

american **SOKOL**

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JULY/AUGUST 1996



Andreanna Moravec
Sokol Chicagoland



Kimberly Kozelka
Sokol Brookfield



Jacqueline Ravnic
Sokol Berwyn-Slavsky



Erika Nakonecznyj
Sokol Ceska Sin



Melissa Sue Chamberlain
Sokol Forth Worth



Elizabeth Sokol
Sokol South Omaha



Max Muller
Sokol South Omaha



Sarah Budge
Sokol Fresno



Timothy Krachko
Sokol Greater Cleveland



Tina Necasek
Sokol Greater Cleveland

American Sokol Organization **Merit Award** **Recipients 1996/97**

Renewals were also granted to:
Kandi Ondrovic - Sokol Berwyn-Slavsky,
Nadia Nakonecznyj - Sokol Ceska Sin,
Karalyn Selk - Sokol South Omaha,
Ryan Mullican - Sokol Ennis,
MaryAnn Meyer - Sokol Greater Cleveland.

*Merit Award Committee: Sis. Jan Kalat, Bro. Dave Harlan,
Bro. Tom Pajer, Sis. Marie Placek, Bro. Richard Placek
and Sis. Eva Balas, Chairman*

American Sokol

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Roy Zitny (*Representing Central District*)

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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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From Your Editor...

Where has the summer gone?! Seems like only a blink ago we were proudly marching through the city of Philadelphia in their 4th of July parade. Our A.S.O. flag, replete with ribbons from many a Slet, is quite heavy, but I managed to try to look proud and happy carrying it, despite my many grunts and groans. Send me pictures from the Philly Slet to share with those who were not able to attend.

NA ZDARI!

Sls. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

CALENDAR of EVENTS

SEPTEMBER

- 3 Sokol Milwaukee Fall Fling
- 8 Sokol Detroit Vinobrani
(Grape Festival)
- 5 Sokol Berwyn-Slavsky Class
Registration
- 8 Czechoslovak Day, Highland
Park, St. Paul, MN
- 19 Sokol Minnesota Gymnastics
Open House

OCTOBER

- 18-20 A.S.O. District Directors'
Conference

OCTOBER

- 19 Sokol Brookfield 65th
Anniversary Dinner
- 19 Sokol Minnesota Harvest
Dance
- 27 Sokol Minnesota Pork Dinner

NOVEMBER

- 2 Sokol New York 100th
Anniversary
- 10 Sokol Minnesota Pancake
Breakfast & Bake Sale

XIX AMERICAN SOKOL SLET
Catch the Spirit!
June 25-29, 1997
Chicago, Illinois Area

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

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"Tact is the ability to
make a person see the
lightning without letting
him feel the bolt."

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.*

Report of Educational Director, Bro. Jerry Milan

June 1996 Executive Board Meeting

1. Attended Southern District Slet at Ennis.
2. Held Educational meeting with Southern District Education Directors at Ennis.
3. Participated in "Flair Across America" Events in Fort Worth.
 - a. Exhibition at Sundance Square
 - b. Artist Reception at Milan Gallery
 - c. Downtown, Inc. Luncheon and Exhibition at Worthington Hotel
4. Met with ASO Archivist Sis. Annette Schabowski in Fort Worth.
5. Writing Article about Olympics with Sokol involvement.

Planned Activities:

1. Will attend USA Gymnastic National Congress in Boston.
2. Will attend Olympic Trials in Boston.
3. Will attend Sokol USA Slet in Philadelphia.

Information:

A very good CD is available titled "Summon the Heroes," the official centennial Olympic theme by John Williams and the Boston Pops Orchestra. The CD includes "Novy Zivot" by Josef Suk. This music won the Silver Medal at the 1932 Olympics in Los Angeles. There was no Gold Medal presented.

Bro. Curt Mentzer One of Several Senior Citizens Honored for Community Service

Excerpted from an article by Jack Beary.

Twenty-five Chicago senior citizens who served their neighbors as they raised their families, built their communities and stayed in the city after retiring are now part of the Senior Citizen Hall of Fame.

Curt Mentzer (Sokol Town of Lake), 75, a former president of the Mount Greenwood Civic Association, was among the honorees receiving plaques from Mayor Richard Daley and city Department on Aging Commissioner Donald Smith.

Mentzer remains active in the Lions Club, the Boy Scouts and the local Parent-Teacher Association. He also finds time to help fellow seniors by taking them to the store or the doctor's office and as a volunteer in the Meals on Wheels program.

"Sometimes there just aren't enough hours in the day to do all the good that needs to be done," Mentzer said. "As you get older, you realize there are so many things you want to do."

A resident of the Mount Greenwood area for 56 years, Mentzer, a retired sales executive for the Hardy Salt Co., also pursues his pet peeve: cleaning up garage sale signs left on street poles and parkways long after the sales are over. "It's too bad people are not more conscious of the community," he said.

A U.S. Navy veteran who served on a destroyer in the South Pacific during World War II, Mentzer also is active in Veterans of Foreign Wars Post 6968.

**C A N
Y O U
H E L P ?**

Bro. Jerry Milan, Sokol Fort Worth, is looking for a stained glass piece of art that he gave as a gift many years ago to Jarka Jelinek. It was a well designed and planned gift and very special to him. It is approximately 16" tall and 14" wide with a wood frame. It is stained glass and El Producto Cigars were mentioned in some lettering. If anyone knows of its whereabouts, please send word to Bro. Jerry Milan c/o American Sokol Organization, 6424 W. Cermak Road, Berwyn, IL 60402.

