

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization



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EDITOR - LYNDA FILIPELLO
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EXECUTIVE BOARD ASO
Jackie Kourim, Secretary

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at ASO Office

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 436

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

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Calendar of Events

- JANUARY 16-17 — Central District
Gymnastic Skills Improvement Clinic — all levels
- FEBRUARY 7 — Sokol Berwyn
Bohemian-American Concertina
- FEBRUARY 7 — Sokol/Sokolice Detroit
Winter Gymnastical
- FEBRUARY 13 — Sokol Brookfield
Annual Spaghetti Dinner
- FEBRUARY 13 — Sokol Los Angeles
Valentinská — Dinner Dance
- FEBRUARY 13 — Central District — All Units
Blood Drive — Location S. Stickney
- FEBRUARY 21 — Sokol Berwyn
Spaghetti Dinner & Raffle — 4:00 pm
- MARCH 26 — Sokol St. Louis 3 "D" Dinner,
Dance, Dough to Benefit Sokol Camp
Swimming Pool
- APRIL 23 — Central District — All Units
Blood Drive — Location S. Brookfield

CENTRAL DISTRICT EXHIBITION DATES:

- JAN. 30 — Česká Sň
MAR. 4, 5 — Brookfield
MAR. 6 — Naperville (Central High)
MAR. 12 — Tábor
MAR. 19 — Stickney
MAR. 26 — Berwyn
APR. 9 — West Suburban
APR. 16 — Special Number Competition
MAY — Milwaukee (no date yet)
MAY 15 — St. Louis

FUTURE SOKOL LEADERS FUND

NOVEMBER 1987

In memory of Lad Tesar —	
Blanche and Joseph Masek	\$ 10.00
In memory of Joseph Susterka —	
Blanche and Joseph Masek	15.00
In memory of Sis. Blanche J. Cihak —	
Blanche and Joseph Masek	\$ 25.00
Helen and Betty Prener	25.00
Frances K. Wolf & Jacob B. Pesek	10.00
Irene and Charles Ruzicka	25.00
Michael Buncak	25.00
American Czechoslovak Cultural Society	50.00

160.00

— Donations are tax exempt —

\$185.00

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIX

January — 1987 — Leden

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EXECUTIVE BOARD MINUTES

Regular meeting of the American Sokol Organization Executive Board, Tuesday, October 27th, 1987, was called to order by our Vice-President Bro. Charles Borvansky at 7:35 p.m. Pledge to the flag was given. A moment of silence for our Sis. Blanche Cihak.

Members present: Sis. Mildred Pinc, Vlasta Zitny, Marie Ptacek, Sylvia Pistorius, Lynda Filiello, Jackie Kourim, Bro. Fred Stankovsky, John Satek, Fred Kala, Jerry Rabas, Paul Lebloch, Richard Ptacek, Chuck Borvansky.

Members excused: Bro. George Basta, Gary Masek, Robert Barcal, Jerry Milan, Ed Jelinek, Sis. Emilie Ruzicka.

Guest: Sis. Emily Stankovsky.

District minutes received: Northeastern District, June 6th, Central District, September 23rd, ASO minutes, approved after deletion of one sentence.

CORRESPONDENCE: Report from Eastern District, Bro. Walter Slavik, President; from Sokol Women of Little Ferry, Sis. Audrey Benda, Secretary, more information concerning the sale of their building. From Sokol Little Ferry, Bro. John F. Donovan, President, report on special meeting. Bro. Borvansky reported on what he had heard at the Eastern District meeting and also expressed his views. All the aforementioned matters were discussed at length. Motion made to write a letter to Bro. Donovan, and mention that without a clear title to the building no decisions can be made. Letter from Insurance Company of North America, Aetna Insurance Company to our attorney Grotefeld and Associates. Motion made to get in touch with the attorney and seek more advice on the law suit concerning Morton West High School. Sokol Omaha, Bro. Dennis Pavlik, President, on the cancellation of their 110th year anniversary plans, due to poor response. Czechoslovak National Council of America, Czechoslovakia Still Occupied seals, motion made to send the same amount we did last year for the seals. AT&T, bill still charging for rental of computer, which ran out in March, 1986. No form of communication has received any results with these people. Czech Freethinking Schools, renewal of publication, still looking for a delegate from our organization, approved renewal of publication. Pictures from the WFLA convention, attended by our president in their publication. Miscellaneous articles of interest for your perusal.

REPORTS: 1989 Slet — no report at this time.

