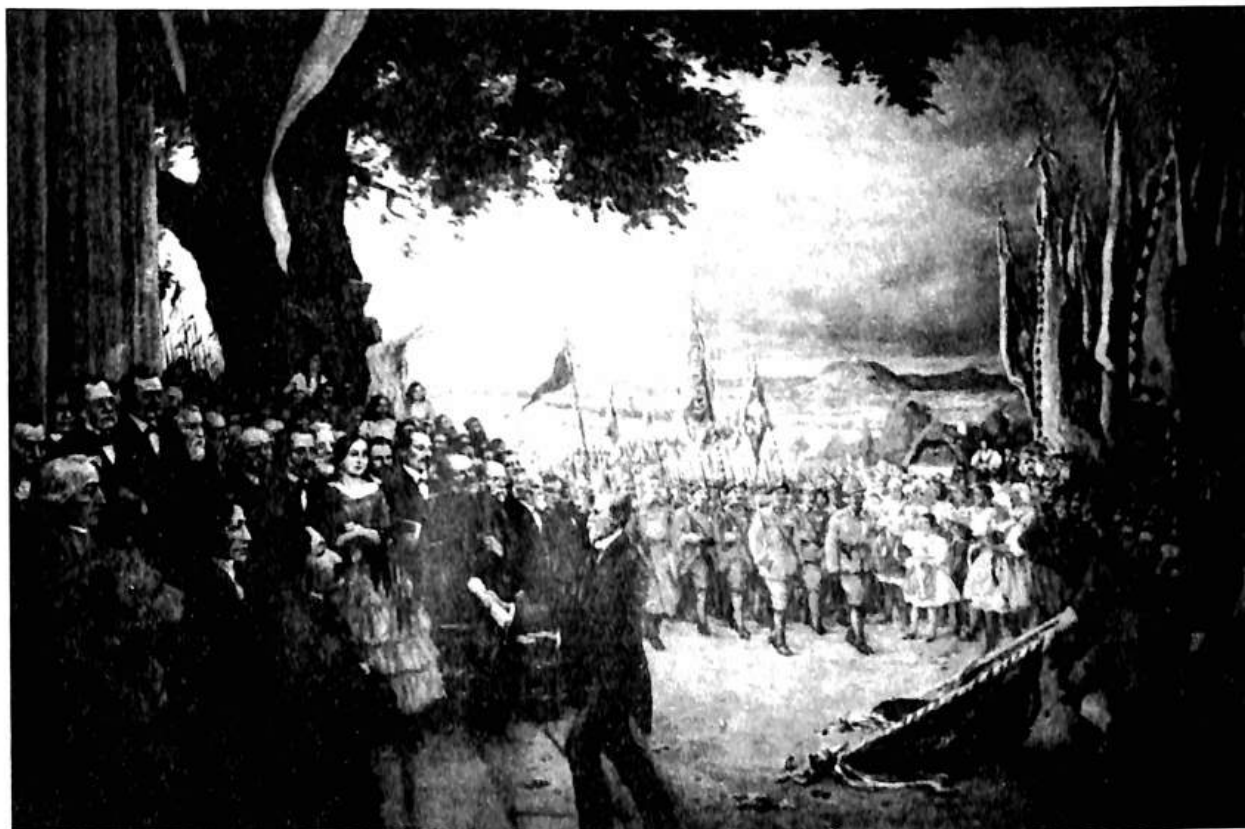


AMERICAN SOKOL



Publication of the American Sokol
Educational & Physical Culture Organization



Collage of Czechoslovak History

This picture depicts the history of the forming of the Czechoslovak Republic after World War I.

The small mountain shown above the figures in the upper third of the picture represents the mountain "Říp" upon which the legendary Father Čech first settled with his people. The Přemyslide Princess Libuše is shown standing beneath the "Česká Lípa", (Linden tree, symbolic of the Czech nation). Princess Libuše is pictured prophesying that the great city of Prague will someday rise and become a great nation. Out of the mists, the castle of Hradčany is seen rising. Like branches spreading outward, are the historical figures prominent in Czechoslovak history, literature, art and music throughout the ages. Faces discernable are: Božena Němcová, Karel Havlíček-Borovský, František Palacký, Bedřich Smetana and Antonín Dvořák. In the left hand corner of the collage and in the most prominent place, are the Sokols with their Sokol Banners placed in honorary tribute as they stand at attention while the elected Democratic President of the newly formed Republic of Czechoslovakia, Thomas Garrigue Masaryk, presents the Czechoslovak Declaration of Independence to those great nationalists of the past centuries who continually fought the oppressors of their nation. The peoples are shown in their colorful and varied folk costumes of Bohemia, Moravia and Slovakia viewing the Allied Forces of France, Italy and America as they pass in review.

The Czechoslovak Declaration of Independence was patterned according to the United States Declaration of Independence and it was formally signed by President Thomas G. Masaryk, on the steps of Independence Hall in Philadelphia, Pennsylvania in October, 1918.

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Jackie Kourim, Secretary

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Pre-Convention meeting April 25, Wednesday,
1 p.m. at Hotel Worthington.

DISCOUNT FARES FOR CONVENTION

CALL 1-800-433-1790, ask for STAR #0140P8,
American Airlines Discount Fares.

Senior Calisthenics

The music for the Senior Calisthenics is from
Antonín Dvořák's "New World Symphony".

This symphony was the cornerstone of the open-
ing program of the National Symphony orchestra's
1989-90 season.

Astronaut Buzz Aldrin included Dvořák's New
World Symphony in his personal flight kit and
played it on Apollo 11 Lunar mission.

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. CXI

February — 1990 — Únor

Číslo - No. 2

Declaration of Principles

The first Sokol unit on American soil was founded at St. Louis, Missouri in 1865. From the basic ideals upon which it was founded, has grown the present American Sokol Organization, which unites the member organizations located in almost every part of the United States.

The Sokol idea has stemmed from the spirit of the Czech nation. The Czech national heritage, includes democratic feeling, moral earnestness, and a yearning for liberty.

A Sokol values strength and fortitude, fulfilled by brotherly love, beyond the wealth of the world. Sokols are unalterably opposed to every ideology — regardless of the name — which deprives people of the right of free choice in their own land.

The Sokol movement has evolved from the great idea that bodily health produces mental and moral health. The Sokols strive for physical improvement, moral purity and nobility, concord, equality and sincerity.