Bro. Jerry Elzner Volunteers as Czech Interpreter for the Centennial Olympic Games

Excerpted from an article by Ellen Bernstein in the Corpus Christi Caller-Times, July 6, 1996.

About 42,500 volunteers have jumped at the chance to staff the 1996 Olympic games in Atlanta. "They are proud of their country and want to be a part of history," said Pressley Harris, spokeswoman for the Atlanta Committee for the Olympic Games. "They say this is a once in a lifetime experience in our own backyard; why miss it?"

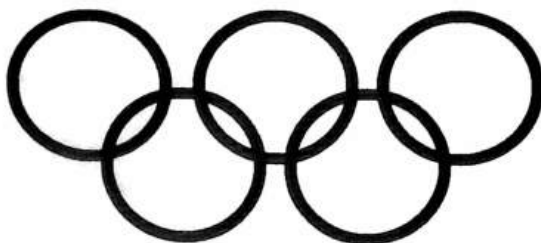
Most of the volunteers pay their travel expenses and find their own living quarters. They come from all regions of the United States and throughout the world. They will usher spectators, supply players with towels, take tickets, drive around VIPs or escort Izzy, the big-footed Olympic mascot, among other jobs. Offers to volunteer at the Olympics poured in when Atlanta won the bid to host the games in 1990. Staff took names and addresses and began distributing 200,000 applications in January 1995.

Sokol Corpus Christi member, Bro. Jerry Elzner was one of the lucky individuals chosen. He headed to the softball games in Columbus,

GA. He signed on to be a Czech interpreter, but believes he might be a ticket taker at the games. An old Army buddy, Earl Myer, agreed to put him up at his house in Seale, AL, just across the state line near Columbus. Elzner's daughter, Marsha, was also assigned to work the softball games. Volunteers will work as many as 14 eight-hour shifts. The perks are few, but are considered collector's items: uniforms with the five-ring Olympic logo, a watch, a hat, a belt, water bottle and belt bag. Some volunteers will get to witness the events. All will receive free public transportation in Atlanta, one meal a day and endless cups of Coca-Cola, an official sponsor of the games. Volunteers are invited to a dress rehearsal for the opening ceremonies in the Centennial Olympic Stadium.

"We are supposed to be knowledgeable," Elzner said. "And we cannot show favoritism with applause."

**NA ZDAR &
CONGRATULATIONS
BRO. JERRY!!**



◆ MEMORIAM ◆

Olga Valerie Hladky

Sis. Hladky was born in Vyskov, Czechoslovakia, the daughter of Antonin and Frantiska Kristenova Smejkal. She was the wife of Frank E. Hladky, Sr., who predeceased her and the mother of the late Frank E. Hladky, Jr. She is survived by two sons, Tony F. Hladky and George C. Hladky and six grandchildren, also a brother, Miroslav Smejkal and a sister, Vera Kretinfka of the Czech Republic. The members of Sokol Belcamp extend their sincere sympathy to her sons and other relatives in the U.S. and the Czech Republic.

OLYMPIC GAMES

From the Newsletter of Sokol Canada, May/June 1996

This year's Centennial Olympic Games in Atlanta remind us of the XI Olympic Games held 60 years ago in August 1936 in Berlin, where Sokol teams represented the Czechoslovak Republic in gymnastics competitions. In an atmosphere of enmity toward Czechoslovakia and Sokol, the men's team placed 4th, after Germany, Switzerland and Finland. The women's team, competing at the Olympic Games for the first time, placed 2nd, after Germany. Alois Hudec retained his title of world champion on rings with a gold medal and placed 4th in the overall individual ranking.



AMERICAN SOKOL ORGANIZATION

GYMNAST

Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082



XIX AMERICAN SOKOL NATIONAL SLET

JUNE 25-29, 1997

CHICAGO, ILLINOIS AREA



FROM THE DIRECTORS

We'd like to invite everyone to the 1997 American Sokol Slet - June 25-29, 1997 in the Chicago Area. We're planning all kinds of activities, including several new events we know you'll enjoy. There will be something for everyone - tots to Masters:

- ♦ Junior / Senior / Masters Gymnastics - including a **new tag-team event for seniors**
- ♦ **Expanded** Childrens' Gymnastic Competitions (6-12 year olds - 4 levels)
- ♦ Rhythmics - including **4 individual events** and a **new group rhythmics event**
- ♦ Junior / Senior Volleyball & Mens 3-on-3 Basketball
- ♦ **Swimming**
- ♦ Special Number Exhibition
- ♦ Team Marching and a **new Team Calisthenics event** expanded to include Juniors
- ♦ **Family Fun Run**
- ♦ Mass Calisthenics for all ages - including a **Mens and Womens Calisthenics** composed for us by the COS

Hope You Will All Plan to Attend!!

Jan Kalat - Director of Women

Dave Harlan - Director of Men

THE LIGHT STUFF

How to Excel at Bowling, Horseshoes,
Footbag, Badminton and other
Recreational Sports

There are sports and then there are ...sports. Some require peak physiques. Others just ask that you show up.