WOMEN'S DIRECTOR — Sis. Sylvia Pistorius and MEN'S DIRECTOR — Bro. Richard Ptacek (Combined): Correspondence regarding the approaching District Directors' Conference was read. Letters sent to all units regarding pertinent information concerning the Montreal Slet to be held June 24th, 25th and 26th of 1988. No answer to our letter requesting information on the junior and senior calisthenics to be used for 1988 was received, it was recommended that Sis. Pistorius telephone Bro. Zajic as soon as possible. This was done, the answer, the Slovak calisthenics performed in Washington, D.C. will be repeated again in Montreal. Bro. Mekeska of Houston regarding the cancelled Self-Improvement Clinic this summer which resulted in his losing money on a cancelled air ticket. Does not request reimbursement, but merely called attention to the fact when cancelling any event to take into consideration the possibility of individuals making early bookings for low airfares which are non-refundable. Modifications of the Class II and III Compulsory Uneven Bar Routines were received, also Rhythmic Gymnastic Rules and Regulations for 1987-88. BOI Rules and Policies for the Women's Artistic Gymnastics for 1987-88 were received. Bro. Frank Michalek submitted rough draft of the **INSTRUCTORS HANDBOOK**. It is quite massive, only three copies will be made and distributed at the Director's Conference for consideration. Bro. Michalek recommended that a cassette of anthems, Sokol marches and popular Sokol songs be made and copies sent to all districts for use during District or Unit courses. Bro. Ptacek will contact a pianist for this purpose. Bro. Frank Michalek gave report on the USGF Congress of Coaches in St. Louis. Many excellent programs were presented and material made available. Material will be compiled and distributed via the **GYMNAST MAGAZINE** in the near future. Sis. Carol Lat will send in detailed reports on the clinics she attended on behalf of BOI. Sis. Schnabl attended sessions which dealt with the pre and primary school years. Told them of our Sokol program (TOTS) which has been in existence for over 15 years. Committee expressed a desire to get copies of our program that could be incorporated into theirs. Motion made this be done, request that credit be given American Sokol for their input, unanimously passed. Bro. Frank Michalek motioned to purchase the USGF safety video entitled "GYMNASTICS SAFETY: FIRST, SECOND AND ALWAYS", priced \$29.95, approved. At USGF banquet in St.

Louis, special awards presented to Sis. Norma Zabka, Bro. Jerry Milan, Bro. Emil Milan for their efforts in USGF. Due to the difficulty of obtaining accurate attendance reports for tots since separating girls and boys, recommended to take attendance as whole rather than dividing them. Sis. Ann Halik reported that Merit Award and Renewal winners have been notified and are in receipt of awards. Several changes in application forms are being considered, will be brought up for discussion at the conference. Some transcripts from awardees are still outstanding even after letters have been written. Motion made that a registered letter be mailed requesting either transcript of grades or refund of monies, approved. All ASO Slet Calisthenics have been completed. To insure accuracy, several board members have volunteered to read each others material before making copies for distribution. Bills recommended for payment: Bro. Frank Michalek, reimbursement, USGF Congress of Coaches, St. Louis, Mo., October 1st-4th, \$300.41; renewal of subscription, Bro. Frank Michalek, Gymnast editor, INTERNATIONAL GYMNAST MAGAZINE, \$16.00, EXECUTIVE FITNESS NEWSLETTER, \$30.00, all approved. Final Reports Forms:

Southern District, Instructors course, August 2-8, Corpus Christi, Texas	\$1,349.00
Southern District, USGF Congress of Coaches, October 1-4, St. Louis	508.90
Central District, USGF Congress of Coaches, October 1-4, St. Louis	504.51
Pacific District, Self Improvement Clinic, August 7-9, San Francisco (approval given upon receipt of necessary documents)	1,029.00
Western District, Purchase of technical gym material 1986-87	103.23
Western District, USGF Congress of Coaches, October 1-4, St. Louis	409.52
Western District, USGF Membership fees 1986-87, unit Directors Men/Women	160.00
Northeastern District, USGF Congress of Coaches, October 1-4, St. Louis	431.92
Rental of bus for viewing Slet sites on Saturday, 24th during District Directors' Conference (will be billed to the 1989 Slet account)	52.00

All final report forms approved for payment.

Since our Director's Conference was held this past week end, a final report will be given at next month's meeting. We can relate however that it was an enlightening and informative conference. After touring the Slet sites we are convinced that the Western District has secured the best possible locations and understands the needs to run a successful Slet. Many recommendations for the betterment of our organization were made which must be taken seriously and favorably acted upon if we wish to remain leaders in the gymnastic field.

MEMBERSHIP DIRECTOR — Bro. Fred Kala: Just a few units missing out on the quarterly reports.

EDUCATIONAL CHAIRMAN — Bro. Paul Lebloch: Donations were received and acknowledged. Bro. Jerry Milan, Sis. Henrietta Milan, Sis. Annette Schabowski visited the Olympic Museum in Switzerland this past summer. In the museum is a replica of a trophy, the fourth recipient of this award was given to the Sokols of Bohemia in 1910. We are doing some research on this award.

PUBLICITY — CZECH — Bro. Jerry Rabas: Had a picture and article in the Denní Hlasatel about the participants in the recent Gymnaestrada.

PUBLICITY — ENGLISH — Sis. Lynda Filipello: Was recommended that Lynda get the picture from Bro. Rabas and published it in our publication and try to publish it in the English (local) newspapers.

