

american **SOKOL**



Volume CXVI, Number 1

JANUARY 1995

CONVENTION 1995

The XVI General Convention of our organization will be held from Saturday, June 17, 1995 through Tuesday June 20, 1995. Delegates from throughout the United States representing the membership of their units will converge upon the Lisle/Naperville Hilton Inn in Lisle, Illinois. Their task will be to make those decisions that will guide our organization through the next five years.

What will be the structure of our organization and who will be the leaders that will carry out the mandates of the convention? In short, the convention shall determine our "task, aim and goals."

But besides these heady decisions to be made – we will be celebrating our 130th Anniversary. 130 years of uninterrupted activity – the oldest continuous Sokol organization in the world.

To celebrate this milestone, a celebration banquet will be held on Monday, June 19. We invite all the delegates, members (who are not delegates) and friends of Sokol to join us. A festive evening of dining and dancing is planned.

Don't be left out! *(See page 5 for reservation form.)*

Be with us to enjoy the celebration and camaraderie with Sokols and friends.

Nazdar!

Sis. Vlasta and Bro. Roy Zitny,
Banquet Co-Chairpersons

American Sokol

ISSN: 0003-1259

Published Monthly
(Except Bi-Monthly July/August)
by the

AMERICAN SOKOL ORGANIZATION

6424 West Cermak Road
Berwyn, IL 60402-2386
Telephone: 708-795-6671

Subscription: \$4.00 per Year
2nd Class Postage Paid at Berwyn, IL 60402

POSTMASTER: Send address changes to
American Sokol, 6424 W. Cermak Road,
Berwyn, IL 60402-2386

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Meeting: 4th Tuesday (except July/August)
at the A.S.O. Office, 7:30 p.m.

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EDITOR - PATRICIA SATEK

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Copy for publication must be received by the
10th of the month prior to published month.

From Your Editor...

I hope your new year is already showing great promise. In the Sokol gymnasiums across the country, our gymnasts are busily preparing for their Unit exhibitions, District Slets and of course, the Slet in Toronto in June. Our administrative bodies are working diligently in preparation for the ASO Convention. As always, Sokols everywhere are working toward common goals for the betterment of the organization.

NA ZDARI!

Sls. Patricia Satek
1922 S. 57th Avenue
Cicero, IL 60650-2143

CALENDAR of EVENTS

FEBRUARY

- 5 Sokol Detroit Winter
Gymnasticale
- 12 Sokol Tabor Pancake
Breakfast
- 12 Sokol Karel Havlicek-
Borovsky Exhibition
- 25 Sokol Karel Havlicek-
Borovsky 10K Giveaway

MARCH

- 4 Sokol Stickney Exhibition
- 11 Sokol Tabor Exhibition
- 17 Sokol Naperville Exhibition
- 25 Sokol Berwyn-Slavsky
Exhibition
- 29 Sokol Havlicek-Tyrs
Luncheon & Card Party

APRIL

- 1 Sokol Brookfield Exhibition
- 8 Central District Special
Number Exhibition
- 29 Northeastern District
Competition

JUNE

- 4 Northeastern District
Exhibition
- 10-11 Eastern District Slet at Sokol
Woodlands, NY
- 17-20 ASO NATIONAL
CONVENTION, Lisle, IL
Hilton Hotel
- 19 ASO Convention Banquet
- 22-25 Sokol Canada Slet, Toronto

A.S.O. FAX: 708-795-0539

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.

*In free countries, every
man is entitled to
express his opinions —
and every other man is
entitled not to listen.*

❖ *G. Norman Collie*



The Sokol Educator

Bro. Paul C. Lebloch, A.S.O. Educational Director

MEMORIAL DAY ADDRESS 1994

Address given by Bro. Paul Lebloch, ASO Educational Director, at the Bohemian National Cemetery, Memorial Day, May 30, 1994:

Honored Guests, Fellow Americans,

Today, we are gathered in this beautiful garden, the Bohemian National Cemetery, on this most solemn of American Holidays, Memorial Day. We are here to not only pay tribute to our nation's fallen heroes, but to all veterans who have served our country. We are here to also honor our parents, grandparents and leaders of our Czech and Slovak organizations who left their homeland so that we, their children, will live in a land of freedom and opportunity.

In 1860, several Bohemian and Slavic young men organized the Lincoln Rifle Company. This was the first regiment that went from Chicago to fight for the Union. This monument (see photo) speaks of the patriotism of those early immigrants who had already learned to love their adopted country so well as to be ready to lay down their lives for its preservation.

Many Czech and Slovak Americans have served our country with distinction in the Spanish-American War, World War I, World War II, the Korean War, the Vietnam Conflict

and Desert Storm. We shall always honor them.

In 1939, the Czechoslovakian foreign Minister, Jan Masaryk, made the following plea to Americans in a speech at the University of California, Berkeley:

"I beg of you, study the events of yesterday and observe what is happening today and ask yourself



what will happen tomorrow. Then you will appreciate the sincerity of my plea to you: Do not let go of principles of liberty. Watch over the democratic privileges your Declaration of Independence has

given you. Be proud of every day that you are free children of free people living in a free country under a free flag. Do not take your privileges for granted - any of them. Because I, in my small way, have seen that kind of liberty disappear!"

Many believe Jan Masaryk was murdered by the Communists in 1948. We must not take our country for granted. We must not let the good life overshadow the things that are truly important. We must guard against complacency and apathy.

