

# AMERICAN SOKOL



Publication of the American Sokol  
Educational & Physical Culture Organization

## 1990 AMERICAN SOKOL CONVENTION

**April 28 • Ft. Worth, Texas**

**April 25 • Board of Instructors**

---

TO ALL UNITS:

Dear Brothers and Sisters;

The XV Convention of the American Sokol Organization, to be held in Fort Worth, Saturday, April 28th thru May 1, 1990, is vitally important to every member and unit.

Because our convention is being held two months earlier than usual in 1990, a few schedule changes will have to be made in order for everything to be completed in time for the convention.

Please note that the general convention will start on Saturday afternoon at three (3) p.m. Registration will be handled earlier in the day as you arrive. We will take care of all the formalities, selecting of convention chairmen, parliamentarians, etc. at this time. Session will end at 6 p.m.

Sunday's session will begin at 11:30 a.m. and go to 6 p.m., with a possible coffee break at 2:30 or 3 p.m. This will allow time for church, brunch, etc.

Business sessions will then be held from 8:30 a.m. to 5 p.m. on Monday and Tuesday. Lunches will be provided at the hotel these two days, for a fee, this will eliminate loss of time, seeking restaurants and waiting for service.

Delegates should not make return air/rail reservations until after 5 p.m. on Tuesday when the convention officially ends.

By scheduling the convention on the weekend people will not lose that much work/school time and they will be able to take advantage of the *weekend discount air fares*.

It is at this time that we assess the progress made in the past five years and set new goals for the next five years. One of your first obligations preceding the Convention will be to form a unit by-laws committee. It will be the responsibility of this committee to seek any changes or amendments to the Constitution and By-Laws that your members may feel are warranted at this time.

These changes, if any, should be submitted in writing no later than December 1st, 1989, as follows:

One copy to the American Sokol Organization, attention of the secretary.

One copy to your own District Standing By-Laws Committee Chairman.

# AMERICAN SOKOL

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10th of the previous month*

EXECUTIVE BOARD ASO  
Jackie Kourim, Secretary

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

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## Future Sokol Leaders Fund

Donors \_\_\_\_\_

Amt. \_\_\_\_\_

**YOUR NAME SHOULD  
BE HERE**

## Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol \_\_\_\_\_

Name \_\_\_\_\_

Old address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

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

\_\_\_\_\_ Zip \_\_\_\_\_

## *Our Sokol Credo:*

To build a healthy and beautiful human body —  
To cultivate a harmonious and total person —  
To develop firm character, a well rounded disposition and  
A love of truth and justice —  
To produce strong, lovely and honorable people,  
That is the goal of a "Sokol" education.

What is a "Sokol"?  
Sokol is falcon in Czech language,  
it is our symbol of swiftness,  
courage and strength.



*"Zdravé a krásné lidské tělo — souladné vypěstění celého člověka,  
povahy ucelené, neoblomné, pravdymilovné a spravedlivé —  
lidé silní, krásní a dobří — to je cíl sokolské výchovy."*

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CX

October — 1989 — Říjen

Číslo - No. 10

## Executive Board Minutes

Tuesday, August 22, 1989

Called to order by Pres. George C. Basta at 7:30 p.m. Pledge to the flag given.

Members present: Sis. M. Pinc, V. Zitny, M. Ptacek, L. Filipello, S. Pistorius, J. Kourim; Bro. G. Masek, F. Kala, C. Borvansky, R. Zitny, P. Lebloch, R. Ptacek, F. Basta, J. Rabas, R. Barcal. Members excused: Sis. E. Ruzicka, Bro. J. Milan, J. Satek.

**CORRESPONDENCE:** Sokolice S. Omaha, 1988 by-laws as approved by the ASO with the ASO recommendations included. Bro. Jiri Liska, President of Pacific District requesting information in purchasing property from units who have gone through this process. (Any units with experience please contact Bro. Liska.) Full page ad for \$50 for United Moravian Societies 50th anniversary book approved. Sokol San Francisco 85th anniversary, will send letter of congratulations (as per approved policy). Notice of probate from State of New York for Martha Peppel, niece of Sis. E. Ruzicka, bequest to Future Sokol Leaders Fund for \$1500. Bohemian National Cemetery request a copy of our mailing list, approved because of the many donations received from them over the years. Sis. Patricia Kalat requesting dual membership Sokolice Tabor/Sokol Karel Havlíček Borovský, voting power with KHB. Thank you from Br. Roman Hruska to Br. Basta for honorary banquet. Br. & Sis. Benak expressing opinion about the USGF Congress of Coaches, lengthy discussion followed.

**1989 SLET:** Reports still coming. Bro. Basta transported all remaining souvenirs from Omaha in his trailer to the office. Financial report forwarded to Bro. Awender's office. The auditing committee will be enlarged to include Bro. R. Barcal, R. Zitny, and G. Basta, approved. Souvenirs will be made available for sale during Houby Day in October, approved. Slet Financial Report submitted.

**COMBINED MEN & WOMEN'S DIRECTORS REPORT** — Last meeting prior to Slet June 14th covered Slet preparations. Letter from Sis. Audrey Benda with recommendations to be discussed at conference. Br. Chuck Kalat working on tournament rules and differences in ASO/SOKOL USA rules. All material from Sis. Fiala should be ready by Sept. 1 to our districts. Final report form: N.E. District, senior group II cal. tape \$9.59 approved. **XVII ASO SLET REPORT:** We would like to sincerely thank the Western District for the excellent

job in hosting the Slet. On the BOI level we were very pleased to see upon arrival on Sunday that all was under control. The competitions, although small in number, went extremely well. The special number competition took place under very trying conditions weather wise, but the program opened the Slet festivities on a positive note. The Championship competition proved without a doubt that Sokol has excellent gymnasts of whom we can be proud. We do recommend, however, that in the future the audience not be seated on the same floor as competitions. Using USGF judes met with approval by all concerned. Our congratulations to the trophy committee for their unique trophies. The Slet program went exceptionally well. Even though we would have preferred an outdoor facility, the auditorium provided the next best setting because of our smaller numbers. The authors were pleased with the calisthenics, the Indian club number again provided the audience with excitement and a precision type performance. The folk dance added the ethnic background and the Senior Cal II showed the audience that we are for everyone. On Sunday we attended the Sokol Round Table Forum. (See minutes in this issue.) We thank the Executive Board for their support of the BOI this past year.

Discussion on the cancellation of the D.D. Conference at length, motion made 15 yes to cancel, one opposed. Br. Zitny requested a breakdown of competitors fees for the audit committee.

**MEMBERSHIP:** one unit still missing figures from 1988 due to poor health of membership. 7,260 is computer count of membership.

**EDUCATION:** Br. Lebloch attended Slet and Festival in Omaha. Did narration during the opening flag ceremony. Attended the very successful Czech festival in Michigan.

**PUBLICITY — CZECH:** Br. Rabas showed the preserved page of the Denní Hlasatel's Slet coverage. Many articles also reviewed.

**PUBLICITY — ENGLISH:** Sis. Filipello attended an ethnic press luncheon sponsored by the Polish American Alliance, emphasis on making the American press more aware of the American-ethnic press.

