

american **SOKOL**



Volume CXVI, Number V

MAY 1995

World Sokol Federation, Czech Republic
Karel Syrovy, President

January 19, 1995

Dear Brothers and Sisters:

On behalf of the World Sokol Federation, we thank you very sincerely for the check we have just received. The collection undertaken by Bro. Slavik resulted in a generous amount of \$800. We note that part of it – \$100 each, are dues for the years 1994 and 1995 and the amount of \$600 to promote and strengthen the aspirations of the newly born Sokol units in post-communist countries.

The XII All-Sokol Slet proved to be a great help for the Sokol movement, but however successful, drained all our financial resources and left us with a deficit. This obviously will slow us down and that is why we appreciate so much your understanding and real and generous help.

We wish you all the best for the year 1995 and send you our heartiest regards.

NAZDAR!

D. Gallatova, Secretary

Karel Syrovy, President

American Sokol

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From Your Editor...

This month's edition is filled with many interesting articles pulled from various Unit newsletters. I find all these newsletters an interesting and helpful source of information and hope each of you appreciates the efforts of your own unit's editor. Why not take a moment now to make a donation to your newsletter? Postage and production costs keep rising. Isn't your newsletter worthy of a small monetary contribution?

NA ZDARI!

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

CALENDAR of EVENTS

MAY

- 6 Central District Girls' Competition
- 7 Sokol South Omaha Mini-Slet Exhibition
- 8 United Sokols of the East Junior/Senior Competitions
- 13 Central District Boys'/Men's Competition
- 15 Sokol Milwaukee Exhibition & Awards Night
- 20 Central District Sokol Day
- 21 Central District Awards Picnic

JUNE

- 2,3,4 Southern District Slet at West, Texas
- 4 Northeastern District Exhibition
- 6 Sokol Milwaukee Spring Fling
- 9-10 Western District Jr.-Sr. Competition at Sokol Cedar Rapids
- 10-11 Eastern District Slet at Sokol Woodlands, NY
- 11 Sokol Detroit Summer Exhibition
- 17-20 ASO NATIONAL CONVENTION, Lisle, IL Hilton Hotel
- 19 ASO Convention Banquet
- 22-25 Sokol Canada Slet, Toronto

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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.

Poetry comes
nearer to vital truth
than history.

❖ Plato



A L O H A !

Thirty-seven Central District Sokols traveled to Oahu and Maui on a Sokol Brookfield sponsored tour fund raiser. Attending were Sokols from Berwyn, Brookfield, Chicagoland, Havlicek, Tabor, Stickney and Slavsky. What a fun group! It was truly paradise for two weeks, with lots of sunshine, laughing, sightseeing, shopping, luaus, cook-outs, Mai Tai parties and singalongs poolside. Thanks to Frank Michalek and his harmonica, the Gods have now heard all of our Czech songs. The group wants to make the trip again next year for a repeat performance. We hope more of you will join us next year in the land of sunshine. Thanks to all of you for helping Sokol Brookfield.

~ Roy and Val Zitny

American Sokol Organization

XVI Convention & 130th Anniversary Program Book

Dear Brothers and Sisters,

In conjunction with the XVI Convention and the 130th Anniversary of the American Sokol Organization, a commemorative program book will be issued. Certainly, you will want your name to appear in this historic publication. Kindly fill in the area as you want your name to appear and mail your request, with a check payable to American Sokol Organization, 6424 W. Cermak Road, Berwyn, Illinois 60402.

\$3.00 Well Wisher _____ \$5.00 Booster _____

\$10.00 Sponsor _____

In Memoriam \$15.00 _____ In Memoriam \$20.00 _____

The publication, printed on 8 $\frac{1}{2}$ x11" paper, will be a documentary of 130 years of the Sokol movement in America. Full pages at \$80, $\frac{1}{2}$ pages at \$50 and $\frac{1}{4}$ pages at \$30 are available in either historical, pictorial, documentary, cultural or advertisement layout. Your organization, commercial establishment or you as an individual will be proud to be a part of this historic publication. For additional information, contact Bro. Fred Kala or Bro. Paul Lebloch at the address listed above. NAZDAR!

THE VISION OF THE CZECH SOKOL ORGANIZATION

The Prague Sokol, a venerable Czech sports and cultural institution, has retained ARA Praha/New York to design a master plan for the development of Tyrs Hill, a 30-acre wooded property in the Prague 1 Michle district that was returned to Sokol after the Velvet Revolution of 1989.