You know what we're talking about. The kinds of sports where you can have a little extra hanging over your belt and still strut your stuff. The kinds of games you drag out a couple of times a year at backyard barbecues. The kinds of pastimes you can train and get good at, or you can just play and have fun with. Horseshoes. Frisbee. Bowling. Golf.

But what if you want to take these sports to the limit--or at the very least, shine at the company picnic? Here are tips from the pros to help you prepare for the competition and put a little more sweat into the games.

BOWLING

The first thing you want to do before a game is stretch your legs, torso, arms and wrists. You want to be loose to avoid injury while hoisting a 10-to 16-pound ball. But, you don't need power to bowl--you need finesse.

Bowling is a game of timing between the arms and legs; it's not a game of brute sport. That's why a lot of football players and muscle-bound players don't like to bowl.

Timing, balance and concentration are more important than muscles. The entire key is the timing of the arm over the leg, of reaching the foul line in a balanced position.

You also must relax and concentrate. Deep breathing is one of the best things we do--having someone take a deep breath before they perform. Also visualization. Begin the approach, practice getting set in your stance, take a deep breath, then let muscle memory take over. You can't become too mechanical.

Any good physical fitness program will enhance your game, though if you lift weights, you'll want to keep them light. One of the best things is just walking, getting your legs in very good shape.

The activity level in bowling is only a workout for someone who leads a sedentary life--though it is better than nothing. To get a little more work out of it, try practicing by yourself for an hour before your social bowling begins.

HORSESHOES

While minimum fitness is important, bulk and strength are not. Horseshoes compares with golf, because both rely on concentration and a delicate touch. You should do sit-ups and push-ups and other exercises that will keep you strong without bulking you up.

Everybody has a different style of throwing. The trick is to find the motion that helps you succeed and committing it to muscle memory. Some very skilled horseshoe players are able to perform such tricks as placing a lighted kitchen match at the base of the stake and putting it out with a horseshoe.

If you execute your motion, no matter what's around, you'll be able to make your ringer.

BADMINTON

Let us disabuse you of the notion that badminton is some kind of prissy pastime. Badminton is considered one of the most complex sports there is, says the coach of the U.S. Olympic badminton team. And despite appearance, it has more in common with volleyball than tennis. For example, the birdie can't bounce, and it can be spiked.

At elite levels of badminton, scoring can take a long time and player's heart rates are up at 85 percent to 95 percent maximum for the duration of the game. A study comparing the Wimbledon tennis tournament and the badminton world championships revealed that players were actually in action one-third as long in the tennis matches than in badminton.

To keep up that kind of pace, players run and do the Stairmaster and stationery bike for hours. They do squats to develop explosive jumps (some players have a vertical jump of 31 inches) and weight-train three times a week for strength in the rotator cuffs, shoulders, back, stomach and forearms, which are particularly important in badminton.

FOOTBAG

The game of footbag, or Hachey Sack, has a lot of "wait a minutes." It's "wait a minute, I dropped it! Wait a minute, I can do it; oops, wait a minute.

Fortunately, even if you've bad at footbag, it's a workout. All that bending over to pick it up really trims the waistline.

The game does get the heart going, and lower body strength is important. But once you've mastered the basic game of keeping the bag in the air--called "footbag consecutive" -- then what? First of all, are you using both feet?

If you want to be better at this game, one foot is not there for decoration.

To increase the cardiovascular workout, see how many times you can kick the bag in five minutes. (The men's world record is 1,117 times.) Top players compete in footbag net--similar to tennis--and footbag freestyle.

Elite players cross-train with such sports as running, bicycling, in-line skating, snow boarding, skateboarding--anything that combines cardiovascular and lower-body training.

A good, soft, footbag is recommended--not one of the old-style, hard leather ones. Wear court shoes and shorts (so your hips can move freely). Think of your shoe as a paddle and lift, don't kick the bag.

Use both feet and be patient. Like golf or tennis, it takes a bit of time.

FLYING DISCS

What Tom Leitner, San Jose-based 1994 world freestyle flying disc champion, has to say about this sport is kind of surprising.

First of all, one of his favorite things about it is the physics. "It's like flight," he says. "It's not like throwing a ball, where it's just gravity."

Freestyle, with its spins and jumps, resembles basketball. It's like dribbling. You're in control, but you're still running. You're not just catching it, it's a continued movement.

And when Mr. Leitner decided to get good at freestyle, he did it by dancing. "I started with ballet and ended up taking everything from jazz to modern."

Freestyle is intensely aerobic, so a good cardiovascular workout program is important. These days, Mr. Leitner runs and plays basketball.

When you're first learning to throw, it's important not to try to use your arm much. It's like flicking a towel, just use your wrist. You want to stand sideways to your target, because your arm is going to come across your body (physics again). In catching, the most important thing is to protect your face.

To get more of an aerobic workout, don't just stand there and throw. Send each other out for long passes. Once you're beyond basic catch,

the first thing a freestyler learns is to spin the disc on a finger, or to tip it.

Of course, if you want an ultimate workout, try Ultimate, a team game similar to soccer but with more running because you can throw a Frisbee quicker than you can kick a ball.

GOLF

Hank Haney, who was the PGA's 1993 National Teacher of the Year, recommends anyone in decent shape forgo tooling around the course in a cart. Instead, move from hole to hole the old-fashioned way--on foot. Keeping your legs in shape is an aid to the intense concentration required for golf.

If your legs get tired, then you start making mistakes. Lots of pros also feel that a cart gets you to your next hole too fast.