**FINANCIAL SECRETARY** — Sis. Pinc distributed financial reports for May, June, July. Second quarterly state and federal wage reports filed. Second quarter audited, excluding uniform division, and found in good order. Unit membership printouts being mailed, expect each unit to review and return with corrections promptly. XVII Slet entry fees received, recorded, and deposited.

**TREASURER:** Bank statements checked and reconciled and all in good order.

**EDITOR:** Bill received from printer for type-set not used, discussion. Also waiting to receive Slet pictures from membership.

**SECRETARY:** Jackie cleaned office while everyone was at Slet. Preparing convention material to be sent in September.

**II VICE PRESIDENT:** Gary stated that biggest problem at festival was food distribution.

**I VICE PRESIDENT:** Chuck is working on the identification program with Sis. Pros.

Items of note: our new flags went to the Slet and returned packed wet and are now faded. Also have the backdrops used at the Festival, that need to be rolled up on carpet rollers in order to preserve paint. Also need someone on monthly basis to take publication to post office.

**PRESIDENT:** Attended Central District Slet, Omaha Slet and presented blanket to winning horse at Omaha. Attended banquet, gave a speech, attended volleyball, gymnastic competitions, made speech and presentation at the Slet, to Mutual of Omaha, Omaha Herald and Br. Roman Hruska banquet.

Final preparations of our tri-fold brochure in motion.

Hospodář will not be re-ordered, approved.

**1990 CONVENTION:** We will have use of a fax machine. Change of date NOTE: APRIL 28, 1990.

If BOI meets on April 25, at 2 p.m. we will need to arrange for rooms.

Br. Kala recommended that our Christmas seals celebrate our 125th.

**PARIS TOUR COMMITTEE:** Br. Basta chairman, C. Borvansky, J. Satek, P. Lebloch, R. Ptacek, R. Zitny, and Sis. M. Ptacek. First meeting in April, bids sent to Heger Travel, Weber Travel, Uniglobe Cihak World Travel. Two proposals returned, Weber and Cihak. After reviewing and considering itineraries offered, remuneration, experience of tour guides, tour guide training, total cost, hotel location and quality, past experience, the tour committee unanimously recommends Uniglobe Cihak World Travel for the Paris tour, approved.

Samples of art shown as possible for our 125th seal. No decision at this time.

Meeting adjourned 10:10 p.m.

## INVITATION TO CELEBRATE!

Sokol Miami's 20th Anniversary,  
November 25, 1989 at 1:30 P.M. at  
the Czechoslovakian Club in North  
Miami. Reservations are requested.

## ASO FINANCIAL REPORT

AUGUST, 1989

### RECEIPTS:

Dues	\$ 4,716.00
Dividends & Interest	189.53
Resale of Jewelry	149.00
"Highlights of Czech History"	6.75
U.P.S.	14.82
Office Supplies	2.36
Membership kits	60.00
Video	8.00
Plates	66.00
Ties	8.00
Donation - Lynda Filipello	125.00
	<hr/>
A.S.O. Uniform Division - Rent, Salaries, etc.	\$ 5,345.46
	629.10
Total Receipts	\$ 5,974.56

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office Employees	\$ 843.13
Salaries - Membership	218.25
F.I.C.A. & F.W.T. for July, 1989	261.24
Rent, Janitor Service, Phone, Electric	1,097.88
Travel Expense	307.00
Postage	83.95
Printing - Qtrly Report Forms & Checks	114.55
	<hr/>
	\$ 2,926.00

#### BOARD OF INSTRUCTORS

Salaries	\$ 396.61
F.I.C.A. & F.W.T. for July, 1989	96.72
Editor "Sokol Gymnast" - August, 1989	30.00
Add'l. copies "Sokol Gymnast" - August 1989	58.00
Articles set - never used in "Sokol Gymnast"	930.00
	<hr/>
	\$ 1,511.33

#### EDUCATIONAL DEPARTMENT

Salary	\$ 59.09
F.I.C.A. - July, 1989	18.64
Postage	5.30
Library Supplies	3.00
	<hr/>
	\$ 86.03

#### SOKOL PUBLICATION

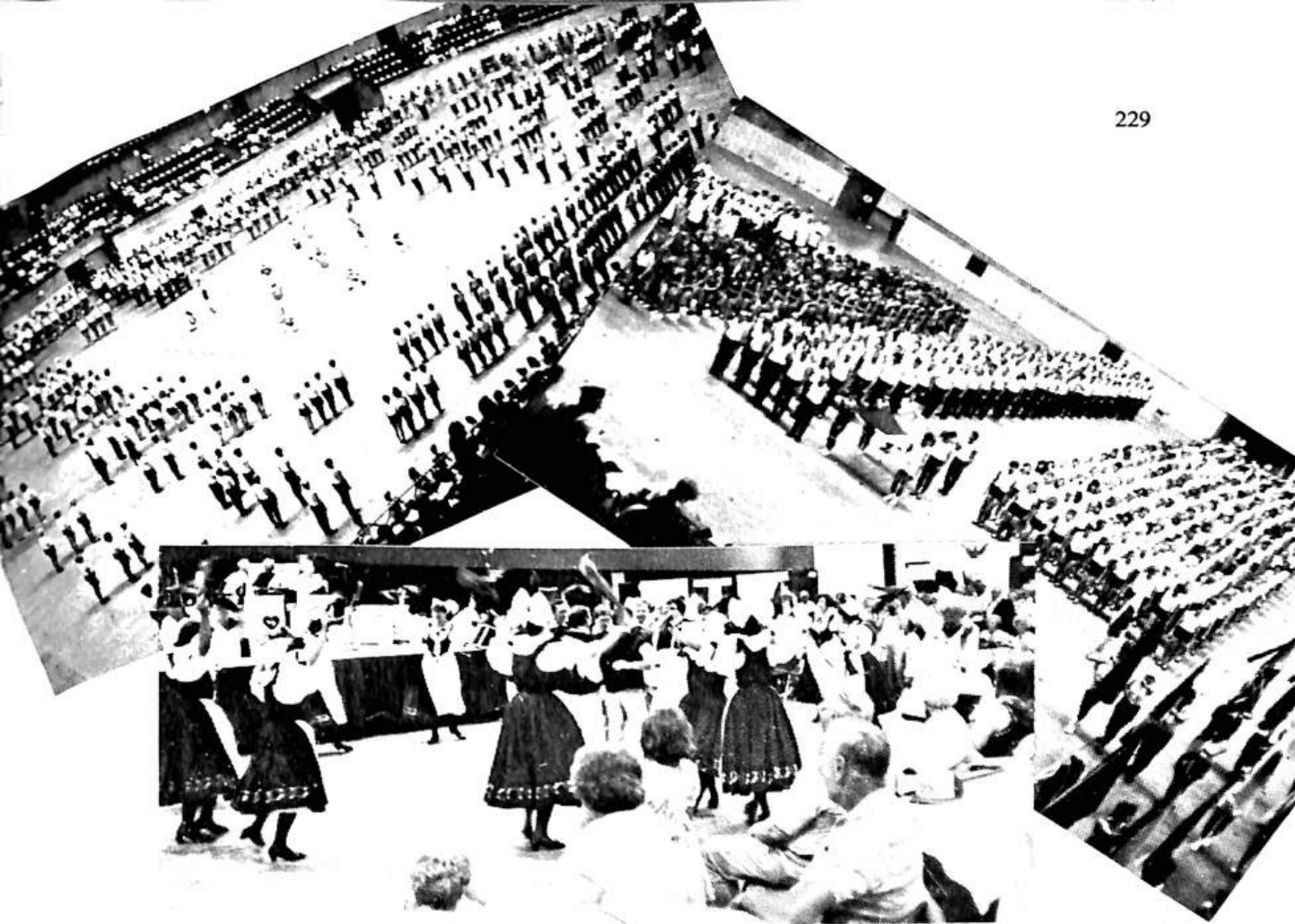
Editor - "American Sokol"	\$ 125.00
Printing "American Sokol" - July-August, 1989	996.04
Postage "American Sokol" - July-August, 1989	15.45
	<hr/>
	\$ 1,136.49

#### MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A. & F.W.T. July 1989 & Phone	\$ 153.17
Special Appropriations - Northeastern District	9.59
	<hr/>
	\$ 162.76
Total Disbursements	\$ 5,822.61

Balance brought forward:	
Affiliated Bank / Western National - Checking Acct.	\$ 7,468.25
Receipts - August, 1989	5,974.56
	<hr/>
	\$13,442.81
Disbursements - August, 1989	5,822.61
	<hr/>
	\$ 7,620.20

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



## Recalling Omaha Slet

Our national Slet in Omaha was indeed a fascinating Sokol spectacle. All Slets are celebrations that we enjoy to their utmost, but Nebraska was an unknown entity, a state where Czech immigrants used to come in droves but do not anymore, as they are lured by the seemingly exciting mega cities, with pollution, crime and gridlocks that negate all other advantages. Those of us from the East found Nebraska to be a rather unexpected environment. The Nebraskans surprised us with their friendliness. Even the air seemed to be lighter and certainly cleaner. Our hearts warmed up right at the airport seeing a sign "Vítáme Vás". On the other hand, the natives were pleasantly surprised that we brought with us an occasional rain, so rare in the hot mid-western summer.

The Slet, with its Czechoslovak Festival, gymnastic meet, banquets, reunion of Prague Slets participants, and a final performance of mass calisthenics, dance and apparatus exercises, was well prepared. No words, spoken or written, may add to the radiance on gymnasts faces as they harvested the fruits of their hard work. Seldom can one see so much beauty. As far as Slets or similar sport festivals are concerned, no one can do better than American Sokol. The Czechoslovak Festival was an excellent addition, despite intermittent showers which at times interrupted the outdoor activities. Friday night seemed to be a critical, yet very successful,

point of the entire week. Three thousand people came to open the Festival at the downtown Auditorium, while 1,200 Sokols packed the South Omaha Sokol Hall for the Victory Dance. Two orchestras entertained the young and old. Only in Omaha one finds a Sokol Hall large enough to accommodate so many people.

Although Omaha has no downtown area as we know it in the East, there are so many cultural sights and attractions that we couldn't see them all. Among them, the Western Heritage Museum is a gem in itself. It portrays an early American as a pioneer, who was not seeking adventures but rather a better life for himself and his family. As for the Czech heritage, next to Chicago, Omaha is undoubtedly the center of Czechoslovak-American ethnic life in the United States. Where the Governor of the State comes to address the Slet Banquet to pay a tribute to the Sokol movement and where a Mayor of a city of almost half-a-million Nebraskans is himself a Sokol, there must be a strongly enduring Czech ethnic life and plenty of Sokol spirit.

It was this Sokol spirit that made the XVII Slet of American Sokol Organization such a fine affair and one that will remain in our memory for many years to come. The Executive and Slet Committee and the National BOI of the ASO together with dedicated brother and sister Sokols of Omaha once again affirmed the old adage: Where is a will, there is a way.

*Nazdar*

*Br. W. Slavik, N.C. Dist. President*

## *Julius Fučík...*

*and the Indian Club Special Number*

VLADISLAV SLAVÍK:

What is the pretty tune that is heard so much in our Sokol Halls? The quickly changing music seems to fit somewhere between Johann Strauss and František Kmoč. It must be Czech music, no doubt, with a certain dose of military accent, yet in perfect rhythm and as imaginative as varied. In its  $\frac{3}{4}$  tempo one can easily imagine the silvery gentle waves of any pristine river. Indeed, the author titled this composition *The Donau Waltz*.

The composer of these wonderful melodies is Julius Fučík, well known in his native Czechoslovakia, but almost unknown in the rest of the world. Until recently, that is; for that is now changing. Just a few years ago, the Czech Philharmonic, under the leadership of the always innovative Václav Neuman, recorded long playing records and tapes of Fučík music. While Fučík compositions stand out by themselves, the skill and typically homey sound of the Czech Philharmonic substantially added to their fine orchestral quality. Through these records the world is getting to know the music of Julius Fučík.

Julius Fučík was born in July of 1872 in Prague. In his formative years he attended the renowned Prague Conservatory. He was very fortunate to be a student of Antonín Dvořák who recognized his talent and urged him to compose. When his studies were completed, Fučík accepted a post of a military band leader that secured him a steady income and gave him plenty of time to compose. And compose he did. There is not a soldier in Europe who wouldn't march to Fučík's music. His march "Entry of Gladiators" opened the first athletic day at the Olympic Games in Paris in 1924, while many of his marches led thousands of Sokol on the Slet fields. Fučík's overture "Marinarella" is a century old favorite played many times at summer outdoor concerts and renowned spas.

Fučík died very young, in his 44th year, but even so he was a very productive composer. He gave us 240 compositions, mostly marches, waltzes, mazurkas and overtures. As he moved from one military band to another, he found much of his inspiration in his native Bohemia, on the Adriatic coast and on Donau River.

Few years ago, when Sis. Dagmar Fialová of Sokol Washington, D.C. was preparing an Indian Club exercise she selected as accompaniment Fučík's *Donau Waltz* (*Dunajské vlnky*). As with her previous composition for 1982 Slet in Vienna, Sister Dagmar made an excellent choice. Her Indian Clubs number is not only eye-pleasing, as proven in Omaha, but the music selection is a real treat for our ears.

So, when you whistle the *Donau Waltz* on the way home from your Sokol Hall, remember that it was a Czech composer, Julius Fučík, and a fine Sokolka, Dagmar Fialová, who put it all together.

Nazdar!

## All Sokol Round Table Forum

HOLIDAY INN — CAUCUS ROOM  
OMAHA, NEBRASKA — JUNE 25, 1989

The third ALL SOKOL ROUND TABLE FORUM was opened by Brother George Basta, President, American Sokol Organization, at 10:00 AM on Sunday, June 25, 1989. Brother Basta welcomed all delegates and guests, requesting each to rise and give his/her name, organization and position.

