

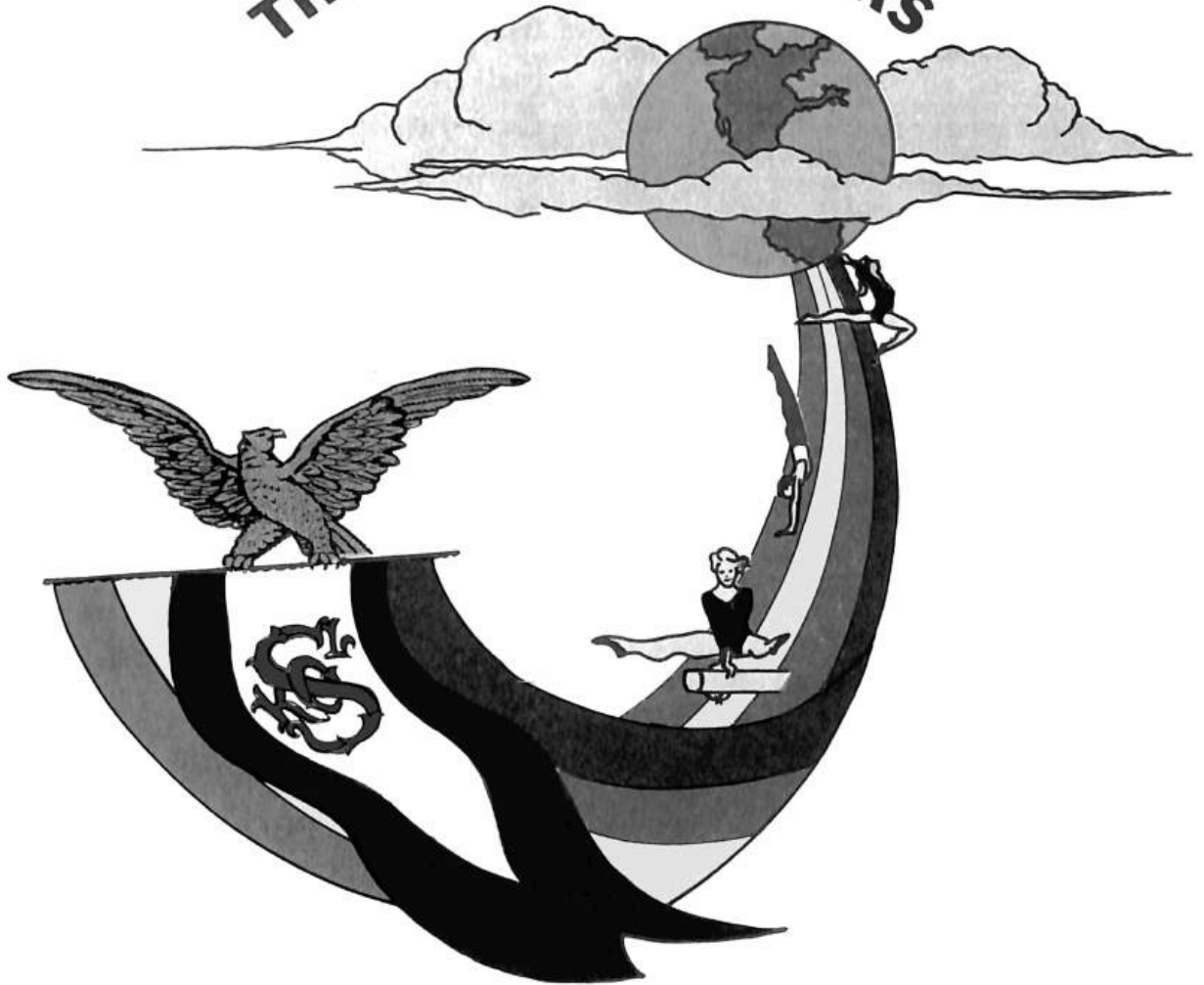
APRIL 1989 — VOL. CX - No. 4

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization

PHYSICAL FIT
THROUGH GYM
S
SOUVENIR
ISSUE
SAVE!

. SOKOL .
THE FUTURE IS YOURS



XVII AMERICAN SOKOL SLET
A GYMNASTIC FESTIVAL
JUNE 20-24, 1989
IN OMAHA, NEBRASKA

AMERICAN SOKOL

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AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

XVII SLET PROGRAM BOOK

*Participate in the
Program Book*

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Business

| | |
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| Inside cover | \$300.00 |
| Full page (8½"x11") | 150.00 |
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\$15.00 or more
will be specially recognized.

Submit ad copy and payment to

SOKOL PROGRAM BOOK
c/o Jim Riha
630 Commercial Federal Tower
2120 S. 72nd Street
Omaha, Nebraska 68124

DEADLINE MAY 10, 1989



MENU

- Red Wine Toast*
- In Souvenir Crystal Etched Wine Glass*
- Fresh Tossed Lettuce Salad*
- Primerib With Horseradish Sauce*
- Twice Baked Potatoes*
- Greenbeans Almondine*
- Ice Cream Cake Roll With Chocolate Syrup*

Cocktails at 6:00 p.m.
Dinner at 7:00 p.m.

Formal ~ Semi-formal

The XVII American Sokol Slet Committee

*Extends To You A Cordial Invitation
 To Attend Our*

Banquet

*To Be Held On
 Thursday Evening, June The Twenty-Second
 Nineteen Hundred And Eighty-Nine*

*Grand Ballroom
 Holiday Inn*

*\$40.00 Per Person
 Cash Bar*

*Guest Speaker — Francis Allen
 Head Coach Nebraska, University Gymnastic Team*

RESERVATION CARD

I am enclosing my check in the amount of \$ _____
 for _____ at \$40.00 each for the XVII American Sokol Slet
 Banquet at the Holiday Inn on Thursday, June 22, 1989.

PLEASE RESPOND BY MAY 22, 1989

Name _____

Address _____

City and State _____ Zip _____

Unit/Organization _____

NON-SMOKING

SMOKING SECTION

XVII A.S.O. SLET SOUVENIRS



| | |
|---|---------|
| Lapel Pins with Slet Logo | \$ 3.00 |
| Stadium Cushions with Sokol Emblem | 5.50 |
| Luggage Tags with Sokol Emblem and Name/Address Card | 2.00 |
| Lucite Clocks with Sokol Emblem | 5.00 |
| Buttons with Slet Logo | 2.00 |
| T-Shirts with Slet Logo | 8.00 |
| Sweatshirts with Slet Logo | 17.00 |
| Polo Shirts with Sokol Emblem | 14.00 |
| Steins with Etched Falcon and Sokol Shield (each) | 8.00 |
| or 2 for | 15.00 |
| Wine Glasses with Etched Slet Logo (each) | 6.00 |
| or 2 for | 10.00 |
| Coasters with Falcon and Sokol Shield (each) | 1.25 |
| or 6 for | 7.00 |
| Patches with Slet Logo | 2.00 |

The Souvenir Committee requests that \$3.00 Shipping and Handling Fee be added to any order of \$20.00 or less and for orders over \$20.00 add \$5.00 for Shipping and Handling. Glassware will not be shipped (steins and wine glasses). Please make arrangements for someone attending the Slet to pick these items up for you!