FINANCIAL SECRETARY — Sis. Mildred Pinc: Financial report for September, 1987, was prepared and copies were distributed to Executive Board members. Letters were written to all units which were delinquent with their 2nd quarterly membership reports for 1987. The 2nd quarter, 1987, administrative records have now been audited and found in good order. Contents insurance, our agent called and stated that our \$750 (minimum payment) would be increased to \$769 but would definitely cover office equipment for \$26,000, books for \$10,000, printed stationery, envelopes, brochures, etc., up to \$5,000, the copy machine for \$3,000 and the uniforms for up to \$18,000. This is in addition to the \$20,000 we always carried would make a total of \$81,000 covered by insurance. Any additional coverages would be added as we can determine the values. Third quarter wage reports have been filed. Motion to pay the increased policy of our contents insurance (an increase of \$19.00 per year).

TREASURER — Bro. Robert Barcal: Excused, no report presented.

EDITOR — Sis. Lynda Filipello: Received a kit of history on Ellis Island to be fully opened in 1989. If dissatisfied with anything in the publication, please write to the editor who is responsible for that part of the magazine, their names and addresses are both printed in the publication each month.

SECRETARY — Sis. Jackie M. Kourim: We sent out 6,000 letters this week with the new Christmas seals. Also within that week 6,000 copies of the publication were mailed, all by three people. Arranged for the memorial service for Sis. Blanche Cihak, 11 Executive Board members in uniform participated. It was a difficult task as the District Directors' Conference was taking place that week-end in Omaha and Bro. Basta was on his way to Texas for their anniversary. Also ordered flowers from Sokol. Received a beautiful letter from Roman Hruska, former Senator from Nebraska to Kathy DiMonte about the lovely design of the Christmas seal. A copy will be kept in the office, the original will be given to Kathy.

AMERICAN SOKOL ORGANIZATION

GYMNAST

JANUARY 1988

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



AWARDS RECIPIENTS

It is not too often that one is selected to receive a Distinguished Service Award from the United States Gymnastic Federation, but this year the American Sokol Organization can be proud as three of the recipients of these very coveted awards were none other than our own outstanding leaders; Emil Milan, Jerry Milan and Norma Zabka. Presenting the awards at the U.S.G.F. Congress held in St. Louis, Missouri October 3, 1987 was Robert Cowan executive of U.S.G.F.

Pictured from left to right: Jerry Milan, Robert Cowan, Norma Zabka, and Emil Milan.

(Additional photographs of USGF Congress inside)

Doc's Corner

There are several items that I was requested to touch upon for this month's column and I will do my best. It was discovered at the district directors conference in Omaha that many Unit directors throughout the country are not taking seriously the responsibility of reporting the class attendance summaries. Many district directors for both men and women reported that in many instances reports are non-existent, sparse, sporadic, or incomplete. The attendance statistical report should be thought of as a barometer of the American Sokol Organization and therefore can serve a vital purpose in displaying to us fluctuations of attendance from year to year throughout the country. The attendance book or sheet is a legal document and should be kept up to date without fail.

The National Directors urge all instructors to be conscientious and responsible in reporting attendance, and unit directors must do their part by assimilating and reporting to district directors. District directors then recap the records and send on to the National office. If everyone does their job it makes everything operate smoothly. Once this habit is established, it is not a difficult task.

Good attendance keeping can also result in recognition to gymnasts with good and perfect attendance. Many times it provides an opportunity to reward the faithful less skilled gymnast who may never win awards in gymnastic competition. Let's make an effort to do our best in fulfilling this obligation, in this way we may not deter individuals from taking or keeping jobs and positions that are hard to fill, working together in true Sokol spirit.

A second item that I was called upon to address has been one conveyed by many members throughout the country in my travels to various districts, conducting instructors courses and visiting many units I have had occasion to observe a phenomena that has in some instances fragmented units into the two factions. To shed some light on this problem it seems that the basic complaint comes from two different working groups, and this situation exists at all levels, unit, district, and national.

Basically one group handles the technical operation of classes and programs, and the other handles the business aspect of funding, maintaining and operating the buildings. The underlying fact is that these two groups are interdependent, and yet in many instances won't accept this fact. Past gymnasts, instructors and directors have a tendency to forget quickly what it was like to operate gymnasiums and programs when they acquire other responsibilities on executive boards, board of directors, etc. On the other hand boards of instructors, sometimes are impatient and lack understanding of the difficult task and responsibility held by the members who establish budgets and maintain and financially support buildings and programs. These positions they oppose are ones that they may someday also hold. Differences such as these must be resolved. Regardless of from which perspective one looks at the

Sokol Organization, we all are dedicated to perpetuate the Sokol ideals and philosophy, and in many instances we must listen to others be they young or old, for we must not forget that we were young once, and we must not forget that one day we shall also be older.

We must attempt to bring the young into our fold and give them positions of trust and responsibility. We must allow them to be creative, innovative, and make mistakes under our guidance, and in this way allow them to grow, and gain experience.

Some of us also have a tendency to covet positions and hold on to them when we stop being productive. In these instances we must relinquish offices and positions to break in new and young members, who may be full of vim, vigor enthusiasm and new ideas that must be tried and tested. There are many customs and traditions of the Sokol system that will remain with us forever, but as Dr. Miroslav Tyrš professed we must be prepared for change when change is necessary for the good of the organization.