In the gymnasium, the Sokols instill in adult and junior members the ideals of directness, manliness and self-respect. Toward the United States and its citizens, they feel a bond of loyalty which nothing can alter.

The Sokols have never hesitated to sacrifice their possessions or their lives when the welfare, freedom, and prosperity of the United States has required it. They have defended the priceless ideals of independence and the American way of life against the covetous hands of selfish interests. They have shielded these ideals against all attacks. The annals of two World Wars are replete with their deeds, and the graves which mark the far-flung battlefields of the world attest to this fact.

The Sokols require one obligation of all their members — that they live their lives honorably, be faithful to the truth and be proud of their citizenship in this great and just country, the United States of America.

The Sokols have pledged themselves to help in the creation of a better world, peopled by an improved and more united humanity; to aid in bringing about an age of good faith which would guarantee democracy to all men and women — an age in which life would be free from disturbances so that men and nations would be convinced that it is impossible to build prosperity and happiness on the unhappiness and suffering of others.

The Sokols pledge themselves to help in the mobilization of all the energy of men and machines for useful production, and are prepared to make all sacrifices. Thus have the Sokols progressed in the past, and thus they intend to advance till the end of time.

Let Freedom Ring

On November 27, all local Czechoslovak organizations of Washington D.C., staged an anti-Communist rally in front of the Czechoslovak Embassy, at which they were later joined by a delegation from the Baltic States. Many Sokols participated, some arrived from Baltimore. The demonstration was quite impressive. Dozens of displays exhibited excellent slogans and the singing of the Czechoslovak national anthem and Czech and Slovak folk songs added much to its success.

In New York Brothers Walter Slavik and Steve Frolo appeared on TV discussing the historic events taking place in Czechoslovakia.

Governor Rudy Perpich will deliver a proclamation "Proclamation of Eastern Europe at Freedom's Gate" in the Rotunda of the Minnesota State Capitol on February 4, 1990. President of Sokol Minnesota, Sis. Georgiana Dolejsi, will present a short address.

Message to our Compatriots Abroad

Dear friends in the wide world, in the faraway places to which the waves of emigration have taken you during the past several decades, we are turning to you — natives of Bohemia, Moravia and Slovakia, as well as to those born in exile — who all are a natural part of our destiny. We know about you just as there is no doubt that you have not forgotten us. Therefore, we are talking to you in the faith and certainty that you are listening...

We are waiting for you here at home. We are joyous at the encouragement and support you have been giving us; we are elated by your letters, telegrams and telephone calls; however, what would make us the happiest would be to see you here as soon as possible. A number of you have already arrived; some others, perhaps, have not yet made up your minds; but, please, come at least for a few

days. Whether you come for a short or a longer visit, you are, at this moment, our most precious and most welcome guests. You live in a world which is in so many ways more advanced than the world in which we have been locked for several long decades. That is why we now need your advice and your help in whatever form it might come. We are looking forward to your suggestions, ingenuity and plans. We rely upon you to help us rediscover the world in all its breadth, and also to look at our country through your eyes, i.e., from an objective point of view. Come, bring with you your friends and colleagues of all possible professions, resume the talks so abruptly interrupted, introduce us to your issues and agendas, and invite us into your circles where substantive matters are discussed or dealt with, and help us to get out into the world to gain new experiences. By all this you will facilitate our return into Europe.

We are not sending this message to some foreign civilization. We are turning to our sisters and brothers in the realization that you are the part which would otherwise be irreparably missing in the entity that we are beginning to build.

Prague, December 27, 1989.

Coordination Center of the Civic Forum

Translated by Jaroslav Kašpar-Pátý, January 17, 1990.

Czechoslovak Sokol Organization Renewed

On Sunday January 7, 1990 an All State rally was held in Convention Hall in Prague for the purpose of renewing the Sokol Organization in Czechoslovakia. 3,500 people from all parts of the Republic were in attendance supporting the Sokols traditions of democracy, patriotism and Tyrš ideals of moral and physical upbringing of man. This rally renewed the Czechoslovak Sokol Organization (COS) in its fullest capacity and pledged to the thinkings of founders of Sokol, Tyrš, Fuegner and also T. G. Masaryk. Gymnasts of COS will participate in the VII Slet of the Czechoslovak Sokols Abroad to be held in Paris along with other Sokol Units from various parts. One week after the Paris Slet, the first large Sokol event will be planned to be held in Prague together with the participants of the Paris Slet.

The plans for renewing COS activities began with a meeting held November 17, 1989 at which time a preliminary Sokol committee was formed. On December 5, 1989 Committee support of the citizens and began preparations for a meeting of interested parties for the purpose of renewing Sokol activities in Prague. Chairman of the Preliminary Comm. was Dr. Boris Uher along with Dagmar Evaldová of Prague, S. Gurska of Bratislava, Ing. Miroslav Jandáček of Brno and Dr. Bořivoj Petrák of České Budějovice. At the first invitation a large number of interested people immediately volunteered and pleasing to notice that among the volunteers were many young people. At the first Sokol

meeting held on December 16, 1989 at the City Library of Prague, about 450 people attended.

The organizing of Sokol had a great impact on the general public. The daily press, radio and television gave the new Sokol movement a large amount of publicity. The daily Svobodné Slovo started a regular Sokol column. Chairman of the Preliminary Committee Dr. Boris Uher made a speech on television on December 14, 1989 regarding the organization, plans and preparations for Sokol future. In addition Dr. Uher held a press conference on January 4, 1990 at the Prague Club for Newspaper Men with members of local news media.

Sincere cooperation was offered to the Sokols by the newly organized Scout organization, JUNÁK and others with help from many cultural, science and sports people among them Dr. Milan Machovec, writer, František Kožík, Dr. Jan Pixa, Vít Matlocha and many others.

In the meantime, for approximately a half year calisthenics were being taught UNDERGROUND in Brno and Prague. This the combined men and womens cal for the VII Slet to be held in Paris with about 30 members who had planned to attend. Now with the new Sokol activities it is believed a larger number will participate on the main Slet day July 8th with Sokols Abroad. In addition plans are also underway to begin teaching the womens drill with hoop to be part of Slet program. A week after the Paris Slet, plans are being made for a first Sokol event with the participation of those who attended the Paris Slet. Details will be given later as to date, place and program planned.