As you're walking the fairway carrying your clubs, you can contemplate what your next shot is. A typical 18-hole game will entail walking about 7,500 yards.

Pro golfers all participate in some kind of cardiovascular training. Some even like to run before a tournament for the fitness and concentration boost.

You need to be limber to get a good swing in your game, so stretching is important. It is recommended that golfers also do some strength training for their legs, shoulders, back and forearms.

Don't do bench presses--they'll "close the chest up." You're better off doing flies: lie on your back on an incline bench, hold a dumbbell in each hand above your collarbone with palms facing in and wrists straight. Bend the elbows and lower the weights in an arc out to the sides until the elbows are in line with your shoulders. Return the arms to the beginning position. This exercise opens the chest.

Also work on strengthening the rotator cuff with lateral raises and the forearms with wrist curls. But keep away from heavy weights, which will bulk you up, and instead concentrate on light weights with lots of reps.

From an article by Sophie Dembling,
The Dallas Morning News, June 10, 1996.

1996 WESTERN DISTRICT SLET

Junior Girls - Level 2

1. Sokol South Omaha 128.05

1.	Leann Vance	South Omaha	44.80
2.	Brooke Masek	South Omaha	44.25
3.	Aaron Clark	Sokolice Crete	42.75
4.	Jennifer Allee	Omaha	41.60
5.	Chelsy Bonczynski	Sokolice Crete	41.30
6.	Ashley Davitt	Omaha	40.90
7.	JoDee Vacek	South Omaha	39.00

Novice - Women

1.	Phyllis Kool	South Omaha	44.50
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Women - Level 2

1.	Michelle Winger	Sokol Omaha	43.50
2.	Kelly Jaksich	South Omaha	43.10
3.	Wendy Vernon	Sokolice Crete	41.95

Junior Girls - Level IV

1. Sokol Omaha 120.75

1.	Anna Pease	Cedar Rapids	44.90
2.	Lindsey Selk	South Omaha	42.85
3.	Kimberly Loeffler	Cedar Rapids	42.70
4.	Anna Cziria	Omaha	41.85
5.	Mikayla Ward	South Omaha	41.20
6.	Valerie Kohl	Sokolice Crete	39.90
7.	Sarah Edgerton	Omaha	39.60
8.	Kristina Allee	Omaha	39.30

Women - Level IV

1.	Amy Tramdachs	Omaha	42.40
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Junior Girls - Level V

1. Sokol Cedar Rapids 127.95

1.	Katie Kubovy	South Omaha	45.00
2.	Leah Woodward	Cedar Rapids	43.25
3.	Bonnie Solheim	Cedar Rapids	42.70
4.	Kristin Solheim	Cedar Rapids	42.00
5.T	Niki Staskal	Cedar Rapids	41.60
5.T	Lindsey Balkovec	South Omaha	41.60
7.	Katie Kosmos	Sokolice Crete	40.40
8.	Molly Dayton	Cedar Rapids	37.50

Junior Girls - Level VI

1.	Alison Kool	South Omaha	44.90
2.	Stephanie Jaksich	South Omaha	43.80

Women - Level VI

1.	Kara Selk	South Omaha	40.90
2.	Becky Proskocil	South Omaha	40.40

Junior Girls - Championship

1.	Sophia Theophilopoulos	S. Omaha	40.30
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Women - Championship

1.	Betsy Sokol	South Omaha	41.60
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Men - Novice

1.	Bud Benak	South Omaha	25.10
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Junior Boys - Class 7

1.	Richard Hoschar	South Omaha	23.60
2.	Chris Sullivan	South Omaha	23.40

Junior Boys - Class 5

1.	Richard Laux	South Omaha	37.80
2.	Bill Kool	South Omaha	36.20

Men - Class 5

1. South Omaha 118.40

1.	Tom McLaughlin	South Omaha	40.30
2.	Max Muller	South Omaha	39.40
3.	Buddy Benak	South Omaha	38.70

Rhythmics - Women - Novice

1.	Phyllis Kool	South Omaha	10.70
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Rhythmics - Junior Girls - Level V

1.	Stephanie Jaksich	South Omaha	10.90
2.	LeAnn Vance	South Omaha	10.70
3.	Lindsey Selk	South Omaha	10.30
4.	Brooke Masek	South Omaha	9.90
5.	Lindsey Balkovec	South Omaha	9.80

Rhythmics - Women - Level V

1.	Kelly Jaksich	South Omaha	9.80
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Rhythmics - Junior Girls - Level VI

1.	Melissa Zanski	South Omaha	11.00
2.	Alison Kool	South Omaha	10.90
3.	Katie Kubovy	South Omaha	10.60

Rhythmics - Women - Level VI

1.	Kara Selk	South Omaha	10.90
2.	Betsy Sokol	South Omaha	10.60

1996 EASTERN AREA SLET

Junior Girls - Level 2

1. USA Boonton

1.	Tara Bolcar	USA Boonton
2.	Melanie Demass	ASO Baltimore
3.	Rebecca Wax	ASO Baltimore

Junior Girls - Level 4

1. ASO Baltimore

1.	Tiffany Long	ASO Baltimore
2.	Megan Sauble	ASO Baltimore

Junior Girls - Level 5

1.	Amy Lukas	ASO Baltimore
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Junior Girls - Level 6

1.	Susie Caraccio	DA Sokol
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Junior Boys - Class 7

1.	Marcus Renard	ASO New York
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Senior Women - Mod Level 4

1.	Jeanette Baer	DA Sokol
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Senior Women - Level 6

1. DA Sokol

1.	Loretta Maggio	DA Sokol
2.	Irene Bastas	DA Sokol

Senior Men - Class 6

1.	Marrett Cooper	DA Sokol
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Senior Men - Class 5

1.	Peter Lattanzio	Da Sokol
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1996 SOUTHERN DISTRICT SLET

The 1996 Southern District Slet, hosted by Sokol Karel Havlicek Borovsky (KHB) Ennis, was held May 31, June 1 and 2. The Slet activities began on Friday with Sokol Ft. Worth clinching the volleyball championships.