The bottom line dictates that both sides must place themselves in the shoes of the other person or group. They must try to look at a situation from the other person's viewpoint. We must also maintain respect and courtesy for others, for we are all brothers and sisters. Respect is something that must be earned and cannot be demanded or expected when not given to others. We must be openminded, forthright, fair and non-judgemental, and temper ourselves during decision making processes. We must treat others as we would like to be treated. We must do everything possible to make our organization grow. It is a good organization, and has withstood the test of time. We must rededicate ourselves to giving for we must give back what we have received from others. The joy is in giving and not receiving. We can only get out of something what we put into it. I hope these words of wisdom can bring us closer together, so that we may work in solidarity to become a cohesive group that strives for the same ultimate goals. Think about this when you are at your next Sokol meeting working and representing one of these groups.

As this is the first issue of the "GYMNAST" for the 1988 year, I would like to expose the readers to some of the outstanding Sokols around the country. I will try to feature at least one of these people each month.

Sister Jolene Dalton

**DIRECTOR OF WOMEN
WESTERN DISTRICT**

Jolene started in gymn classes at Sokol South Omaha at the age of 16 in 1965. In 1968 she joined the Sokolice of Sokol South Omaha. She has competed in every Western District and National Slet for the past twenty years. In the late 1960's she attended a District and National Instructors course achieving the coveted position of being the out-

standing student with the highest grade point average in both schools.

While attending college at Southern Illinois University in the early 70's she was a gymnastics sports leader and competed for the University team winning many awards and accolades. Jolene has been very instrumental at Sokol South Omaha holding many positions. She has taught classes from 1972 to the present, was director of women for ten years, represented Sokol South Omaha at the past three conventions, selected to the National School Board in 1976, and has been an outstanding instructor in over ten district and National Instructors Schools. She has been the Director of Women for the Western District since 1980, and has been a regionally and Nationally certified United States Gymnastic Federation (USGF) judge for the past fifteen years. She has also competed and participated in two slets abroad. Amongst her many responsibilities, she is Sokol South Omaha Educational Director and Sokolice president. Needless to say the American Sokol Organization and the Western District have benefited tremendously from the contributions and dedications this young lady has displayed. Sister Dalton has set high goals and standards for herself and in this way has been instrumental in elevating the quality of the Sokol program both regionally and Nationally. A Sokol Nazdar to an outstanding Sokol leader.

Can't Hold a Handstand? TRY A BANANA

by Toby Towson

Here are some thoughts on handstands and how to hold them. It is always pleasing to find a gym school or college where most of the gymnasts can hold a handstand, but such is usually not the case.

Many young gymnasts claim that they can hold a handstand and then proceed to kick upside down for one or two seconds before failing over or stepping down.

No. We're talking solid, no-nonsense hand stands held with form for 15 or more seconds. We're talking real balance.

There are many coaches who over emphasize absolute straight body form at the expense of balance when teaching handstands. Sure, a pencil-straight handstand position is a worthy goal, but it is a difficult starting place from which to learn balance.

For the beginner or intermediate gymnast who cannot hold a handstand for 15 seconds, a "banana" position is recommended with the head held up high enough to see the floor, fingers spread and pointing forward, a supported arch with buttocks tight, legs together and, of course, pointed feet. This is the old "trophy" position which was common before the sport evolved to the more efficient straight line. Most gymnasts need to evolve

through this same progression and learn to balance in a handstand first, then improve toward Olympic form as strength and technique are acquired. Holding a handstand is one of the great joys of gymnastics and also gives confidence and promotes safety.

The straight-body handstand position can be taught early as correct technique for swinging on the apparatus, but for holding a sustained handstand, try a banana.

Here's an old trick that can help you teach or learn to hold a handstand. Face a wall in a lunge position and try to kick to a balanced handstand with the legs together, feet pointed, eyes looking at the floor between the hands, which are 12-16 inches away from the wall. If you are under balanced (not high enough), step down immediately with one leg at a time to the same lunge position you started in, arms overhead, ready to try again. Always imagine you are going to kick to a good, balanced handstand and feel the legs come together quickly, squeeze the buttocks thighs and point the feet, stretching up through the body. If you are over balanced after achieving the handstand position, both feet will hit the wall together, saving you from falling over. Stay there, compose yourself and pull one foot a few inches from the wall, testing balance and using the other foot gently on the wall. In other words, don't push away from the wall quickly or you will come right down. Use the wall as little as possible and stay upside down for at least 10-15 seconds, breathing, and trying to find balance.

If you are a gymnast and can't hold a handstand for 15 seconds or more, you should face a wall for at least five minutes a day and practice the above drill. Stand next to a clock or use a watch with a second hand and compete against yourself, trying to beat your best time. Results are guaranteed.

Good luck, and have a happy, sustained handstand. IG

HOW TO TUCK

by Dwight Normile

Tucking may be instinctual to the beginning gymnast, but seldom do we look at how a gymnast tucks. Some gymnasts prefer to grasp behind the thighs, other the shins. Is one better than the other? Perhaps the following article can shed some light on the matter...

As the standards for gymnastics continue to climb, personal "styles" of execution are being replaced by more efficient techniques. And the study of biomechanics in gymnastics is never complete, as experts begin to examine the smallest details that were overlooked in the past.