The old Sokol maxim "V dusi vlast, v pazich silu, v srdci smelost." "Your country in your soul, your strength in your willing arms and courage in your heart." is as applicable for America today as it was for our ancestors in the Czech lands. We will never forget those who gave so much so that we may be free.

With tears in our eyes and determination in our hearts, with unflinching faith in a better world, we place wreaths upon the graves and bow to their memory. Though they died, they live on in the work bequeathed to us which we shall never betray.

That which is dear to humanity, that wars were fought for and supreme sacrifices made, must live for all times. May God bless you. May God bless America! Thank you. Nazdar!



FOR THE RECORD

Minutes of the November 22, 1994
meeting of the A.S.O. Executive Board

The meeting was called to order by President Bro. Charles R. Borvansky at 7:35 p.m. and the pledge to the flag was recited. Members present in the office were Bros. Borvansky, Satek and Lebloch and Sis. Pros, Pajeau, Kourim, Satek and Wojcik-Vondra. Members on teleconference were Bros. Kalat, Milan, Podhrasky, Dalton and Masek and Sis. Kalat and Dalton. Excused were Sis. Jurew and Sedlacek.

Minutes of the October meeting were accepted with the following corrections: Bro. Satek will have more Convention information after the first of the year, school board will be using the extra computer from the office and there was a \$100 donation from the Czech Catholic Union. Sis. Kourim moved to approve the minutes with corrections, seconded and passed.

The Central District October minutes and the November Director's Newsletter have been received in the office and will be kept on file. Correspondence was reviewed and acted upon, if necessary.

The BOI report was read by Sis. Kalat. Bro. Kalat moved to approve final reports for Special Assessment money from Central District for \$616.75 for one half travel expense for nine students to ASO 1994 Instructors school in Omaha, Central District for \$98 for travel to Karneval clinic and Eastern District for \$720 for two students to attend 1994 Sokol USA Instructors School, seconded and passed.

Two Merit Award recipients will be paying back money because of failure to meet requirements. The Slet in Canada will be June 22-25, 1995 in Toronto. There are still many questions to be answered and materials have not arrived as yet. Sis. Dorothy Gurreri of Sokol Fuegner, New York, is now the Eastern District Women's Director. The BOI is working on By-Laws change recommendations for the Convention.

The Membership Committee did not send in a report. Sis. Kourim also had no report.

The Educational committee report was given by Bro. Lebloch. He has been finalizing the Slet tour and a check should be coming to the office in the near future. On Friday, November 25, 1994, the Educational Committee will be meeting to make plans for the 1995 Convention. Bro. Lebloch attended the Central District Annual Meeting and installed new officers, attended the Milwaukee Folk Fair, is getting information about the building originally owned by Sokol Slavsky which has a newly renovated theater and would like to have Bro. Barcal's book ready for the convention.

Bro. Milan reported he attended the Southern District fund raiser for their travel fund and will be attending the next USGF meeting in Indiana.

Sis. Satek reported that her computer was stolen from her apartment with the November issue in the machine. The October issue was not printed correctly and the printer had to do a second run. We

received a request to review a book The Prague Castle, which Bro. Lebloch volunteered to read and write a review. We will then use black and white prints to be used with the article that Bro Lebloch will write and we will get a free copy of the book for our library.

Sis. Pros gave the 3rd quarter report, the October report and the current balance in the accounts. To have delegates at the Convention, units must fully fulfill their financial obligations to the American Sokol Organization by January 31, 1995 for the 4th quarter of 1994. Also, the Special Assessment must be paid by March 31, 1995. If these obligations are not met, the units forfeit the right to their delegates at the Convention.

Bro. Satek moved to contact Bro. Zelenka of the Pacific District about Sokol San Francisco non-payment of dues. They will be suspended as of December 31 and will not receive the publication. A letter will go to their membership with an explanation, seconded and passed.

The Auditing Committee met and found the Uniform Division and general operating supplies in order.

Sis. Wojcik-Vondra reported that the Seldon Fox report that did not list the BOI expense/income for the Slet correctly will have an added footnote that will explain what really happened. the expenses were for the Slet and not for the BOI.

Bro. Masek sent the Foundation Fund bank statement and will attend the Grand Polka Festival in Las Vegas, September 17-20, 1995.

Continued on Page 6.

The
American Sokol Organization

*requests the pleasure of your company
at a banquet in celebration of our*

XVI General Convention and our 130th Year

as the oldest continuous Sokol Organization in the world.

Our convention will be held from Saturday, June 17, 1995 through Tuesday, June 20, 1995

The highlight of which will be our:

Celebration Banquet

*on
Monday, June 19, 1995*

in the

Majestic Ballroom

of the

Bisle/Naperville Hilton Inn

3003 Corporate West Drive

Bisle, Illinois 60532

Reception (Cash Bar) 6:00 P.M.

Dinner 7:00 P.M.

Short program after dinner and dancing. ~ Banquet tickets are \$45.00 per person.

Tables of 10 (ten) persons each are available. Table assignments/tickets can be picked up at the ballroom entrance.

We look forward to your joining with us in celebration of this special occasion.

Nazdar! Convention Banquet Committee

Sis. Ulasta and Bro. Roy Zitny, Co-Chairperons

~ RESERVATION FORM ~

Name _____

Address _____

City/State/Zip _____

Sokol Unit/Organization _____

No. of Tickets _____ @ \$45.00 each

Total \$ _____ (Check Enclosed)

Make checks payable to: AMERICAN SOKOL ORGANIZATION
MAIL TO: American Sokol Organization ~ Banquet Committee
6424 W. Cermak Road ~ Berwyn, IL 60402-2386

THEY'RE HERE!