The design program calls for a large state-of-the-art multi-use gymnasium including basketball and squash courts; an area for martial arts (kendo, aikido, etc.); indoor and outdoor swimming pool; health club/fitness center; sauna with smaller rehab pool; massage; outdoor area for track and field sports and terrain bicycle rental store. All these facilities will surround a central clubhouse with restaurants, bar, billiards, social hall, library and hotel accommodations.

About Sokol

The Sokol (Czech for "falcon") was founded in Prague in 1862 as a sports organization for the promotion of physical fitness in the Czech nation. At the time of its founding, the present-day Czech Republic was part of the Austro-Hungarian empire and nationalistic feeling among the Czechs ran high. The Sokol, with its motto, "Sound mind in sound body," had become an important center of the Czech national revival in the 19th century. It had grown from sports organization to major Czech cultural force promoting the ideals of civil rights and liberties.

Sokol branches had quickly spread

all over the Czech lands and even abroad. The first American branch of Sokol was founded by Czech expatriates in St. Louis, Missouri, in 1865, followed by Sokol New York in 1867 and Sokol Chicago in 1878, all of which have been in continuous operation ever since. Major leaders of Czech cultural and political life, including Thomas Garigue Masaryk, were members of Sokol.

Not surprisingly, both the Nazis and the Communists disapproved of Sokol. The organization was abolished under the German occupation of the Czech lands during World War II and during the 40 years of the Communist regime. Many Sokol members perished in Nazi concentration camps and Communist prisons.

Nevertheless, immediately after the fall of Communism in Czechoslovakia in 1989, Sokol Re-emerged. Its membership decimated because of the involuntary 40-year hiatus, its restituted properties in dire disrepair through lack of maintenance under the Communists, the Sokols in the Czech Republic are now trying to pick up where they left off in 1948 and move into the 21st century.

A new, for-profit Sokol

In this spirit the Prague Sokols have asked ARA-Praha/New York to help them develop their Michle property. The new complex will be located on top of a wooded hill – the Tyrs Hill, named after Dr. Miroslav Tyrs, a Sokol founder – and connected by cable car to the existing Sokol

facility at the bottom of the hill. The entire hill, the top of which affords 360° views around Prague, will be landscaped for recreational use, including picnic areas, bicycle paths, playgrounds for toddlers, park benches, etc.

The Sokol intends the whole facility to be self-supporting and income-producing. Preliminary market research indicates that due to the dire shortage of sports facilities in Prague in general and in the Michle district in particular, the proposed complex would draw plenty of daily and several-times-per-week customers from its neighborhood. It would also become a destination resort for weekend users from the greater Prague area.

Sokol projects that income generated by the commercial uses of the complex (restaurants, hotel, bicycle rental, etc.) and fees collected for the use of its sports facilities will return the original investment (estimated at \$5.5 million) within five years, after which the complex would produce a net income of approximately \$1 million per year.

The Prague Sokol seeks an investor interested in financing this development in return for keeping all the operating profits of the entire facility. If you are such an investor or know of someone who might be, please call Martin Holub at 212-787-7644, FAX 212-7878-3146.

Reprinted from Sokol South Omaha Newsletter from an article received from ARA (Architektonicka a Realizacni Asociace/Architecture and Construction Management).

Czech ELDERHOSTEL

Doane College, Crete, Nebraska ~ July 30-August 5, 1995

Doane College's 1995 summer ELDERHOSTEL will again focus on the Czech Republic. The week-long Czech program, held on the Crete campus, is now in its sixth year. It will begin Sunday, July 30 and will conclude Saturday, August 5. Three academic courses will be featured and numerous other activities are planned.

Doane College, located near Wilber, NE, the nation's Czech capital, provides an interesting setting for the study of Czech people and their customs. Saline County was second only to Douglas County (Omaha) in the number of Czech immigrants who settled in Nebraska during the latter half of the 19th century. Doane's ELDERHOSTEL programming is enhanced by local culture. The Americans of Czech descent who reside in this area still retain strong ethnic tradition, including language and customs.

ELDERHOSTEL faculty and course descriptions are as follows:

The Czech Republic: Past and Present

This course, taught by native Czech Professor Eve Bock of Crete, will investigate the dramatic history and culture of this country. Mrs. Bock, a graduate of Charles University in Prague, will include in her course such topics as the social implications of the communist takeover and the Russian invasion. She will also touch on the Czech language in her discussions.