GET YOUR ORDERS IN EARLY!

Remember you will receive one souvenir etched wine glass with each banquet ticket that you purchase.



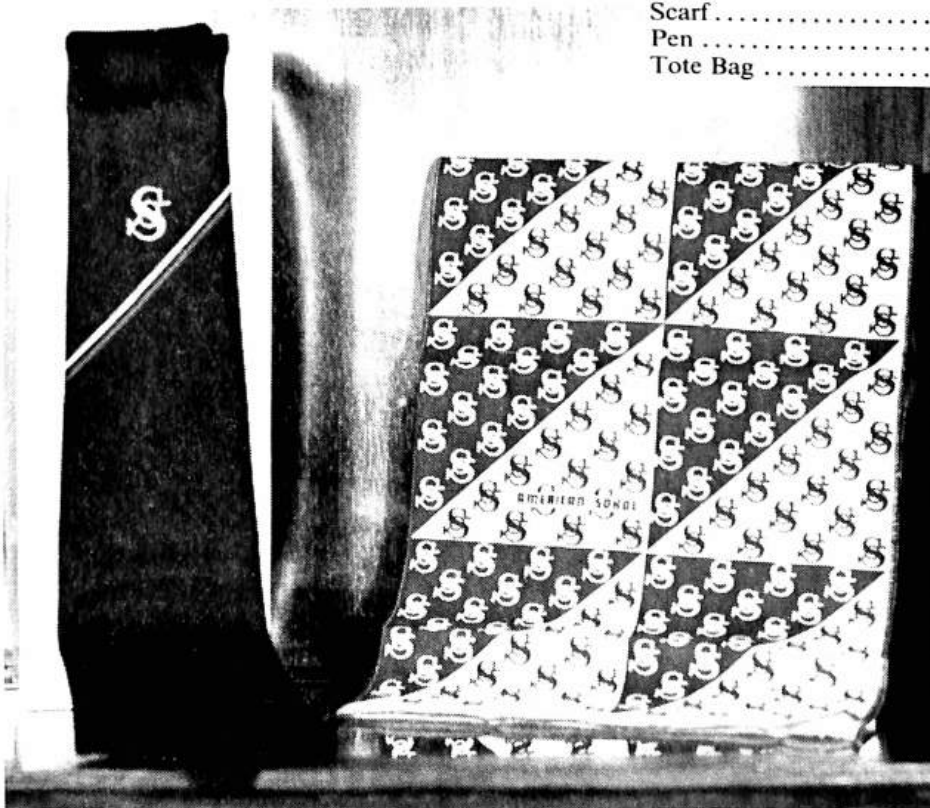
Make checks payable to:
XVII AMERICAN SOKOL SLET

Mail to:
XVII SLET SOUVENIR COMMITTEE
c/o BRO. JOE BERKA
3329 NORTH 59th STREET
OMAHA, NE 68104

A.S.O. SOUVENIRS



- Sokol Stick Pin (Goldplated)..... \$7.00
- Sokol Postcards 25c
- Sokol Note Cards 10/\$2.50
- Tie..... \$8.00
- Scarf..... \$6.50
- Pen \$2.00
- Tote Bag \$5.00



XVII AMERICAN SOKOL SLET

JUNE 20, 1989 — Tuesday

| | | |
|--------------------|---|----------------------|
| 9:00 AM to 3:00 PM | Registration of all Gymnasts | HOLIDAY INN HOLIDOME |
| 2:00 PM | Judges Meeting | HOLIDAY INN HOLIDOME |
| 4:00 PM to 6:00 PM | Rehearsal for Special Number Competition | BRYAN SR. H.S. |
| 7:00 PM | Opening Ceremonies & Special Number Competition | BRYAN SR. H.S. |

JUNE 21, 1989 — Wednesday

| | | |
|--------------------|---|----------------------|
| 7:00 AM to 8:00 PM | Warm Ups & Competition for Jrs. & Srs. | HOLIDAY INN HOLIDOME |
| 4:00 PM to 7:30 PM | Sokol Day at The Horse Races | AK-SAR-BEN |

JUNE 22, 1989 — Thursday

| | | |
|-----------------------|--|----------------------------|
| 7:00 AM to 11:00 AM | Rhythmic Gymnastic Competition Jr. Girls & Women | HOLIDOME |
| 7:00 AM to 12 Noon | Volleyball for Jr. Boys and Men | BRYAN SCHOOL |
| 12:00 Noon to 4:00 PM | Volleyball for Jr. Girls and Women | BRYAN SCHOOL |
| 6:00 PM | Banquet | GRAND BALLROOM HOLIDAY INN |
| 6:00 PM | Sock-hop | SOKOL SOUTH OMAHA |

JUNE 23, 1989 — Friday

| | | |
|---------------------|--------------------------------------|----------------------|
| 7:00 AM | Championship Volleyball Men | BRYAN SR. H.S. |
| 12 Noon | Championship Volleyball Women | BRYAN SR. H.S. |
| 2:00 PM | Sokol Championship Competition | HOLIDAY INN HOLIDOME |
| 6:00 PM | Opening of Czech Festival | CIVIC CENTER |
| 7:00 PM | Victory Dance | SOKOL SOUTH OMAHA |
| 9:00 PM | Polka Dance | CIVIC CENTER |
| 11:30 PM to 2:30 AM | Party For All | HOLIDAY INN HOLIDOME |

JUNE 24, 1989 — Saturday

| | | |
|---------------------|--|----------------------|
| 9:30 AM | Leaders Meeting & Flag Bearers Rehearsal | CIVIC CENTER |
| 10:30 AM | Slet Rehearsal | CIVIC CENTER |
| 11:00 AM | Czech Festival | CIVIC CENTER |
| 6:00 PM | Slet Line Up | CIVIC CENTER |
| 7:00 PM | Slet Program Featuring the Nebraska Gym Team | CIVIC CENTER |
| 9:00 PM | Slet Social, Polka Dance, Czech Festival | CIVIC CENTER |
| 11:30 PM to 2:30 AM | After Slet Party for All | HOLIDAY INN HOLIDOME |

JUNE 25, 1989 — Sunday

| | | |
|----------|------------------------------|--------------|
| 10:00 AM | Round Table Conference | HOLIDAY INN |
| 11:00 AM | Czech Festival | CIVIC CENTER |

SOKOL IS SPONSORING the 7th race at AK-SAR-BEN post time is approx 6:30 PM on Wednesday June 21, 1989.

Guest speaker at the Banquet is Francis Allen,
Head Coach, Nebraska Gym Team.

The Holiday Inn, Ramada Inn, and Howard Johnson are all on Interstate 80 & 72nd Street. This will make it very easy to get to all the venues.

To get to the Opening Ceremonies at Bryan High: Take 72nd Street South to 'Q' Street, turn left on 'Q' Street, take 'Q' to 48th Street, turn right on 48th Street, take 48th Street to Giles Rd. Bryan High is on the corner of 48th and Giles. Bryan Jr. High is on the corner of 42 and Giles. Approx. 6 miles.

To get to the Victory Dance at Sokol South Omaha: Take Interstate 80 to Kennedy Freeway, right off I-80 to Kennedy, south to 'Q' Street, exit Kennedy onto 'Q' Street East to 20th Street, right on 20th, south to 'U' Street. Sokol South Omaha is on the corner of 20th and 'Q' Street. Approx. 6 miles.