Listed below is a list of the participating organizations and their representative delegates:

**Sokols Abroad** — Lota Vitezslav, Ing. Karel Staller, London, England, Jan Waldauf.

**Yugoslav Sokol In The Free World** — Ivana Bevc, Branko Sviricic.

**Slovak Gymnastic Union Sokol** — John Walek, President, Stephen J. Banjak, Director, Christine Yatchyshyn, Directress.

**American Sokol Organization** — George Basta, President, Richard Ptacek, Director of Men, Sylvia Pistorius, Director of Women.

### Guests in Attendance

Jaroslav Hanus — Sokols Abroad, Josef Hrib — Sokol Canada, Anna Janous — Sokols Abroad, Frank H. Michalek — ASO-BOI — Gymnast Editor, Jerry B. Milan — ASO — By-Laws (Texas), Rome Milan — ASO — Southern Distr. Director, Jim Riha — ASO Western District — Vice-Pres. — By-Laws, Gary Masek — ASO — II. Vice Pres. — Western District President, Jan Sopoci — Secretary Sokol USA, Barbara Porter — Sokol USA — Directress District Svatopluk, Radmila Locher-Jerabek — President Sokol Toronto (Canada), Alice Vrancik — Sokol District Tatra President, Ellen Kovac — Assistant Chief Physical Directress Sokol USA, Lt. Tony DiDomenico, CED, US Navy — Sokol New York/Sokol Slavsky/Sokol Los Angeles, Lynda Filipello — Editor ASO Publication, Wendy Janousova, Ann Basta — ASO Marie Ptacek — ASO — Executive Board & BOI, Edwin Halik — ASO, Vojmir Banak — Western District Director. (Taken from sign-in sheet.)

Motion made and passed to approve the minutes of the Second Forum held in Montreal, Canada in June 1988.

Letter from Polish Falcons extending best wishes for a successful Slet and extending regrets at being unable to take part in the Round Table discussion.

D.A. Sokol also expressed regrets at being unable to take part in the Forum due to a conflict in travel schedules.

Bro. Banjak addressed the "Statutes of the Sokol Federation in the Free World" which was to serve as a basis for the forming of the Pan Sokol Federation. Copies were distributed and Bro. Banjak advised the delegation that these statutes have been reviewed and that Sokol USA fully supports the concept.

Bro. Basta advised that the ASO also has no objections to the above statutes, however, final



AMERICAN SOKOL ORGANIZATION

# GYMNAST

OCTOBER 1989



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

## American Sokol Organization Merit Award for 1989-90

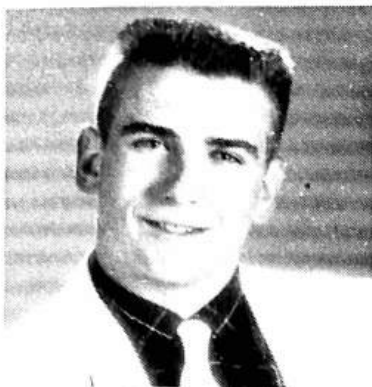
Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.



**PATRICIA KALAT**  
Sokol Karel Havlíček Borovský  
Southern District  
University of Texas



**JENNIFER FRYE**  
Sokol Cedar Rapids  
Western District  
University of Iowa



**JACK DROBNÝ**  
Sokol Greater Cleveland  
Northeastern District  
Ohio State University



**HEATHER ANN FLATAU**  
Sokol St. Louis  
Central District  
Loyola University



**ANGELA FILIPELLO**  
Sokol Naperville  
Central District  
Illinois Benedictine College

### RENEWALS

**CHARLES KALAT**  
Sokol Karel Havlíček Borovský  
Southern District  
North Texas State University

**DANIEL JIROUSEK**  
Sokol Greater Cleveland  
Northeastern District  
Robert Morris College

**THOMAS PAJER**  
Sokol Slavsky  
Central District  
University of Illinois

**GLENN PETKO**  
Sokol Slavsky  
Central District  
University of Illinois

### MERIT AWARD COMMITTEE

Sylvia Pistorius, Richard Ptacek, Marie Ptacek, Paul Lebloch, Charles Borvansky, Anne Halik, Chairman

## Southern District Slet American Sokol Organization

WEST, TEXAS  
9-11 JUNE, 1989

The Southern District Slet was hosted by the Sokol Gymnastic Association of West. For many it was the first look at their new spacious gymnasium which was dedicated earlier this year. Volleyball championships were held at the West High School Gym, apparatus competitions at the Sokol and adjoining Lone Star Hall, awards dance at the Lone Star Hall, and the Slet Program at the West High School football stadium.

The membership of Sokol is to be congratulated for its hard work and dedication for constructing the newest Sokol facility in the American Sokol Organization and for the excellent job it did in hosting the District Slet. *Nazdar, Sylvia Laznovsky*

### COMPETITION RESULTS

#### Girls, Class I Low

- |                      |                |
|----------------------|----------------|
| 1. Rachel Smisek     | Dallas         |
| 2. Penny Skalnik     | Dallas         |
| 3. Shannon Greer     | Corpus Christi |
| 4. Judy Sheridan     | Corpus Christi |
| 5. Kerinne Schroeder | West           |
| 6. Angela Smisek     | Dallas         |
| 7. Kelly Sims        | Dallas         |

#### Teams:

- Dallas
- Corpus Christi
- West No. 1
- Ft. Worth
- West No. 2

#### Girls, Class I High

- |                     |           |
|---------------------|-----------|
| 1. Charlotte Boule  | Dallas    |
| 2. Shannon O'Neill  | Dallas    |
| 3. Sara King        | Ft. Worth |
| 4. Kristen King     | Ft. Worth |
| 5. Andrian Albarado | Ft. Worth |
| 1. Team: Ft. Worth  |           |

#### Girls, Class II Low

- |                   |                |
|-------------------|----------------|
| 1. Donnell Rolan  | Corpus Christi |
| 2. Aubri Shock    | Ennis          |
| 3. Dawn Pate      | Dallas         |
| 4. Melissa Ludwig | Ennis          |
| 5. Britin Santi   | Dallas         |

#### Teams:

- West No. 1
- West No. 2

#### Girls, Class II High

- |                    |         |
|--------------------|---------|
| 1. Bethany Larson  | Ennis   |
| 2. Amy Cilny       | Houston |
| 3. Miranda Haggard | Ennis   |
| 4. Taylor Killens  | Ennis   |
| 5. Tina Avery      | Ennis   |

Team: Ennis

#### Junior Girls, Novice Division

- |                  |           |
|------------------|-----------|
| 1. Andrea Morrow | Ft. Worth |
|------------------|-----------|

#### Junior Girls, Low B Division

- |                    |       |
|--------------------|-------|
| 1. Christine Cepak | West  |
| 2. Stacy Stoermer  | West  |
| 3. Michelle Avery  | Ennis |

#### Teams:

- West
- Ennis

#### Junior Girls, Low A. Division

- |                     |       |
|---------------------|-------|
| 1. Kristi Kubin     | Ennis |
| 2. Jessica O'Bannon | Ennis |
| 3. Heather Larson   | Ennis |