The Czech Republic: Politics and Current Affairs

Dr. Bruce Garver, noted Czech

scholar and member of the university of Nebraska-Omaha History department will focus on the Czech Republic's fluctuating political situation. Garver, who received his Master's and Doctoral degrees at Yale University, did graduate work at Charles University in Prague and has served there as an exchange professor.

The Czech Republic's Cultural Heritage

This course, taught by various instructors, will consist of sessions dealing with Czech architecture, music and literature. Costumes, folklore and ethnic foods will also be featured. A highlight during the week will be a field trip into the area countryside led by Nebraska State Historical Society architect David Murphy and ELDERHOSTEL program director Janet Jeffries. During the field trip, participants will visit Crete Sokol Hall, the Brabec/Vanourny farmstead, the Pizar farmstead and the Big Blue Bohemian Cemetery before arriving in Wilber. The Crete Sokol organizations boast an active gymnastics program in their hall, which features historic hand-painted stage curtains. The Brabec/Vanourny farmstead visit will showcase several typical Eastern European architectural features used by Joseph Brabec in his original house. The Frantisek Pizar farmstead is located at the end of a small limestone vein and features an 1877 stone house with a floor plan reminiscent of Pizar's Bohemian homeland. An 1888 stone barn and other outbuildings complete the pastoral setting. At big Blue Cemetery, the group will see an "old-

world" landscape with specifically placed tree-lined alleys and plot-design features reminiscent of the old country. In Wilber, the group will visit the Dvoracek Memorial Library, the Czech Museum and various downtown businesses, including the Czech Craft Shop, before gathering at Hotel Wilber for a duck dinner and entertainment.

ELDERHOSTEL participants may wish to stay in the area and attend Wilber's 34th Annual Czech Days celebration scheduled for August 4-6. ELDERHOSTEL, an international program based in Boston, was founded in 1975 to offer informal educational curricula at a modest cost for adults 60 years of age or older. Although the courses offered meet academic standards of colleges, there are no textbooks, homework or exams.

ELDERHOSTEL programs are held year-round in all 50 states and in more than 40 countries. Doane College has offered ELDERHOSTEL programs since 1981. The cost for Doane's 1995 program is \$320 per person, which includes lodging, meals and activities. There is also a reduced commuter fee for participants who live in the Crete area. Enrollment is limited.

Persons interested in being included on the ELDERHOSTEL catalog mailing list should write the national office: ELDERHOSTEL, 75 Federal Street, Boston, MA 02110-1941. Questions can be directed to ELDERHOSTEL Coordinator Maurine Johnson 402-826-8253 or Program Director Janet Jeffries 402-826-8234.



The Sokol Educator

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

EDUCATION AND THE B.O.I.

It is difficult to determine where the BOI's job ends and the Educational Director's responsibilities begin. They overlap. The gymnasium is the heart of the organization and the Educational Department the spirit or soul. We need both to survive.

At one time, the organization was in an enviable position. Most of our gymnasts were children of immigrants who had a deep love of our Sokol ideals. Much of the educational work was accomplished in the home. Many instructors were also educators who had an understanding of Sokol aims and goals. Today, with most of our members and gymnasts American born and many with no Czech heritage, the educational work becomes more important.

Many feel that the BOI's job is to produce top gymnasts. Some feel Sokol is gymnastics. Sokol is gymnastics, but gymnastics alone is not Sokol! Today, many of our BOI leaders are realizing that we have an obligation to not only have a good gym program, but also a good cultural and educational program.

In my opinion, our educational program should stress words like honor, pride in oneself, character and responsibility toward oneself and society. Sis. Irene Hedderman wrote, "A 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."

PBS recently aired a program with Bill Moyers who interviewed teenage gang members. They said they joined gangs for a sense of belonging and pride. They felt accomplishment in their crimes. Today, our junior classes are declining. Sokol should and can provide for their needs that they are seeking elsewhere.

The Educational Director and Physical Director and instructors should work together. The BOI has a great responsibility. They have the contact with our youth – our future.

The Sokol instructor is a symbol of Sokol. How he dresses, acts and prepares for his class is reflected in the class members. Even young children pick up on this. He sets the example.

The end product of our system is a well-rounded individual who is an asset to our community and country.

- A Sokol should not only be physically fit, but should also have a sound mind.
- A Sokol should have pride that is not vanity.
- A Sokol should have a sense of duty and discipline which is not blind obedience.

- A Sokol should have patriotism which is cultural, not chauvinistic.
- A Sokol should pursue cultural and intellectual activities.