An unexpected attendance of about 3,500 interested people were present at the January 7, 1990 meeting held at Convention Palace in Prague. Surprising was the large amount of young people attending who had not had the opportunity in participating in the Sokol program of the past. The meeting brought out optimism, eagerness to work of all those present. They all agreed to renew the activity of COS to its fullest as it was prior to 1948. pledged support to the VII Sokol Slet of Czechoslovak Sokol Abroad in Paris. This thus makes it a first ALL SOKOL Slet since 1948 and plans to hold a first Sokol event one week after Paris Slet in PRAGUE. President of COS unanimously elected Dr. Bořivoj Petrák and Chairman of Preliminary Committee Dr. Boris Uher was elected Educational Director.

Expressed views of COS regarding the Spartakiada which was promoted by the present regime as celebration of the 45th anniversary of the liberation of Czechoslovakia by Red Army; Sokol was not involved in any preparations and since it is not a Sokol project will not participate. The VII Slet in Paris will be the Sokol event of the year.

Representing Sokols Abroad were Dr. Rudolf Fiala and other officers from Switzerland as well as Districts of Sokols Abroad from Vienna, Switzerland, Western European. ASO Executive Board member, Jerry Milan, Fort Worth, Texas and

Larry Laznovsky also Texas. Many greetings were received from all parts of the Republic and abroad as well as a telegram from Sokol District Canada.

The day before the Rally a bus tour was held to I.ány cemetery to lay a wreath at the grave of T. G. Masaryk and Olšany cemetery to the graves of Sokol founders Tyrš and Fuegner where wreaths were also placed. All gathered for a social at Tyršův Hall for all those attending this event.

This was a happy event for the renewing of Sokol with a good attendance giving hopes for Sokol in its place of birth and also a Free Czechoslovakia.

Sokol Gym Center in Ennis destroyed by fire

Wednesday night, January 24, 1990 Sokol Gym home of Karel Havlíček Borovský was destroyed.

The structure and all of its contents were lost. All records and memorabilia are gone.

Despite the efforts of Ennis Fire Department and volunteer units from surrounding communities, nothing could be done as the fierce winds blew. Fortunately gym classes for the evening had ended a few hours earlier. Members remaining in the clubroom were able to escape without harm as the building began to callapse.

There has been tremendous support from one community with offers of hall use from Slovanic Lodge 25, KJT (Catholic Order of State of Texas), Knights of Columbus, and the American Legion.

Friday night bingo will continue at KJT Hall, gymnastic classes on limited basis one night per week at KJT. The Sokol units of Ft. Worth and West Dallas, all within one hour's driving distance, have offered opportunity to attend their classes. All Southern District units have offered equipment.

Attempts are currently in progress to obtain a facility where equipment can be placed and schedule a 4-5 days gym program until a new building can be erected.

We will host the Southern District Slet June 8-10 in Ennis as previously scheduled. The members of Karel Havlíček Borovský will rally. In it's 82 years of existence there have been many challenges. The year of 1990 will be one we will long remember. We face our largest challenge ever — a challenge we will meet without doubts.

"Will we re-build" it not a question. "When we rebuild" is the consideration. A building fund has been established. We expect to place a building committee in motion at our next meeting.

In this, the 125th year of Sokol in the U.S.A. and the year of the re-organization of Sokol in Czechoslovakia, Sokol Karel Havlíček Borovský, Ennis, Texas will emerge a bigger, better and stronger organization.

Nazdar, *Sylvia Laznovsky*
Sokol Karel Havlíček Borovský
Educational Director
P.O. Box 205, Ennis, TX 75119

Calendar of Events

FEB. 24 & 25 — Sokol So. Omaha 16th Annual Girls Gymnastic Invitational

FEB. 24 — Sokol Brookfield Exhibition

FEB. 25 — Sokol Greater Cleveland Winter Exhibition

FEB. 25 — Sokol Berwyn Spaghetti Dinner

FEB. 28 — Sokol So. Omaha Red Cross Bloodmobile Day

MAR. 3 — Sokol Stickney Exhibition

MAR. 4 — Sokol West Suburban Exhibition

MAR. 10 — Sokol Milwaukee Večirek

MAR. 10 — Sokol Tabor Exhibition

MAR. 11 — Sokol Naperville Exhibition

MAR. 17 — Sokol Los Angeles St. Joseph's Dance

MAR. 17 — Sokol San Francisco 85th Celebration, Clarion Hall

MAR. 18 — Sokol Slavsky Exhibition

MAR. 24 — Sokol Berwyn Exhibition

MAY 5 — Sokol Baltimore Dozvuky

MAY 19 — Central District Boys Gym. Competitions

MAY 20 — Sokol Los Angeles Verejni

JUNE 8-10 — Southern District Slet

JUNE 9 — Central Dist. Jr. & Senior Men & Women Gym Competitions

JUNE 9 — Central District Slet

ANNIVERSARY & NATIONAL EVENTS

APRIL 26, 1990 — A.S.O. CONVENTION
B.O.I. MEETING BEGINS 8 A.M.
Hotel Worthington, Ft. Worth, Texas

APRIL 28, — AMERICAN SOKOL NATIONAL CONVENTION, SOUTHERN DISTRICT HOSTS

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

JUNE 2 — 125th ANNIVERSARY SOKOL ST. LOUIS FIRST SOKOL UNIT IN THE UNITED STATES — American Czech Educational Center, 4690 Lansdowne Ave., 6 p.m. — Banquet June 3 — Picnic at Sokol Camp, Imperial, Mo.

JULY 5-8 — Czechoslovak Sokol Abroad VII Slet,
Paris, France

NOV. 10 — A.S.O. BANQUET 125th SOKOL
ANNIVERSARY — Ashton Place,
75th & Clarendon Hills Rd., Darien, Ill.

FALL 1991 — Sokol Tabor's 125th Anniversary

Nazdar, bratři a sestry! Towards success, brothers and sisters!

American Sokol Parade Uniform

an editorial

A country's flag and uniform usually has a story — a symbolic meaning behind the arrangement of colors and design. Your parade uniform is no exception.

If you have read your Sokol history, the original colors have to do with European history, but did you know that the American Sokol's Grey and Blue dress parade uniform is rooted in the Civil War?

Thanks to Br. Kala's knowledge of our history that he shared with the executive board, we are now aware of this tradition.

When you wear your official uniform, including the tie, for men, and the hat, which is a parade accessory only, remember the pride the first members felt when they represented the American Sokol Organization at all official ceremonies. Representing your organization is a responsibility shared by only a few. Each organization carries a "posture" that reflects on each member and in return shows the world what it is made of.

