

american **SOKOL**



Volume CXVII, Number II

MARCH 1996

January 29, 1996

Mr. Fred G. Kala, President
American Sokol Organization
6424 W. Cermak Road
Berwyn, IL 60402

Dear Bro. Kala:

The Slovak Gymnastic Union Sokol of the U.S.A. is proud to announce that we will celebrate our 100th anniversary on July 4th, 1996. On behalf of the Slovak Gymnastic Union Sokol of the U.S.A., I cordially invite you and the members of the American Sokol Organization to join us in our celebration and to participate in our XXII Slet and Competitions in Philadelphia, Pennsylvania, to be held July 3-7, 1996.

A Gala 100th Birthday Party will be held on the evening of July 3, 1996 to officially open the festivities. Competitions in Artistic Gymnastics for all Sokol children, Juniors and Seniors, Rhythmic Gymnastics, Volleyball and a Triathlon are scheduled for July 4-6, 1996.

Our Slet will be held on Sunday, July 7, 1996 in the afternoon, followed by the Pan Sokol Forum. We hope you will be able to attend all activities.

We sincerely invite you to celebrate with us on this very special occasion. We look forward to your participation with us in our XXII Slet.

NAZDAR!

SOKOL USA

Beatrice Walko
President

Milan S. Kovac
Secretary

American Sokol

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From Your Editor...

Wow! Just check out the calendar of upcoming Sokol events below! Let's not hear anyone complaining that they've got nothing exciting to do. To all Units, great job on your rosters this year!

NA ZDAR!

Sis. Patricia Satek

1922 S. 57th Avenue

Cicero, IL 60650-2143

CALENDAR of EVENTS

MARCH

- 15 Sokol Naperville Exhibition
16 Sokol Stickney Exhibition
17 Sokol Minnesota Slovak
Dinner
22 Sokol Chicagoland Exhibition
22 Sokol Women of Little Ferry
Grocery Bingo
23 Sokol Los Angeles 87th
Anniversary
23 Sokol Berwyn-Slavsky Exhibition
24 Sokol New York Exhibition
31 Sokol Houston Czech Spring Fest

APRIL

- 13 Sokol Brookfield Exhibition
19 Sokol South Omaha \$5K
Giveaway
20 United Sokols of the East
Kids' Competition
20 Central District Special
Number Competition

APRIL

- 21 Sokol Minn. Pancake Bkfst.
27 Sokol Little Ferry 100th
Gymnastic Exhibition
29 Sokol Milwaukee Competition

MAY

- 5 Sokol Little Ferry Pork Dinner
11 United Sokols of the East
Jr./Sr. Competition
17 Sokol Minnesota Volunteer Dinner
19 Sokol Los Angeles Exhibition
19-21 Sokol Ceska Sin Hiking Weekend
31-6/2 Southern District Slet at
Sokol KHB

**100th Anniversary
SOKOL USA SLET
July 3-7, 1996
Philadelphia, PA**

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

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"Not all those who know
their minds know their
hearts as well."

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*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.*

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Continued on Page 4.

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Continued on Page 5.

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Editorial

By Karl-Heinz Zschocke -- President - FIG Mens Technical Committee

Gymnastics is beauty, aesthetics and harmony of movement. It also means all-round physical education and the acquisition of important and very valuable skills and qualities, such as courage, determination, persistence, strength, agility, etc. The development of gymnastics is close to all our hearts. It should be seen as progression which always leads from a lower to a higher level. In the true sense of the word, gymnastics means a universal process of movement and change.

In the light of the Congress resolution of May 1994 by which there will no longer be compulsory exercises in FIG competitions from January 1, 1997, we must all face this urgent question: Where do we go without the compulsory element?

This element has been part of gymnastics for the last hundred years. Its abolition in world championships was the wish of national federations, who in consequence must share responsibility for determining the next stage in the development of gymnastics. Important questions must be answered as early as the Atlanta Congress, and decisions must be made on which path to take in the near future. These include:

- How and in which direction should gymnastics now develop?
- Should a gymnast demonstrate everything he is able to do and therefore himself decide the content of his exercises?
- Will apparatus specialization be promoted and accepted in the future?