What are some of the ways the BOI and Educational Directors can help in these goals:

- Singing after class – Sokol and American or Czech Folk Songs.
- Sokol Slogans – "Slogan of the Month" posted in the gym.
- Educational or cultural displays on bulletin boards or in trophy cases.
- Short lectures before dismissing class:
 - ~ Historical Personalities
 - ~ Historical and Current Events
 - ~ Sokol Brotherhood - Ideals
 - ~ Hygiene - Nutrition
- Field trips to cultural events, displays.
- Sokol Unit Newsletters

Bro. Brad Durham, Sokol Fort Worth, asks short questions during class; e.g., "Who founded Sokol?" This could be asked before a gymnast prepares to mount an apparatus. Bro. Gary Wilt, Sokol Berwyn-Slavsky, car pool talks of Sokol and their responsibility to keep their gym "home" clean.

A very important part of our educational work that directly involves the BOI is our Sokol calisthenics. Some question the value of these. Apart from their

Continued on Page 8.



Sokol Team to Represent the United States

Sokol Karel Havlicek Borovsky, Ennis, Texas has been chosen by USA Gymnastics to be one of the teams to represent the United States at the 10th World Gymnaestrada in Berlin, Germany, July 9-15, 1995. The World Gymnaestrada is a festival of special numbers with thousands of participants from around the world. The Ennis team will combine with gymnastic clubs from Fallbrook, California; Carmel, Indiana; Wrentham, Massachusetts; Milwaukee, Wisconsin; and Scott Depot, West Virginia to perform large United States mass numbers, with each team also presenting their own, unique number several times. The Czech Sokols (COS) and Sokols from Slovakia also will be attending the World Gymnaestrada with some 200-300 participants. The Ennis unit is in the process of contacting the COS to try and arrange for the groups to get together while in Berlin.



Representing the United States has been the goal of the Ennis team of young adults since 1993. The team initially participated in the first annual USA Gymnaestrada in 1993 in Indianapolis, where it became one of the "pioneer" teams and received an award for travelling the farthest to participate. In 1994 the team participated in the Second USA Gymnaestrada in Palm Springs. It was the only pioneer team making a second appearance. Because of the Sokol team members' quick aptitude, acquired through years of Sokol calisthenics training, it was asked to learn and demonstrate one of the mass numbers to be presented in Berlin while at Palm Springs. The team also received the special "Spirit of the Gymnaestrada" Award given for the first time. After all their hard work, the team's dream was finally realized with its selection to represent the United States.

All Sokol members can feel proud of these young adults for the effort they have exhibited thus far and the honor and recognition they will bring Sokol at the World Gymnaestrada. The last remaining roadblock, as you might expect, is the team's ability to raise the money to fund the trip (USA Gymnastics General Gymnastics Committee is unable to provide any financial assistance). Thus, the team is counting on Sokols to step forward and show their support. Donations of any amount will be gratefully appreciated (acknowledged with postcards from Berlin). Under the team's "adopt a gymnast" campaign, donations of \$25 - \$500 will result in the donor's name or a name button or a logo patch being worn on a team member's shirt or jacket. Thus, YOUR Sokol spirit and name can be present in Berlin this summer.

For more information and to make donations, contact:

Sis. Lil Laznovsky at (214) 878-5987 or Route 7 Box 48, Ennis, Texas, 75119.

The Presidential Sports Award Program

A strong, vital America depends on physically fit Americans

The Presidential Sports Award program was developed by the President's Council on Physical Fitness & Sports in 1972 in conjunction with national sports organizations and associations. Its purpose is to motivate all Americans to become more physically active throughout life, and emphasizes regular exercise rather than outstanding performance. The program is administered by the Amateur Athletic Union (AAU).

The challenge of the Presidential Sports Award is to make a commitment to fitness through active and regular participation in sports and fitness activities. Earning the award means that you have put in time and effort to meet the challenge of personal fitness. The Award recognizes this achievement, and the fact that you are part of a nationwide effort toward a healthier, more vital America. We hope that you encourage your family friends, teammates, and fellow employees to join in earning the Award.

Anyone age six (6) or older is eligible to participate in the Presidential Sports Award program. It is especially important that participants over the age of 40 who have not been active on a regular basis undergo a thorough medical examination before undertaking any physical activity program.

It is very important that all participants take necessary steps to make their activity enjoyable and safe. Unfortunately, unintentional injuries can occur even when proper safety precautions are taken. For example a helmet should be as common for a bicyclist as for a football player, racquetball players and shooters should wear appropriate eye protection, and walkers, joggers, runners, and bicyclists should make sure that they are visible to motorists. According to the United States Public Health Service, unintentional injuries rank fourth among the leading causes of death in the U.S. and constitute the first cause of years of potential life lost before age 65. Therefore, whenever necessary - PUT A LID ON IT!