Pride is a worthy attitude when it carries with it high morals, integrity, fairness, and love for each brother and sister.

Dress for Success!

— Editor

NAZDAR!

Nazdar, bratři a sestry! Toward success, brothers and sisters! I have greeted you with the traditional Sokol salutation. This greeting was adopted very quickly after the founding of the first Sokol Unit in Prague, and became the by-word with all Sokols throughout the world.

It is a simple phrase — yet one of great meaning. The founders of Sokol realized that a uniform greeting was needed to place every member in the organization on the same level. During this period class distinction divided the people into definite groups. There were the working people, the large farmer and property owner, craftsmen, professionals, and nobility. Each group considered itself apart from each other.

In the Sokol organization every member was considered equal regardless of his status outside of the organization. Therefore all members would be addressed as brothers, and saluted with "Nazdar!"

Nazdar to every member must have a specific meaning. When we meet a person on the street and greet him with a "Hi" or a "Hello" or a "Good day" this may be only a gesture of good manners, not necessarily of friendliness. But when greeted with "Nazdar" and the response is also a "Nazdar" there immediately a feeling of comradeship, equality and mutual interest is implied. It puts them on a basis for better understanding of a mutual interest.

Let us have a better understanding of our brothers and sisters. For a good beginning, be the first to say "Nazdar" when you meet. It will work a little magic for you.

May "Nazdar" forever ring in these halls.

Nazdar! — L. B. Teichman

Article appeared in *San Francisco Věstník*, December 1988, and was quoted by them from the *Sokol Detroit News* 9-88.

ASO Executive Board November Meeting

November 28, 1989 meeting called to order by President George C. Basta.

Members present: Sis. Pinc, Zitny, Ptacek, Filippello, Kourim; Bro. Borvansky, Zitny, Lebloch, Rabas, Barcal, Ptacek, and Satek.

Members excused: Sis. Ruzicka, Pistorius, Bro. Milan Masek.

District minutes received: Western's annual meeting and October 8th. Central's Oct. 25, and ASO executive bd. Oct. 24th.

CORRESPONDENCE: Paris Slet info. Pacific District current info on Seattle matter, ASO to ask Br. Riha to seek atty. in Seattle. Note from Sis. J. Stanley of Sokol St. Louis that the first Sokol unit should have been included on the 125th anniversary seals.

COMBINED DIRECTORS REPORTS: Final report forms: Western District \$50.00 per unit for technical material, \$105.45 men & women; New women's compulsory materials, \$216.90; USGF Congress of Coaches, Sept. 14-17, 1989 Bro. Bud Benak \$305.53; Eastern District, VCR, Little Ferry Women, \$211.97; USGF Congress of Coaches, A Benda, \$226.52, all bills approved for pmt. Special by-laws meeting Dec. 13th. Reports of by-laws and tournament rules recommendations to be mailed to all BOI members and District Directors. Sokol USA planning an instructors course, will send letter recommending a combined course in Western District August 10-18, 1990. Approved suggestion by Sokol USA to combine on video tape several films of 1941 Slet. Report on manual from Bro. Banjak of Sokol USA: calisthenics and apparatus portions have been type set.

MEMBERSHIP: no report.

EDUCATION: will meet end of month to judge Slet essay contest. Attended Chicago Rally for a Free Czechoslovakia, was proud of our delegation and Br. Basta's speech.

AMERICAN SOKOL ORGANIZATION

GYMNAST

FEBRUARY 1990

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



XV

AMERICAN SOKOL ORGANIZATION
GENERAL CONVENTION
in
SOUTHERN DISTRICT
FORT WORTH, TEXAS

THE WORTHINGTON HOTEL
200 Main Street
Fort Worth, Texas 76102-9920

GREETINGS

The A.S.O. Board of Instructors will convene on Thursday, April 26, 1990 at 8:00 A.M. Reports on the past five years and proposed projects for the future of our organization will be on the agenda. Success to the XV A.S.O. general convention.

Nazdar, *Bro. Richard Ptacek &
Sylvia Pistorius*
National Physical Directors

SUCCESS ATTITUDE

COACHING TEENAGERS: Instant Stress or Savoring Success

by

David A. Feigley, Ph.D.
Youth Sports Research Council
Rutgers University

The teenage years are often depicted as a turbulent period of rapid change, characterized by conflicting values and constant testing of authority. Teens are often portrayed as lacking respect for authority and challenging virtually all adult rules and values, resulting in their continually being in trouble with authority figures ranging from parents and teachers to the police and the courts.

As with most stereotypes, there is some truth to each of these observations, but these stereotypes prevent a complete understanding of the problems of teenagers and how to solve them. I submit that the teenage years are no more turbulent than any other age group or is the rate of change experienced by teens any greater than any other age group. A two-year-old child clearly experiences growth and maturational changes that are far more extreme than those of a teenager. Two-year-olds also are exceedingly adept at testing authority. However, when my two year old refuses to go to bed at night, I can literally pick him up, put him in bed and enforce the bed time ruling. The teenager on the other hand might be quite capable of picking me up instead!

Perhaps the greatest difference between dealing with teenagers as opposed to younger children is that I — as the coach, teacher or parent — must share the power. I must do so not only because such sharing is essential for teens to develop a sense of responsibility and independence but also because if I do not share the power, the teenagers will eventually take it.

The sharing of power is often the source of the greatest stress for adults who work with teenagers. Sharing power when I can simply dispense it (as with the two-year-old) is quite different than when that power is shared because others can demand it (as with teenagers). It is often the shifting degree of shared power *between teenagers and adults* which generates the feelings of turbulence and unrest during the teenage years more than the rapidity of change or attitudes of the teenagers, themselves.

Most effective strategies for working with teenagers provide guidelines for developing and implementing fair and clearcut rules and limits which permit the sharing of power and authority in a fashion which meets the needs of *both* the teen and the adult. Conflicts over rules and limits are common in parent-child, teacher-student, and coach-athlete relationships. However, such conflicts are usually signs of healthy developments as teens begin to think abstractly about values and behaviors and

as they develop the need to have some say in making the decisions that affect them.

When adolescents begin to question authority, adults should avoid all-or-none reactions. At one extreme, this amounts to throwing up your hands and saying, "If you don't want or appreciate my help, you're on your own." At the other extreme, it is the almost total clamping down on the teen, permitting little or no freedom or choices. A healthy approach requires that adults respond to the child's developing sense of autonomy with a balance of freedom and control. Since this balance changes with circumstances and age, it is an ongoing series of decisions rather than a simple right or wrong answer. However, the following can make those day-to-day decisions a little easier.