Competition for approximately 150 children, Juniors and Seniors was held on Saturday morning. The afternoon concluded with a domino tournament and group marching competition.

A highlight of this years' Slet activities was the luau/swim awards party held Saturday night. The party was complete with an outdoor band, a grass souvenir hut, horse shoes, palm trees and of course, the awards. Competitors also enjoyed a dunking booth, in which coaches and officers from all the units volunteered to be dunked.

Sunday morning started early with rehearsals followed by the Tots' Achievement Performance and Field Events.

The indoor Slet exhibition began at 1:30 p.m. with musical accompaniment of the Dallas Czech Orchestra. The participants entered by units with Sokol Corpus Christi winning the annual unit marching award.

This years' Slet was dedicated to two Sokol KHB members. Sis. Sylvia Laznovsky and Sis. Vlasta Laznovsky. Each was presented a statue of Tyrs.

Sokol KHB and Southern District President, Larry Laznovsky, served as Master of Ceremonies. The program began with the Tots parachute number followed by the debut of the 1997 Childrens' Prostna. The winning special number was performed by Sokol KHB, Ennis. The traditional relay race was also won by Sokol KHB Ennis. The winning group marching number was presented by Sokol Ft. Worth. Apparatus and tumbling by all classes followed. The Slet concluded with the Senior Prostna and the singing of God Bless America. A big Thank You to Sokol KHB for a successful Slet!

Level 2 12-14 yr Jr. Girls

1. Ennis 123.90		
1. Jasmin Isom	Ennis	43.20
2. Colette Kenny	Dallas	40.50
3. Brandy Oates	Ennis	39.20
4. Tiffany Meeks	Ennis	38.10
5. Megan Everitt	Ennis	36.70
6. Sarah Reyes	Houston	32.30
7. Kira Winstel	Houston	29.20

Level 5 Jr. Girls (12-14)

1. Jennifer Caldwell	Ft. Worth	40.30
2. Haley Henning	Ennis	39.90

Level 6 Jr. Girls (12-14)

1. Stephanie Langer	Ennis	38.80
2. Casey McCluney	Ennis	37.30
3. Sarah Horton	West	37.20

Level 6 - Women

1. Melissa Chamberlein	Ft. Worth	30.70
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Class VII Jr. Boys(12-14)

1. Michael Kenny	Dallas	26.80
2. Robert Gartside	Dallas	25.00
3. Jacob Meek	Ennis	21.70

Class VII 15-18 yr Jr.Boys

1. Nick Gartside	Dallas	26.80
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Class VII Men

1. James Caldwell	Ft. Worth	31.90
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Class VI Jr. Boys (12-14)

1. Mario Rineche	Houston	25.90
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Class VI Men

1. Ryan Mullican	Ennis	33.00
2. Kyle Anderson	Ennis	23.70

Class V Men

1. Corey Kern	Ft. Worth	44.30
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1996 NORTHEASTERN DISTRICT SLET

Novice Junior Boys

1. Michael Wise	Gr. Cleveland
2. Jonathon Ciesla	Gr. Cleveland
3. Charlie Beckerman	Gr. Cleveland
3. Stephen Lanzola	Gr. Cleveland

Class 7 Junior Boys

1. Steven Wise	Gr. Cleveland
2. Tom Necasek	Gr. Cleveland

Class 6 Junior Boys

1. Eric Singley	Detroit
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Level 2 - Junior Girls

1. Lisa Mersak	Gr. Cleveland
3. Nicole Gray	Detroit

Level 5 - Junior Girls

1. Kathy Kavan	Gr. Cleveland
2. Amber Winkley	Gr. Cleveland

Level 4 - Junior Girls

1. Alanna Romansky	Gr. Cleveland
2. Dana Bohach	Gr. Cleveland
3. Maria Pinizzotto	Gr. Cleveland
4. Tina Necasek	Gr. Cleveland

Level 6 - Junior Girls

1. Beck Fetherson	Gr. Cleveland
2. Emily Prokop	Gr. Cleveland

1996 CENTRAL DISTRICT SLET

Junior Girls Novice 12/14

1.	April Hlad	Tabor	35.55
2.	Kelly Toman	Brookfield	34.40

Junior Girls Level 2 12/14

1. St. Louis

1.	Sonja Nakonecznyj	Ceska Sin	42.75
2.	Karen Lowry	St. Louis	40.40
3.	Sarah Osicka	Ceska Sin	40.05
4.	Angeli DelCarlo	Naperville	39.55
5.	Desiree Enloe	St. Louis	39.20
6.	Colleen Feeney	Brookfield	38.70
7.	Carolyn Rozich	Brookfield	37.45
8.	Karen Kalal	Tabor	36.90
9.	Victoria Kathrein	Tabor	36.25
10.	Kimberly Wolf	St. Louis	30.80
11.	Katie Cowell	Berwyn-Slavsky	30.00