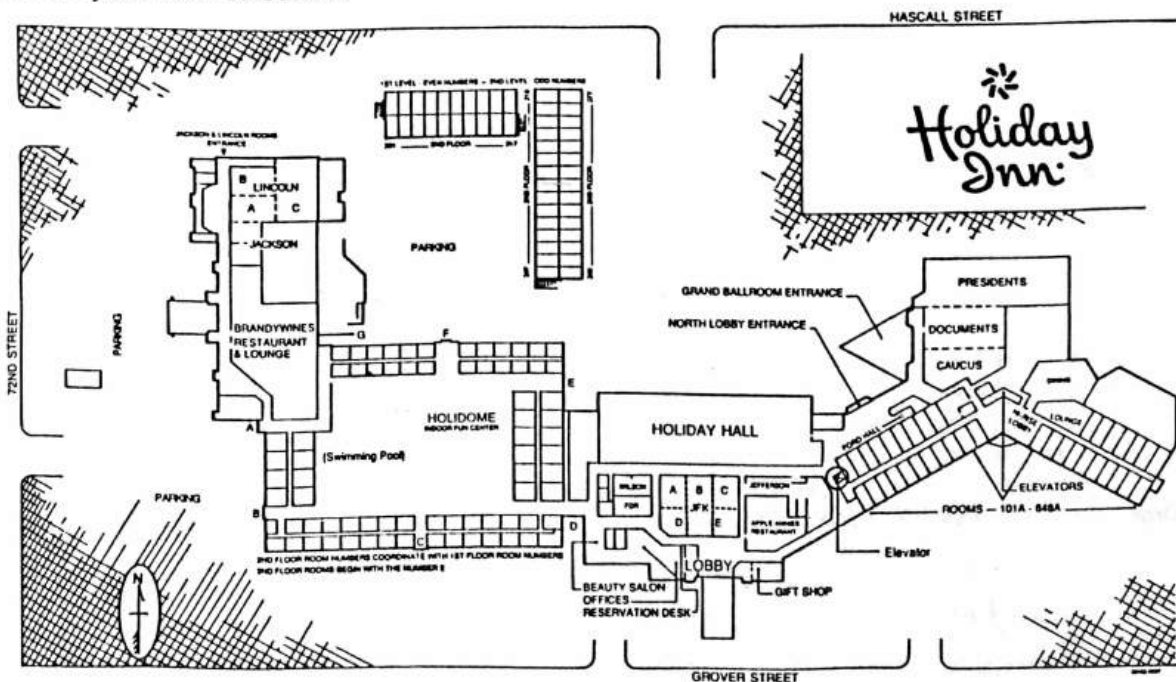
To get to the Slet at the City Auditorium: Take Interstate 80 to Interstate 480, take I-480 to the 20th Street exit off I-480 take the Capital Street exit off of the 20th Street exit. Approx. 6½ miles.

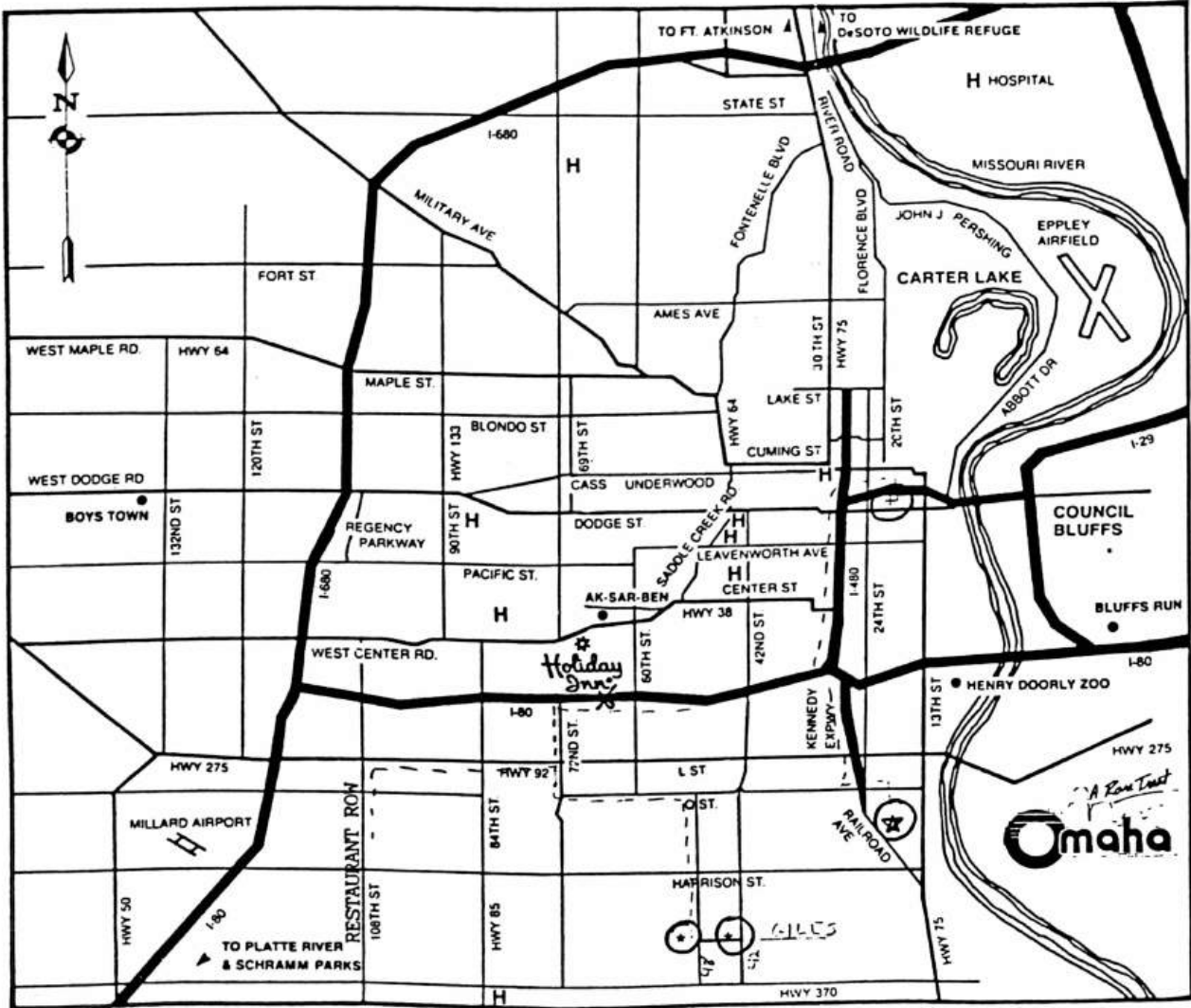
PLACES TO EAT

I know when you travel to a Slet, the one thing that you are looking for is a fast place to eat. There are not many places within walking distance. There is however one place about 2½ miles away that has 17 restaurants. It is listed on the map as Restaurant Row.

Take 72nd Street south to 'L' Street, take 'L' Street west 10 to 108th Street, turn left on 108th Street and you have 17 restaurants to pick from.