Guidelines for Working with Teenagers

Each coach has different expectations of his or her athletes. These expectations are often presented in terms of *negotiable and non-negotiable limits*. Non-negotiable rules relate to issues of physical and emotional safety and to strongly held values. These rules and values are often "givens" and are not easily changed. Negotiable rules are more flexible and subject to modifications. Negotiable rules might relate to dress codes, team responsibilities, curfews and frequency and intensity of practice behaviors.

Take a few moments to do the following analysis:

1. Make a brief list of the rules which you wish to enforce as a coach and which you feel are the most likely to provoke conflict between you and members of your team.
2. Starting with the most important and working through to the least important, classify each as either negotiable or non-negotiable. The fewer non-negotiables you identify, the more your teenage athletes will pay attention to them.
3. Examine each classification by asking yourself the following questions:
 - a. What is the rationale behind each rule and each classification? That is, "Why do I have this rule?" and "Why is it classified as non-negotiable or negotiable?"
 - b. "Have I considered the teenagers needs for increasing independence?"
 - c. "Have I considered the teenagers needs for clear and unambiguous limits?"
 - d. "Have I considered my own needs for having and enforcing this rule or limit?"
4. On the basis of the above analysis, decide whether any of these rules might be reclassified, eliminated, clarified or kept unchanged.

Non-negotiable Rules

Some rules such as "Never practice on equipment or fields without a coach present" or "Never behave disrespectfully to an official," are necessary for the safety of the athlete or are deeply held values. These bottom-line rules are most effective when kept to a few rules.

Teens are more likely to follow such non-

negotiable rules if adults explain the reasons for the rules as well as why the adult believes so strongly in them. This does not mean that you must explain the reasoning everytime the rule is enforced. However, regular reminders of the rationale without preaching is essential. Teens may occasionally challenge these non-negotiables but they respect firmness if the non-negotiables are carefully chosen and clearly explained. As the coach, you should constantly re-evaluate non-negotiables. They may change as the adolescent grows and matures and as your trust for the athletes judgements grows.

Negotiable Rules

Most rules should fall into this category. Such rules should be made jointly by the coach and the players, taking into account the needs of both. These rules should focus on a) teaching acceptable behavior; b) taking responsibility for one's own behavior, and c) being aware and considerate of the rights and well-being of others. Constant re-evaluation of negotiable rules is just as important as re-evaluation of non-negotiables.

Guidelines for Negotiating Rules with Teenagers

Negotiating with teenagers is much easier said than done. There are several reasons why negotiating with teens is different and sometimes more difficult than negotiating with adults. First, such negotiations often have strong emotional overtones. Second, the adolescent lacks the experience of the adult. His feelings and understanding of a single event are no less important or valid than the feelings and understandings of the adult. However, the teenager often lacks a broad context in which to fit a single experience. Third, the teenager is often caught up in a paradoxical perspective. On the one hand, he or she may feel that "No one understands or cares about me" while on the other hand, he or she continually perceives that "Everyone will notice what I am doing."

There are three basic communication skills that are essential for negotiating effectively with teenagers. They are DESC messages, brainstorming, and effective listening.

DESC Messages:

DESC messages are non-judgemental statements about how you feel about an athlete's specific behavior or a particular situation. They avoid the common mistake of focusing on another person's motives rather than that person's behavior of the specific situation. Saying "You're lazy" or "You're not trying hard enough" frequently blocks communication and adds fuel to the fire rather than leading to a mutually acceptable solution. The following are illustrations of DESC messages.

Coach:

Describe: When you are late for practice, you miss important conditioning and strategy sessions.

Emotions: That frustrates me and makes me angry.

Solutions: You must have at least a 90% attendance record,

Consequences: Or you will not be among the players who will start the game.

Athlete

Describe: When you yell at me, I can't concentrate.

Emotions: That upsets me and makes me angry.

Solutions: If you tell me what to do instead of yelling,

Consequences: I'll try my best to learn the skill.

Brainstorming:

Brainstorming is a technique for generating potential solutions for a problem. The coach and the athlete(s) list as many solutions as possible following two simple rules: 1) everyone has a substantial opportunity to contribute their ideas; 2) no evaluative comments are permitted (e.g., "that was a dumb idea" or "We are already tried that and it failed."). After all ideas have been listed, then the coach and the athlete(s) evaluate each idea and determine if it has potential as a possible solution.

For example, the coach and athletes discuss what to do if an athlete fails to pay attention during instruction:

- Kick him out of practice.
- Don't let him participate in that drill.
- Let him miss his turn until he has figured out what to do.
- Make him do 100 push-ups.
- Ignore him until he pays attention.
- Make everyone else wait until he has learned what to do.
- Talk to him and explain why it is important to pay attention.

Effective Listening Skills:

Effective listening involves listening to both what is actually said and to the feeling and non-verbal messages are expressed along with the content. Sometimes, the listener must pay attention to what is not said; when it is said (i.e., the message's context) and to behaviors that may be consistent or inconsistent with the message (such as facial expressions, grins, shrugs, looking down, outbursts). Good communication is an attitude which says "I want to understand what you are actually saying." By responding to both feelings and content of a message, you can clarify what you heard, help teenagers express themselves more clearly, and demonstrate your concern that you are really trying to understand their point of view.

Young Football Player: "The players on the other team are so big."

Coach: "They are big, but we're much quicker than they are. Are you worried that they might hurt you?"

Young Gymnast: "Coach, what's the worst gymnastics accident you've ever seen?"

Coach: "I've seen some bad one's a long time

ago, but the equipment is much safer today. Would you like me to help you learn this skill by giving you a spot?"

Young Basketball Player: "Coach, do we have to do strength conditioning today?"

Coach: "I know you've tired but if we want to be strong at the end of the game, we need to do this conditioning. C'mon, I'll help you finish; and, if we get all the exercises done quickly, we can get out of here 5 minutes early."

Notice that in each of the above examples the coach not only listened to the content message but also attended to respond in a supportive way to the feelings expressed in the messages. A supportive coach does not always have to agree with the athlete. In the case of the athlete who ask to be excused from the conditioning drills, the coach responded supportively to the feelings of fatigue but still demanded that the conditioning be finished because high levels of conditioning are required for success in basketball. Likewise, the gymnastics coach responded to the fears of the gymnast but still encouraged the completion of the gymnastics skills. Empathetic coaches understand the feelings of their athletes without being sympathetic in the sense that they pity or feel regret that the athletes are tired. Training to the point of fatigue is often a necessary requirement of sport. Understanding those feeling is quite different from reducing the work load because training is difficult.