Junior Girls Level 4 12/14

1.	Teresa Kulhanek	Tabor	38.35
2.	Rachel Janega	USA 306	38.15
3.	Melanie Miller	Tabor	38.00
4.	Stacie Eppers	Berwyn-Slavsky	37.65
5.	Shannon Griffing	Stickney	37.35
6.	Katie Stec	Brookfield	36.65
7.	Michelle Abma	Berwyn-Slavsky	32.45
8.	Katie Kostelny	Naperville	31.15

Junior Girls Level 5 12/14

1. Naperville

1.	Rose Pencak	Stickney	36.70
2.	Rachel Rothstein	Naperville	36.50
3.	Ragen Sucik	Naperville	35.30
4.	Karen Kucera	Naperville	35.00
5.	Cassie Croft	Berwyn-Slavsky	34.25
6.	Kelly McMahon	Naperville	34.20
7.	Leah Bures	Berwyn-Slavsky	33.90

Junior Girls Level 6 12/14

1.	Elizabeth Sarnacki	Brookfield	41.95
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Junior Girls Level 2 15/18

1. Ceska Sin

2. Berwyn-Slavsky

1.	Melissa Bukovsky	Chicagoland	41.00
2.	Genny Perrew	Tabor	40.95
3.	Kristen Kolesar	Ceska Sin	40.90
4.	Kelie Fiala	Berwyn-Slavsky	40.35
5.	Heather Schmidt	Ceska Sin	40.30
6.	Megan Jones	Berwyn-Slavsky	40.05
7.	Robin Kotlan	Ceska Sin	39.05
8.	Samantha Lewis	Tabor	38.70
9.	Christa Sabbath	Berwyn-Slavsky	38.40
10.	Jacquie Ravnicek	Berwyn-Slavsky	38.00

Junior Girls Level 4 15/18

1.	Beth Kocek	Chicagoland	40.90
2.	Nita Praditpan	USA 306	40.35
3.	Angela Logiudice	Tabor	38.75
4.	Laura Kapso	Brookfield	38.35
5.	Carolyn Lopez	Berwyn-Slavsky	31.70

Junior Girls Level 5 15/18

1.	Annie Gilbert	Berwyn-Slavsky	40.70
2.	Lynette Kleisner	Berwyn-Slavsky	35.10
3.	Traci Maki	Berwyn-Slavsky	28.30

Junior Girls Level 6 15/18

1.	Katie McMahon	Naperville	39.95
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Junior Girls Championship

1.	Janet Lutha	Berwyn-Slavsky	77.50
2.	Kate Stahulak	Chicagoland	77.35
3.	Jessica Bures	Berwyn-Slavsky	68.85
4.	Karyn Domzalski	Chicagoland	67.50
5.	Sarah Bujak	Chicagoland	65.60

Senior Women Novice 18/24

1.	Anny Moravec	Chicagoland	44.75
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Senior Women Level 2 18/24

1.	Karen Blaumueller	Naperville	40.05
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Senior Women Level 4 18/24

1.	Christina Curran	Tabor	39.70
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Senior Women Novice 25/34

1.	Kathy Barcal	Berwyn-Slavsky	38.70
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Senior Women Level 2 25/35

1.	Andrea Scheirer	Chicagoland	42.45
2.	Debbie Milas	Berwyn-Slavsky	39.80
3.	Christiane Fina	Berwyn-Slavsky	34.95

Senior Women Masters - Novice

1.	Flo DelCarlo	Chicagoland	43.75
2.	Cathy Kocek	Chicagoland	41.75
3.	Mary Newsom	Chicagoland	35.90

Junior Boys Novice

1.	Dave Kakareka	Berwyn-Slavsky	53.50
2.	Steve Fischer	Brookfield	53.30
3.	Matt Stone	Berwyn-Slavsky	50.90
4.	Paul Kopac	St. Louis	49.40
5.	Jon Kovar-Tooke	Brookfield	48.45

Junior Boys Class 7

1.	Isaiah Thompson	USA 306	58.25
1.	Steven Walde	USA 306	58.25
3.	Nicholas Tomeczko	Berwyn-Slavsky	58.15
4.	Mathew Kocek	Chicagoland	57.65
5.	John Janega	USA 306	55.80
6.	Steven Berkley	St. Louis	52.25
7.	Tim Bourisaw	St. Louis	51.90
8.	Marc Wheet	Stickney	44.60

Junior Boys Class 6

1.	Matt Gilbert	Berwyn-Slavsky	61.60
2.	Joe Kucera	Naperville	58.80

Junior Boys Class 5

1.	Jeff Marchluk	Berwyn-Slavsky	59.30
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Senior Men Novice

1. John Bazata Brookfield 57.00
2. Dave Satek Berwyn-Slavsky 50.85

Senior Men Class 7

1. David Pachla Berwyn-Slavsky 59.55
2. Bob Barcel Berwyn-Slavsky 57.40
3. Bob Kucera Naperville 55.05
4. Ken Nagel Berwyn-Slavsky 52.40
5. Mike Drobac Berwyn-Slavsky 51.75

Senior Men Class 6

1. Ted Polashek Tabor 59.15
2. Richard Vachata Stickney 58.30
3. Gregg Becker Berwyn-Slavsky 53.15

Senior Men Class 5

1. Tom Pajer Berwyn-Slavsky 56.95
2. Michael Mongello Berwyn-Slavsky 51.50

How Old is a Masters Athlete?