The lists is as follows: VILLAGE INN, HARDEE'S, THE CHOICE SMORGASBORD (\$5.45 all you can eat), BONANZA STEAK HOUSE, TACO INN, WENDY'S, LONG JOHN SILVERS, ARBY'S ROAST BEEF, VALENTINO'S PIZZA (about \$5.00 all you can eat), WINCHELL'S DONUTS, BURGER KING, HUNAN GARDEN, McDONALD'S, GODFATHERS PIZZA, SIZZLER STEAK HOUSE, TACO BELL. If you take 72nd north you will find a few restaurants such as BRONCO'S HAMBURGERS, ROSS'S STEAK HOUSE (expensive, but very good). About 2 blocks south of the hotels there is another steak house ANTHONY'S (moderate, very good). One other place east on Grove St. at 60th is NOVOTNY'S BAR and GRILL (lunches only, very good). I hope this will help you with your food selection.





- * Bryan High School
- * Bryan Jr. High School
- + City Auditorium
- ★ Sokol So. Omaha

From Holiday Inn Central to:

| | | | |
|----------------------------|------------|------------------|------------|
| Aksarben Horse Racing | 3 minutes | Eppley Airfield | 15 minutes |
| Bluffs Run Dog Track | 10 minutes | Boystown | 15 minutes |
| Westroads Shopping Center | 10 minutes | Sac Museum | 15 minutes |
| Crossroads Shopping Center | 5 minutes | Henry Doorly Zoo | 5 minutes |
| Joslyn Art Museum | 10 minutes | Old Market | 10 minutes |
| Omaha History Museum | 10 minutes | Downtown | 10 minutes |



AMERICAN SOKOL ORGANIZATION

GYMNAST

APRIL 1989



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

XVII AMERICAN SOKOL SLET A GYMNASTIC FESTIVAL JUNE 20-24, 1989 IN OMAHA, NEBRASKA

TO ALL INSTRUCTORS AND UNIT DIRECTORS:

As part of the XVII American Sokol Slet Activities, the Special Number Competition ranks among the highlights of the Six-Day Festivities.

In order to present the best possible program, your complete cooperation is most necessary.

It is very important that the entry forms be properly filled out in duplicate, one set of forms for each number entered. These are to be returned with a cassette tape, clearly marked with the name of your Unit and the name of the Special Number. All taped music must be of the highest quality, for if not properly taped, your number would suffer a loss of 0.5 in points as stated in the Special Number Rules. These Rules and Regulations were included in the notebook which was sent to all units.

Entry forms must be accompanied with the tape no later than May 1st, 1989, with the entry of \$25.00 enclosed. Checks are to be made out to the American Sokol Organization, Special Number Competition. Mail all entry forms, cassettes and checks to the American Sokol Organizations, c/o Board of Instructors, 6424 West Cermak Road, Berwyn, Illinois 60402. Please check your package for adequate postage.

No changes of any kind in the music will be allowed after the tape has been received, however, changes in the composition will be allowed.

Practice prior to the program will be scheduled at a later date and released to you.

If you need additional information or have any questions, please contact us.

NA ZDAR!

AMERICAN SOKOL ORGANIZATION
BOARD OF INSTRUCTORS
Sylvia Pistorius and Richard Ptacek
Directors

Attention Slet Participants

Our XVII National Slet is fast approaching and the FOLK DANCE number is one of the high lites of our program. We encourage all units to have at least one circle and to assist you in wearing the proper attire, listed below are the recommended costumes. Needless to say, if you have a National Costume, please wear it and proudly...

WOMEN: Solid red short (above knees) full circular skirt, white peasant blouse, black velvet vest or cumberbund, black shoes or slippers.

MEN: Regulation Sokol trousers, white long sleeved shirt, ribbon ties, vest or cumberbund, black shoes or slippers

SENIOR GROUP II CALISTHENICS

Only the regulation Sokol uniform for men and women will be permitted.

Thank you for your cooperation...

SLETU ZDAR!

*Sis. Sylvia Pistorius & Bro. Richard Ptacek
National Directors*

Corrections to Senior Women's Calisthenics

Page 2.

- XIX-XX Repeat measures XVII-XVIII. Add "with opposite leg"
- XXII 1-3 add "with knee dip", counter to -
- XXIII 1-3 add "with knee dip", counter to -
- XXIV 1 add "with knee dip", arc downward -
- XXVI-XXVIII Repeat Measures XXII thru XXIV to opposite side
- XXXI 1-3 draw *left* to closeheelstand
- XXXII 1-3 slowly circle arms downward - *closearm*
- XXXIII-XXXIV 1-6 body *rearward* slowly
- XXXV 1-3 moderate frontbow *uparm* - low left rearleg

Page 4. Interlude

- II 1-4 (last movement of arms add) - *uparm outward* palms front
- VII 1-4 (add to last movement) - *uparm outward* palms front

Page 5. Part II - Section A 16 Measures 4/4

- XVI 1-4 Even rows: - turn *left 180 degrees* to face front

Page 6. Part II - Section A 28 Measures 4/4

- I 3-4 through sidearm, halfbend right *uparm outward* - fingers flexed - look at left hand and,
- II 1-2 thrust right sideward to sidearm, palms up, and
- IV 1-2 eliminate *downslant*
- XIII 1-2 left sidelunge - left *uparm* outward, right sidearm down-

slant, palms down - look at *left* hand.

XV-XVI add to *opposite side*

Page 8. Part III - Section A 10 Measures 4/4

VIII-IX-X Add *opposite side*

Page 5. Part III - Section B 21 Measures 4/4

*Written for Women #2 and #4,
Women #1 and #3 drill opposite*

VI 3-4 eliminate 5th position

VII 3-4 eliminate 5th position

VIII 4 release hands - 90 degree turn right on *left* and close *left* to closeheel - closearm facing front

Page 11.

XIII 4 add - slowly closearm

XV 2 & 4 eliminate 5th position

XVII 1 typo - "downslant"

Page 12.

XX 3-4 #Woman - frontbow - frontarm *outward*

Page 13.

XXI 3-4 #Woman - draw left to closeheelstand

Corrections to Senior Men's Calisthenics

Page 3 — Measure XXXI

1 - 3 With a 45 degree turn left on right, left forestep with 90 degree trunk twist to right — arc arms inward to sidearm — kneel right (on third count).

Page 9.

Eliminate note at top of page — ALL DRILL SAME DIRECTION.

II 2 half squat - sidearm downslant, palms down

III 2 half squant - sidearm downslant, palms down

IV 3 support kneeling right

4 support kneeling

Page 10.

XI 3-4 support squatting, left foretouch (on heel), left frontarm, palm down, look front (point toe)

XIII 1-2 upright - support squatting

XV 1-2 support squatting, right foretouch (on heel), right frontarm, palm down, look front (point toe)

Page 14.

V 4 lower left to floor

VI 2 lower right to seat closeleg

Page 20.

Formation #1

Men and Women start inbetween markers both vertically and horizontally.