#### Teams:

- Ennis
- Corpus Christi

#### Junior Girls, Intermediate Division

- |                    |           |
|--------------------|-----------|
| 1. Wendy Herron    | Ft. Worth |
| 2. Leslie Mitchell | Ft. Worth |
| 3. Tracy Abby      | Ft. Worth |

#### Teams:

- Ft. Worth No. 1
- Ft. Worth No. 2
- Ft. Worth No. 3

#### Junior Girls Championships

- |                  |           |
|------------------|-----------|
| 1. Tracie Wooten | Ft. Worth |
| 2. Kelly Hill    | Ft. Worth |

#### Women, Low B Division

- |                 |      |
|-----------------|------|
| 1. Edwina Matus | West |
|-----------------|------|

#### Women, Low A Division

- |                     |       |
|---------------------|-------|
| 1. Laurie Southwell | Ennis |
| 2. Kim Oates        | Ennis |
| 3. Rhonda Liska     | Ennis |

Team: Ennis

#### Women, Intermediate Division

- |                     |                |
|---------------------|----------------|
| 1. Mila Walduf      | Ft. Worth      |
| 2. Gerilyn Sijansky | Corpus Christi |

#### Junior Boys, Low B Division

- |                  |       |
|------------------|-------|
| 1. Shawn Kaluza  | West  |
| 2. Ryan Mullican | Ennis |
| 3. Jason Stout   | Ennis |

#### Junior Boys, Low A Division

- |                     |                |
|---------------------|----------------|
| 1. Blaine Mason     | Ft. Worth      |
| 2. Bryan Stark      | Corpus Christi |
| 3. Philip Podhrasky | Dallas         |

#### Junior Boys, Intermediate Division

- |                    |           |
|--------------------|-----------|
| 1. Jessie Traynham | Ft. Worth |
| 2. James Klutts    | Ft. Worth |
| 3. Josh Milan      | Ft. Worth |

#### Teams:

- Ft. Worth No. 1
- Ft. Worth No. 2

#### Men, Low B Division

- |                  |       |
|------------------|-------|
| 1. Charles Kalat | Ennis |
|------------------|-------|

#### Men, Championship Division

- |                 |           |
|-----------------|-----------|
| 1. Les Garrett  | Ft. Worth |
| 2. Wade Garrett | Ft. Worth |

**Boys, Class I Division**

- |                    |           |
|--------------------|-----------|
| 1. Scott Chladek   | Houston   |
| 2. Byron Santi     | Dallas    |
| 3. Kris Cagel      | Ft. Worth |
| 4. Jason Jurcik    | Ennis     |
| 5. Robert McMillon | Ennis     |

## Teams:

1. Dallas
2. Ennis

**Class I Boys, High Division**

- |                  |           |
|------------------|-----------|
| 1. Brian Cofer   | Dallas    |
| 2. Lucas Mikeska | Houton    |
| 3. Chad Hufsey   | Ft. Worth |

**Boys, Class II Low Division**

- |                     |        |
|---------------------|--------|
| 1. John Paul Simcik | West   |
| 2. Justin Kaluza    | West   |
| 3. Doug Nors        | West   |
| 4. Brian Smicek     | Dallas |
| 5. Jason Macalik    | Ennis  |

**Boys, Class II High Division**

- |                   |           |
|-------------------|-----------|
| 1. Boris Palcik   | Dallas    |
| 2. Jacob Tryanham | Ft. Worth |
| 3. John Hartnett  | Ft. Worth |

**JUNIOR VOLLEYBALL CHAMPIONS — SOKOL CORPUS CHRISTI****SENIOR VOLEYBALL CHAMPIONS — SOKOL WEST****CHILDREN'S SPECIAL NUMBER AWARDS:**

1. SOKOL WEST
2. SOKOL ENNIS

**ADULT SPECIAL NUMBER:**

1. SOKOL FT. WORTH

## GYMNASTICS SAFETY

### *The Coaches Corner*

ROBERT COWAN

*USGF Men's Program Administrator***Strength training**

It constantly amazes me the amount of material which has been written on strength training and yet confusion still exists on when to train strength, how long, who is too young, and a myriad of other concerns.

Listed below are some conclusions and suggestions that have influenced my philosophy of strength training.

**1. Strength training for young children?** Pre-pubescent strength training is not bad... when done in moderation and under close supervision. Weight used should be minimal, exercises should be done through a full range of motion, and attention should be paid to correct form. Like anything taken in moderation, this can be very effective. A program known as "Future Force" was introduced to the Men's Regional Chairmen last spring and shown to the general membership at the 1988 USGF Congress. I suggest you become cognizant of

this concept whether or not you eventually adopt and utilize the system.

**2. When do you train for strength?** Research and experience suggest that strength training is more effective when done at the *beginning* of the workout... again, if supervised and well planned. Unfortunately, time constraints always seem to push strength training and its partner — flexibility — to the end of the priority list. How often does a coach find that as they finish his/her well organized and planned workout, they end up saying over their shoulder as they go to deal with parents, budgets, returned phone calls, etc. — "Okay, do your strength work."

Research suggests that the athletes are physiologically more prepared to do strength work at the beginning of the workout; while flexibility enhancement may be best situated at the end of the training session. Combinations of strength exercises specific to certain events may be utilized DURING the course of the training period. (This pattern is common in the training programs of many foreign countries.)

**3. The best athlete is a strong athlete.** If you want your gymnast to tumble higher in order to have more time to add twists or saltos, this may be achieved more/as readily by attention to strength than technique.

**4. The "Principle of Specificity"** — Strength exercises should closely duplicate or replicate the actual gymnastics skill to be performed. In general, the manner in which a gymnast needs to utilize strength is the manner in which the gymnast should train strength. Along with this very acceptable philosophy comes the understanding that "total" body strength will give you a better athlete regardless of the sport involved.

Not only will the athlete be able to perform super skills and routines, but will be able to train longer and *with less injury* because of their increased "general" and "specific" strength!

**5. Vary the program** — Strength programs should be rotated or changed occasionally for several reasons. Repetition of the same program becomes boring to young minds, especially if there is not good communication between the coach and the athlete as to WHY they are working strength. The mind/body begins to adapt itself to the strength program after a period of time. Even a small change in the program can produce better results. *Never use strength training as a punishment!*

There are many types of strength and many different ways to develop them. Familiarize yourself with some of the terms and methods of strength training. Have a definite program in mind for pre-competitive, competitive, and transition cycles. It is also a good idea to work with your local sports physicians and trainers to develop therapeutic strength programs for any injured athletes. But, remember:

**Supervision is the key to success of this program.**

You will be pleasantly surprised at the results of a good strength program! Your gymnast's confidence level will increase almost parallel with their skill level.

Good luck. There is no substitute for hard work!

## Men's Vaulting:

### Learning to contact the board correctly

By MARK PFLUGHOEFT

*Men's Coach, University of Wisconsin-Madison*

The amount of run and correctness of the board work determine the results of any vault. In the Sept. 1987 issue of IG, Jim Holt covered the many steps to proper run in vaulting, and now it is time to outline the specifics of board contact.