OFFICIAL XII All-Sokol Slet Videotapes

(English Version)

The ASO has a large number of OFFICIAL Slet videos from the COS for resale to its members.

\$32 Pick-Up ~ \$35 Shipped Priority Mail

Support the COS and the ASO by purchasing copies of the OFFICIAL XII Slet Video from the ASO.

Don't be fooled into buying unofficial, imitation "home" videos or videotaped copies of the television airing.

11/22/94 A.S.O. Executive Board Minutes *(Continued)*

Bro. Borvansky attended the Central District annual meeting and reported that Bro. Lebloch received the Presidential Award for achievement. The Convention information will be available after the first of the year. The seals will go out in January 1995 and will celebrate 130 years of Sokol in the United States of America.

Bro. Podhrasky committee approved Sokol Omaha's By-Laws, which are in the office with modifications. Sis. Dalton moved for the Executive Board to approve the By-Laws with minor correction, seconded and passed.

Bro. Satek moved that Sokol Havlicek Tyrs will pay 4th quarter dues and will have a delegate to the Convention and will then merge with Sokol Chicagoland, seconded and passed.

Bro. Kalat asked about the membership drive to be held before the Convention. At the Central District Educational Conference on January 14, 1995, it will be discussed with Sis. Sedlacek.

We are still looking into a holiday party. There was a discussion about the 1993 Slet Pamatnik.

The By-Laws Committee

convention tentative agenda is Thursday, June 15, Friday June 16 and Saturday June 17, 1995. The committee would like to meet in Dallas on April 1-2, 1995. Sis. Dalton moved to have a meeting in the Dallas area on April 1-2, 1995, seven were for and five against, passed. The hope is all By-Laws changes will be to Districts by January 15, 1995, those changes to Bro. Podhrasky by February 15, 1995 meeting April 1-2, 1995 and they will be back to units by April 15, 1995.

Meeting adjourned at 9:00 p.m.

Sis. Nancy Pajeau, Secretary



MANAGING YOUR EXTERNAL IMAGE

Your external image is the image and general impression that people have of your group, organization, business, etc. from your marketing, advertising and public relations, but without experiencing it directly. It must be purposefully managed by you through advertising and public relations. Advertising is a product of **cost** while public relations is a product of **time**. Both are very important and necessary investments. Ultimately, if you do not invest in managing your external image, it will be managed for you by others. The people in your community who talk about your group/business will be the only voice -- and we know that people talk more when they are upset than when they are happy. If the loudest voices come from those who are not pleased then this will be the external image developed in your community. It is important to spend time on **public relations**:

- **Develop Relationships** -- It is very important to get to know business and community leaders in your area. Some of the best ways to accomplish this are:
 - ♦ **The Chamber of Commerce** -- Become an **ACTIVE** member on one of their committees (Education Committee, perhaps). Attend their monthly 'mixers' and shake a lot of hands. Make sure that they see you as a valuable community group. Ask about partnership programs with local schools and offer your support.
 - ♦ **The Local Newspaper** -- Walk right in and introduce yourself. Offer to take a reporter, or the editor, out to lunch or to your gym to educate them on what you are all about and how many lives you have an impact on. Let them know in advance about all the special events you are hosting, and the cute kids make great photo opportunities. Offer to submit articles about fitness or gymnastics. Remember you are the local expert.
 - ♦ **The Local Schools and PTAs** -- Introduce yourself to the Principal of each area school. Let them know that you are also with their students and that you care about the quality of education. Offer to do free assemblies and demonstrations to educate the students about fitness and self-esteem. Offer to become a 'partner' and support them with donations of free gymnastics for teachers to use to reward students for good work and behavior.
 - ♦ **Civic Participation** -- If the Park and Recreation Department in your town is holding a 10K run or other such event, offer to provide gymnastics entertainment and professional assistance. When the city council holds a ground breaking ceremony, **BE THERE**. Make yourself present at local inductions and don't forget to dress for the occasion (gym clothes may be your work uniform, but everyone else wears a dress or coat and tie).
- **Donate Free Gymnastics** -- Let it be known that you can be relied upon to donate free gymnastics scholarships (one month - presented on professionally printed certificates) for local fund raiser groups to auction or raffle at their events. This promotes your group, creates a perception of value to your service, and brings new people in to try your program that otherwise may never have sought you out. After all, if you are doing your teaching job well, you will get these scholarship students hooked on gymnastics and they will become long time, paying clients when your scholarship runs out. Make it your duty never to say "NO" when asked for help, and encourage more opportunities to give.
- **Give Clients A Referral Fee For Telling a Friend Who Enrolls** -- Most people enroll due to a friend's recommendation. It is always a nice gesture and a great incentive investment to thank clients for referring their friends to your gym by giving them a discount on their next tuition payment. Perhaps, \$10 off on their next payment would be effective.

Jeff Lulla, "Developing Effective Advertising and Public Relations Plans",
1994 USA Gymnastics Congress Proceedings Book

WINTER WORKOUTS INDOORS

When summer is long over and the sun rises late and sets early, exercising regularly — even if you've been faithfully logging hours each week in warmer weather — becomes a difficult proposition. During these dark days, when cold, wintery weather doesn't cooperate and your daily workout log is fast becoming a series of blank pages, it's time for indoor workouts.