First Class Girls:

- Page 2** — Section C - XXIX-XXXII
90° turn LEFT
- Page 6** — Part VI - IIIIV
ADD: 3 dips on counts 5-6-7; frontal circles in on count 8
- Page 7** — Section 8, 16 measures
Closearm - arms move normally as in marching
- I-II 1-4 4 steps in place, L,R,L,R — 90° turn to face front
- III-IV 5-8 4 steps forward, L,R,L,R
- V-VI 9-12 4 steps in place, L,R,L,R - 180° turn L to face rear
- VII-VIII 13-16 4 steps forward, L,R,L,R
- IX-X 1-4 4 steps forward, L,R,L,R
- XI-XII 5-8 4 steps in place, L,R,L,R - 180° turn L to face front
- XIII-XIV 9-12 4 steps forward, L,R,L,R
- XV-XVI 13-16 4 steps in place, L,R,L,R, on own marker

First Class Boys:

- Page 2** — Section C - XXIX-XXXII - 90° turn RIGHT
- Page 5** — Part IV - III-IV remember to do dips
- Page 7** — Section B, 16 measures
Closearm - arms move normally as in marching
- I-XVI exactly as the First Class Girls, shown above
- Page 4** — Section D - Pickup
When placing dubbells on ground - CROSS THEM (to avoid rolling on a wooden floor).

Addresses to Slet sites

HOLIDAY INN
3321 South 72nd Street
Omaha, Nebraska

BRYAN SENIOR HIGH SCHOOL
4700 Giles Road
Omaha, Nebraska

BRYAN JUNIOR HIGH SCHOOL
8210 South 42nd Street
Omaha, Nebraska

SOKOL SOUTH OMAHA
2021 "U" Street
Omaha, Nebraska

OMAHA CIVIC AUDITORIUM
1804 Capitol Avenue
Omaha, Nebraska



CZECH FESTIVAL WILL BE
THURSDAY THROUGH SUNDAY

Safety Information, Research & Ideas

BILL SANDS, PH.D.

Human Performance Research Laboratory

CONDUCT A THOROUGH WARM UP

The warm up phase of training and performance is sometimes neglected and/or poorly performed by the athlete. Warm up serves to prepare the athlete for the impending training session by preparing the various physiological and psychological components of performance. Warm up consists of two important segments. The first segment physiological preparation, the second is skill rehearsal. Physiological preparation will be discussed here.

Physiological preparation consists largely of raising body core temperature (Brooks & Fahey, 1984; de Vries, 1966). The reason for increasing body core temperature lies in the "Q10 Effect." This physiological concept basically means that as the temperature of the tissue rises, the speed and efficiency of the biochemistry of the tissue also increases (Brooks & Fahey, 1984). This increase in the effectiveness of biochemical reactions in a tissue means that a muscle will contract and relax more efficiently, certainly an important factor in gymnastics performance. The general indication that body temperature has been raised is marked by the onset of perspiration.

Exercises that promote this increase in temperature are vigorous ones that result in sweating. An athlete requires five to ten minutes of fairly vigorous activity to raise body core temperature (de Vries, 1966). Exercises such as jogging, aerobics, calisthenics, and others that are vigorous enough to result in perspiration can be used as warm up activities. The typical sitting and stretching warm up should be preceded by some vigorous activity. Simply sitting and stretching may not be sufficiently vigorous to result in increased body temperature. The addition of the warm up suit may also aid in increasing and maintaining body temperature (Sands, 1984).

Warm up may also aid in injury prevention. Many coaches and other authors have believed that an adequate warm up is very important in injury prevention (Mellerowicz & Hansen, 1971). Although scientific evidence of such a relationship has been lacking, a recent study has shown that a "warm up" in isolated muscle tissue resulted in greater force to failure requirements than in non-warmed up muscle (Safran, Garret, Seaber, Glisson, & Ribbick, 1988). This study showed that the amount of force required to tear the muscle was greater following "warm up" contractions. This may indicate that the warm up "effect" may aid in injury prevention in muscle and tendon.

Warm up is an important part of every training session. A warm up should be included any time there is a performance of skills. A second or third warm up should be used when the performer has been forced to be inactive for any sustained period of time. Various sources have indicated that the

warm up effect will last from 45 to 80 minutes. If an athlete has been inactive for periods of time approaching these limits another warm up period should be included.

UNIT I.D. RIBBONS

Don't forget to order your Unit Identification Ribbons — to be worn on Slet Day. Orders will be accepted by the National Headquarters in Berwyn, Illinois, cost is \$1.00 a piece, minimum order of 25 ribbons. **ORDER NOW!**

OLYMPICS '88

Just recently Brothers Talon and Rome Milan returned from the Seoul Olympics and a tour of Asia. Taking off 7 weeks, the two brothers visited seven countries plus a week in Hawaii. They started in Bangkok, Thailand, then continued to Singapore, Hong Kong, China, Taiwan, Malaysia and Korea.

Just to mention a few sights taken in, they saw many golden buddhas and the world's largest — at 43 meter in Bangkok. Also, the world's cleanest city, Singapore with 2.1 million people and the world's busiest harbor. In China they toured the 9000 room Forbidden City and the Great Wall. Not to be forgotten the endless shopping in Hong Kong, Taiwan and Korea. Each country has its great buys but both agree Korea had the best variety of shoes, leather goods, eel skin and custom tailoring. They began their trip with one small carry-on and returned with a 4 large check-in bags and 6 carry-ons.

While in Seoul for the Olympics they lived at the Olympic village with the United States mens coaches and also video taped the gymnastic events for the United States Gymnastic Federation.

In their spare time they saw many other events such as swimming, diving, boxing, volleyball, track and field, water polo, etc. They were seen often in crowd shots on TV at home. Many members have recorded them on their home videos.

The two were very successful in getting past security check points which helped them to complete the maybe unequalled hobby of collecting at least one team pin from each of the 160 competing nations. This also helped them to meet and talk with many olympians and journalists such as: Carl Lewis, Greg Louganis, David Robinson, Danny Manning, Edwin Moses, Evelyn Ashford, Jackie Joyner Kersee, Bryant Gumble, Jane Pauly, Amad Rashad etc.

"We have so many stories and met many new friends, it was a great experience".

They attended the spectacular open ceremonies after having to pay scalpers \$300 for each ticket.

Rome, a gymnastic coach at Sokol Fort Worth and Weatherford High School, conducted three

gymnastic clinics in Singapore. In China where they were writing a paper on the developmental system of Chinese gymnastics, they met with China Olympic coach, Gao and had a conference with other officials. A fourteen course banquet style meal for the two included delicacies as ox stomach, sea cucumber, eel and a variety of whole fish and shrimp. A very memorable meal. Talon said "the eel and sea cucumber were not bad but the whole fish and dried squid won't remain on my weekly diet."

On the last day of the Olympics the two left Asia to meet up with their parents, Jerry and Henrietta Milan, in Kauai, Hawaii where the family snorkeled and took helicopter and boat tours of the beautiful islands.

"It's great to be back in the USA" and now to get used to the 15 hour time difference.

(Pictures to follow in May issue.)

Making Friends

"Finding friends is incredibly simple," writes Martin Glass in National Enquirer, "but many people never discover the secret. Friendship grows out of acquaintanceship. You have to make casual contacts with fellow human beings. Sooner or later, you will find a real friend, and you will know it because he will be looking for you, too."

THE FUN RUN HAS BEEN CANCELLED

Units are you ready for
XVII ASO Slet?

