



## Sokol Los Angeles Spring Dance



Photo 1 left to right, Zdenka Riesner, the twins Andre and Michael Riesner with girlfriends, Carol Vessels, Otto Notzl, Helene Osborne, Louise Kis, Zdenka Cizek, Irene Halouska, and Eva Riesner

*More on Sokol LA's Spring Dance in June.*

## AMERICAN SOKOL

ISSN 003-1259

Published 9 times each year. (Jan, Feb, Mar, Apr/May, June, July/Aug, Sept, Oct, Nov/Dec) by:

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122 West 22<sup>nd</sup> Street  
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Periodical postage paid at Oak Brooke, IL  
and additional mailing offices.

**Subscription:** \$12.00 per year  
**Postmaster:** Send address changes to  
American Sokol at the address above.

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ASO Executive Board meets every 4<sup>th</sup> Tuesday at 7:30 PM  
(except July/Aug).

ASO Board of Instructors meets every 2<sup>nd</sup> Wednesday at 7:30 PM  
(except July/Aug).

## Calendar of Events

### JUNE

|             |  |
|-------------|--|
| 1-3         | Southern District SLET   |
| 2           | La Grange Pet Parade - Central District  |
| 2-5         | NE District Slet Weekend   |
| 15          | Sokol Gr. Cleveland Fish Fry   |
| 15-17       | Central District Traveling Camp held at Sokol Spirit   |
| 17          | Father's Day   |
| 18-22       | Sokol MN Culture Camp  |
| 28-Jul<br>7 | SokolFest 2007 - Pittsburgh, PA  |
| 29          | "Golden Prague Gala Evening" - Representative ball with dinner featuring Czech cuisine and dancing to the irresistible retro swing band of Ondřej Havelka's Melody Makers, 6:30 p.m., Chicago Hilton & Towers. American Sokol Golden Sponsor |

See Page 15 for a listing of events  
scheduled for Prague Days in Chicago -  
June 2007

### JULY

|          |  |
|----------|--|
| 4        | Independence Day   |
| 5        | Den slovanských vezrovestu Cyrila a Metodeje (St. Cyril & St. Methodius Day) |
| 8-14     | Sokol USA Star Camp - Week One   |
| 15-21    | Sokol USA Star Camp - Week Two   |
| 16-31    | ASO National Instructor School - Sokol Greater Cleveland                     |
| 21-22    | Sokol Detroit Czech & Slovak Festival  |
| 22-28    | Sokol USA Star Camp - Week Three   |
| 31-Aug 5 | National Sokol Summer Camp   |

### AUGUST

|    |   |
|----|---|
| 19 | Druha Trava at Sokol Camp Detroit (tentative) |
| 29 | Slovak National Uprising Day                  |

### SEPTEMBER

|    |  |
|----|--|
| 15 | Sokol San Francisco Picnic - Lake Chabot |
| 15 | Our Lady Mary of Sorrows (obs. Slovakia) |
| 28 | Day of Czech Statehood                   |

Send your Events to  
[Editor@American-Sokol.org](mailto:Editor@American-Sokol.org)  
or add them to the Calendar at  
[www.American-Sokol.org](http://www.American-Sokol.org)

Sisters and Brothers,

Our organization, the American Sokol, 140+ years old, has accomplished many, many great things over the years. Just the fact of being around for so many years shows the dedication and persistence of our Members and Leaders.

A few years back, an outside professional studied our Organization and concluded that there was no reason we were still a viable Organization in this day and time.

What he failed to understand was that over the years, all the hardships and challenges presented to our Members is what keeps the burning desire to succeed alive. Many of these challenges have been overcome by the ability to make changes and adjustments to our operation.

Over the last few months the National Organization has begun the implementation of a Strategic Plan. The Strategic Planning Task Force (SPTF), made up of some of some of our dedicated Members from around the country, have donated many hours of training and planning to address the opportunity for the American Sokol to succeed for future generations. With a declining membership and declining number of units, it is imperative that we look at the many changes necessary for survival.

The SPTF has made presentations to all the Units of what the plan entails. Will the Plan work? Only time will tell. Through some very generous donations and bequest to the organization, we have the funding to go through the initial phases of the plan. More funding will be required later and part of the plan addresses this issue. The plan is an opportunity to make the changes and adjustments necessary to keep the American Sokol alive.

This plan is not cut in stone. It is flexible and will be driven by teams of our Members over the next few years. Team formation has begun and we need very much for our members that hold particular piece of expertise to volunteer for these teams.

We also need our General Membership to support both verbally and financially the efforts of our Strategic Planning Task Force. Remember this is an OPPORTUNITY.

***"Forward, Forward, Backward Never"*** Miroslav Trys

Nazdar,

Bro. Larry Laznovsky  
President American Sokol



***To submit information for the publication, please provide it digitally to***

***Editor@American-Sokol.org,***  
***or mail to***

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***Do not send originals.***  
***No items will be returned.***

***Thank you.***



# The Sokol Educator

Sis. Ellen Jeanne Schnabl, Educational Director

---

"April showers bring May flowers". How happy we are to see the snow disappear & little crocuses popping up along with the daffodils and tulips to brighten our mornings. There are a lot of things to think about now: like a thorough Spring cleaning of your home.

But, let's not forget Mother's Day, the 2<sup>nd</sup> Sunday of May, started by Julia Ward Howe in 1872 and Anna Jarvis in 1907. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day a national observance.