The following discussion deals with tucking during back somersaults, double backs, and triples, or more specifically, *where* the hands grasp the legs.

The two methods in question are grabbing behind the thighs or on the shins. We have all seen

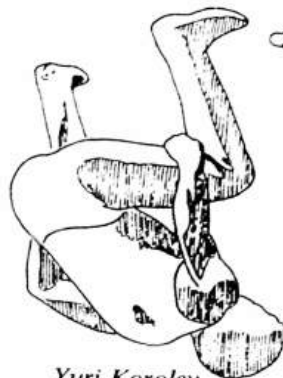
both methods used on every event where tucking is required, for men and women.

Personal preference, right? It appears that way, but with the advent of the triple back on floor by Valeri Liukin, today's gymnasts have to go with the best technique. There's not much margin for the error on a triple back (not yet, at least), so the gymnast has to be concerned with the tightest tuck possible.

Grabbing the shins seems to be the method of choice. Liukin grabs his shins, and so did Mark Davis who was one of the first (if not the first) to do triples off high bar. And there's a good reason for it.

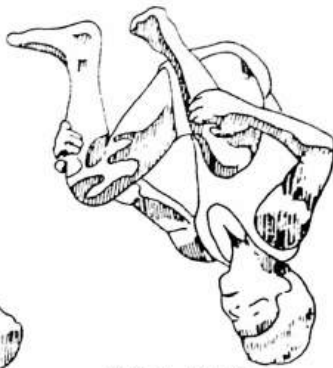
"The main advantage is that it promotes a tighter tuck," says Temple University men's coach Fred Turoff, "as the lower leg is not free to move away from the axis of rotation as it might if the gymnast grabbed behind his thigh and neglected to keep his knee tightly flexed.." (See Fig. 1)

FIG. 1 Grasping behind the thighs leaves the lower leg to move away from the axis of rotation, which slows rotation.



*Yuri Korolev
(Soviet Union):
Performing a triple
flyaway off rings.*

FIG. 2 Grasping the shins keeps the lower leg close to the axis of rotation, increasing the speed of rotation.



*Valeri Liukin
(Soviet Union):
Performing a triple back
on floor exercise.*

Turoff goes on to say exactly where the hands should grasp.

"It is better to grab the shin than the knee, as this is a surer place to hold — the hand is less likely to slip off the shin than the knee. Grabbing the shin also helps the gymnast pull the knees close to the chest better than the behind-the-thigh grasp." (See Fig. 2)

It's true. The arms must flex farther to tuck when the hands are behind the thighs. Also, the back of the thigh is somewhat soft and harder to grip than the firm shin.

While the cowboied tuck (or cowgirl, ladies) remains a controversy, the shin grip affords a wider cowboied position. This enables the performer to rotate faster, complete the somersault(s), and perhaps open up before landing. The cowboied tuck can also help a gymnast get out of trouble if s/he feels the need to increase rotation.

So which is better? A double back with knees together and no opening before the landing, or a cowboied double that drops out of the air? Ideally, the knees should remain together *and* an opening should follow the double, but that's topic for another discussion.

Back to personal preference again, right? There should be one thing that everyone agrees on, and that is the toe point. Since the toes must be pointed during skills performed in the layout and piked positions, they should be pointed during tucked somersaults, too.

We have all seen beautiful routines on parallel bars and uneven bars that finish with a sloppy double, but no apparent deductions are made. Well, the rules of gymnastics probably haven't evolved to that point (no pun intended) yet, but someday—maybe in 20 years—the judges will deduct for unpointed feeting during a ...tucked quad? *IG*

"WHAT SOKOL MEANS TO ME" Awardees 1987-88 Merit Award

**Brian P. Schnell —
Sokol Little Ferry — Eastern District**

Sokol is more than just a gymnastic instruction center. It is a place where friendships are formed, and discipline, in mind and body are not only taught but practiced as well. Sokol is memories. A gymnast will always remember the "firsts." The first cartwheel, or back handspring, the first time on the rings, swinging and bending and the joy of returning to solid ground again. It is also the joy of accomplishment, both yours and that of fellow students. Being able to do a move after a few weeks of practice makes you feel capable of trying and succeeding at almost anything. The years I have spent in Sokol are very important to me. It has been a place for physical growth and mental development. Sokol is a place to give of one's time and energy and to unexpectedly receive back more than you give.