Eligibility for adult age division competition depends on the sport. You can participate in masters swimming events at 19, but must wait until you are 50 in sports like archery and golf. Category names also vary. the "masters" term is used by only six of the fourteen organizations surveyed. Below are some of the organizations, the names used to designate older adult age divisions, and the ages at which athletes qualify for competition in those divisions.

Organization	Division Name	Entry Age
National Archery Assoc.	Masters	50
U.S. Amateur Soccer Assoc	Over 30	30
U.S. Badminton Assoc	Jr./Sr.	35
U.S. Skiing	Masters	25
Masters Swimming Inc.	Masters	19
U.S. Weight Lifting Fed.	Masters	35
U.S. Fencing	Veterans	40
U.S. Golf Assoc.	Seniors	50
U.S. Rowing Assoc	Masters	27
U.S. Table Tennis	Seniors	40
U.S. Tennis Assoc.	Men 25 Women 25	25
USA Cycling	Masters	30
USA Track and Field	Masters	40
American Sokol	Masters I	35
American Sokol	Masters II	50

Plan to Utilize Sokol Programs
Instructors are encouraged to utilize the available American Sokol Programs and Materials when planning and preparing for the new 1996-97 Sokol season.

Tots Gymnastic Skills Program

Girls Gymnastic Skills Program

Boys Gymnastic Skills Program

Seniors In Motion Program "Exercising"

Senior in Motion Program "Line Dancing"

Folk Dance Program

Womens Judging Certification Program

Birthday Ribbons

Patti Komara Video Tapes

Directors Handbooks

1997 Slet Manual (October, 1996)

EXERCISE AND FLUID REPLACEMENT

The American College of Sports Medicine recently presented the following recommendations for application to athletes and serious exercisers in any climate at any time of the year:

- ◆ Individuals should consume a nutritionally balanced diet and drink adequate fluids during the 24-hour period before an event.
- ◆ Individuals should drink about 500ml (17 oz.) of fluid about two hours before exercise to promote adequate hydration and allow time for excretion of excess ingested water.
- ◆ During exercise, individuals should start drinking early and at regular intervals in an attempt to consume fluids at a rate sufficient to replace all the water lost through sweating, or consume the maximal amount that can be tolerated.
- ◆ Ingested fluids should be cooler (between 59 and 72F) than ambient temperature and flavored to enhance palatability and promote fluid replacement. Fluids should be readily available and served in containers that allow adequate volumes to be ingested easily and with a minimal interruption of exercise.
- ◆ Proper amounts of carbohydrates and electrolytes should be added to a fluid replacement solution for exercise events that last longer than one hour. (According to ACSM's statement, there is little evidence of performance differences between consuming a carbohydrate-electrolyte drink and plain water during exercise lasting less than one hour.)
- ◆ During intense exercise lasting longer than one hour, carbohydrates should be ingested at a rate of 30-60 grams per hour to maintain oxidation of carbohydrates and to delay fatigue (600-1200 milliliters per hour of fluids containing 4-8% carbohydrates).
- ◆ Sodium (0.5-0.7 g per liter of water) should be included in the rehydration solution and ingested during exercise lasting longer than one hour. (It may enhance palatability, promote fluid retention, and may prevent abnormally low levels of sodium ions circulating in the blood).

Penn State Sports Medicine Newsletter, August, 1996

"Catch the Spirit"

REPLACING FLUIDS WITH FOOD

Drinking eight glasses or more of water a day to offset the fluids lost through perspiration, evaporation, feces, and urine is difficult for some exercisers. One alternative to water is any beverage that doesn't contain alcohol or caffeine. Both have dehydrating effects. Juices, sports drinks, soft drinks with-out caffeine, decaffeinated tea and coffee, and low-fat milk are all acceptable fluid-replacement choices.

There is another alternative. The fluid that we need doesn't have to be exclusively in the form of water or other drinks. Every mouthful of food contains water and there are some foods that contribute significant amounts of water to your diet. These foods, especially fruits and vegetables, supplement fluid intake and supply other nutrients. Below is a list of foods and their percentages of water.

<u>Food</u>	<u>Percentage of Water</u>
Blueberry	85%
Cabbage	92%
Cantaloupe	89%
Cucumber	95%
Grapefruit	91%
Lettuce	96%
Orange	86%
Peach	88%
Pear	84%
Squash	93%
Tomato	94%
Watermelon	91%

Penn State Sports Medicine Newsletter, July, 1996

Fitness Facts

- ◆ The Number of women who played basketball increased 23% between 1987 and 1994.
- ◆ Exercising with free weights was the single most popular fitness activity in the U.S. during 1995, followed by riding stationary bicycles and fitness walking.
- ◆ Exercising on treadmills has increased 572% since 1990.
- ◆ Soccer participation declined 8% from '94-'95.
- ◆ Between 1987 & 1994, the number of Americans aged 35-54 who exercised frequently increased 63%
- ◆ The number of people who played tennis at least once a year declined by 21% between 1992 and 1994.