You can have some of your best aerobic and total body workouts right in your own home, health club, [Sokol], or local pool if you're organized and motivated to achieve your workout goals. With so much quality equipment available and some creativity on your part, you can pick and choose from a smorgasbord of offerings and exercise your way through the cold season. Try some of the following indoor options.

Stair Climbing

The advent of the stairclimbing machine as a training alternative has been a blessing for those athletes whose programs once self-destructed during periods of inclement weather. As you duplicate the stride used in running up a steep hill, the machine exercises every major muscle group from the waist down, but without all the pounding to the joints and muscles you'd get from running.

A stairclimber requires little skill — mostly just willpower—to keep going. When climbing, don't let the pedals touch the upper or lower step limits. This minimizes any chance of joint trauma and keeps your step motion continuous and rhythmic. Let the machine dictate movement: Pull your legs up gently with the steps, then gently descend. Unless exercising in specialized positions, keep your knees over your feet and your back erect.

Keep your feet flat on the pedals or stairs. Overuse problems such as Achilles tendinitis can develop when you exercise with your heels extended out over the pedals for an entire workout or when you continuously exercise on the balls of your feet. Refrain from pushing down with your feet or jogging on the pedals, which may cause your feet to tingle and eventually become numb. If you want to go faster, adjust the step height and resistance level accordingly.

The hand rails are for balance and not for supporting your body, so place your fingers loosely on the bars. If you lean onto the rails, you take pressure off your legs, lower the amount of weight you have to lift, and effectively reduce exercise intensity.

Stair Workouts

Begin each exercise session with a five to ten-minute warmup consisting of shorter steps, gradually working your way up to wider strides. Select a stepping rate that allows you to stay in the middle of the range of motion of the pedals. Take deeper steps once you are adequately warmed up, and shallower steps again for the five-minute cool-down period. To achieve maximum benefits from stair climbing, exercise at an intensity that is consistent with your personal training goals. This can be measured by heart rate or rated perceived exertion. Total workout time is typically 30 to 45 minutes.

Workout variety is essential with stair climbing machines to keep motivation and adherence levels high. Here are some tips to spice up your climbing sessions when using a sturdy, well-balanced stairclimber. Try each one for 30 to 60 seconds, and increase the time as you become more comfortable.

- ◆ Close your eyes and hold on lightly to the railing with your fingers as you climb; the machine becomes a challenging balance exercise when you take away all

visual cues. If this is too difficult, try it with one eye closed.

- ◆ Move your feet as far forward as possible on the pedals or stairs so that you are standing on your heels. This takes pressure off the calf muscles, forcing the quadriceps muscles to exercise more.
- ◆ Climb for one minute with your toes pointing inward and then the next minute with toes pointing outward. This places more stress on the hip flexors and quadriceps.

Water Running

Many athletes are taking some of their running workouts into the swimming pool. Proponents of water running claim that this method of training allows athletes to maintain or improve fitness while sparing them the lower-extremity pounding that often comes with land-based running. Water running can condition and strengthen the body—and protect it as well. The buoyancy of water supports you as you jump, run, bounce and stretch. Water also acts as a cushion for weight-bearing joints, helping to prevent the strain, injury, and reinjury so common with running workouts.

Water workouts can be as effective as dry-land running. A 1994 University of Florida study of 16 trained distance runners confirmed what many athletes and coaches already believed: Water running is a good alternative exercise, producing beneficial training effects that can be sufficient to maintain aerobic conditioning.

There are two basic methods of water running. Deep-water running takes place in water over your head. A flotation device is used to keep your head and shoulders above water as you run. Shallow-water running entails running in waist-deep water, typically in the shallow end of a swimming pool. Shallow-water runners may also use a tether—elasticized tubing secured around the waist and hooked to a pool ladder, lane marker, or pool furniture—that holds them in place and lets them concentrate on form as they run.

Both deep water and shallow water running are excellent forms of exercise. Here are some basic tips and workout guidelines:

Deep-Water Running

Developing pool running technique may take some practice. You need to stay fairly erect in the water, but you don't want to run in place with your legs simply going up and down. As you bring your thigh up, reach out and stride from your knee. Pull your leg down, under, and back, trying to kick yourself in your buttocks with your foot. Run tall with your hips always in line under your shoulders—don't let your buttocks drift backwards. Keep your hands lower than your elbows. The elbow of your lead arm should move no farther forward than the front of your chest and come back slightly past your back on the backswing. Breathe naturally.

Run in place for 15 to 20 minutes, or else run up and down the lanes of the pool without touching the pool bottom. Cool down for five minutes with easy running, slowly moving your arms and legs back and forth in the water.

Shallow-Water Running

Optional equipment for running in waist-deep water includes pool footwear (highly recommended if you are susceptible to blisters or if the pool bottom is slippery or rough) and a tether. If you want to run tethered, you can fashion your own with nylon webbing or a rope attached to surgical tubing or bicycle inner tube, which is wrapped around your waist.

If you are running with a tether, lean forward slightly. Drive off the pool bottom with the balls of your feet. Drive each knee upward forcefully, then push straight back down.

WINTER WORKOUTS INDOORS

continued

Concentrate on arm movement. Keep your hands relaxed, palms facing inward, fingers loosely closed; they should break the surface of the water as you run. Run in place for one minute. Rest for one minute and then repeat the effort five to ten times.

