0.1 to more closely relate to deductions for extra swings and grasping the beam for support.

Rules 6-3-6e and 7-3-6d, Deduction for passing under or touching the apparatus without mounting — This deduction was deleted because it is included in the deduction for a balk.

Rules 6-4, 7-4 and 9-4, Difficulty — Revisions were made in the difficulty values as a continuation of the process that began with last year's adoption of the high superior requirement.

Rule 7-3-2c, Deduction for a Beam Pass with no difficulty — The mount and dismount can no longer be used as part of the first or last pass, respectively, in order to fulfill the distribution requirements for beam.

Rule 9-2-3a (1), Component Parts on Floor — The creative balance was removed as a dance component part on the floor because it represents a stop that is not characteristic of a high-level floor exercise routine.

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

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**Help Our Sokol Grow**

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## Central District A.S.O.

JUNIOR BOYS & MEN —  
APPARATUS COMPETITIONS  
SATURDAY, JUNE 13, 1987  
AT SOKOL TABOR

Place	Name	Unit	Total
<b>Jr. Low A</b>			
1	Gary Stroud, Slavsky		59.45
2	Greg Vondra, Stickney		58.65
3	Glenn Petko, Slavsky		56.30
<b>Jr. Int.</b>			
1	Jay Vondra, Stickney		63.35
2	Tom Pajer, Slavsky		51.30
3	Paul Moravec, West Suburban		33.39
<b>Sr. Masters II</b>			
1	Frank Michalek		63.70
<b>Sr. Low B</b>			
1	Rick Linhart, Tabor		61.25
2	Mike Kulhanek, Tabor		60.75
3	George Kulhanek, Tabor		57.35
			1st Place Team Total: 231.90
<b>Sr. Int.</b>			
1	Brian Hathcoat, Tabor		59.35
2	Michael Michalek, West Suburban		52.45

## Southern District Slet

JUNE 12, 13, and 14, 1987  
HOUSTON, TEXAS

A capacity crowd viewed the Southern District Slet on June 14th. The Slet was the largest in many years. The enthusiasm of participants and attendees was gratifying.

Volleyball championships were held on Friday evening with Ennis the winner of the Junior Division and West the winner in the Senior Division.

On Saturday, rhythmic, compulsory apparatus and optional apparatus competitions were held in all children, junior, and senior divisions. Two complete gyms were set up at Sokol Houston — one the original gym and one the permanent gym. Speith-Anderson outfitted one complete gym. Saturday evening special number competitions were held with Sokol Ennis winning in both the children and adult divisions. An awards dance was held Saturday evening.

Field events competitions were held Sunday following rehearsals.

The Dallas Czech Concert Orchestra provided musical accompaniment for the program. Bro. Gary Masek, Vice-President, represented the American Sokol Organization with greetings. Master-of-ceremonies was Bro. Larry Laznovsky, Southern District Vice-President and First Assistant Director of Men. Greetings were extended by Bro. Ben Maca, District President; Bro. Al Snider, President of Sokol Houston and various city officials.

*Nazdar, Sylvia Laznovsky*

# Results of Southern District Gymnastic Competition

JUNE 12, 13, 14, 1987  
HOUSTON, TEXAS

## Girls I — Low I

Team results	1 Ennis I	208.50
	2 Fort Worth I	194.50
	3 Houston I	173.20
Individuals	1 Tina Avery-Ennis	53.15
	2 Bethany Larson, Ennis	52.95
	3 Kathryn Mason, Ennis	52.45

## Jr. Girls — Low B

Team results	1 Corpus I	120.45
Individuals	1 Gerylin Silansky, Corpus	42.35
	2 Melissa Casarez, Corpus	40.15
	3 Patti Kalat, Ennis	40.10

## Jr. Girls — Low A

Team results	1 Ennis	104.60
Individuals	1 Jessica O'Bannon, Ennis	37.70
	2 Jenny Sears, Ft. Worth	36.30
	3 Shelly Mitchel, Ft. Worth	35.30

## Jr. Girls Intermediate

Individuals	1 T. McCafferey, Ft. Worth	39.80
	2 Theresa Pooler, Ft. Worth	35.35
	3 Christi Gray, Ennis	34.05