Further questions automatically arise when we think of the competition system, competition forms and the consequent need for greater effectiveness in public opinion and media terms.

The following basic attitudes to these development questions has emerged from initial discussions within the Men's Technical Committee:

1. The basic values of gymnastics, i.e. beauty, aesthetics and harmony of movement, must be retained;
2. The all-round physical education of the gymnast, which implies gymnastics on all apparatus, must remain a basic principle; this means that one-sided development of physical aptitudes and skills should not be encouraged;
3. The Mens' Technical Committee supports variety of movements, i.e. the inclusion of many different structure groups on all apparatus;
4. The Mens' Technical Committee believes that gymnastics must be controllable and is against developments which contradict the essence of gymnastics and its basic values.

In this context it is also necessary to discuss forms of movement specific to apparatus and to make clear where they end. For example:

- Are giant circles an exercise component on the parallel bars?
- Are dismounts by handstand a typical feature of the pommel horse?
- Is the relationship between acrobatic and gymnastic movement on the floor correct?

These and other questions must be addressed, otherwise strength handstands or horizontal levers on the horizontal bar could soon appear.

The next step after raising these few inter-relationships and problems - which also contain pointers towards future developments - should be the presentation of proposals to the coming Congress. Let us seek the best solutions together, for it is a challenge to us all.

World of Gymnastics, February, 1996

Increasing the Level of Safety Awareness in Your Gym

Use signage to assist in increasing safety awareness on the part of coaches and athlete. USA Gymnastics has available a series of safety posters for display within the gym setting. The posters convey the following messages:

Gymnastics Safety Guidelines

- ◆ Assumption of Risk
- ◆ **WARNING!** Catastrophic injury, paralysis, or even death can result from improper conduct of the activity
- ◆ Potential medical emergencies
- ◆ Be prepared to participate
- ◆ Carefully check equipment
- ◆ Carelessness cannot be tolerated
- ◆ Follow proper skill progressions
- ◆ Mastering basic skills -- Master basic skills before progressing to new and/or more difficult skills
- ◆ Attempting new and/or difficult skills -- the readiness and ability level of the performer and the competency of the spotter all must be taken into consideration when attempting a new and/or difficult skill
- ◆ Proper landing technique -- safe dismounts as well as unintentional falls require proper landing techniques

Responsibilities of the Gymnast

- ◆ Appreciate the risk
- ◆ Be supervised
- ◆ Dress appropriately
- ◆ Double-check equipment
- ◆ Communicate clearly
- ◆ Be prepared to participate
- ◆ Master basic skills first
- ◆ Know the skill
- ◆ Always follow through
- ◆ Know your limitations

Safety Guidelines for Gymnastic Mats

- ◆ Warning -- No gymnastics mat is fail-safe to injury
- ◆ Appreciate the performance limits of gymnastics mats
- ◆ Choose mats carefully
- ◆ Use base mats for their intended purpose
- ◆ Never use tumbling mats as a tumbling or vaulting take-off surface
- ◆ Use additional matting as appropriate
- ◆ Inspect mats carefully on a regular basis
- ◆ Safe use of gymnastics mats requires constant vigilance

- ◆ Never rely on matting as a primary safety device
- ◆ Always follow manufacturer's guidelines

Spotting -- Safety First

The purpose of spotting is to protect the athlete and provide the needed safety assistance to make sure that the chance of an injury in performing a new or difficult skill is minimized. The second purpose is to help the athlete accomplish the skill. Ten key safety guidelines that should always be considered in spotting are identified below:

- ◆ Be sure that the difficulty level of the skill is appropriate to the capabilities and experiences of the performer.
- ◆ Learn to spot effectively the most basic skills first. Allow sufficient time to adequately master each level of spotting progressions.
- ◆ Establish a clear and accurate communication link with the performer.
- ◆ Be sure you know, understand, and appreciate the full potential of the skill particularly the more critical aspects of how to spot it.
- ◆ Carefully match your own physical readiness and capabilities to that of each individual performer. Always insure that the margin for safety is overwhelmingly in the performer's favor.
- ◆ Learn what to expect from each gymnast. Make every effort to read individual weaknesses.
- ◆ Be prepared for the unexpected. Maintain constant vigilance through-out the skill in its entirety.
- ◆ Develop a healthy respect for the risks and potential hazards involved in any spotting situation. Know your limitations.
- ◆ Always be keenly aware that the prime consideration is protection of the performer's head and spinal column.