If you are running without a tether, keep an erect posture as you run in place or run from one side of the pool to the other. Drive your knees up and then straight back down. Keep your arm movements vigorous.

Cool down for five to ten minutes by walking slowly in the shallow water.

Slide Boards

Slide boards are increasingly being used by athletes to develop speed, power, and agility while moving laterally. By rhythmically sliding from side to side atop the slippery plastic panel, you can get a high-intensity workout with very little impact force on the joints and musculature of the lower body. The lateral acceleration and deceleration on the slide board is great for developing the strength of the abductor and adductor muscles of the legs, the specific muscles involved in lateral movement.

How to Slide

Athletes can usually pick up the basic sliding movement very quickly. The basic sliding position is the "Athletic ready" stance: head up, knees bent, back arched slightly, arms bent 90 degrees at the elbows. To slide, use the pair of shoe covers that come with the board, or else pull a large pair of thick woolen socks over your exercise shoes.

Slide Workouts

Begin each workout session with a five-minute warmup consisting of slow, gentle slides on the board, gradually increasing your speed and intensity. For maximum slide board benefits, exercise at a level consistent with your own training goals—measured by heart rate or rated perceived exertion.

As with training, workout variety is essential in order to keep your motivation and adherence levels high. Try the following workouts.

Cross-touching

Take the speed skater's position: knees bent, back arched, arms bent with hands cupped loosely at knee level, and head up. Your goal is to cross-touch as many times as possible within a given time frame. When moving left to right, the left hand touches the left bumper, while the right hand touches the left bumper when sliding right to left.

- ◆ Touch as many times as you can in 15 seconds; take a 15-second rest. Build up to 10 sets.
- ◆ As your fitness improves, increase to 30-second sprints with 30-second rest periods. As you become stronger, perform as many cross-touches as possible in 30 seconds. This is rather strenuous and you may want to limit yourself to one set.

High/Low

For the first 30 seconds, slide in the high "athletic ready" stance, followed by 30 seconds in the low speed-skating stance; take a one-minute rest. Perform six sets, cross-touching the bumpers if you wish.

At the end of each slide workout, cool down by sliding easily for five minutes.

Penn State Sports Medicine Newsletter, November, 1994

MANAGING COACHING STRESS

As a group, coaches have a very high burnout rate and relatively short careers due to chronic inappropriate stress responses. Coaching stress may stem from too little time, lack of resources and support, long hours, team conflict, self-doubt, and of course unsuccessful teams. Such factors are called stressors and if not properly managed can directly influence the mental and physical health of a coach by diminishing coaching effectiveness and eventually leading to staleness or even burnout.

Stress describes our response to stressors. Stressors can be classified as environmental (temperature, weather), physical (hunger, sleep) or psychological (self-esteem, beliefs). The ultimate determination of our responses will be our interpretation of how threatening we perceive the stressor to be to our homeostasis. These responses will be both physical ("fight or flight" response) and psychological (anxiety). Both responses are instantaneous and automatic.

To change our responses then we must change our interpretations. Whether we are having positive or negative interpretations is often signalled to us through physical and psychological responses. These responses could include increased respiration and heart rate, perspiration, trembling, fatigue, changes in skin temperature, "butterflies", or quick and choppy movements or speech. Psychological responses include forgetfulness, confusion, a feeling of apprehension or fear, or an inability to focus.

Once these responses are recognized, we can then begin to understand why we perceive each situation as we do. This can be done by stopping and examining what is happening and what we believe it means to us. Most of us will find that our fears and perceptions of threats are over reactions and unjustified. Changing our interpretations or view will automatically change our response.

In addition to changing our interpretation of stressors, we can also use intervention techniques such as relaxation, positive self-talk, thought stopping, and visualization. All of these intervene at the response level and can modify or reduce our negative responses.

Coaching stress is a common experience that is magnified by the competitive environment. Knowing how and why we respond to stressors and how we can change our responses are critical components in managing our stress response and avoiding burnout.

Coaching Journal, July, 1994.

**MAKE YOUR PLANS EARLY!
ATTEND THE
SOKOL CANADA SLET
JUNE 22-25, 1995
TORONTO, CANADA**

1995 MERIT AWARD

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention, held in Detroit in June, 1975 approved Merit Awards to be paid from the Sokol Future Leaders Fund. **The Merit Award Committee is now accepting applications for the 1995 Merit Awards** from students who are planning a course or program in an accredited two-year or four-year college. The application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500 to one student per year per district which has under 1500 members (Eastern, Northeastern, Pacific, Southern, Western, and an additional student per year per district which has over 1500 members (Central). A one year renewal is also available.

Failure to submit a transcript of grades for the first year of the award to the American Sokol Merit Award Committee and/or failure to maintain a "C" average for the year's course of study will result in request for repayment of the award. If the transcript and grade average requirements are met for the first year of the award, the applicant may complete and submit a Merit Award renewal application (including approval by the Unit and District Director) for one additional year of the Merit Award. Second year transcript submission and "C" grade average requirements also apply to Merit Award renewals.

The selections are made by the Merit Award Committee and approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Regular attendance in Sokol classes for at least three years prior to this application. Juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol Instructor School(s) --Unit, District, and/or National.
3. Teaching or assisting experience in Sokol gym classes.
4. Service to Sokol--Unit, District, and/or National Organization.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of Physical Director of the District.