#### Forward Handspring

A forward handspring and a forward handspring-front are two basic vaults that allow gymnasts to create solid basics concerning board contact. Many times the Tsukahara vault confuses young gymnasts with regard to their board work in that the half turn is executed too early and the many required body positions are "mushed" together rather than achieved individually. A forward handspring vault is a much simpler beginning vault, as is the handspring-front, and these vaults should be learned prior to the Tsukahara.

#### Arm Swing

It seems there are few constants in gymnastic coaching today. New techniques are developed daily, and what works for one gymnast does not necessarily apply to the next. This, though, does not appear to be true for arm swing in vaulting. Long ago gymnasts were taught an underswing for vaulting. This backward swing that finishes with the arms coming forward up to eye level still seems to be the best method. No other lift appears to give the gymnast the needed quickness to the horse. Also, the equal and opposite reaction to this arm swing enables the gymnast to: a) compress the board farther; and b) contact the board at a correct angle (see Board Contact).

#### Hurdle Step

The step to the board, or hurdle step, must of course be quick. Height on this step will slow the transition and lose power for the vaulter. Once this hurdle step is efficiently coordinated with the arm swing, one can begin concentration on the board contact.

#### Board Contact

After the above skills are attained, there are two points of emphasis to be mastered regarding board

contact. These two points deal with one's body position and one's body tightness on contact with the board.

Board contact is the determining factor in vaulting. If this position is incorrect, the vault's efficiency will decrease rapidly. The simplest way to describe the board contact position is vertical from feet to chest. A forward lean here will cause the vaulter to lose punch in that his weight will pass over the board rather than compressing the board, causing a tripping-like takeoff. A backward lean will create a too-vertical takeoff, lofting the vaulter to the horse and losing precious speed to the apparatus. (Of the two, leaning too far forward creates the lesser problem.)

A correct takeoff is only termed "vertical" from the feet to the chest. To attain this, the gymnast must force his hips forward upon contact with the board. Otherwise the hip angle will break backward, thus loosening the body and sending their vaulter into the horse at a very low angle. From the chest up, the gymnast must hollow forward as to move his upper torso to the horse quickly, while maintaining this tight hollow position.

"Tightness" is the second key. The vertical hollow position (hips forward) must be very tight on contact with the board and it must remain so. The common error is to drive the heels or arch off the board, thus loosening the body. This heel drive or back arch must take place, but not until the hands are near contact with the horse. This provides not just height but rotation for a handspring-front vault. This technique was used masterfully by the USSR's Sergei Kharkov in his handspring double front vault at the Seoul Olympics.

A good drill is to have gymnasts yell or grunt as they contact the board. This "grunt" comes from their lower diaphragm and verbally symbolizes and communicates the tightness in their midsections. When this extreme midsection tightness is reached, the gymnast's body will not absorb so much of the board's recoil and the vault will improve dramatically.

#### Review

Hurdle: low and quick.

Arm Swing: underswing, arms circling backward during hurdle, then upward to eye level upon board contact.

Board Contact: vertical from feet to chest, chest hollow, midsection tight, hips forward.

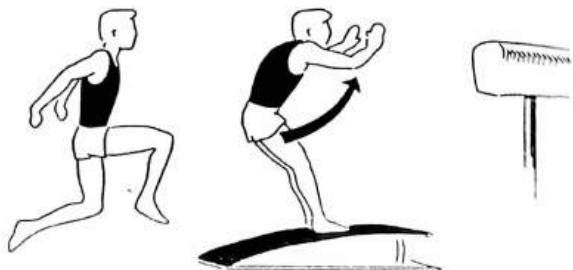
Board Takeoff: tight and hollow, head neutral, eyes viewing hands and horse.

Horse Contact: begin a full body arch.

#### Board Contact

A correct takeoff from the board will make vaulting much easier. As you approach the board, keep the hurdle low and swing the arms from behind the body upward to the horse. Keep tight when feet make contact with the board, and don't lean forward too far.

Illustration by GYMNASI April 1989



approval will have to be obtained at the ASO Convention scheduled for April 1990 in Fort Worth, TX.

Motion by Bro. Banjak and seconded by Bro. Waldauf for all organizations to take these Statutes to their Conventions for approval in order to form a Pan Sokol Federation. Motion passed.

#### Update Sokol Manual

Bro. Banjak reported on the status of the Sokol Manual. This manual has been 9 years in the making, which, due to the artwork involved, is a slow and tedious process. The calisthenic portion is complete, the apparatus section also is finished and is, at present, in the hands of the Manual Committee for proofreading. The remaining sections, except for some discussion on marching tactics, will be relatively easy. The Pyramid section will be the same except for some changes in terminology. A meeting of the Manual Committee was recommended for some time in the Fall.

Bro. Banjak advised the delegation that he has been in contact with the Youth Director of the Polish Falcons and was advised that a new President has been elected. Further contact is planned and efforts made to arrange a meeting in order to encourage more mutual involvement and participation with the Polish Falcons.

#### Tournament Rules

Sis. Pistorius addressed the delegation regarding plans for the formation of a unified set of Tournament Rules to be prepared by Sokol USA and ASO. All Guest Organizations are again invited to attend the ASO District Directors Conference to be held in the Detroit area October 13-15, 1989\* at which time these proposed rules will be presented, discussed and voted upon. Bro. Kalat ASO Tournament Rules Chairman, has been in contact with Sokol USA working on ways to create one unified, workable set of Tournament Rules.

Sis. Yatchashyn recommended that a meeting be set up before the District Directors Conference to work out some agreement on how this merger can be accomplished. Sokol USA would also like to start this unification process with Clinics, Courses and Schools, etc.

Bro. Staller of Sokols Abroad advised his interest in obtaining a copy of Volleyball Tournament Rules. ASO will see that a copy of these rules are mailed to his attention.

Bro. Banjak announced that Sokol USA will be celebrating their 100th Anniversary in 1996 and are requesting permission to hold their Slet that year. At present, Sokol Canada is scheduled for 1996, however, Bro. Waldauf advised that they would have no objection to changing their date. This change, however, would mean that Sokol USA and ASO would have Slets immediately following each other. In order to circumvent this, Sokol USA has proposed the following Tentative Schedule, creating a 5 year interval for ASO & Sokol USA, which

would revert to the original 4 year interval after year 2000.

- 1991 — Sokol USA
- 1992 — Sokol Canada
- 1993 — ASO
- 1994 — Sokols Abroad
- 1995 — Sokol Canada
- 1996 — Sokol USA
- 1997 — Sokols Abroad
- 1998 — ASO
- 1999 — Sokol Canada
- 2000 — Sokol USA

ASO advised that this will be discussed and voted upon at the Convention.

Bro. Staller advised that four year intervals place an almost unbearable burden on the organization and that a five year interval would suit them very well.

Bro. Banjak advised that Sokol USA has passed a resolution to form an Honor Society which would recognize leaders from all Sokol Organizations. Each Organization will be asked to submit the names of two outstanding individuals (living or deceased whose achievements are deserving of recognition. "Slavnost" will be the theme for the Sokol USA Slet in 1991 and at the Slet Banquet 8 people from 4 organizations will be inducted into the proposed Honor Society.