## Jr. Girls Championship

Team results	1 Fort Worth	121.80
Individuals	1 Frieda Dobbins, Ft. Worth	73.0
	2 Kelly Hill, Ft. Worth	71.7
	3 C. Richardson, Ft. Worth	71.05

## Girls II — Low

Team results	1 Ennis I	204.55
	2 Houston I	196.80
	3 Corpus I	122.35
Individuals	1 Heather Larson, Ennis	53.20
	2 Christen Norum, Ennis	52.05
	3 Jay Stacks, Ennis	49.95

## Girls I — High Div.

Individuals	1 Miranda Haggard, Ennis	40.35
	2 Amy McPherson, Ennis	39.05
	3 Christina Kubala, Corpus	37.25

## Girls II — High Div.

Team results	1 Fort Worth	170.40
Individuals	1 Kelly Artim, Ft. Worth	45.90
	2 Gari Slater, Ft. Worth	42.35
	3 Tori Thorton, Ft. Worth	41.30

## Girls Open — High Div.

Team results	1 Fort Worth	183.35
Individuals	1 Carri Casazza, Ft. Worth	71.8
	2 Stephani Patton, Ft. Worth	68.7
	3 Leslie Mitchel, Ft. Worth	66.5

## Women — Low B

Team results	1 Ennis	117.80
Individuals	1 Karen Vydral, Houston	41.80
	2 Renee Monreal, Ennis	40.95
	3 Gracie Kubala, Corpus	39.60

## Women — Low A

Team results	1 Ennis	127.35
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Individuals	1 Barbara Hansel, Houston	43.55
	2 Laurie Southwell, Ennis	43.10
	3 Rhonda Liska, Ennis	42.70

## Women — Intermediate

Individuals	1 Charisse Vodehnal, Houston	43.45
	2 Sonja Vodehnal, Houston	40.95

## Womens — High Div.

Individuals	1 Carrie Cleveland, Ft. Worth	44.25
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## RHYTHMICS

### Girls I Class

Individuals	1 Miranda Haggard, Ennis	32.0
	2 Tina Avery, Ennis	31.7
	3 Taylor Killens, Ennis	30.4

### Girls II Class

Individuals	1 Kristi Kubin, Ennis	32.7
	2 Heather Larso, Ennis	32.0
	3 Christen Norum, Ennis	31.7

### Jr. Girls — Beginners

Individuals	1 Pam Kubin, Ennis	32.2
	2 Jessica O'Bannion	31.6
	3 Wendy Stout	29.7

### Jr. Girls — Advanced

Individuals	1 Shannon Schumacher, Ennis	33.9
	2 Lisa Laznovsky, Ennis	30.6
	3 Patti Kalat, Ennis	29.6

### Women — Beginners

Individuals	1 Kim Oates	30.8
	2 Rhonda Liska	29.4

## BOYS & MENS COMPETITION

### Boys I — Low

Team results	1 Ennis	164.00
Individuals	1 Lucas Mikeska, Houston	55.40
	2 Kevin Lucas, Dallas	54.60
	3 Nate Haner, Ft. Worth	53.70

### Boys I — High

Individuals	1 Justin Corley, Ft. Worth	57.10
	2 Ky Cleveland, Ft. Worth	50.50

### Boys II — Low

Team results	1 Houston I	226.40
Individuals	1 Jeff Lubner, Houston	63.20
	2 Peter Selevar, Houston	57.90
	3 Trey Rambo, Corpus	55.90

### Boys II Class — High Div.

Team results	1 Fort Worth I	207.80
	2 Ennis I	171.50
Individuals	1 Dylan Lowry, Ft. Worth	54.60
	2 Derrick Fleeke, Ft. Worth	52.10
	3 Blaine Mason, Ft. Worth	51.20

### Boys Open High Div.

Individuals	1 Josh Milan, Ft. Worth	56.90
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### Jr. Boys — Low B

Individuals	1 Kevin Dobecka, West	59.90
	2 Eddie Kaluza, West	59.50
	3 James Hanzel, Houston	59.40

### Jr. Boys — Low A

Team results	1 Ennis I	160.30
Individuals	1 Ivan Selevar, Houston	61.40
	2 Shay Hennisey, Ft. Worth	57.50
	3 Jason Stout, Ennis	57.00