◆ MEMORIAM ◆

Augusta (Kupp) Svec 1899-1996

American Sokol Little Ferry, NJ, has lost a devoted sister, Augusta "Gussie" Svec. Sis. Svec joined the Ladies' Division (as it was known) in 1916, making her an 80-year member and thus setting a record of longevity in our Sokol Little Ferry family.

Going back to the early years, Sis. Svec served as the Ladies' Division's Financial Secretary for 13 years and as President for 18 years. She also worked on various committees and was the Ladies' Division representative on the Board of Directors and a delegate to the Eastern District meetings. In addition, she represented our unit at many Slets and conventions held throughout the United States. She also followed in her mother's footsteps in our Sokol kitchen. Her veprovy, knedlicky and zeli dinners were among the best!

In more recent years, when she could no longer attend meetings, Sis. Svec always remembered us Sokolky by donating numerous handmade articles that were used as special prizes.

This past April, Sis. Svec was presented with a Citation of Merit from the A.S.O. headquarters for her 80 years as a Sokolka. Eighty years is a long time to be associated with one organization and for her loyalty and devotion we are indeed grateful. We are thankful to her not only for her wonderful service and cooperation throughout the years, but also for teaching us by example the true meaning of being a Sokol.

To her daughter Eleanor and other members of her family, we extend our deepest sympathy.

Na shledanou, Sis. Svec, may you rest in peace.

It's that time
again!

Sign up for
classes at your
local Sokol
unit! Volunteer
your time and
talents
whenever the
need arises.
Sokol lives
through
YOU!

The American Sokol Organization gratefully acknowledges the following exceptional donations for Sokol Seals:

Sokol Rip, Northeastern District - \$350

Bro. A. Smunt, Central District - \$300

Bro. W. R. Cermak, Eastern District - \$150

Bro. V. Hurych, Northeastern District - \$100

ZDAR! ZDAR! ZDAR!

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 Honor of Adeline Lankas 75 Years of Sokol Membership from Sokol Town of Lake	\$25.00
In Memory of James Lang from John & Vlasta Stribny, Sokol Town of Lake	\$15.00
In Memory of Sis. Olga Hladky, Sokol Belcamp from Sokol Belcamp	\$25.00
In Memory of James Lang from Jim Anderson, Mary Foltyn, William Budz, John Stribny	\$65.00

SOKOL IS ALIVE AND WELL

From Sokol New York's Newsletter, by Bro. Leonard Gianitsos

We had a very happy afternoon on March 24 at our Annual Gymnastic Exhibition. There was a new spirit in this event, thanks to Bro. Miroslav Zitko, our guest instructor, who was responsible for composing most of the numbers that were performed. The pace and fun was evident throughout the program.

The Senior Men and Women commenced the day's activities with a smartly choreographed dance-calisthenics number led by Sis. Irene Mergl and Miroslav Zitko. The Tots, our little rascals, got their first opportunity in the may gym led by Assistant Director of Men and Class Leader Bro. Joseph Balogh. They all had fun. The Rhythmic Gymnasts, trained by expert teacher Zoya Makarova, definitely

showed off the wonderful movements of this gymnastic category. A special routine by Small Boys was led by Class Leader Bro. Joseph Balogh. Here again, Joe certainly whipped them into action. It was a circus theme and the boys were the lions. then there was number by the Ballet Class led by Felicia D'Amico Velasco and did these little darlings win our hearts as they strutted through their routine!

The Martial Arts that were incorporated into our Sokol program was represented by a Tae Kwon Do and Judo group. It was interesting to note that the age group in this event was from 3 to 30. A group of more than 48 Small Girls led by Sis. Pauline Reenock and Sis. Norma Zabka filled the

hall performing special calisthenics. This number will also be performed at the upcoming Barryville Exhibition and Philadelphia Slet. A Co-Ed Girls and Boys number, led by Sis. Pauline Reenock and another special number performed by Small Girls used innovative apparatus and performed with zest and fun. And then a big surprise was a combination body building and pantomime comedy number performed by World Class body builder Mirek Egnor and the ubiquitous Miroslav Zitko.

The afternoon ended with all the participants performing together in a marching finale. All of the numbers were wonderful and helped make it a day to remember, proving that the myth of physical and artistic perfection isn't really a myth.



M E R G E R

Sokol Little Ferry and Sokol Women of Little Ferry have merged into one unit as of June 18, 1996. The name of the merged unit is:

AMERICAN SOKOL LITTLE FERRY

The newly elected President is Sis. Nancy Chlodnicki. We extend American Sokol Little Ferry congratulations on their merger and wish them success in their endeavors.

Na Zdar!
Fred Kala, President
American Sokol Organization

Czechoslovak Sokol Abroad

From the Newsletter of Sokol Canada, May/June 1996

Czechoslovak Sokol Abroad, temporary successor of the Czech Sokol Organization during the communist regime, ceased its activities on December 31, 1995 and as of January 1, 1996 its member districts had to decide their organizational structure. Sokol in Australia chose to continue its activities independently, Sokol Canada decided to apply for membership in the Czech Sokol Organization, however the COS repealed in November 1995 its by-law article allowing membership

from other countries and rejected its application. Sokol in Austria, Switzerland and Western Europe decided to form a new organization, Sokol Community Abroad, to be inaugurated on July 20, 1996. We wish our European brothers and sisters much success in all their future activities.

Editor's Note: At our ASO Convention, Sokol Canada was officially invited to join the American Sokol Organization.



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