SLET REMINDERS

1. Travel arrangements
 2. Lodging arrangements
 3. Uniform orders
 4. Return survey sheets
 5. Judges assignments
 6. Special number entrys
 7. Gymnastic competition entrys
 8. Volleyball team entrys
 9. Rhythmic gymnast entrys
 10. Slet festival participation
-

**.SOKOL.
THE FUTURE IS YOURS**



**XVII AMERICAN SOKOL SLET
TICKET ORDER FORM**

Name _____

Address _____

_____ Zip _____

Phone _____

Sokol Unit _____

**Tuesday, June 20, 1989 — Opening Ceremonies, 7:00 p.m.,
Bryan Senior High School**

Number of adult tickets @ \$5.00 (donation) _____ Total _____

Number of child (12 and under) tickets @ \$2.00 (donation) _____ Total _____

Thursday, June 22, 1989 — Sock Hop, 6:00 p.m., Sokol South Omaha

Number of advance tickets @ \$6.00 (donation) _____ Total _____
(Tickets sold at the door for Sock Hop will be \$8.00 donation)

Friday, June 23, 1989 — Volleyball Finals, Bryan Senior High School

Number of tickets @ \$3.00 (donation) _____ Total _____

Championship Competition, 2:00 p.m. Holiday Inn

Number of tickets @ \$3.00 (donation) _____ Total _____

Victory Dance, 7:00 p.m., Sokol South Omaha

Number of tickets @ \$5.00 (donation) _____ Total _____
Children under 5 admitted free to all above events

Saturday, June 24, 1989 — Slet Exhibition, Festival and Polka Dance,

7:00 p.m. Omaha Civic Auditorium

Number of adult tickets @ \$4.00 (donation) _____ Total _____

Number of child (12 & under) tickets @ \$2.00 (donation) _____ Total _____

3-Day passes for Festival, Polka Dance and Exhibition are available for \$10 each; 3-Day pass includes admission to the Festival on Friday, Saturday, and Sunday; admission to the Friday and Saturday night Polka Dances and admission to the Saturday Slet Exhibition.

Number of 3-Day passes @ \$10.00 each _____ Total _____

Mail order form and check made out to XVII American Sokol Slet to:

Rena M. Racine, 2040 North 67th Avenue, Omaha, NE 68104

Total Amount Enclosed \$ _____

Include a self-addressed stamped envelope if you would like your tickets mailed to you; otherwise, tickets can be picked up at the Sokol Registration Desk at the Holiday Inn. Tickets will be mailed the first week in June. Thank you for your support!

SOUVENIR TABLE RENTAL

The XVII National Slet Committee is trying something new this year! We are offering special times and dates for individual Sokol Units to sell their own souvenirs. There is a table rental fee of \$25.00 per table (tables will be provided for the units). The \$25.00 fee per table is assessed one time and will cover all selling days and times. This is a good opportunity for the units to earn extra income. Units will not be allowed to sell souvenirs other than at the dates and times specified and only if a table is rented.

If your unit is interested in taking advantage of this special, please complete the Souvenir Table Rental Form below. Return the table rental form as soon as possible, so arrangements may be made and a table count can be obtained.

Units will be allowed to sell souvenirs on the following dates and events:

- June 20 — Opening Ceremonies
- June 22 — Sock Hop
- June 24 — Slet Exhibition

The individual units are responsible for their own merchandise.

SOUVENIR TABLE RENTAL FORM for XVII NATIONAL A.S.O. SLET

Name of Unit: _____

Address of Unit: _____

_____ Zip _____

Phone # of Unit: (_____) _____

Number of Tables: _____

Amount Enclosed: \$ _____ rental fee \$25.00 per table

Contact Person — person selling souvenirs at Slet

Name of Contact Person: _____

Address of Contact Person: _____

Phone # of Contact Person: (_____) _____

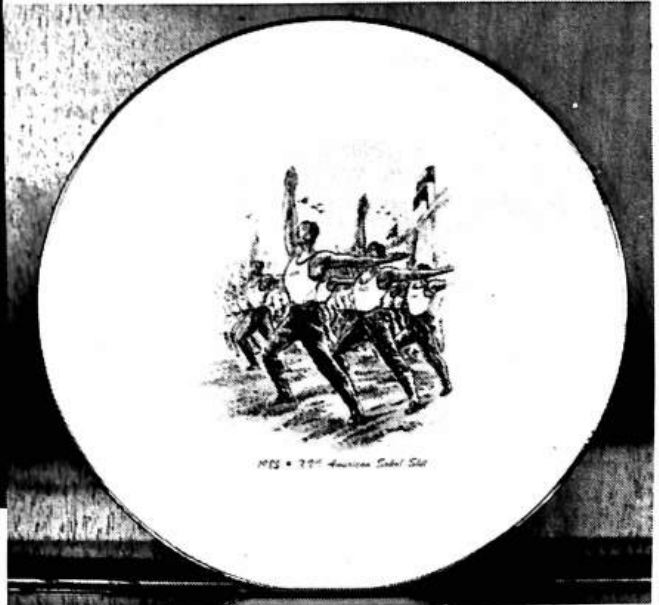
Units will be allowed to sell souvenirs on the following dates and events:

- June 20 — Opening Ceremonies
- June 22 — Sock Hop
- June 24 — Slet Exhibition

Return Order Forms To:

Bro. Joe Berka
3329 North 59th Street
Omaha, NE 68104

THE PLATES ARE HERE!



The XVII American Sokol Slet souvenir plates have arrived! Letters have been sent to those people who have reserved numbers. Reserved numbers will be held **only until May 1, 1989**, after that date they will be offered to the general public.

We also still have some plates left from the Slets of 1985 and 1981, the sale price is \$22.00, also. All plates must be ordered through the Sokol office. Shipping and handling charges are extra. All the souvenir plates from 1977 have been sold. Don't miss out on purchasing the remaining plates. Only 300 plates are made for each Slet. Knowledgeable plate collectors will tell you that is a very, very small run. Any run of plates under 15,000 is considered a very good investment.

Mail orders to: A.S.O., 6424 West Cermak Rd., Berwyn, IL 60402.

A.S.O. National Slet

Not competing? Looking for something to do in Omaha on Wednesday during the competitions? How about taking in the Ak-Sar-Ben horse races?!

Racing starts at 4:00 P.M. that day at Ak-Sar-Ben, which is located approx. one mile north of the Holiday Inn. The A.S.O. Slet Committee is sponsoring the 7th race that day (Wed., June 21st — 7th race goes off about 6:30 P.M.), which means the race will be named after us and a blanket with the words "XVII American Sokol National Gymnastics Festival" will be presented to the winning horse of our race.

An official photo of the winner with our blanket will be taken at the end of the race and all Sokol members present may gather around the winner's circle to be in the picture. (You should go down by the winner's circle when the 7th race is about to start.)

Ak-Sar-Ben offers advance group specials for 20 or more people. If you are interested in more information on these specials, please contact Sis. Jolene Dalton, 5240 South 23 Street, Omaha, NE 68107 — (402) 731-2899.

Churches Around the Hotels

Catholic

ST. JOAN of ARC, 3122 South 74th Street. About 4 blocks from Holiday Inn. Sat. 5:30, Sun. 7:30, 8:45, 10:00 AM, 12:30 PM.

Presbyterian

WEST HILLS PRESBYTERIAN CHURCH, 82nd and Hascall Street. About 1 mile from Holiday Inn. Sun. 9:30 & 11:00 AM.