**Cynthia Sue Hoden —
Sokolice South Omaha — Western District**

Sokol has great meaning in my life. It is a place to learn and grow. I feel that I have grown both physically and mentally thru Sokol. Sokol has helped me to mature throughout the years I have spent in the gym. It is a place to learn more about yourself and others. Competing against other gymnasts had helped to discipline me. It has helped me learn how to win and lose graciously. I have met friends thru the years that will last a lifetime. Sokol is like one big family and I have always felt that I was a part of that unity. Participating in two instructors schools has given me the opportunity of meeting people all over the United States. Traveling on Slets has given me a chance to see all the friends

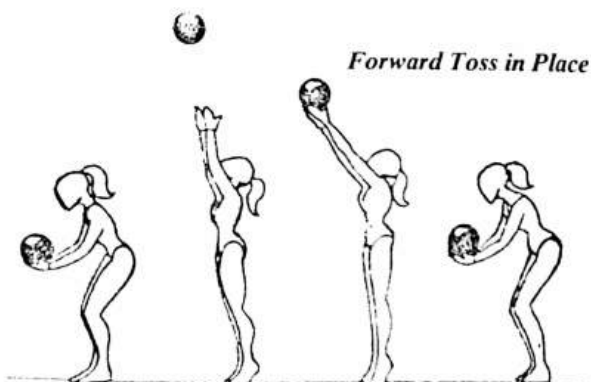
I have made thru the years. Seeing everyone again is something I look forward to at every Slet. Sokol has been a very important part of my life. The memories will last forever.

BALL BASICS

by Jolie Barretta

Here are some basic ball skills to get you started in the rhythmic gymnastics application of this event.

Many movements are already familiar since everyone has played with a ball sometime in her life. Even professional soccer and basketball players have come up with many skills that can be taught to beginning rhythmic gymnasts.



Forward Toss in Place

Balancing Technique



Combined with flowing music and body movement, the limit to what can be created with a rhythmic ball is endless. The secret is to maintain control of the ball's movement and follow the natural movement of the apparatus.

SPECIFICATIONS

1. The ball may be made of rubber or synthetic material (pliable plastic).
2. The ball may be of any color except gold, silver or bronze.
3. The diameter of the ball must be 18 or 20 cm. The diameter of the ball may be 14 or 20 cm for the children's age-group division.
4. The ball must weigh a minimum of 400 grams, and a minimum of 200 grams for the children's age-group division.

BALL CHARACTERISTICS

1. Tossing and catching
2. Bouncing
3. Rolling and rotations
4. Balancing

HAND TECHNIQUE FOR TOSSES AND CATCHES

Hand should be held palm up in a relaxed position. Place ball in hand, not grasping but gently cupping the ball. Palm should assume the shape of the ball.

FORWARD TOSS IN PLACE:

1. Stand with feet together in a demi plie position, arms fully extended in front of the body.
2. Hands should be held palms up in a relaxed position.
3. Place ball in hands, not grasping but gently cupping the ball.
4. With arms fully extended and with no downward motion, bring arms up, tossing ball upward over fingertips and into air.
5. Motion of the body follows the direction of the ball assuming a releve position.

6. On its return, the ball lands on fingertips and rolls on the palms.

7. At the same time, the arms follow the downward direction of the ball until they reach the starting position (outstretched in front of the body) and the legs return to demi plie position.

TOSS TECHNIQUE: Through fingertips

CATCH TECHNIQUE: Roll on fingertips

NOTE: Body and arms follow the toss with broad extension. At the catch, the arms allow the ball to come down in its natural way.

Suggestions: Rotate ball while doing a body wave, bringing from stomach level to a point above the head and then return to starting position, body contracted. Apply rotation exercise starting in demi plie going to releve and return.

BALANCING TECHNIQUE

Balancing technique requires very clear and precise arm and body movements in order to keep the ball in the hand. Try the horizontal forearm circle pictured above, first without the ball, then with it.

1. With body in upright position, feet together;
2. Right arm extended to right side, ball cupped in the right hand, left hand on hip;
3. Demi plie while executing a horizontal forearm circle inward, finishing palm upward and extended out to the right with body leaning to the left side;
4. Reverse forearm circle to starting position;
5. Repeat using left hand.

Suggestions: Execute the balancing exercise with the "Czardas" step: straddle position with right leg with first forearm circle outward, then close and demi plie with forearm circle inward while left foot closes to right. Repeat to the left. IG

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

Photographs from the 1987 United States Gymnastic Federation Congress AT ST. LOUIS, MISSOURI, ADAM MARK HOTEL



Robert Cowan, Jerry Milan



Sokols at USGF Congress Banquet (Adam Mark Hotel)



*Norma Zabka (Sokol New York, Sokol representative to the USGF),
Jan Claire (USGF Membership Services Director)*



Sokols at USGF Congress Banquet

MERIT AWARD 1988

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XII American Sokol Convention, held in Detroit in June 1975, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited two-year or four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and an additional student per district which has over 1,500 members. A transcript of grades of the first year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the year. Failure to submit such a transcript will result in a request for repayment of award. This award is renewable for one additional year.

In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year. Applicant is wholly responsible that the application is filled out in full, otherwise application is null and void. This letter is to be signed by the Unit and District Directors designating approval or disapproval.

Unit and District Directors should also be responsible that application is complete otherwise application, if not properly completed, will not be considered. The letter of intent, the original application and the transcripts of grades will be reviewed.

The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. When a renewal is granted, a transcript of grades after the second year must be submitted to the American Sokol Merit Award Committee as soon as possible. A "C" average or better must have been maintained during the second year. Failure to submit such a transcript will result in a request for repayment of the award.

Merit Awards will be reviewed in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year. Renewal forms and transcripts to be received at the American Sokol Organization c/o Merit Award Committee by August 1, 1988.