(Many Sokol instructors have attended Dr. Feigley's lectures at USAIGC clinics. This was included as part of his latest workshop.)

Living Longer Through Fitness

The November issue of the American Medical Association Journal reports on an eight year study conducted by the Institute of Aerobics Research indicating that healthy men who do not exercise at all have a 3.44 times greater chance of dying from all causes when compared to those who work out vigorously. Sedentary women have a 4.65 times greater chance of dying from all causes when compared to the most fit women. The study shows that a little exercise was found to reduce the risk of death dramatically in the most sedentary individuals. Males who did enough exercise to modestly improve their level of fitness cut their risk in half, from 3.44-times greater risk to 1.37-times greater risk. For women the risk dropped from 4.65 to 2.42. This is the first major study to include women.

It has been pointed out that while the study shows a reduction in all causes of death for fit individuals, it does not mean that fitness will eliminate heart disease and cancer. There are many different causes for these diseases, including genetic predisposition for one, that are not eliminated by exercise. In the study there were fewer deaths from heart disease and cancer. Men who were least fit died eight times more often from heart disease and four times more often from cancer. Women in the least fit

category died nine times more often from heart disease and 16 times more often from cancer.

While the study indicates a number of possible explanations of why fit individuals live longer, the phenomenon was not well understood. As the participants in the study went through an extensive physical examination including a stress test, the data allowed the comparison of fitness to other recognized risk factors such as obesity, blood pressure and cholesterol levels. The study excluded individuals with previous heart attacks, stroke or diabetes, high blood pressure and other health problems. Those in the study group were 99 percent white and 70 percent college educated.

It is reported that the Institute for Aerobics Research has a parallel study under way to measure the effect of fitness in people with chronic diseases. Preliminary indications are that there may be a similar pattern. The new study is to be published in the next several months.

There were over 10,000 men and 3,000 women from whom data was analyzed for this study. The results of this study supports the findings of a number of other fitness and longevity studies.

As these studies have major implications in the field of health, physical education, recreation and dance, it is imperative that those working in these areas become familiar with the results and interpret and make application as appropriate.

CORRECTIONS:

Corrections from the December special issue on volleyball. Heather A. Flateau of Sokol St. Louis was on Sokol Stickneys Womens volleyball team who took 2nd place in the National tournament in Omaha. And Chris Eichor also of Sokol St. Louis was on the Sokol Stickney Mens volleyball team who took first in the National volleyball tournament in Nebraska.

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PUBLICITY — Czech: assisted in arranging the rally.

PUBLICITY — English: submitted rally notice to Naperville Sun.

FINANCIAL SECRETARY: financial report distributed, uniform div. rental increased by \$18.00. Mailed reminders to delinquent units.

TREASURER: Slet losses not included in reports as yet.

EDITOR: attended rally, took pictures and will print story line in publication.

SECRETARY: Seal donations average \$8.50 each. Need to decorate our windows for our 125th.

II VICE PRESIDENT: no report.

I VICE PRESIDENT: participated with volleyball tournament in St. Louis. St. Louis to present some ideas at convention. Also, educational department to present pictures of Fuegner and Tyrš to units at convention, with board's approval.

Two hundred fifty pictures needed.

PRESIDENT: Spoke at the celebration at Cicero Town Hall on Oct. 28th and at Daley Center for rally. Working with auditing committee on Slet audit.

UNFINISHED BUSINESS: Br. Rabas translated two letters, both requesting funds, unable to give at this time. Referred one to Czech National Council.

NEW BUSINESS: Sis. Zitny requested a committee be formed to consider accessory additions to women's dress parade uniform. Sis. Filipello and Pros of the uniform div. will meet with Sis. Zitny and present their ideas at next meeting for the convention.

1990 CONVENTION: Have a list of rooms for Hotel Worthington which need approval. Also, what are luncheon details? No courtesy buses are available, need to inquire about transportation from airport. Also, convention information, delegates, etc. was mailed to all units on October 1st, one to unit president, one to secretary and one to financial secretary. Each unit is responsible to their membership and delegates to keep the information flowing smoothly. Impossible for post office to "lose" that much first class mail.

Motion approved to make arrangements for a special dinner celebrating our 125th at the convention. Also, approved Br. Slavik's idea for a "symposium" during one evening of convention week.

1990 PARIS TOUR: See January and February articles in this publication.

125th ANNIVERSARY BANQUET: See January publication for article. *Jackie Kourim, Sec.*

American Sokol Organization Essay Contest Results

"My Recollection of the XVII American Sokol Slet"

Junior Division

1st Place — JEANETTE SMITH
Sokol Women of Little Ferry, N.Y.

Senior Division

1st Place — ALICE KHOL
Sokol Greater Cleveland, Ohio

2nd Place — JOAN SEDLACEK
Sokol Minnesota

3rd Place — BRIAN DOLEZAL
Sokol Greater Cleveland, Ohio

Slet trophies will be awarded to the winners.

JUNIOR — 1st PLACE

JEANETTE SMITH
Sokol Women of Little Ferry

My Recollections of the XVII American Sokol Slet

The XVII American Sokol Slet was an exciting event for me this year. Having the Slet six days made things less hectic so I had more time to concentrate on the things I had to do.

I enjoyed watching the opening ceremonies. All of the colorful acts couldn't go unnoticed and awards were deserved by all. I could see the hard work and imagination that was put into every act.

The competition that was held proved victory for some and defeat for others. When I use the word victory, it's not always in the sense of coming in first. Sometimes just doing something the best you can is the best victory anyone can have. I myself have this victory to remember always. This competition proved to be different by being held right in the hotel where I stayed. This caused easy access to and from the "gym" and saved many long, unwanted trips.

The sockhop was an enjoyable event to go to. It gave me the chance to meet new people and visit with old friends, whom I rarely get to see. Kathy Johnson was a highlight of the night's event. Her inspiring words were very motivating to me and shall be long remembered.

I also enjoyed seeing the championship competition. It was really impressive to watch all the gymnasts at their best. This competition gave me some new goals to push for such as working twice as hard on my routines.

The victory dance proved to be a success. I thought it was a good idea to have the younger people downstairs and the older people upstairs because we each had our own music to listen to. The victory dance also gave me the chance to socialize with my friends again.