Lutheran

BEAUTIFUL SAVIOR, 90th and 'Q' Street. About 3 miles from Holiday Inn. Sun. 8:00 & 10:30 AM.

Methodist

FIRST UNITED METHODIST CHURCH OF OMAHA, 6906 Dodge Street. About 2½ miles from Holiday Inn. Sun. 9:30 & 10:45 AM.

Calendar of Events

- APR. 21 — United Sokols of the East Jr./Sr. Gymnastic Competitions, New York
- APR. 22 — Central District Special Number Competition at R/B
- APR. 29-30 — South Omaha's Mini-Slet
- APR. 29 — Sokol N.Y. Girls & Boys Gym Meet
- APR. 29 — Central District Boys Track & Field Competitions at Sokol Tabor

APR. 29 — Sokol Baltimore Šibřinky — Dozvuky Dance

APR. 29 — Sokol Women of Little Ferry 80th Anniversary, Dinner/Dance 8 p.m. Little Ferry Sokol Hall

APR. 30 — Greater Cleveland's Exhibition at Cleveland State University's Woodling Gymnasium

MAY 6 — Sokol San Francisco Spring Dance

MAY 19 — Roman Hruska Banquet, Omaha, Ne.

MAY 20-21 — Pacific District Gymnastic Competitions and Slet

MAY 20 — Sokol Women of Little Ferry Giant Flea Market

MAY 20 — Central District Boys and Girls Gymnastic Competitions at Naperville Central H.S.

MAY 20 — N.E. District Boys and Girls Competitions, Sokol Greater Cleveland

MAY 21 — Sokol New York Exhibition

MAY 21 — St. Louis' Exhibition

JUNE 4 — Northeast District Slet, Sandy Bottom Lake, Mi.

JUNE 9-11 — Southern District Slet at West, Tx.

JUNE 10 — Central District Jr./Sr. Gymnastic Competition

JUNE 10 — Central District Slet

JUNE 11 — Central District Annual Awards Picnic

JUNE 11 — Gr. Cleveland Český Den — DTJ Farm

JUNE 20-24, 1989 — AMERICAN SOKOL NATIONAL SLET and CZECHOSLOVAK FESTIVAL, Omaha, Nebraska

FUTURE EVENTS

MAY 5, 1990 — Sokol Slavsky 100th Anniversary, William Tell Restaurant, Countryside, Ill.

APRIL 1990 — AMERICAN SOKOL NATIONAL CONVENTION, SOUTHERN DISTRICT HOSTS

MAY 1990 — 125th ANNIVERSARY SOKOL ST. LOUIS FIRST SOKOL UNIT IN THE UNITED STATES

JULY 5, 1990 —

Czechoslovak Sokol Abroad

VII Slet, Paris, France

FALL 1991 —

Sokol Tabor's 125th anniversary

VII. SLET
CZECHOSLOVAK SOKOL ABROAD



JULY 6 — 8, 1990
PARIS, FRANCE
CZECHOSLOVAK SOKOL ABROAD
VII. SLET
CZECHOSLOVENSKÉ SOKOLSTVA V ZAHRAŇCI

Slet Registration for Non-Competitive Members

So that we can have name badges ready for your **non-competitive** members attending the Slet, please send a typed/printed list of names.

These name badges will be ready for your **Unit representative** to pick up on Tuesday, June 20th at the Sokol Registration Table at the Holiday Inn along with your competitor's registration materials.

There will be a typist available during registration hours (9 AM—3 PM on June 20th) to make name badges for anyone not "pre-registered" but it will save time for us and you if we have your name badges made ahead of time.

Sis. Jolene Dalton, 5240 South 23 Street, Omaha, NE 68107 — BY MAY 20, 1989. Nazdar!

Rooming list due by May 18, or your room reservations will be cancelled!

Mail to: WESTERN DISTRICT
P.O. BOX 36511
OMAHA, NE 68137

National Slet Banquet

Dear Brothers and Sisters,

As a kickoff for the National Slet and Czechoslovakian Festival in Omaha, Nebraska, we are having a banquet honoring Senator Roman Hruska (Ret.) for his many years of service to Sokol and the State of Nebraska.

The banquet will be on Friday, May 19, 1989, at the Peony Park Ballroom, 76th and Cass Streets in Omaha. The featured speaker is Clayton Yeutter, Secretary of Agriculture.

This will be a major fund-raising event for the Slet and Festival in June. We have 300 tickets available to Sokols, members of the Czechoslovakian community, and their guests. There will be a cash bar from 6:00-7:00 P.M. followed by dinner at 7:15 P.M. with ceremony after dinner. Roast duck will be served. Ticket price is \$25 per person.

The banquet will also raise public awareness of the Slet and Festival. The publicity from news coverage will be valuable to our success. The local corporate and political communities have already committed to 500-600 banquet tickets. We need to show our commitment and support by having as many Sokols in attendance as possible. To display our pride in our rich heritage we encourage you to wear your folk costumes to the banquet.

Request tickets by sending a check payable to ASO Slet by May 8, to:

Walt Bures, 1905 South 121 Street, Omaha, NE 68144.
Walt Bures, Festival Chairman

Executive Board Meeting

JANUARY 17, 1989

Regular meeting was called to order by Br. Charles Borvansky. members present: Sis. Pinc, Zitny, Ptacek, Filipello, Pistorius, Kourim; Bro. Masek, R. Barcal, Rabas, Zitny, Lebloch, Kala, Placek. Members excused: Bro. G. Basta, Milan, Satek, Jelinek, and Sis. Ruzicka.

District minutes received and reviewed: Western, Nov. 29th; N.E., Sept. 18th, Sokol Round table Forum, Montreal, Canada, June 26th; also Statute of the Sokol Federation in the Free World; ASO Western District Slet meeting.

CORRESPONDENCE: Thank you letters from honorees of ASO dinner Nov. 19, Sis. Emilie Ruzicka, Betty Prener, Marie Ptacek, and Ellen-Jeanne Schnabl. Contract for auditing services from Selden, Fox and Asso., approved, Western Dist. By-Laws chairman Br. J. Riha sent in by-laws from Sokol S. Omaha and Sokolice S. Omaha for approval. Br. Kala to review. Slovak Catholic Sokol regrets unable to attend Slet in Omaha. Other correspondence acted upon.

AMERICAN SOKOL IDENTITY PROGRAM: Sis. June Pros explained the purpose of the program is to create a single source of items such as T-shirts, Hats, etc., with official logo. The idea was discussed at the District Directors Conference and pursued through the Uniform Div. More info available at a later date.

1989 SLET COMMITTEE: Br. Masek reviewed Slet minutes, nothing definite at this time on souvenirs. Discussed ticket prices. More info next meeting. Approval given for Bro. George and Ann Basta to attend the Banquet honoring Br. Roman Hruska in Omaha. Br. Masek requested we present Br. Hruska with a Czech flag, approved. Also approved purchase of Czech and America flags for parades and other functions as present ones are worn.