The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Should have attended Sokol classes regularly for at least three years prior to this application. Juniors may be included but must become adult members at age 17.
2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors School.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of Physical Director of Sokol Unit.
5. Recommendation of District Physical Directors.
6. Approval of District President.

COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN JUNE 1, 1988

MERIT AWARD COMMITTEE:

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

UNIT DIRECTORS — PLEASE POST ON BULLETIN BOARD

AMERICAN SOKOL ORGANIZATION
Merit Award Committee
6424 West Cermak Road
Berwyn, Illinois 60402

1988

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____ Phone: _____

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

II. VICE-PRESIDENT — Bro. Gary Masek: Excused; no report, but copies of the new 1989 Sokol stationery was passed around. Would like to see a patch developed from the logo on the envelope.

I. VICE-PRESIDENT — Bro. Charles Borvan-sky: Attended the 40th anniversary of Washington, D.C., Bro. Kaspar-Paty and his wife were very gracious hosts. Attended the Eastern District meeting on the following Sunday. Discussion on the program for "older" gymnasts. This should be addressed to the BOI. Gave eulogy at Sis. Cihak's service.

PRESIDENT — Bro. George C. Basta: On vacation, secretary read report. Has been in touch with Bro. Slavik regarding Sokol Little Ferry, the special meeting has been called off. Suggested they follow the by-laws regarding the right to appeal. Time to think about setting up a date for the District President's Conference which should be half way between conventions. Tentative dates first or last week of April. Will be at Sokol Zizka's 75th anniversary banquet November 1, will report later.

UNFINISHED BUSINESS: None.

NEW BUSINESS: Our guest Sis. Joan Sedlacek, would like to design a plaque in honor of Bro. James and Sis. Blanche Cihak and present it to the ASO. We would be glad to accept that type of gift.

Meeting adjourned at 9:40 p.m.

Jackie M. Kourim, Secretary

Rent, Janitor Services & Supplies, Phone & Electric	1,006.53
Office Supplies & Equipment	287.50
Postage	29.28
Travel Expense	912.27
Subscriptions	3.00
Christmas Seals - Printing	846.07
Miscellaneous	71.90
	<hr/>
	\$ 4,518.91

BOARD OF INSTRUCTORS

Salaries	\$ 625.50
F.I.C.A. & F.W.T. -	
October, 1987	132.02
Editor "Sokol Gymnast" -	
November, 1987	30.00
Add'l. copies "Sokol Gymnast" -	
November, 1987	58.00
Phone & Postage	50.74
USGF Congress of Coaches	
(C. Lat)	175.86
Subscriptions & Membership	
Fees	121.00
District Directors's Conference	3,734.57
	<hr/>
	\$ 4,927.69

EDUCATIONAL DEPARTMENT

Salaries	\$ 173.97
F.I.C.A. - October	18.16
Office Supplies	24.60
	<hr/>
	\$ 216.73

SOKOL PUBLICATION

Printing "American Sokol" -	
November, 1987	\$ 968.04
Postage "American Sokol" -	
November, 1987	543.76
Editor "American Sokol" -	
November, 1987	125.00
Salaries & Delivery of	
publication to P.O.	129.25
	<hr/>
	\$ 1,766.05

MISCELLANEOUS

A.S.O. Uniform Division -	
Salaries, F.I.C.A. & F.W.T.,	
Oct., 1987, & phone	\$ 573.77
F.S.L.F. - Postage	2.86
Library/ Archives Fund	
Postage	.22
Special Appropriations -	
5 Districts	4,541.79
	<hr/>
	\$ 5,118.64
Total Disbursements	\$16,548.02

Balance brought forward:

Affiliated Bank/ Western National -	
Checking Acct.	\$ 1,827.06
Receipts - November, 1987	15,326.55
	<hr/>
	\$17,153.61
Disbursements - November, 1987	16,548.02
	<hr/>
	\$ 605.59

ASO FINANCIAL REPORT

NOVEMBER 1987

RECEIPTS:

Dues	\$ 2,734.00
T. G. Masaryk Dues	20.00
Convention Fund	114.00
Special Assessment	56.00
Dividends & Interest	141.11
Advertising in "American Sokol"	150.00
Resale of Jewelry	376.00
U.P.S.	6.84
Educational Booklets	16.00
Christmas Seals	5,319.00
Christmas Party	196.00
Computer Labels	23.60
Donation	5.00
Miscellaneous	169.00
	<hr/>
	\$ 9,326.55
Transfer of funds form Fidelity	3,000.00
Transfer of funds from Central Federal	3,000.00
	<hr/>
Total Receipts	\$15,326.55

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 990.72
Salaries - Membership	112.50
F.I.C.A. & F.W.T. -	
October, 1987	259.14

SIS. BLANCHE CIHAK

DECEMBER 9, 1906 — OCTOBER 21, 1987



Our Sister Blanche Cihak left this world on October 21, 1987, after a short illness. Her footsteps through life were many and well worn. Some of her own words describe her philosophy of life.