You can earn the Presidential Sports Award in any one of the sports fitness activities listed below, and you can earn as many Awards, in as many categories, as you like. Any individual age six (6) years of age or older is eligible to participate.

To earn the award:

1. Select your sport or fitness activity (or several).
2. Keep a record of your participation on the fitness log included with the Presidential Sports Award brochure (or a copy of the log form).
3. When you have fulfilled the qualifying standards, send in the completed and signed fitness log and \$6 per award

Your award consists of the following five items:

1. A certificate of achievement from President Clinton, personalized with your name and suitable for framing.
2. A letter of congratulations from the Chairman of the President's Council, suitable for framing.
3. A blazer patch (embroidered emblem) signifying the sport or fitness activity in which you earned your award.
4. A sports bag identification tag, imprinted with the award logo.
5. A shoe pocket, which attaches to shoe strings and is designed to hold identification, money, keys, etc., while you work out.

FAMILY FITNESS AWARD -- In addition to the standard award packet described, family members who participate in the program and earn awards together will receive an embroidered strip which reads "Family Fitness" and is designed to fit just above the award emblem. Family Fitness strips will be awarded each time a minimum of one parent/guardian and one child apply to receive awards at the same time and meet the program criteria.

For additional information on the President's Sports Award Program or to obtain a descriptive pamphlet including a Personal Fitness Log, write President's Sports Award, P.O.Box 68207, Indianapolis, IN 46268-0207 or call (317) 872-2900 extension 22 or 51.

President's Sports Awards (continued)
Qualifying Standards

For maximum benefit, the criteria for each activity should be fulfilled within a four month period. The criteria for each sport differs. Here are representative criteria for a couple familiar sports:

GYMNASTICS

1. Practice gymnastic skills and/or compete in gymnastics a minimum of 50 hours with no more than two (2) hours credited to the total per day.
2. Practice must include work in at least one-half of the recognized events (two of four for women and girls; three of six for men and boys).
3. Participate in at least 3 organized meets.

VOLLEYBALL

1. Play volleyball, practice volleyball skills, or condition for volleyball a minimum of 50 hours with no more than two (2) hours of volleyball or one (1) hour of conditioning credited to the total per day.

OTHER SPORTS COVERED BY THIS PROGRAM INCLUDE:

AEROBIC DANCE;	ARCHERY;
BACKPACKING;	BADMINTON;
BASEBALL;	BASKETBALL;
BATON TWIRLING;	BICYCLING;
BOWLING;	CANOE-KAYAK;
CHEERLEADING;	CROSS TRAINING;
DANCE;	DISC SPORTS;
EQUITATION;	FENCING;
FIELD HOCKEY;	FIGURE SKATING;
FOOTBALL;	GOLF;
HANDBALL;	HORSESHOE PITCHING;
ICE HOCKEY;	ICE STAKING;
JOGGING;	JUDO; KARATE;
LACROSSE;	LAWN BOWLING;
MARATHON;	MARTIAL ARTS;
ORIENTEERING;	PISTOL; RIFLE;
RACQUETBALL;	ROLLER SKATING;
ROPE SKIPPING;	ROWING;
RUGBY;	RUNNING;
SAILING;	SCUBA-SKIN;
SKEET-TRAP;	ALPINE SKIING;
NORDIC SKIING;	SNOWSHOEING;
SOCCER;	SOFTBALL;
SPORTS/FITNESS;	SQUASH;
SWIMMING;	T'AI CHI;
TABLE TENNIS;	TAE KWON DO;
TENNIS;	TRACK & FIELD;
TRIATHLON;	VOLKSPORTS;
FITNESS WALKING;	ENDURANCE WALKING;
RACE WALKING;	WATER EXERCISE;
WATER SKIING;	WEIGHT TRAINING;
WRESTLING	

DOC'S CORNER

by Frank M. Michalek

**INJURY PREVENTION TIPS
FOR GYMNASTIC CLASSES**

ONE OF THE MOST IDEAL WAYS TO PREVENT INJURIES WHEN TEACHING GYMNASTIC CLASSES AND LESSONS, IS BY TAKING NECESSARY PRECAUTIONS. SOME SITUATIONS THAT INSTRUCTORS CAN BE ALERTED TO ARE AS FOLLOWS

SITUATION I: When teaching young boys or girls support positions on the parallel bars, make sure that you provide mats under the gymnast's feet, so that if they collapse in the support position by unintentionally bending their arms, the feet only fall so far before the feet come in contact with the mats, thereby preventing the child from injuring muscles in the chest area around the sternum.