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education field.

Merit Award Committee

Janet Kalat, Frank Michalek, Anne Halik, Charles Borvansky, Paul Lebloch, Eva Balas (Chairman)

American Sokol Organization, c/o Merit Award Committee, 6424 W. Cermak Rd., Berwyn, IL 60402

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

Name (signature): _____

Street Address: _____

City: _____ State: _____ Zipcode _____ Phone: _____

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

APPLICATION REQUEST SHOULD BE POSTMARKED NO LATER THAN MAY 1, 1995
APPLICATION DEADLINE IS JUNE 1, 1995.

THE TREE GOES UP, AGAIN!

Happy Holidays! Once again, Sokol Berwyn-Slavsky, Berwyn, Illinois, decorated a tree at Brookfield Zoo for the zoo's annual "Holiday Magic" celebration. The zoo is decorated by hundreds of thousands of twinkling white lights and opened in the late evening for visitors to enjoy a number of holiday special events. The children and Juniors of Sokol Berwyn-Slavsky made a number of Sokol-themed ornaments and hung them with pride to create a fine Sokol Christmas tree for all to see.

~Diana Rhoades



The Sokol Educator

Bro. Paul C. Lebloch, A.S.O. Educational Director

SOKOL AS A FOUNDATION OF GOOD TRAINING

The following is excerpted from an article by Sis.

Irene Hedderman, Education Director, Sokol Berwyn:

"Sokol is not just a place to learn gymnastics, but a foundation of good training - training to be a well-rounded individual who takes pride

in who he/she is, not only in Sokol, but at home and in the community as well.

A good Sokol is not necessarily a good gymnast, but rather a good sportsman who cheers on his/her teammates and shows respect for his/her competitors. A good Sokol is a good example for others, a good friend and a good citizen.

If parents see that we teach their

kids to become better people, as well as how to do a cartwheel or spike a volleyball, they will register their children again and hopefully become more involved themselves."

Each Unit's Directors, instructors, Education Director and membership chairman should work together to implement the above ideals to help increase our membership.

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WORLD SOKOL FEDERATION REPORT AND FINANCIAL STATEMENT

Bro. Vladislav Slavik

As reported on these pages of the American Sokol in previous issues, the XII All-Sokol Slet in Prague in July 1994, harnessed an incredible mixture of potent energy. A good many Czech Units report a substantial increase of gymnasts, especially in women's classes and sports, while the Czech public, astonished by the success of the Slet, finally accepts Sokol as an integral part of national life.

Nowhere, however, manifested the past Slet more intense power than in countries of Eastern Europe. Representatives or complete delegations of 16 units, formerly allied in the Slavonic Sokol Federation, came to the Slet. It seems that upon their return home they all began to organize where they left off in 1938, when Hitler and Stalin combined to destroy national Sokol organizations. While Sokols in Slovenia, traditionally a fertile land for Sokol movement, lead the resurrection efforts, Sokols in other countries do not lag far behind.

Those of us who came to Tyrsuv Dum on July 4th for the exhibition of smaller groups enjoyed Polish Sokols performing their folklore dance. Sokol in Poland is now concentrated in three units, with the central body in Warsaw. It is estimated that as of the end of 1994, they count over 200 members. Sokols in Ukraine do not have a central organization as of this writing, but are active in volleyball and basketball, quite often visiting Sokol in Slovakia. Luzicko-Srbski Sokol in East Germany, in the area around Elbe River, has over 500 members in five units. 120 of them came to the Prague Slet. In the Kobylisy Theater they put up a complete 2-hour show. Russian Sokol is organized in Moscow units, although other places are beginning to be interested as well.

Another Sokol unit has been founded in Bor, near Triest. 45 members came to the Slet. Similarly, so a larger unit has already been formed in Sophia, Bulgaria. 36 women from this unit proudly joined 3,200 other Sokol women in Karneval composition at

the XII Slet. A very strong Sokol unit has been resurrected in Belgrad.

As expected, Sokol in Slovenia is very healthy. Led by units in Ljubljana and Maribor, Slovenian Sokols have registered over 1,500 sincere Sokol souls. It is not only a tradition going back some 125 years, but also a desire of Slovenians to renew the friendly relationship with Czech people. A recent founding convention in Ljubljana, with a delegation of Czech Sokols in attendance, passed a resolution asking for acceptance into the World Sokol Federation. This is already a second request; the first one being that of Sokols from Elbe Region, sometimes called Lusatia (Luzice), Luzicko-Srbski Sokol.

While the World Sokol Federation will lose one of its founding members, Czechoslovak Sokol Abroad, other national organizations will take its place. Sokol Abroad was founded on the premise that it will function only temporarily until freedom returns to Sokol homeland. On its recent convention, Sokol Abroad decided to disband on December 31, 1995. Its five districts are free to choose their own destiny. I have already tactfully initiated possible merger talks between the American Sokol Organization and Canadian Sokols are trying for incorporation with the COS.

As we can clearly see, Sokol future appears to be brighter. There are about five times as many Sokols as there were five years ago. Since the societies and way of life change, so do our efforts to incorporate Sokol into the American mainstream. Volleyball and basketball can no longer play the roll of Cinderellas within our Sokol program. Bowling, golf, hiking and other sports must be accommodated within our activities. Similarly, so growing ranks of our senior citizens long for physical fitness that would commensurate with their age. Yet, all these trends blend so well with Sokol traditional program of gymnastics, folklore dancing, social, patriotic and

other activities. European Sokols seem to understand deep undercurrents churning our way of life. Among young European people it is the aerobics and muscle improving equipment that draws thousands into Sokol halls. Don't we see similar trends in the United States?