Other Safety Signage

Gym owners are often required to provide signs in their facilities to conform to local and state fire and building codes. These might include lighted exit signs, location of fire extinguishers, restroom facilities, and so forth. These are effective and make good sense! They provide obvious notification of potential hazards (Caution--Wet floor!); reminder of rules (No Smoking Area); and information (Restrooms are located on second level).

It is a good idea for gym owners to examine their facilities and procedures to determine where additional signs might assist in creating a safer training environment. While

facilities and programs differ greatly, listed below are some ideas for signs that might be of value:

- ◆ Students only beyond this point
- ◆ Walk, Don't run!
- ◆ No one permitted on the apparatus without a qualified instructor present
- ◆ Check the equipment before mounting
- ◆ No food or drinks in the gym
- ◆ No jewelry
- ◆ Proper gym attire only
- ◆ No horseplay
- ◆ Trampoline must have four spotters
- ◆ Only one gymnast permitted on the trampoline at a time
- ◆ Only one gymnast in the pit at a time
- ◆ Gymnasts wait here for you class instructor
- ◆ Chalk is for your hands!
- ◆ Keep out!
- ◆ Keep off!
- ◆ Visitors must report to the office receptionist
- ◆ Do not lean on railing
- ◆ No gymnastics permitted in the lobby
- ◆ Gymnasts must wait for their ride in the lobby--not the parking lot
- ◆ Parents are restricted to the waiting area
- ◆ First Aid Station
- ◆ No personal calls on this phone
- ◆ Please pick-up and clean-up this area

Signs such as these can assist the level of safety awareness of the participants, staff, and visitors. Application and implementation of these and other programs is determined by the needs and circumstances of each situation. Warnings are a necessary and important part of providing the safest gymnastics environment possible.

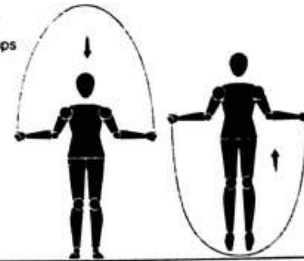
Back to the Jump Rope

The June, 1995 issue of the *Gymnast* presented information and exerciss related to an old/new exercise technique --- the medicine ball. Exercise specialists are also advising us to get back to the jump rope for aerobic improvement and hand-eye-foot coordination.

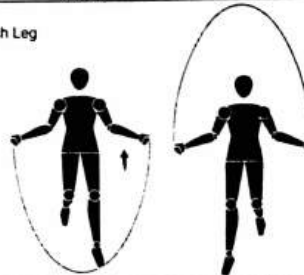
Skipping rope at 70 turns a minute is the equivalent of running 10-minute miles or riding 13 miles on a bicycle in an hour. fifteen minutes with a rope is about as much exercise as most people can take without a break.

Following is an exercise routine used by athletes in several sports. Remember to jump on the balls of the feet, not the toes. Turn the rope using your wrists and arms, not your shoulders. Don't be stiff; bend your knees.

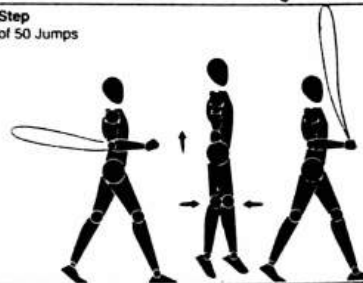
Two Foot Step
3 Sets of 50 Jumps



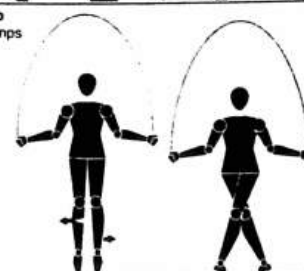
One Foot Hop
4 Sets of 25 Each Leg



Stride Step
2 Sets of 50 Jumps



Cross Leg Step
2 Sets of 25 Jumps



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Redefining Exercise Success

"My doctor recently told me that jogging could add years to my life. He was right, I feel ten years older already."