<b>Jr. Boys — Intermediate Div.</b>			
Team results	1 Fort Worth I	108.80	
Individuals	1 Les Garrett, Fort Worth	63.80	
	2 Troy Garvin, Fort Worth	54.90	
	3 Cris Everett, Fort Worth	54.50	
<b>Jr. Boys — High</b>			
Individuals	1 Jesse Traynham, Ft. Worth	50.80	
<b>Junior Boys — Champ.</b>			
Individuals	1 Shane Uson, Ft. Worth	104.30	
	2 Gene Chavers, Ft. Worth	97.00	
<b>Senior Men — Low B</b>			
Individuals	1 Louis Kubcle, Corpus	61.20	
<b>Senior Men — Low A</b>			
Individuals	1 J. Gardenhire, Ft. Worth	56.90	
	2 Mark Frogge, Corpus	55.80	
<b>Senior Men — Intermediate</b>			
Team results	1 Fort Worth	154.10	
Individuals	1 Rome Milan, Ft. Worth	58.70	
	2 Robert Toth, Ennis	55.80	
	3 Jay Molina, Ft. Worth	49.70	
<b>Senior Men — Championship</b>			
Individuals	1 Jonathan Conrad, Ft. Worth	63.80	

## CONCLUSION — LESSON PLANS AND PROGRAMS

E. J. Halik

**MAKE SURE EVERYONE PARTICIPATES IN THE WARM-UPS!** Explain the value of the warm-ups so that they participate fully.

**Conditioning Period** — This consists of special exercises to condition, strengthen and develop specific muscle groups for specific events and sport competitions, and testing programs.

Muscle Groups —

1. Arm, hand, shoulder, head, neck, upper back and chest

2. Leg, foot, hip, lower back and abdominal.

Most exercises are from the **non-Locomotor exercise group** and can be done as single exercises or in combination with others and consist of activities such as arm and hand movements, straight or bent, bending or thrusting, flexing or extending, swinging, circling and rotating, etc. — head and trunk movements, bowing, twisting, circling, etc. — leg and foot movements in stances and lower positions and balances, also activities such as lifting, pulling, pushing and hopping, jumping and leaping in place, again giving a greater variety of exercises and greater difficulty.

General goals should be training and preparing the body for heavy work loads. All exercises may be done standing, kneeling, squatting, sitting, lying, in support positions and in balance. This period should be about 15 to 20 minutes long. Some of this time period can also be used for dance, calisthenic drills and special events.

**General Work-Out Period** — Consists of specific training in specific skills such as gymnastics, track

and field, team sports and games, and testing programs, and may include preparation for dance, calisthenic drill or special events.

You may use the circuit type training methods with multiple (many) stations using single skills at each station from a variety of events such as basketball, volleyball, baseball, football, soccer, etc., or you may rotate the squads between several pieces of apparatus as in the Sokol System which should include hangs on rings, hi-bar, parallel bars and uneven bars; supports on rings, hi-bar, parallel bars, side horse and un-even bars; vaults on buck, horse, table, box, parallel bars or hi-bars; high jump, long jump, hop-step-jump, triple broad jump, standing or running. Other apparatus, ladder, vertical, horizontal or slanting; stall bars, climbing ropes or poles; balance beam; flying rings, acrobatics and tumbling. Apparatus may be adjusted to hip high, chest high, shoulder high, reach high, or jump high. Suggestions from the Sokol Gymnastic Manual: Grasps and grips, hangs and changes of hangs, supports and changes of supports, seats and changes of seats, travels, swings, turns, simple leg passes, vault and balances, passages to lower positions. Then there are more difficult elements such as uprotates, uprisers, over-rotates, rotates, the more difficult passes, vaults and balances, inverted stands and levers.

All changes from station to station or apparatus to apparatus should be on signal and in a specified manner.

**Closing Period** — A gradual tapering off from heavy to lighter to no activities. May include marching tactics, simple dances, light group games, deep breathing exercises or singing followed by announcements, reports, information, instructions and **formal dismissal**. "Na Zdar!" "Class - Dismissed!"