Thus the task of the World Sokol Federations is quite simple, although a very difficult one: to include all these sports and trends within our Sokol program, coordinate activities in different countries and serve as a rallying point or information center. While our joint efforts will lead us into a better future, we must have some funds, however modest, to underpin such work. The American Sokol Organization, financially strained to its limits, asked me to turn to a few individuals and our units and districts with a call for help. In that call I have stated our goals.

- 1 American Sokol Organization
 - Dues for 1994 \$100
 - Additional Contribution for 1994 \$200
- 2 American Sokol Organization
 - Dues for 1995 \$100
 - Additional Contribution for 1995 \$400
- 3 American Sokol Organization
 - Dues for 1996 \$100
 - Additional Contribution for 1996 \$400

I also stated that should the collection bring in more money, the American Sokol Organization would help defray the financial loss of the XII Slet. As of December 31, 1994, we have collected \$1,795, with the expenses being \$69, the total available is \$1,726. In addition, \$25 is donated by Bro. V. Zbuzek, member of ASO and COS, permanently living in Prague. We have already sent a check for 1994 and 1995, totaling \$800; at the end of this year, we'll send in \$500 for 1996. The balance, \$426 is being sent to the COS Slet fund.

Even if there is nothing left for the delegate(s) to the World Sokol Federation meeting in 1995, we have accomplished what we set out to do four months ago. The American Sokol Organization can proudly say that it leads the way to help the World Sokol Federation to promote Sokol ideals.

We have said at the beginning that this will be rather a small brotherly collection, without any publicity.

Perhaps I made a mistake by going without publicity, for I received few contributions from individuals I haven't even asked. However, should anyone be willing to help the World Sokol Federation, send a check in any amount to: EASTERN DISTRICT, A.S.O.; 420 East 71st Street; New York, NY 10021.

Before I list the names of contributors, I would like to share with you a fine feeling one enjoys by reading a short note attached to one of the checks: "Thanks for including me."

The following is a list of contributors in alphabetical order:

Bro. Stanley Barcal, Sokol Chicago	\$50
Bro. & Sis. Helen Beran, North Riverside	50
Sis. Eleanor Brejcha, Berwyn	10
Central District, ASO	100
Antone Cervenka, Lodge Rebekah #25	10
Eastern District, ASO	50
Bro. George & Sis. Jaquelyn Eisenstein, Sokol Detroit	500
Sis. Jarka & Bro. Josef Kasl, Sokol Baltimore	25
Bro. Paul Lebloch, Educator, ASO	100
Bro. Basil & Sis. Anna Slavik, Sokol New York	100
Sokol Baltimore	100
Sokol Berwyn	100
Sokol Brookfield	100
Sokol Greater Cleveland	100
Sokol Los Angeles	50
Sokol Miami	200
Sokol Schenectady, NY	50
Sokol St. Louis	100
Sis. Jarmila Vogel, Sokol New York	100
Bro. Dr. Vrata Zbuzek, Sokol New York and Sokol Smichov, Praha	25

Your contributions will shape Sokol future in lands that for 57 long years were only dreaming. With your help, those dreams are becoming a blissful reality. Many thanks. Nazdar!



American Sokol Organization Quarterly Financial Report

October, November, December 1994

Submitted by Sis. June Pros, Financial Secretary

RECEIPTS

Dues	\$20,470.00
Convention FUnd 1993, Sokol San Francisco	378.00
Spec. Assess. Fund 1993, Sokol San Francisco	189.00
Convention Fund 1994	1,060.00
Special Assessment Fund 1994	504.00
\$5.00 Member Assessment	1,475.00
TGM Dues	180.00
Dividends/Interest	103.28
Subscribers	86.00
Advertisers ASO Publication	700.00
Resale Jewelry	904.00
Souvenirs	104.85
Educational Booklets	87.50
BOI Skills	162.00
BOI Misc.	21.00
Postage/UPS	38.24
Donation to General Fund	161.00
Scrap Paper	10.00
Sokol Manual	180.00
Labels/Copies	21.50
Seals	35.00
Refund Partial Merit Award	150.00
Prague Tour Profit	3,000.00
Uniform Dept. Salaries (Sep./Oct./Nov.)	870.96
Uniform Dept. FICA/Medicare (Aug./Sep./Oct.)	151.52
Uniform Dept. FWT Tax (Aug./Sep./Oct.)	30.00
Uniform Dept. IWT Tax (Aug./Sep./Oct.)	29.85
Uniform Dept. Phone/Fax	113.73
Uniform Dept. Rent (Oct./Nov./Dec.)	875.00
TOTAL	\$32,091.43

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Oct./Nov./Dec.)	\$1,644.97
FICA/Medicare (Sep./Oct./Nov.)	293.34
FWT (Sep./Oct./Nov.)	30.00
IWT, 3rd Quarter	58.10
Ameritech/Phone/Fax	300.23
Com Ed	170.63
CPA/Year End	705.00
Petty Cash, Postage	170.57
Office Supplies	55.99
Janitor Service/Supplies	117.91
Printing Cards/Report Forms	177.50
Parking Permit 1995	50.00
Rent (Nov./Dec./Jan.)	2,781.00
TOTAL	\$6,555.24