Milton Berle, Comedian

Sooner or later, dedicated athletes and exercisers have to make adjustments in their approach to physical activity. For whatever reasons, they will lose some of the physical qualities that allowed them to be successful earlier in their lives. The adjustments might include reducing the time they devote to an activity, setting more realistic objectives, or even changing activities.

Aging athletes can experience a sense of loss. They have lost, something that gave them tremendous satisfaction, attention, or rewards. When those things are taken away, the loss is sometimes difficult to accept.

There is no research that gives a profile of those who have the greatest difficulty in adjusting to lower levels of competition or exercise, but experience indicates that they are the ones whose primary goal was competition. Having been a college athlete does not necessarily translate to being active at 40 or 50. Some people set such a high standard, they cannot accept a lower level of performance as they get older. They just quit exercising.

The ones who continue a lifetime of exercise were always motivated by things in addition to competition -- the discipline, the social aspects, the physical and emotional benefits of exercise. Those things can be continued throughout life.

Guidelines for Downsizing

We have to redefine goals throughout our lifetime. Our definition of success may change from winning to competing, from competing at one level to competing at a lesser one, or from competing to exercising for fitness and fun. Evaluate your performance in relation to your goals. If you are successful in reaching those goals, you'll probably be happy. If your body just won't let you attain your objectives, think about more realistic objectives.

For runners, realistic expectations might mean participating in fun runs instead of 10Ks, or cross training their running with swimming or cycling. Tennis players can reduce the wear on their legs by playing on soft courts or playing doubles instead of singles. For weight trainers, less resistance or allowing more recovery time

between workouts are ways to downsize without abandoning their choice of exercise. In any sport, even the speed or strength that is diminished by age can be offset by experience factors such as technique, positioning, shot selection, and anticipation.

Focus on the behavior rather than the outcome. Then do whatever is necessary to prepare for your level of exercise. Younger people might be able to get by with their prior level of fitness. As they get older, they have to pay more attention to things that will prevent injuries.

Every athlete or exerciser has to deal with diminishing performance or increased risk of injury at some point in his or her life. Those who cannot make realistic adjustments in their physical activities are destined to be frustrated, injured, or risk not being able to participate in an important part of life. Those who can will continue to enjoy their involvement in exercise and sport.

Exercise Choices And Age

Different age groups prefer different forms of exercise, according to American Sports Data. Running/jogging attract the youngest group of participants, with an average age of 28.0 Fitness walking is the exercise of choice for the oldest group. Below is a list of fitness activities and the average ages (in order) of their participant.

Activity	Average Age
Running / Jogging	28.0
High Impact Aerobics	32.5
Free Weights	33.0
Swimming	33.7
Step Aerobics	34.0
Resistance Machines	35.5
Multi-purpose Gyms	35.9
Stair Climbing Machines	36.9
Rowing Machines	38.4
Low Impact Aerobics	38.8
Cycling	39.5
Skiing Machines	42.6
Stationary Bikes	44.0
Treadmills	44.4
Fitness Walking	48.1

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— ♦ MEMORIAM ♦ —

The members of Sokol Belcamp mourn the loss of two devoted members:

Charles J. Novotny

Charles J. Novotny was born in Czechoslovakia on October 24, 1902 and was educated in the schools there. He was employed by the Bata Shoe Co. in Zlin and in 1939 he was sent to the United States to assist in the establishment of the Bata Sho Co. in Belcamp, MD. Bro. Novotny was a supervisor of shoe production for many years until his retirement in 1967. His wife, Louise, predeceased him in 1994. He is survived by his daughter, Eliska Tretera, and other relatives in the U.S. and the Czech Republic.