SITUATION II: When teaching children front saltos (front somersault in the air) and this may be with take-offs from the floor, mats, take-off boards, trampolines, etc., make sure that the gymnast is not relaxed completely when they land, particularly if you teach the front salto in progressions, having them land from a dive roll first, then front salto to the seat, and then to the feet. It is important to make sure the gymnasts prepare for the landing by strengthening the legs. This can be done by allowing your gymnasts to practice jumping from various increasing heights. This plyometric type activity develops the necessary strength in the legs to control landings from vaults and front rotating type actions. When gymnasts legs become strong they can prepare for the landing by tightening up slightly just prior to landing. It must be explained to the gymnast clearly, especially beginners, that they must not allow their bodies to be loose and rubbery so that their legs buckle under them and then double up allowing their knees and legs to collapse and collide with their eyes, nose, teeth and other delicate facial parts.

SITUATION III: When teaching children the simple backward roll, there is always difficulty. If the gymnast does not have enough strength in the arms to elevate the body off the floor allowing the head to pass under the body without stress or pressure on the head, neck, or back or other critical areas, the spotter must assist.

National Youth Sports Injury-Prevention Month 1995

The focus of National Youth Sports Injury - Prevention Month is the pre-participation physical exam. The annual national health event, which is observed during the month of April, was organized by the National Youth Sports Foundation For The Prevention of Athletic Injuries in 1993 to promote safety in youth sports participation. It is supported by 62 national medical and sports organizations.

The pre-participation physical exam is one of the most important first steps in injury prevention. Its purpose is to determine if a child is physically able to meet the demands of the sport he/she has chosen to play. According to the American Medical Association, every athlete should have a "thorough pre-season history and medical evaluation."

The goal of the National Youth Sports Injury Prevention Month in 1995 is to:

- ◆ encourage all sports programs to require a pre-participation physical exam
- ◆ encourage all parents to have their children screened by a pre-participation physical exam before they participate in sports activities
- ◆ encourage all health professionals to utilize the guidelines for pre-participation physical exams developed jointly by the American Academy of Pediatricians, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and the American Osteopathic Academy of Sports Medicine.

Sports participation has become a major cause of serious injuries among youth. Each year, millions of children are seen in hospital emergency rooms because of injuries sustained in sports activities. While there are many reasons why sports injuries occur, many are preventable.

The National Youth Sports Foundation for the Prevention of Athletic Injuries, Inc. (NYSFPAI), is a non-profit educational resource and clearinghouse for information on safe sports participation for program administrators, health professionals, coaches, parents, and athletes.

USA GYMNASTICS SAFETY UPDATE

Volume 10, #1, 1995

Slow Motions

T'ai chi Provides a Low-Impact Alternative

T'ai chi is best described as a super slow-motion version of kung fu or karate. The slow movements, however, have a simple beauty and grace that appeal to many people, not just those interested in martial arts.

T'ai chi is performed in silence and requires high concentration. Students learn specific moves that involve the slow, constant shifting of body weight. Arm gestures are usually circular or rounded and are timed to coordinate with the subtle waist and foot turns. Breathing is slow and deep, and the postures are designed to be performed uninterrupted, so that each move smoothly blends into the next.

If sped up, the movements would look like those of a martial art, but many first-time onlookers would probably describe t'ai chi as a graceful modern dance.

Because there is no pounding or fast and twisting turns, t'ai chi is especially suited for seniors with fragile joints and for the growing numbers of athletes looking for a low-impact activity. T'ai chi is also practiced by many people in addition to other sports, or as a part of a stress-management program.

Even though the moves are slow and gentle, the rhythm and variety of postures in a basic 20-minute routine require a great deal of balance and muscle control and can work up quite a sweat.

Supporters say t'ai chi works their entire bodies and leaves them with a sense of inner peace and relaxation. They call it the "thinking person's sport," because learning and performing the intricate moves take thought.

T'ai chi probably does not have enough aerobic benefit to be a complete workout by itself, but combining t'ai chi with an aerobic activity, such as walking, and a calisthenics routine or weight program can help improve body composition. Besides being low-impact, T'ai chi helps to improve balance, which is especially important for people with frail bones. Along with the physical benefits, participants enjoy the mental participation of t'ai chi, something not found in other forms of exercise.