Sis. Pistorius advised that Central District ASO has a similar program, namely a "President's award" which is awarded yearly to the outstanding man and woman who has contributed the most to Sokol not only at the unit level, but also the District and National level. Each Sokol Unit is asked to submit two names and they are then voted upon.

Bro. Banjak's proposal met with the approval of all Guest Organizations.

Bro. Waldauf congratulated the ASO on a successful Slet. Sis. Yatchyshyn also extended best wishes and congratulations from Sokol USA on a successful Slet.

Recommendation made by Sokol USA that correct terminology be used when writing calisthenics, the calisthenic portion of the Manual would be useful in this regard.

Some problems in communication were also noted, where Lodges did not receive necessary information. Sis. Filipello recommended that forms requesting information and other pertinent news be printed in the various organization publications. Also an exchange of an updated list of active and inactive Units or Lodges (with names and addresses) would help considerably in this regard.

Bro. Staller of Sokols Abroad presented Bro. George Basta with a 1990 Paris Slet commemorative pin. Plans for the forthcoming Slet were discussed, and it is the sincere hope that a good representation will be had from all guest organizations. Sis. Pistorius inquired about calisthenics and other material and was advised that all is in readiness and should be received by October.

Sis. Filipello recommended the use of Sokol halls and other schools, etc. for dormitory-type facilities.

\* Mtg. postponed to pre-convention date April 25th.

This would provide more economical accommodations and thereby encourage more participation. Bro. Staller advised that there will be three types of sleeping accommodations at the Paris Slet. 1. Tent-type, 2. Barracks, 3. Hotels. Since the first two are extremely popular, reservations must be made early. A list of accommodations were given to each delegation.

Bro. Banjak announced the National Meeting will be held in Greenwich, CT, September 9-10, 1989. All Guest Organizations are invited to attend.

Bro. Walek announced that the 21st Sokol USA Slet will be held in Indianapolis, in June 1991.

Motion made and passed to have the Sokols Abroad host the next Round Table Forum in Paris on the Monday following the Slet.

There being no further business to discuss, Bro. Basta adjourned the meeting at 11:30 AM.

Nazdar!

Respectfully submitted by:

*Frances Malina, ASO BOI Secretary*

Streetscapes:

**The Czech Gymnastic Association Clubhouse**

## A 2-Story Survivor Amid Upper East Side High-Rises

*By Christopher Gray, The New York Times*

It's one of a vanishing species, an element of the ethnic Upper East Side that used to be the stronghold of Central and Eastern European nationalities. The New York Sokol's 1896 building at 420 East 71st Street is one of the survivors, a two-story intermission amid a growing forest of high-rises.

At the moment it looks as if it is going to stay where it is, despite regular offers from developers and zoning that makes the site usually attractive for new construction.

Immigration to the United States from what is now Czechoslovakia increased in the 19th century, in part because of its domination by Austria. A Sokol, a club devoted to gymnastic and other athletic pursuits, had been established in Czechoslovakia in 1863 despite Austrian objections — the physical regimen of gymnastics was a mild form of resistance, as if training an army-in-waiting.

The Sokol New York was formed in 1867, and at first was on East Fifth Street, in the heart of the Czech community. But more immigration, and the establishment of the largely Czech cigar industry in the East 70's in the 1880's led many Czechs uptown.

The Sokol joined with other Czech groups in seeking to build a large hall, which was ultimately opened in 1896 at 325 East 73rd Street as the Bohemian National Hall. But as plans were being drawn, Sokol New York members, feeling short-changed over the amount of space they would have in the new building, split off to build their own structure. It, too, opened in 1896, at 420 East 71st Street.



The New York Sokol Hall at 420 East 71st Street, circa 1935.

Membership was by then about 500, but plans for a four-story hall were too ambitious, and the architect, Julius Franke, compromised at a two-story structure built for \$30,000 in just a few months. Franke was to become better known as the architect of the infamous Triangle Shirtwaist building built in 1901 at Washington Place and Greene Street, where 146 workers died in a fire in 1911, partly because of skimpy exits.

The new 71st Street building, Sokol Hall, was elegant but not showy, a simple Renaissance-style facade of beige brick and terracotta five bays wide with a projecting granite portico. Two large tables on the facade read "Erected in MDCCCXCVI" and "Czech Gymnastic Association." On the day the cornerstone was laid, The New York Times reported "all the houses among First and Second Avenues, from up to 75th Street, were decked with flags and streamers, the red-and-white banner of Bohemia mingling everywhere with the Stars and Stripes."

Inside, the new building offered a cafe, a ladies' room and a restaurant and wine cellar, but the central feature was the Great Hall, 50 feet wide and 115 feet deep. The Czechs had been able to acquire an unusual 145-foot-deep lot; most lots go only to the center line of the block, 100 feet in.

Old photographs show a space full of gymnastic equipment, ringed by a great oak gallery and painted like a European concert hall — marbled columns and elaborate stencil and decorative work on the walls.

The hall was a centerpiece for the Czech community in New York, offering dinners, theatrical events, concerts, bazaars and a comfortable social club.

But histories of the Sokol note that in the 1920's many families moved out of the area, in part because of demolition of housing and business by New York Hospital and other nearby institutions. By the 1930's the Sokol was sharing its clubhouse with other organizations.

Gradually, the building fell into disrepair — tin ceilings bulged and were crudely patched, oak trim was painted over and cheap paneling covered areas

of decorative painting. Although the original elements may survive under these later alterations, only the form of the building, the great, deep hall with its surrounding gallery, is left to awe the modern visitor.

In the 1960's the cornice and portico were crudely removed, probably destroying the building's chances for landmark designation.

The Sokol, with about 180 active members, still runs gymnastic and other programs — mats and equipment cover the main hall — but it also rents rooms out for other classes.

As many of the older buildings in the area were disappearing, Halina Rosenthal, president of the Friends of the Upper East Side Historic Districts, led a successful campaign in 1985 to downzone the 200-plus sidestreet blocks throughout the Upper East Side, from an R8 to an R8B classification. This reduced the allowable building height on a typical sidestreet site from 12 to 6 stories. But the City Planning Commission exempted a half-dozen mid-blocks between 66th and 71st Streets.

"They thought those blocks were generally owned by the institutions," Mrs. Rosenthal recalled, "and should be permitted denser development."

The Sokol is in one of the exempted blocks.

Norma Zabka, president of the New York Sokol, says the organization gets regular calls from developers seeking to acquire the building and its site. But the Sokol has just cleaned the facade of its building and Mrs. Zabka says it is staying put, at least for the foreseeable future.