Jarmila "Mila" Hoza-Craster

Sis. Craster was born in Czechoslovakia, the daughter of Jenovefa and John Hoza, the founder of the Bata Shoe Company in Belcamp, MD. She came to the United States in 1939 when the Bata Belcamp Shoe Co. was established. She was a graduate of Georgetown Visitation Prep in Washington, D.C., and Manhattanville College in New York. Mila was the widow of Charles V. Craster, Jr., and executive with the Colgate Palmolive Company. She was a flower show judge, a member of the Federated Garden Clubs of Maryland, the Maryland Country Club and a volunteer with the Harford Memorial Hospital Auxiliary, of which her mother was a founder. Sis. Craster is survived by her daughters, Jenna and Dana, and was predeceased by her son, Christopher, in 1985.

This is the most complete listing we have had in recent years. MANY THANKS to all units for their cooperation!

~ NAZDAR! ASO Executive Board

american  **SOKOL** *Flag Waver!*

The American Sokol Organization gratefully acknowledges receipt of the following donations in direct support of the American Sokol Publication. **NA ZDAR!**

Marie Ancinec - \$10

See Page 11 for information on how you, too, can become an AMERICAN SOKOL FLAG WAVER!

FUTURE SOKOL LEADERS FUND

Purpose: To train and educate young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

In Memory of Bro. Charles J. Novotny and Sis. Jarmila Hoza Craster from Sokol Belcamp \$50.00

LIDICE MONUMENT RESTORATION

Dear Compatriots:

We wish to inform you of a project of great significance and urgency which requires your serious and prompt consideration. In fact, the restoration of the Lidice monument in Crest Hill, Illinois, presents a unique challenge to all freedom-loving Americans.

The monument was erected nearly 54 years ago as a memorial to the inhabitants of the peaceful village of Lidice, in central Bohemia, annihilated by a monstrous act of Nazi brutality on June 10, 1942.

It was the righteous indignation over this horrible act of violence that prompted the people of our area to dedicate a permanent cenotaph* to the victims of Lidice. Sadly, the Crest Hill monument was totally demolished by a senseless act of juvenile vandalism on Columbus Day of 1995.

The Czechoslovak National Council of America, which spearheaded the original drive to build this memorial, has joined forces with the Czechoslovak/American Congress to undertake its restoration. We are greatly encouraged in our endeavors by the enthusiastic support of Mayor Don Randich of Crest Hill and the local media, who consider the Lidice monument an undisputed source of community pride. The monument is not merely a tribute to the victims of World War II, but it also symbolizes a triumphant confirmation of the victory of democratic principles over tyranny and barbarism.

The purchase, installation and perpetual maintenance of this 6' tall granite obelisk with an appropriate inscription is not expected to exceed \$3,000. At this time, we are launching a campaign to raise the needed funds by appealing to civic-minded organizations and to all people of good will who understand the need to perpetuate the memory of Lidice for future generations. We hope to have the monument installed in time for the annual commemorative ceremony scheduled for Saturday, June 8, 1996. Please make donations payable to the CNCA/Lidice Memorial, 2137 South Lombard Avenue, Cicero, IL 60650.

Very appreciatively yours,

THE LIDICE MEMORIAL COMMITTEE:

Anthony J. Jandacek
Joseph Pritasil
John M. Richard
Vera Roknic
Vera Wilt

* A monument erected in memory of a deceased person who is buried elsewhere.

January 9, 1996

Patricia Satek, Editor
American Sokol
6424 W. Cermak Road
Berwyn, IL 60402-2386

Dear Ms. Satek:

As Governor of the State of Illinois, it is my pleasure to congratulate you on the 117th anniversary of your publication American Sokol.

American Sokol has provided countless Czech Americans with an excellent source of national and community news. The ethnic media of Illinois is a vital and integral part of this state's success and understanding of different cultures. We are a mixed fabric of lives and cultures intertwined and bridged through our understanding of one another. The ethnic media is in large part responsible for this success. You can take pride in the many accomplishments that your publication has achieved.

On behalf of the citizens of Illinois, please accept my best wishes for an enjoyable anniversary and much continued success.

Best regards,

Jim Edgar
GOVERNOR

UPDATE

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*Sis. Jane Jurew,
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