PUBLICATION

Salaries (Mailing)	\$416.45
FICA/Medicare	67.40
Printing (July-Aug./Sep./Oct./Nov.)	5,998.26
Postage (Sep./Oct./Nov.)	2,128.00
Editor (Sep./Oct./Nov.)	450.00
TOTAL	\$9,060.11

BOARD OF INSTRUCTORS

Salaries (Oct./Nov./Dec.)	\$1,479.71
FICA/Medicare (Sep./Oct./Nov.)	266.34
FWT (Sep./Oct./Nov.)	45.00
IWT, 3rd Quarter	51.60
Ameritech/Phone/FAX	471.92
Petty Cash/Postage	105.46
Supplies	25.30
Skills Ribbons	144.90
USA Gymnastic Fee	90.00
Parking Permit 1995	50.00
Editor "Gymnast" (Sep./Oct./Nov.)	90.00
TOTAL	\$3,066.82

EDUCATION

Salary	\$51.44
IWT, 3rd Quarter	3.62
Film Wrap	30.00
Moravian Heritage Soc. Membership	30.00
TOTAL	\$115.06

UNIFORM DEPARTMENT

Salaries (Oct./Nov./Dec.)	\$821.97
FICA/Medicare (Sep./Oct./Nov.)	154.48
FWT (Sep./Oct./Nov.)	30.00
IWT, 3rd Quarter	35.40
Ameritech/Phone/FAX	103.33
Parking Permit 1995	50.00
Rent (July/Aug./Sep.)	885.00
TOTAL	\$2,080.18

MISCELLANEOUS

Windows Computer Program	\$96.03
Ads	150.00
1995 convention Banquet Band Deposit	150.00
Return Unused Merit Awards	1,000.00
Printing Envelopes 1995 eals'	158.00
Xmas Gift Mailman	5.00
School Board Travel	122.90
TOTAL	\$1,681.93

SPECIAL ASSESSMENT

Eastern District	\$720.00
Northeastern District	60.00
Central District	2,214.75
Pacific District	521.00
TOTAL	\$3,515.75

AVENUE BANK SPECIAL ACCOUNTS

Convention Fund incl. \$5 Member Fee	\$2,671.00
Special Assessment	679.00
Balance Brought Forward/Checking	\$14,167.45
Receipts	+32,091.43
	\$46,258.88
Disbursements	- \$29,178.50
BALANCE CHECKING 12/31/94	\$17,080.38

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**EDUCATIONAL MATERIALS,
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Membership Pins and New Member Information Kit	
Membership Kit	\$7.50
<i>(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)</i>	
Plain Pin (No Year)	\$5.00
5, 10, 15, 20-Year Pin	\$8.00
25-Year Pin	\$25.00
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35, 45-Year Pin	\$6.25
50-Year Pin (Gold-Filled)	\$32.00
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Educational Materials	
Sokol and the Sokol Idea	\$2.50
Our Task, Aim and Goal	\$2.50
Dr. Josef Scheiner	\$2.50
Highlights of Czech History	\$2.50
A.S.O. 125th Anniversary Book	\$4.00
"Amer. Sokol Sings" Songbook	\$4.00
Gym. Activities with Hand App.	\$6.00
Sokol Gymnastic Manual	\$15.00

Board of Instructors	
Girls'/Boys Skills Program Materials	
Lg. Packet (25 Participants)	\$33.00
Sm. Packet (12 Participants)	\$17.00
Tots' Skills Program Materials	
Lg. Packet (25 Participants)	\$17.00
Sm. Packet (12 Participants)	\$9.00
<i>Separate Cards, Patches, Bars and Ribbons also available.</i>	

Souvenirs	
Sokol Gold Plated Stick Pin	\$7.00
Festival Coffee Mug	\$2.00
Sokol Bouquet Postcard	\$.25
Sokol Charm	\$3.00
Sokol Stud	\$2.00
XVIII ASO Slet Souvenirs	
Sweatshirt (S & M Only)	\$12.00
Lapel Pin	\$3.00
Large Canvas Tote Bag	\$8.00
Canvas Barrel Gym Bag	\$10.00
USA Key Chain	\$1.50
Pen	\$2.00
Luggage/ID Tag	\$3.00
Slet Plate ('93, '89, '85, '81)	\$25.00
Program Book	\$2.00
Etc.	
Unit ID Ribbons	\$1.25 Each
Czech Video	\$30.00 Incl. Post.
Talon Mugs	\$6.00
Set/3 XVIII Slet Videos	\$39.95+\$4.00
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SOMETHING TO THINK ABOUT...

Brothers & Sisters,

Just a note to share an arrangement that we have at our unit that might just help your unit out. We have a verbal commitment from our member-workers that should they win a big lotto prize, they will make a major financial contribution to ease the burden on the unit. After all, we have all benefited from this organization either on the gym floor or on a working committee and have learned that if you don't take

a risk, you'll never make any progress. It's all a gamble that might just pay off.

With a major financial boost, our unit would be able to expand its programs and make facility improvements to accomplish goals we would all like to see implemented. If your unit doesn't need the funds, then certainly the Foundation Fund of the National Organization could use the help.

This fund was established at the last convention with the purpose of generating interest to build our National Organization. Most of us owe this organization a great deal of gratitude for attaining the personal successes we have enjoyed in our lives.

Thanks for your time and good luck!

Nazdar! ~ Anonymous



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