## Calendar of Events

- NOV. 2 — Sokol/Sokolice Milwaukee Annual Mtg.
- NOV. 4 — Central District Girls Track & Field
- NOV. 4-5 — Sokol Great Cleveland VII Czech Holiday Fair
- NOV. 11 — Central District B.O.I. Annual Meeting
- NOV. 11 — Sokol Havlíček Tyrš Dinner Dance
- NOV. 12 — Central District Annual Meeting
- NOV. 12 — Sokol South Omaha Card Party Museum Benefit
- NOV. 17-19 — Folk Fair, Milwaukee MECCA
- NOV. 17 — Central District Rhythmic Competition
- NOV. 18 — Sokol Houston Turkey Dinner & Dance
- NOV. 29 — Sokol Slavsky Dinner at Mid-America, Lim. reserv. 6:30 p.m.
- DEC. 2 — Sokol San Francisco Mikulášská
- DEC. 3 — Sokol G. Cleveland Annual Meeting & Social
- DEC. 3 — Sokol/Sokolice Detroit Czech Dinner Party
- DEC. 9 — Sokol G. Cleveland Mikulášská (St. Nick) Dance
- DEC. 10 — Sokol San. Fran. Annual Mtg.
- DEC. 15 — Sokol Houston Annual Christmas Party
- DEC. 31 — Sokol G. Cleveland New Year's Eve Party
- DEC. 31 — Sokol Houston New Year's Eve Dance
- DEC. 31 — Sokol San Francisco Sylvestr
- DEC. 31 — Sokol/Sokolice Detroit New Year's Eve Dance
- JAN. 4 — Sokol/Sokolice Milwaukee Installation of Officers
- JAN. 12-14 — Central District Gym Progressions Clinic
- JAN. 27 — Česká Síň Exhibition
- FEB. 11 — Annual Jaternice Dinner, Sokol/Sokolice Milwaukee

### FUTURE EVENTS

- MAY 5, 1990 — Sokol Slavsky 100th Anniversary, William Tell Restaurant, Countryside, Ill.
- APRIL 28, 1990 — AMERICAN SOKOL NATIONAL CONVENTION, SOUTHERN DISTRICT HOSTS — FT. WORTH, TX.
- MAY 1990 — 125th ANNIVERSARY SOKOL ST. LOUIS FIRST SOKOL UNIT IN THE UNITED STATES

VII. S L E T  
CZECHOSLOVAK SOKOL ABROAD

- JULY 5, 1990 —  
Czechoslovak Sokol Abroad  
VII Slet, Paris, France



- FALL 1991 — Sokol Tabor's 125th anniversary

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## XV American Sokol Organization Convention

**Eastern District:** Bro. Henry Vrzalik, 8919 Mavis Avenue, Baltimore, Maryland 21236.

**Northeastern District:** Bro. John Hyvnar, 1933 Commonwealth No. 103, Boston, Mass. 02135.

**Central District:** Bro. Fred Kala, 6512 West 27th Street, Berwyn, Illinois 60402.

**Western District:** Bro. James E. Riha, 4301 Wollworth Avenue, Omaha, Nebraska 68105.

**Pacific District:** Bro. Jerry Spinka, 4640 Gould Avenue, LaCanada, California 91011.

**Southern District:** Bro. Jerry Milan, 6208 Lakeside Drive, Fort Worth, Texas 76135.

Please be sure to read all this information carefully, so that all will be prepared to attend the convention. The convention is a time for decision and requires your full participation through your elected delegates to further our Sokol cause.

Nazdar!

American Sokol Organization  
*George Basta, President*  
*Jackie M. Kourim, Secretary*

### CONVENTION NOTES excerpts from CONSTITUTION & BY-LAWS

Unit delegates and alternates to the Convention are elected from the attending members at the annual meeting preceding the Convention. (\*) Delegates names will have to be submitted **as soon as possible** because of the convention being held two months earlier in 1990.

The number of delegates a unit is entitled to, according to the by-laws, as adopted at the XIV General Convention at Oak Brook, Illinois, 1985, is based on unit membership after receipt of the **THIRD** quarterly report of **SEPTEMBER, 1989**.

#### Individual Units:

Up to 100 members	— 1 delegate
101 to 200 members	— 2 delegates
201 to 300 members	— 3 delegates
301 to 400 members	— 4 delegates
401 to 500 members	— 5 delegates
501 to 600 members	— 6 delegates

#### Qualifications:

Units shall elect delegates who shall have a practical knowledge of the Sokol program; Constitution and By-Laws, and is a member in good standing.

A unit may be represented by a member of another unit of the same district. Delegates representing more than one unit, or acting in more than one capacity, shall be reimbursed only once.

ARE YOUR DUES CURRENT?

#### Travel expense and per diem:

Travel expense and per diem will be paid from the Convention Fund as follows:

- Travel expense:** Round trip railroad coach, air fare coach, auto mileage allowance, **from the seat of the unit to the convention city.** Auto mileage allowance is figured at 25¢ per mile. **Auto mileage not to exceed air coach fare from the headquarters of the unit to the convention city and return.** Parking at the airport to be assumed by delegate. Delegates who travel by car, only one in each car shall be reimbursed for travel expense.
- Per diem expense:** That part of the expense which covers food and lodging. The daily per diem expense is not to exceed \$100.00 as established by the 1985 Convention. Per diem will start from registration on Saturday.

**NOTE:** Delegates **must** attend all the sessions of the Convention to be eligible to receive travel and per diem expense from the Convention fund.

#### VOTING:

Each unit shall be entitled to one vote per each ten members. The votes may be cast by one delegate or may be divided equally among several delegates. A fraction of more than 5 members shall be entitled to one vote. The number of votes per unit shall be determined on the basis of the **3rd quarterly report** on membership and the payment of all required dues and contributions prior to the Convention. Delegates representing a unit which has not made its required payments shall have all the rights and privileges of accredited delegates, provided the unit shall make an explanation acceptable to the Credentials Committee.

#### Additional Rules and Regulations:

All motions and suggestions to the Convention shall be presented to the office of the American Sokol Organization, in writing, through official channels, at least 60 days before the Convention, or February 25, 1990. Such motions shall be made by units, districts, and committees of the American Sokol Organization only. Individuals shall be obliged to present their suggestions through their units. The expression of the opinion of the unit, on all such motions, is desirable.

**NOTE:** Bills for travel expenses must be presented before any payment is made. They must be sent to the office of the American Sokol Organization, to the attention of Sis. Mildred C. Pinc, Financial Secretary.

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## XV A.S.O. CONVENTION

### Recommendations by Rules and Order Committee:

#### Chairman:

1. Convention delegates must attend all sessions of the convention in order to be eligible to receive traveling expense and per diem from the Convention Fund. All expenses are to be paid after the officers return to the National headquarters.
2. Committees must attend all sessions of the convention.
3. No smoking on convention floor while convention is in session.
4. **Guests** and **alternates** must sit in designated area on convention floor.
5. Only delegates on convention floor.
6. Only delegates and invited guests to speak to convention.
7. Delegates must approach microphone to be recognized: must state identification number, name and unit.
8. Each delegate may speak twice on any question, the first time for not more than five (5) minutes, the second time for not more than two (2) minutes. If he/she wants more time, or wishes to speak more than twice he/she must receive permission of the convention. The one who proposes a question may speak not more than three times, and shall have the right to close the debate; his/her speech shall not be more than five (5) minutes in length, without the permission of the convention.
9. Location of Executive Board of the American Sokol Organization will be voted on at the morning session of Sunday, April 29, 1990.
10. Election of American Sokol Organization Executive Board. Officers and members shall be elected on the morning of the final day, Tuesday, May 1, 1990.

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