**"SPECIAL NOTE"** — I hope that our Directors, Instructors and Assistants do **read this through!** I'm sure they will find many useful hints and reminders. I found, as I was assembling and preparing this material, that I too, have a tendency to omit practicing certain procedures and to take short cuts which are not really short cuts after all.

**We must give our participants our very best which is what we are here for.**

Reference to the Sokol Gymnastic Manual include:

1st Department — 1st Main Branch — Calisthenics, pages 3-51.

1st Department — 2nd Main Branch — Marching Tactics, pages 52-73.

2nd Department — 1st Division — Exercises with Hand Apparatus, pages 2-19.

2nd Department — 2nd Division — Exercises on Apparatus, pages 20-45.

Help Our Sokol Grow

We could use your accuracy at our gym. I have enough just learning and teaching the gymnastic routines. Now I know why our calisthenics is so much less than perfect — I'm not old enough to teach it!

#### PHYSICAL EXERCISE

The slow stretching of the adult cal moves are of more benefit than the fast paced aerobics when the cal is done weekly, better yet, bi-weekly. This year's adult calisthenics entitled "The Senior Years — Grace, Strength, and Beauty" written by Sis. Mickey Schramek of Sokol USA Chicago No. 306 reflects much of what medical experts have discovered about the senior years. The precise, yet soft hand and arm movements to the music of the "Merry Widow" gave the performer a feeling of moving in complete unison with the group. This is what Sokol calisthenics was meant to be, a feeling of one mass working together to project the emotion of music. The participant enjoying the experience as well as the spectator's visual enjoyment.

Several attitudes have prevailed about our calisthenics over the years, but most agree it is an activity almost uniquely Sokol's and well worth preserving. We do not do calisthenics as a crowd pleaser alone; we do it primarily to provide our classes with a special kind of physical and mental exercise each week. If you only attend the class a few weeks before your slet or exhibition, you have missed the real benefit as stated in the eight points listed above.

The greatest benefit is derived through the weekly class practice. To make calisthenics more enjoyable the length of the practice session must be balanced between the time it takes to be proficient and the time it takes to be bored. In the beginning, it is practical to select the better gymnasts for the front rows, however, after a time, rotation should be established to stimulate the mental powers of EACH gymnast. When someone says, "I don't want to be in the front", take this as a challenge. They may really want and need to be stimulated to think out the process of the drill on their own. You may be doing them a disservice when you assume they cannot teach through being a front line person. I tell my students that the cal is like a mathematical problem that can only be solved when they work it on their own by practicing in the front line position. They must attend every practice so that they get their turn at solving the problem.

As one Sokol instructor related to me, "Some criteria for good front row gymnast are: Taking pleasure in doing the calisthenics well at every practice, consistently reaching the correct body positions, a fine ear for musical beat." While we strive for perfection, mistakes keep everyone on their toes. Regular attendance is a must because we depend on each other for the total expression.

In conclusion I take the liberty of expressing views from many people across the nation when I emphasize how important it is for each instructor to teach the calisthenics seriously, precisely with expression and with great ENTHUSIASM!

NAZDAR, *Lynda Filipello*

## Letters to the Editor

Please print this recognizing the untiring efforts of our Unit President and the first female holding the office.

#### MADAM PRESIDENT

In this world of very busy people,  
extraordinary people — there is you.  
In this world of reason and religion,  
with roots of Czech origin — there is you.  
In our world of music, song and laughter,  
loved traditions ever after — there is you.  
Yes, in our world of Sokol work and pleasure,  
such memories we treasure — there is you.  
Yes, you Madam President, represent the  
best of my generation, and  
We join in the hope that the best is yet to be.  
Nazdar, sister Mary Ann Sulz!

*Sokol St. Louis, Mo.*



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."

## AMERICAN SOKOLS ENJOY THE FESTIVITIES OF THE SOKOL USA XX SLET BANQUET



*Br. Václav Ženíšek, Central District Education Chairman and contributor of many articles and Sis. Jarmila Ženíšek.*



*Br. Frank Michalek, ASO Gymnast editor, Larry Laznovsky of Sokol Ennis, and Jay Vondra of Sokol Stickney enjoying the opening ceremonies.*



*Sis. Sylvia Pistorius, Mildred Pinc, Ann Basta, Br. Robert Hoskin, Sis. Nancy Borvansky. Front row: Emilie Ruzicka, ASO Pres. Br. George Basta, and 2nd V. Pres. Charles Borvansky.*

The festivities of the Slet were overwhelming and full of friendship. We look forward to the future Slets sponsored by Sokol Canada in Montreal June 1988, ASO June 1989, and Sokols Abroad in Paris, France, 1990.