"Hunger, pain and death still stalk untold millions. Despotism and anarchy are the lot of our fellow men in too many places. The need for vigilance and preparedness faces us at every turn of the road. We shall retain what we have and make progress in the future in proportion to what we are willing to do."

"The human need to be useful, to gain the respect of others and to fulfill one's role in life is strong and necessary. Sokol training helps to achieve these goals. Yes, we have much for which we should be thankful. Thanks to all of you for your adherence to these high ideals."

"The Sokol's fraternal and democratic spirit coupled with an intense faith in our way of life preclude our success in that future. Constant action — constant dissatisfaction is more than a slogan, it is a way of life. It has brought us far and prepared us for anything that may occur. That limitless destiny that lies before us we greet with a courageous, Nazdar!"

"Over a century of adherence to noble ideals and perseverance in training thousands to understand and carry on lies behind us. This is not the summit, the culmination of our work. Though the view may grant us a great deal of satisfaction it also points out what lies ahead. In that past and especially in the preparation for the future our Sokol men and women have played a decisive role."

"Great as this advance has been, at times staggering the imagination, a few basic ideas still govern our lives. We cannot let ourselves get carried away by mixing wishful thinking with reality. Dreams we need for they are the gossamer threads that become the steel girders of tomorrow. To dream, to plan, to critically analyze and then to work with enthusiasm and determination is a logical sequence for accomplishment. Our horizons have no end. The need for the physical perfection of every age is vital to its existence. The nobility of its thoughts will make the progress we have seen thus far appear meager indeed."

Sis. Blanche was an eager gymnast, conscientious officer of her unit, Sokol Town of Lake, a busy worker in the Central District, and last but not least, an energetic member of the Executive Board serving in numerous officer positions.

What better memorial than to try and follow in her foot steps and carry on the tremendous Sokol Work that is still to be done in the future.

Jackie M. Kourim, ASO Secretary

Sokol Česká Sň

Sokol Česká Sň was deeply saddened with the loss of Jeff Jana, age 25, on October 10, 1987. Jeff was the son of George and Lu Jana.



Jeff started his Sokol life at the early age of 5, as did his four brothers — Joseph (late), Jimmy, Jerry and Jerome. Jeff was an active member in Little Boys, Junior Boys and the Mens' class. He participated in many slets over the years, and if unable to compete, always learned the prostrná.

Jeff served 4 years in the U.S. Navy. He worked for the Maple Hts. School Board since 1975. He was very well liked, as witnessed by the support given by the entire staff. The kids loved him and many will be lost without him.

Jeff donated many hours of time and hard work to Sokol. He will be greatly missed by family and friends at Sokol Česká Sň and Sokol Detroit.

Bro. Bruce Garver helps develop an exchange program with Charles University in Prague

(The following are excerpts taken from an 8-28-87 Omaha World Herald article):

The University of NE at Omaha has become the only U.S. University to have a formal, institutional exchange program with a university in Czechoslovakia. UNO and Charles University in Prague, Czechoslovakia have agreed to exchange six professors each during the next three years. UNO Chancellor Del Weber said, "It will help us with our Czech language program and it will enable us to see a different perspective on what life is like in a socialist country".

Charles University was founded in 1348 and is the fourth oldest university in Europe. Charles University and UNO are the first universities in our two countries to have institutional affiliations, supported by the Fulbright program. Three UNO professors who have taught in Central Europe are credited with providing the initiative for developing the exchange program — one of whom is Bro. Bruce Garver from the history department.

The new program in Central Europe will be especially helpful for UNO since many residents of Omaha and the rest of Nebraska have relatives and ancestors there. Charles University, in particular, will be of interest to the state that boasts of "Czech Capitols" in Wilber and Clarkson and a number of other Czech festivals as well.

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Facts about the Czechs in Europe

Country: CZECHOSLOVAKIA.

A 1968 amendment to the Czech constitution divided Czechoslovakia into two sections: the Czech Socialist Republic, consisting of Bohemia and Moravia; and the Slovak Socialist Republic.

Capital: Prague.

Motto: Pravda vítězí (The Truth Will Win).

Official Name: Československá Socialistická Republika (Czechoslovak Socialist Republic).

Official Languages: Czech and Slovak.

National Anthem: "Kde domov můj?" (Where Is My Homeland?) and "Nad Tatrou sa Blýská" (Lightning Flashes over the Tatra).

National Flag: A blue triangle on the left intersects two horizontal bands of white over red. The three colors represent the regions of Bohemia, Moravia and Slovakia.

Major Religion: Roman Catholic, Czechoslovak National Church and Czech Brethren.

Ethnic Mix: When the independent state of Czechoslovakia was founded in 1918, it incorporated Bohemia, Moravia, Silesia, Slovakia and Carpathian Russia (Ruthenia). Formerly, Bohemia, Moravia and Slovakia had been part of the Austro-Hungarian Empire. Today, Czechs comprise 65% of the population and Slovaks 30%. In addition, there are Hungarians, Germans, Gypsies, Ruthenian-Ukrainians and Poles living in Czechoslovakia.

*Bro. William J. Shana, Educational Director
St. Louis*

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NOVEMBER 1987

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Sylvia J. Laznovsky

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