Perhaps the most memorable event of the Slet to me would have to be the Slet program at the Civic

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Center. Seeing all the different Sokols from around the world gathered in one place at the same time made me proud to be a part of the Sokol organization. The performances from our youngest tots to our oldest seniors proved that with some hard work and practice, anything is possible. The folk dance, which I was a part of, added to the excitement of the festivities. It preserved a part of Czechoslovakian culture and tradition and it ran in conjunction with the Czechoslovakian festival which was also an exciting highlight of the Slet.

Looking back on this years Slet, I found it to be the best one that I've been to so far. All the events and activities were unforgettable and it left me with a feeling of exhilaration to be apart of them all. I'm looking forward to attending many future Sokol Slets and I hope they're as memorable and thrilling as this year's.

* * *

SENIOR — 1st PLACE

ALICE KHOL

Sokol Greater Cleveland

Impressions of the Slet from a side-lined Sokol

As I sat on the sidelines during the four days of the Sokol Slet in Omaha and observed the gymnastic competitions, volleyball matches, morning rehearsal and Sokol Exhibition I couldn't help but reflect back on all the previous Slets I had participated in.

From the day our parents first enrolled us in the "tots" or "little girls" or "little boys" classes, I don't think any of us had any idea of what exactly we were getting into. At that time, we assumed we were learning basic gymnastic moves on different pieces of apparatus. We learned to march "SOKOL STYLE" — heads up, shoulders back, stomach's in and toes pointed. We learned to stand PROUD and march with DIGNITY and DISCIPLINE. As youngsters, we had no idea that we were actually developing what would eventually become a life-long philosophy of Sokol principles and ideals. At a very young age we were already beginning to learn the meaning of *discipline, commitment, dedication and loyalty*. Through our discussions in class, we began to develop a deep pride in our Czech heritage. As the years went by, the terms "Sokol" and "Pride" became synonymous.

Each September, when classes would begin, our instructors would introduce us to a variety of exercises and activities. It never mattered whether you were an "elite gymnast" or a "novice beginner". Sokol has always been an organization dedicated to the masses. Its basic premise has always been to give *every* Sokol an opportunity to experience success. Through the years, while other groups or clubs have prided themselves in producing a few national champions, the Sokol Organization has stood strong and proud in the knowledge that *all* its participants are winners. We learned from the very beginning that our main goal as Sokols was not to *be* the very best, but rather to *try* our very best.

There really are no words that can adequately describe watching an "average" gymnast complete a basic routine during competition with tears in her eyes, realizing full well that she won't receive a medal, but knowing deep down in her heart that she has risen to the occasion and done her very best. What greater definition of a "true champion" could there possibly be? Since the beginning of the American Sokol Movement, hundreds of Sokol men, women, juniors and children have received medals or ribbons; but more importantly, many thousands have received the opportunity to compete in the name of Sokol, and in so doing, have dug deep in their hearts, risen to the occasion, and stood tall in the knowledge that they, too, have done their very best and are worthy of the title "champion". This ideal is an on-going, living testament to the goals and principles of the Sokol movement. It is a lesson we could easily carry over into every facet of our lives.

As I look back, I remember that all Sokol classes would begin to hit a feverish pitch as June draws near. Everyone begins to feel the excitement as the day of the Sokol Slet approaches. On the morning of the Slet rehearsal you could really begin to feel the electricity in the air. On this magical day, there are no "elites" — there are no "beginners". All gymnasts are of equal importance, because the absolute success of the Sokol Exhibition depends on *every* gymnast — not just a select few. What other organization gives every participant an opportunity to feel like a *key player*?

On the day of the Slet, as each class begins to congregate for morning rehearsal, you would inevitably see gymnasts from other districts that you hadn't seen for years. There is always an opportunity to renew old acquaintances and make new friends. As the morning progresses, what started out as a massive state of confusion slowly begins to come together. For the good of the Slet, everyone gives up their sense of "*me*" and take on an attitude of "*we*". There is no room for individual egos here. For the exhibition to be a success, *everyone* must conform to an ideal of "oneness". When you stop to think about it, it's pretty amazing that Sokol Gymnasts from all over the United States, Canada, Australia and Yugoslavia receive a set of calisthenics and show up at the Slet looking as if they had rehearsed together for months. This is an incredible tribute to Dr. Miroslav Tyrš, who developed the Sokol terminology over 100 years ago. As the morning rehearsal begin to wrap up, things still appear to be a bit ragged. However, deep down inside, everyone feels confident that when the band strikes up and "showtime" arrives, that special magic we call "Sokol Pride" will descend upon those gathered and everything will come together in a magnificent display of unity.

This year as the Exhibition in Omaha was about to begin, I started to wonder what it would feel like watching this emotionally-packed extravaganza for the first time from the sidelines. Instead of standing

proudly in my Sokol "úbor", I was suddenly relegated to the role of a spectator. I wondered if I would still have the same emotional reaction — would I still feel like a *true Sokol*, even though I was no longer on the floor in uniform with my fellow participants? Would the pride and exhilaration still be the same even though I was now on the outside looking in? The answers came quickly as the Omaha Czech Brass Band struck up the first of several Sokol Marches. My heart swelled with pride and my eyes filled with tears. Deep down in my heart, I was still a Sokol — something I know I will be forever and no one can or will ever take away from me. Although I have to admit that there probably is no greater thrill than actually being one of the participants, there is still a bond or feeling of unity knowing that you have been there before. As I sat on the sidelines I watched my brother and sister Sokols march by with the same Sokol pride and discipline I remember from years ago. I thought back to all the Slets I did have the privilege of participating in and I realized how fortunate I am to be able to hold on to those priceless, irreplaceable memories.

The Omaha exhibition was one of the most emotional and electrical I have ever seen. It was a tremendous tribute to Sokols all over the world. There is no question that just *being* a Sokol is something so special, only another Sokol could possibly understand. As I sat on the sidelines, I could actually *feel* the out-pouring of emotion and the tremendous feeling of pride and patriotism. When everyone sang "God Bless America" at the very end, I don't think there was a dry eye in the house.

Watching this exhibition certainly would inspire anyone to work as hard as they could to do whatever it took to get back into uniform one more time. It's a goal I know I'm shooting for, because I realize now more than ever that you can't truly appreciate what you have until you've lost it. Although I understand that, whether you're a participant or a spectator, a Sokol is still a Sokol. But, personally, if I have anything to say about it, next time I want to be standing once again in my "úbor" on the inside looking out. Whether or not I succeed, at least I can rest in peace knowing I have dug deep in my heart, risen to the occasion, and stood tall knowing I have given it my very best shot. After all — that's what Sokol is all about, isn't it? God Bless America — and the American Sokol Organization!! Sletu Zdar...!