HELP  
OUR SOKOL  
GROW

**ASO FINANCIAL REPORT**

JUNE, 1987

**RECEIPTS:**

Dues	\$ 4,519.00
Convention Fund	2.00
Special Assessment (Southern District)	1.00
T. G. Masaryk Dues	10.00
Dividends & Interest	85.16
Resale of Jewelry	96.00
"Highlights of Czech History"	13.50
Skills patches	15.00
Donation	10.00
Miscellaneous	37.50
	<hr/>
	4,789.16
A.S.O. Uniform Division - Rent, Salaries, etc.	615.38
Total Receipts	<hr/>
	\$ 5,404.54

**DISBURSEMENTS:**

**ADMINISTRATIVE**

Salaries - Office Employees	\$ 840.19
Salaries - Membership	63.00
F.I.C.A. & F.W.T. for May, 1987	214.24
Rent, Janitor Services, Phone, Electric	1,019.52
Office supplies	6.20
Travel Expense	585.16
Postage	40.56
Printing report forms	64.05
Gymnaestrada Expense	6,808.00
	<hr/>
	\$ 9,640.92

**BOARD OF INSTRUCTORS**

Salaries	\$ 389.33
F.I.C.A. - May, 1987	74.18
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast" - May issue	58.00
Postage	16.31
A.A.U. Membership	100.00
	<hr/>
	\$ 667.82

**EDUCATIONAL DEPARTMENT**

Salaries	\$ 54.09
F.I.C.A. - May, 1987	7.72
	<hr/>
	\$ 61.81

**SOKOL PUBLICATION**

Printing "American Sokol" - May, 1987	\$ 958.64
Postage "American Sokol" - May, 1987	537.40
Editor "American Sokol" - May, 1987	125.00
Salaries - Computer (Mailing Publications)	103.31
	<hr/>
	\$ 1,724.35

**MISCELLANEOUS**

A.S.O. Uniform Division - Salaries, F.I.C.A. - May, 1987, F.W.T., May, 1987 & phone	\$ 469.66
	<hr/>
	\$ 469.66
Total Disbursements	\$12,564.56
Balance brought forward: Western National Bank of Cicero - Checking Account	\$20,312.59
Receipts - June, 1987	5,404.54
	<hr/>
	\$25,717.13
Disbursements - June, 1987	12,564.56
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	\$13,152.57

**LIBRARY/ARCHIVES FUND**

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In memory of Mili Homolka's mother, Bessie  
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**Chicago Lodge 306 Mini-Musical  
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PARODY LYRICS BY MICKEY SCHRAMEK

No. 4 — (Tune: It's a Small World)

We have lodges far, we have lodges so near,  
With activities every month of the year,  
You're so welcome to join, for a small piece of coin,  
It's a super So-kol world.

We have exercise for the young and the old,  
That can do more for you, than can silver or gold,  
You'll feel better than *ah...* Missus A-mer-i-ca.  
It's a super Sokol world.

... It's our whole world after all,  
Our Sokol world after all,  
It's our whole world after all.  
... It's a Sokol world.

\* \* \*

We have Sokol near, so have Sokol so far,  
You can find one most, anyplace that you are,  
Down in Australia, or up in Canada.  
... It's a super Sokol world.

You can join in London, or even Patee  
In dark Africa, there's a Sokol to see,  
Down in Argentine way, there is Sokol today.  
... It's a super Sokol world.

... It's our whole world after all,  
Our Sokol world after all,  
It's our whole world after all. ... It's a Sokol world.

**No. 8 (Tune: Thank Heaven For Little Girls)**

(WOMAN — ZELA)...

Thank heavens, for Slovak girls,  
 They grow up to be perfect every way,  
 Thank heavens, for Slovak girls,  
 They greet their husbands with a kiss each day,  
 They never lose their temper, they're so pleasant,  
 They're always gorgeous,  
 Always sweet and effervescent,  
 Thank heavens, for Slovak Girls...  
 They cook like dreams, and look like queens,  
 They slave and work like two...  
 Without them, what would all you men do.