Almost anyone can learn t'ai chi, regardless of age, sex, or athletic ability. It requires no special clothing or equipment. The key is concentration.

Bro. Jerry Elzner Named 1994 SPJST Fraternalist of the Year

At their January meeting, the SPJST Supreme Lodge selected Bro. Jerry Elzner of Lodge 79, Corpus Christi, as the Society's 1994 Fraternalist of the year. Bro. Elzner is a member of Sokol Corpus Christi.

Bro. Elzner, who has been a member of the SPJST for more than 30 years, has established a distinguished record of fraternal achievement within his lodge. His fraternal commitment to his lodge and to those in need has touched and enlightened the lives of so many.

Although he is not an officer at his local lodge, he is a leader. His compassion for others has resulted in food drives for the hungry and clothing drives for the homeless. He was also part of the SPJST delegation who participated in the Habitat for Humanity intra-fraternal project in San Antonio. Working with fraternalists from around the state, Bro. Elzner helped to construct a home for a deserving family.

Bro. Elzner is a strong believer in his heritage. He has delivered

presentation on Czech heritage and his trips to the Czech Republic and enjoys helping school children and their teachers learn about Czech culture through talks and hands-on presentation of Czech memorabilia. Those who know him say that he "never meets a stranger" and that he "never misses an opportunity to lend a helping hand."

Nazdar and congratulations, Bro. Elzner, from the American Sokol.

~ Submitted by Milly Elzner

KOZEL = BILLY GOAT

In recent months, a new Czech beer has been added to the list of ever-popular Czech brews—Kozel. Although new to the United States, it is a very popular beer in the Czech Republic. This new beer is brewed in the town of Velke Popovice, which is approximately 12 miles east of Prague. Although you may have only recently heard of Kozel, the first vat of Kozel was

brewed in 1874. Last year, it celebrated its 120th Anniversary. The brewery is the fifth largest in the Czech Republic. The beer is exported to Germany, Italy, Sweden and the United States. Something unique about this brewery is that it houses three billy goats on its premises. The names of these goats are Olda, Franta and Pepik. According to the director

of the brewery, Milan Pechar, the brewery minus these goats would be like a republic without a president. During a recent party at Sokol St. Louis, Kozel outsold the popular Pilsner by 20 to 1. Everyone who tasted it, liked it, so it seems that Kozel is here to stay at the American-Czech Center in St. Louis.

~ Reprinted from Sokol St. Louis Newsletter

CZECH TROLLEY BUSES IN OHIO

Should you have an occasion to visit Miami Valley in Dayton, Ohio, you can ride on the Czech Trolley Buses. These buses are said to be an environmentally friendly and cost-efficient means of public transportation. The buses are manufactured by the machinery giant, SKODA, in Plzen. In the first phase of the contract, 63 trolley buses will be supplied to the Dayton public transportation system.

~ Reprinted from Sokol South Omaha Newsletter

Education and the B.O.I.

(continued)

aesthetic and physical value, they also can have a spiritual and emotional impact on the participant and spectator. They combine rhythm, music and symmetry of movement in such a way that, not only does the body get a sense of well-being, but the spirits are lifted as well. Performers feel a sense of identity with Sokol brothers and sisters, having cultivated a sense of collective responsibility which makes him regard his individual effort as part of a whole.

Above all, the Director and Instructor should be an example of a good Sokol.

- A good Sokol shows respect and consideration for his Sokol brothers and sisters.
- Loud and abusive language is foreign to a true Sokol.
- A good Sokol does not use profanity or vulgar language.
- A good Sokol should use moderation in drink, food intake and smoking.
- A good Sokol keeps physically fit commensurate with his age.

Our best source of promoting Sokol in America should be the example set by our members and the people who attend our gymnasiums.



Sis. Satek,

You asked me to tell you about the greatest Sokol instructor I know. I'll tell you; Maximillian Vaclav Younger, my father. You'd think a son would be prejudiced and you'd be right, but a lot of people also have my sentiments when it comes to Max Younger.

He was born in Pilsen, Czechoslovakia on September 22, 1886. He was a lifetime member of Sokol and as the coach of the Temple University Gymnastic Team from 1929 to 1959 was honored to be the first coach to receive the NCAA Coach of the Year in 1954.