SENIOR — 2nd PLACE

JOAN SEDLACEK
Sokol Minnesota

My Recollections of the XVII American Sokol Slet

As if in response to the age-old refrain, the Sokols flocked toward the setting sun. By bus, plane and car. From north, south, east and west we met in Omaha to be the time-honored tradition of the Slet.

Spectacular is the only word for the XVII Slet. When we marched out we filled the floor with flags and fitness, with songs and smiles. From *prostná* to folk dance to exhibitions. From the first moment the American flag entered the arena to the finale and the last person marching out — We Were Spectacular!

Organization is invisible, but the results are quite easy to see. Without organization none of the competitions or the Slet would have began on time or run as smoothly as they did. There would have been no food and no music. All the small things that are so easy to overlook and yet are so essential.

Kindness was waiting patiently when the lines were long. Holding doors and elevators. Sharing cars and buses. Keeping the halls quiet at night. Simple kindness is something we often take for granted, but how terrible to be without it.

Omaha gave us a very warm welcome and the rest of the week was beautiful. The rain cleared for the evenings outside. Who could ask for more? The horse races were exciting. The SAC museum interesting. The Bohemian Cafe was a dining experience when we were singing. A beautiful, impromptu concert from the heart.

Lasting pride-in ourselves and our heritage. Pride in remembering the movements of the *prostná* and being able to participate yet another time. Watching the generations and units working together. The individual pride of being able to wear the same uniform you've had for years. We, as Sokols, have much to be proud of and should never hesitate to demonstrate it.

Social gatherings were everywhere from hospitality rooms to hallways. From a few quick words to long catch-up conversations. A renewing of old friendships and forging new ones. The banquet, soc-hop, the victory dance were great mixers, but some of the best times were the quiet moments to talk or share a table with a Sister or Brother.

Lingering memories are perhaps the most special part of a Slet. They are there to savor long after the day is over. To relive and rejoice with again and again. Each of us has a memorable highlight of the Slet whether it be the competitions, volleyball, the 1938 reunion, the Slet or the Festival. Maybe it was even the long bus rides filled with hope and anticipation one way and contentment heading home. Memories are the everlasting life and warmth of a Slet.

Energy was in the air at the competitions. The long months of practice resulted in a seemingly effortless performance by the gymnasts. The Special Numbers were high, energy charged exhibitions of tumbling, dancing and marching. A real showcase of the talents in Sokol units to write and execute routines.

Tears of winning. Tears at not. Tears at seeing those at the Slet. Tears of remembering those who

were not. Tears choking voices singing the anthems. Tears blinding eyes watching the flags proudly carried. Tears of pride at completing a routine. Tears of parting. Tears of promises to meet again.

The Slet ended and the Sokols flew home to Europe, Canada and across the U.S. Peace reigns at the Halls for the summer before the flurry of fall activity and the preparations for the next Slet begin. This Slet, the seventeenth for the American Sokol Organization, is ended, but when it is spelled out, the memories will last a lifetime. Sletu Zdar!

SENIOR — 3rd PLACE

BRIAN DOLEZAL

Sokol Greater Cleveland

My first ever American Sokol Slet and the hours of preparation paid off, in a Slet that was great.

Omaha, land of steaks and the Czechs. And the 17th American Sokol Slet. I was a proud participant. The months of preparation had finally come to fruition. I was in the volleyball competition and was scheduled to dance in the exhibition as well as perform both Senior calisthenics. The volleyball competition was exhilarating but disappointing as we lost both of our matches to teams that eventually went on to capture 1st and 3rd place, respectively.

But competition isn't the only reason for a slet. The parties and people meeting each other from all over the continent are enjoyable too. The next day we toured the Union Pacific railroad museum and the SAC museum in Omaha. That night, the awards ceremony and dance were thrilling, as my friends were awarded prizes and I danced. Also, it was interesting to visit the Sokol South Omaha museum and gift shop, where I spotted a picture donated by someone with my last name of Dolezal. I was running into Dolezals as the floor tile said Dolezal and on the way to Omaha, I was seated in the airplane seat of another Dolezal, from Omaha. Family and Czech heritage came home to you easily.

Saturday was long and tiring as we practiced the dance routines and the calisthenics. I had a lot of memorization and preparation because I was in the folk dance number and both Senior calisthenics. We also performed folk dances at the Czech festival, adjacent to the slet hall, and received a huge ovation. That and the applause to the slet numbers made all the preparation and grueling practices well worth the effort. The Grand Finale proved a perfect nightcap to the slet festival. As I left Omaha the next morning, it was with reluctance for all the good times but appreciation for the memories.

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Politican changes in Czechoslovakia turn International Sokol Slet plans upside down

The recent political changes in Czechoslovakia have had an unimaginable impact on the Paris Sokol Slet.

Sokol in Czechoslovakia is trying to make an immediate come-back and needs to draw its strength and support from Sokol units in America, Western Europe and other parts of the World.

Sokol leaders in Praha, did not want to upstage or detract from the Slet in Paris, still they wanted to celebrate the rebirth of Sokol in Czechoslovakia. With this in mind they decided to hold a Sokol festival in Praha on the weekend of July 14th and 15th.

This has caused a radical change in our plans for the Sokol tour to Praha and Paris. Everything was cancelled and had to be rescheduled, the new plan is as follows:

- JULY 4th — DEPART USA FOR PARIS
- JULY 5th — ARRIVE PARIS
- JULY 6th — PARIS
- JULY 7th — SOKOL SLET PARIS
- JULY 8th — SOKOL SLET PARIS

- JULY 9th — DEPART PARIS FOR MUNICH
- JULY 10th — MUNICH
- JULY 11th — PRAHA
- JULY 12th — PRAHA
- JULY 13th — PRAHA
- JULY 14th — SOKOL FESTIVAL
- JULY 15th — SOKOL FESTIVAL
- JULY 16th — DEPART FOR HOME.

Detailed brochure and cost will be available and mailed out to Sokol units on February 12th.

IMPORTANT:

* * *

All of the changes have caused us to scramble for hotel and air space.

This tour will be on a FIRST COME FIRST SERVED BASIS ONLY.

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