\* \* \*

(MAN — MILAN)...

Thank heavens, for Slovak men,  
 They're Tarzan and Clark Gable rolled in one,  
 Thank heavens, for Slovak men,  
 They're charmers and they're workers everyone,  
 They always treat their Missus like a honey,  
 They buy her furs and jewels,  
 And give her all their money,  
 Thank heavens, for Slovan men,  
 They love to dance and sing,  
 They're handsome devils, but true blue,  
 Without them what would all you gals do.

\* \* \*

(ALL)

Thank heavens, thank heavens,  
 Thank heavens for Slovak girls (men).

\* \* \*

**WANTED:****GYMNASTS!****The Ten Commandments of Sokol**

- I. Thou shalt not drill for exercise alone, but should exercise your mind at the same time.
- II. Thou shalt not be late to attend drills.
- III. Thou shalt not be austere at the gymnasium, but reasonable and play the right way.
- IV. Thou shalt not provoke your instructor.
- V. Thou shalt not smoke or take alcohol.
- VI. Thou shalt not gamble. Abhor such company.
- VII. Thou shalt not use abusive language nor imperil others with slanderous remarks.
- VIII. Thou shalt not establish hostility among your fellow Sokols.
- IX. While at practice, you should use Czech only.
- X. Thou shalt not omit participation in our country's affairs when you reach maturity.

It takes all of the above to command recognition as a perfect Sokol. By so doing we shall have gained the priceless respectability and physical attraction that is due every man, woman and child. How many of you recall Tyrš' words of Sokolism?

"Sokol idea does not mean physical training only - Sokol's aim is to educate our people to the highest efficiency, to nobleness and to morality."

We are constantly urged to show the American public the results of our endeavors. What do we display in our demonstrations? Well, we present a clean body, a clean mind and a clean soul.

The Czech of today in America has the same high principles of success as the Englishman has. We have Czechs today who are successful lawyers, businessmen, writers, college professors, etc. What more can be expected of Czechoslovakia? And yet, we endeavor to show still more of the Czech's mind and soul.

We find that to be a Czech, should mean to be a Sokol, for it will not suffice to see only a small fraction of our nation cultivating its prowess. We must see every man and woman assembled under our standards and train their bodily vigor and indomitable spirit on our fields of contest.

In closing I wish to say that I have, at certain times, been connected with newspapers (English) and singing classes and I have yet to find the variety of songs that bring more contentment than do our own Sokol hymns. As for our beloved publication - it just can't be better. But I always see the truth in Tyrš' words and would suggest that everyone of us obey the Sokol standards and be ever ready to draw a sword in defense of Democracy, Liberty and Humanity. To all brothers and sisters and all ASO, a hearty "Nazdar!"

Edwin D. Holchak, East Bernard, Tex.  
 May, 1930 - Sokol Americký

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## Steps to the Top

By ZIG ZIGLAR

### ATTITUDE

The important and decisive factor in life is not what happens to us, but the attitude we take toward what happens.

### CHOOSING

He who chooses the beginning of a road also chooses its outcome. It's true: You can get everything you want in life if you will just help enough other people get what they want.

### COURAGE

Courage may be taught, as a child is taught to speak.

*Euripides*

### GOALS

Success consists of a series of little daily victories.

*(Goals)*

### HOW TO

The great aim of education is not knowledge but action.

*Herbert Spencer*

### PERSERVERANCE

Fight one more round. When your feet are so tired that you have to shuffle back to the center of the ring, fight one more round. When your arms are so tired that you can hardly lift your hands to come on guard, fight one more round. When your nose is bleeding and your eyes are black and you are so tired that you wish your opponent would crack you one on the jaw and put you to sleep, fight one more round — remembering that the man who always fights one more round is never whipped.

*James J. Corbett*

Hang in there tough, keep thinking about your goal and keep **believing** in your dream.

In the success and happiness game, it's all or nothing. Total commitment is a key to your success, so give it your very best. The difference between success and failure is often the difference between a half-hearted effort and total commitment!

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