After the first world war, he was getting his undergraduate and post graduate degrees at Temple when he was asked to open the YMCA in Europe's first democracy, Czechoslovakia, for which he did out of Prague for several years. The bronze plaque given to him was presented by J.A. Pipal,

National Athletic Director of Czechoslovakia. I am still in proud possession of a large bronze plaque of his inscribed "Kde Domov Muj?" along with many of his coaching awards. In 1949, Temple University dedicated their year book to him.

Max Younger had many famous students, including Chet Phillips, coach of the U.S. Navy Academy Gym Team, George Zypula, coach of the Michigan Gym Team and Olympians Bob Stout and Carl Patterson.

A great gymnast himself, I can fondly remember a picture of him at age 65 doing an iron cross on the rings. I'm sure every son thinks their father is the greatest, but there are a lot of people on both sides of the Atlantic that can vouch for Max Younger.

The accompanying picture was taken in 1932 at Clementon, Pine Hill, NJ, sponsored by Sokol Philadelphia. Max Younger is at the far left, third row from the bottom.

Sincerely, Nazdar!
Dr. Arthur V. Younger

AMERICAN SOKOLS



and the OLYMPICS

Bro. Frank Kriz, Sokol New York, was the only American to ever win a Gold Medal in Olympic Gymnastics until 1984. He won a gold medal in the long horse vault at the 1924 Olympic Games in Paris, France. He was also a member of the 1920 and 1928 U.S. teams.

The 1924 U.S. Olympic Gymnastic Team also had the following Sokol members: Bro. Rudolf Novak, Sokol Cedar Rapids, Iowa and Bro. Frank Safanda, D.A. Sokol, New York. Bro. Edward Knourek, Sokol Chicago competed in the pole vault event.

Bro. Paul Fina, Sokol Chicago, made the 1940 U.S. Olympic Gymnastic team. Bro. Tam Balas, Sokol USA was an alternate. The Olympiad to be held in Finland, was canceled because of World War II.

Sis. Laddie Kniz Bakanic, Sokol New York, was a member of the 1948 U.S. Olympic Women's Gymnastic Team.

In 1980, the Olympics were held in

Moscow and the following Sokols were to be members of the U.S. Olympic Teams: Bro. James Hartung, Sokol Omaha (Gymnastics), Bro. Phil Cahoy, Jr., Sokol Omaha (Gymnastics) and Bro. Tom Hintnaus, Sokol Los Angeles, Pole Vault. These Brothers did not compete due to the U.S. boycott.

Bro. Jim Hartung was a member of the 1984 U.S. Olympic Gymnastic Team which won the gold medal.

The American Sokol was a pioneer of Women's Modern Rhythmic Gymnastics, which became an Olympic event in 1984.

Sis. Mildred Prchal, Sokolice Tabor and Bro. Paul Fina and Bro. Henry Smidl, both of Sokol Chicago, were elected into the Gymnastic Hall of Fame in 1973.

Sis. Mildred Prchal, Sokolice Tabor, was the first woman awarded the United States Gymnastic Federation Master of Sport Award in 1974.

*~ Reprinted from
Sokol Tabor "Tabor Talk"*

◆ MEMORIAM ◆

Marie Rokusek Wachal Holasek

Sis. Marie Holasek became a Sokol in Omaha, Nebraska in 1922 and was a lifetime member of Sokol in Omaha and West, Texas. Her father, Simon Rokusek, was president of the Western District for 45 years. After being widowed for some 20 years, she married Joseph F. Holasek in 1967 and moved to West, Texas. Mr. Holasek was the owner and publisher of the West News and Vestnik and together they provided much financial and moral support to found Sokol West, Texas 16 years ago. Sis. Holasek was also a member and former president of West Community Hospital Ladies Auxiliary, a member of Western Fraternal Organization, the Pilot Service Club of Omaha, the Women's Business and Professional Association of Omaha and Daughters of the Nile. She is survived by her husband, Joseph, one son, Robert Wachal, one stepson, Ray Holasek, one stepdaughter, Doris Henderson, two grandchildren, three step-grandchildren, three great-grandchildren and three step-great-grandchildren.

WORLD SOKOL FEDERATION DONOR UPDATE

Sokol Havlicek-Tyrs, \$25.00

Sis. Mirka Donner, Sokolice Tabor, \$25.00

CORRECTION: In the January issue, the technology played havoc with the names of contributors by merging two lines into a single one. It should have read: Bro. Basil & Sis. Susan Lucak, Sokol New York, \$100.00 and Bro. Vladislav & Sis. Anna Slavik, Sokol New York, \$30.00

~ Bro. Vladislav Slavik

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*Nazdar! Convention Banquet Committee
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