COMBINED MEN AND WOMEN'S REPORT — Sis. Pistorius and Bro. Ptacek: Board approved Sis. Benda to receive ASO BOI minutes. Condensed minutes of Conference to be sent to Polish Falcons, Sokol USA, DA Sokols and Sis. Fiala of Sokol Abroad. Sis. Yatchyshyn of Sokol USA request that we publish in Gymnast all clinics and invite Sokol USA to attend. Bills and final report forms approved for payment: \$13.00 video tapes, Central District 5 students attended ASO instructors course, June 1988, airfare and tuition, \$1,275.00. Progressions clinic Oct. 22, 23, Pete Dusek and Frank Michalek instructors \$222.54, at Sokol Slavsky, 33 students. Northeastern District USGF Congress, Oct. 11-15, Anaheim, Ca., Maryann Fiordelis, \$521.30. Slet update: Calisthenics — several requests for videos of adult and childrens — should be available soon. Requests for simplification of some senior moves. To date all request for tubing filled. Special number competition to be directed by ASO Directors. Br. John Satek and Sis. E. Schnabl will be responsible for floor arrangements. (All unit

directors should keep in touch with their district for up-to-date Slet info.) Sis. Halik waiting for award returns and acknowledgements.

MEMBERSHIP CHAIRMAN — Br. Kala: Still working in getting units to submit quarterly reports in on time.

EDUCATIONAL CHAIRMAN — Bro. Lebloch: Recognition dinner a success. Thank you for honors. Helped Judge Central District Essay contest. ASO educational committee will sponsor an essay contest this year "My Memories of the 1989 American Sokol Slet". Installed officers of the Moravian Folklore Circle.

PUBLICITY, Czech — Br. Rabas: Denní Hlasatel article on the Honorary dinner.

PUBLICITY, English — Sis. Filipello: Will work on Slet publicity from here.

FINANCIAL SECRETARY — Sis. Pinc: Financial reports for Nov. and Dec. prepared and distributed. All accounts and certificates updated. Membership and dues cards mailed as units request. Liability insurance from Oslo received.

TREASURER — Br. R. Barcal: Reconciled bank statements for all divisions and found them in perfect order.

EDITOR — Sis. Filipello: Was disappointed that no Slet info is coming in regarding souvenirs, schedules, etc. Long discussion on what should be in publication during this period before the big event. Difficult to put together the publication without full cooperation of all concerned.

SECRETARY — Sis. Kourim: Ordered the souvenir Slet plates. Attended and performed in honorary dinner. Also attended identity program meeting. Attended to all secretarial duties.

II. VICE PRESIDENT — Br. Masek: Requested that executive board meeting be moved back to 4th Tuesday due to his schedule, approved.

I. VICE PRESIDENT — Br. Borvansky: Officiated as Master of Ceremonies at honorary dinner. Attended identity program meeting and submitted variety of art work for different articles to be available.

PRESIDENT — Br. Basta: Recuperating from surgery.

UNFINISHED BUSINESS: All discussed at length during meeting.

NEW BUSINESS: If Executive Board is going to have tour to 1990 Paris Slet, should start paperwork now.

Meeting adjourned - 11:10 p.m.

Jackie Kourim, Secretary

ASO FINANCIAL REPORT

FEBRUARY, 1989

RECEIPTS:

| | |
|--|--------------------|
| Dues | \$ 5,080.00 |
| Convention Fund | 4,978.00 |
| Special Assessments | 2,335.00 |
| T. G. Masaryk Dues | 30.00 |
| Dividends & Interest | 106.20 |
| Resale of Jewelry | 937.00 |
| Postage | 1.35 |
| U.P.S. | 60.97 |
| "Highlights of Czech History" | 4.50 |
| Skills Patches | 33.00 |
| Novice Bars | 9.50 |
| Intermediate Bars | 2.00 |
| Advance Bars | .50 |
| Miscellaneous | 1,321.75 |
| | <u>\$14,899.77</u> |
| A.S.O. Uniform Division - Rent, Salaries, etc. | 785.58 |
| Total Receipts | \$15,685.35 |

DISBURSEMENTS:

ADMINISTRATIVE

| | |
|---|--------------------|
| Salaries - Office Employees | \$1,120.24 |
| Salaries - Membership | 81.00 |
| F.I.C.A. & F.W.T. for Jan., 1989 | 161.64 |
| Rent, Janitor Services, Phone, Electric | 1,027.56 |
| Office Supplies - Administrative | 145.24 |
| Office Supplies - Computer | 29.70 |
| Postage | 59.12 |
| U.P.S. | 16.17 |
| Copier - New part | 147.32 |
| Copier - Repairs | 196.00 |
| Lightning repairs | 103.00 |
| Refreshments - Executive Board Meeting | 13.93 |
| | <u>\$ 3,100.92</u> |

BOARD OF INSTRUCTORS

| | |
|---|--------------------|
| Salaries | \$ 527.14 |
| F.I.C.A. for Jan., 1989 | 90.74 |
| Editor "Sokol Gymnast" | 30.00 |
| Add'l. copies "Sokol Gymnast", Feb., 1989 | 58.00 |
| Postage | 135.05 |
| Video Tapes | 75.60 |
| U.P.S. Charges | 205.78 |
| USGF Memb. - Br. Ptacek & Sis. Pistorius | 150.00 |
| | <u>\$ 1,272.31</u> |

EDUCATIONAL DEPARTMENT

| | |
|-------------------------|-----------------|
| Salary | \$ 64.72 |
| F.I.C.A. for Jan., 1989 | 9.32 |
| Shipping Charges | 4.42 |
| | <u>\$ 78.46</u> |

SOKOL PUBLICATION

| | |
|---|--------------------|
| Printing "American Sokol" - Jan., 1989 | \$ 968.04 |
| Postage "American Sokol" - Jan. & Feb., 1989 | 1,176.88 |
| Editor "American Sokol" - Feb., 1989 | 125.00 |
| Salaries - Computer - Mailing "American Sokol", Jan. & Feb., 1989 | 283.50 |
| Delivery of "American Sokol" to PO - Jan. & Feb., 1989 | 10.00 |
| | <u>\$ 2,563.42</u> |

MISCELLANEOUS

| | |
|---|--------------------|
| A.S.O. Uniform Division - Salaries, F.I.C.A. Jan., 1989, F.W.T., Jan., 1989, I.W.T. & phone | \$ 445.23 |
| FSLF Postage | 1.25 |
| XVII A.S.O. Slet — Miscellaneous | 4,966.49 |
| | <u>\$ 5,412.97</u> |

Total Disbursements

| | |
|----------------------------------|--------------------|
| Total Disbursements | \$12,428.08 |
| Balance brought forward: | |
| Affiliated Bank/Western National | \$ 5,054.26 |
| Receipts - February, 1989 | 15,685.35 |
| | <u>\$20,739.61</u> |
| Disbursements - February, 1989 | 12,428.08 |
| | <u>\$ 8,311.53</u> |

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Reunion of Prahá Slet Participants

1926-1932-1938-1948

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Sis. Emilie Ruzicka is the motivating force behind this special reunion for all participants of these past Prahás. Arrangements are being made through Slet committee members to provide a display area for your mementoes and a time for all to gather — a "Slet" of our past.

Please register with Sis. Ruzicka, 1225 N.E. 124th St., N. Miami, FL 33161. ☎ 305-895-2424.
(The Reunion will be videotaped by the Editor.)



Tote Bag — see p. 165 ☞

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