We also remember various National Holidays such as Memorial Day at the end of May, Flag Day, June 14<sup>th</sup> and Independence Day on July 4<sup>th</sup>. Hopefully, everyone remembers or reviews how to display our Stars and Stripes properly!

Another reminder was give to us by Sis. Bea Walko, President of Sokol USA in her column – which I'd like to paraphrase here:

The 21-gun salute given at military funerals stands for the sum of 1776.

Whenever a serviceman or woman's casket is draped with the Flag, have you noticed how and why it is folded 13 times?

The first fold of our Flag is a symbol of life.

The second fold is a symbol of our belief in eternal life.

The third fold is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world.

The fourth fold represents our weaker nature, for as American citizens trusting, it is to Him we turn in times of peace as well as in time of war for His divine guidance.

The fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our Country, in dealing with other countries may she always be right; but it is still our country, right or wrong."

The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.

The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies, whether they be found within or without the boundaries of our Republic.

The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor mother, for whom it flies on Mother's Day.

The ninth fold is a tribute to womanhood; for it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded.

The tenth fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of our country since they were first born.

The eleventh fold, in the eyes of a Hebrew citizen represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes, the God of Abraham, Isaac, and Jacob.

The twelfth fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son and Holy Spirit.

The thirteenth fold: When the Flag is completely folded, the stars are uppermost reminding us of our Nation's motto, "In God We Trust." After the Flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the Sailors and Marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for us the rights, privileges, and freedoms we enjoy today.

For the complete and detailed version, please contact your District Educational Director who has been sent this item.

Thank you Sister Walko!

The Consulate General of the Czech Republic  
The City of Prague  
The Prague Committee of the Chicago Sister Cities International Program  
The Kristyna M. Driehaus Foundation

cordially invite you to attend

*Golden Prague Gala Evening*  
*Gala Zlatá Praha*

Please join us for a Gala evening of music and dancing to the irresistible  
Ondřej Havelka and his Melody Makers

The event is organized under the auspices of The Honorable Pavel Bem, Mayor of Prague;  
The Honorable Richard M. Daley, Mayor of Chicago; His Excellency Petr Kolar, Ambassador of  
the Czech Republic to the United States; His Excellency Richard Graber, American Ambassador to  
the Czech Republic; The Honorable Marek Skolil, Consulate General of the Czech Republic and  
The Prague Committee of the Sister Cities International Program of Chicago.

**Friday, June 29, 2007**

**Hilton Chicago Hotel**  
720 S Michigan Ave, Chicago, IL

**Cocktails**

6:30 p.m.

**Dinner & Dancing**

7:30 p.m.

**Black Tie**

\$175.00 per person

The Chicago Sister Cities International Program is 501 (c) (3) organization.

**American Sokol is a Golden Sponsor of Prague Days in Chicago 2007.**

For this sponsorship, in addition to having our name on all associated documentation, flyers, posters, etc., we have available 8 seats at *Gala Zlatá Praha*. If you're interested in attending, the cost is \$175.00 per person and you can contact Jean Hruby at 630-368-0771 or email to [ASO@American-Sokol.org](mailto:ASO@American-Sokol.org).



The American Sokol Program Team is conducting a survey to determine interest in several programs.

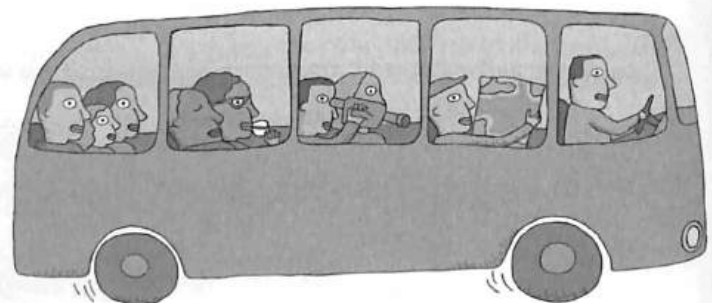
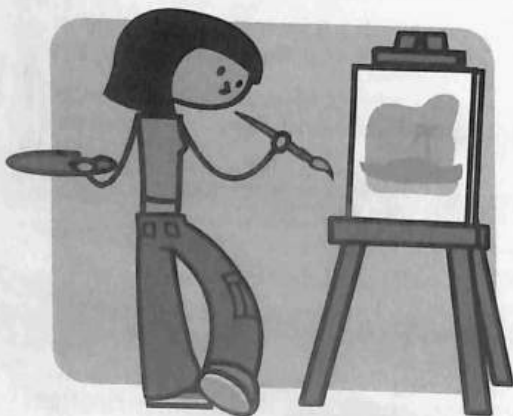
We would greatly appreciate if you could take a few moments to complete the survey on our website by June 15<sup>th</sup>.



[www.american-sokol.org/boi/survey](http://www.american-sokol.org/boi/survey)

Please encourage family members, friends, and other members of your Sokol Unit to complete the survey.

Thank you for your participation!



The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

# AMERICAN SOKOL GYMNAST

Pages 7-10 are specifically designed to be a benefit to the Gymnastics programs of American Sokol.  
Please pull, copy and distribute to your participants as you see fit.  
Kandi Pajer – 117 Oakland Grove – Elmhurst, IL 60126  
KandiPajer@American-Sokol.org

## Noticing Progress: The Key To Keeping Kids in Youth Sports

By Dr. Darrell J. Burnett  
Sent in by Ellen Jeanne Schnabl

*"What's the use in trying? No matter what I do, it'll never be good enough! My coach is never satisfied. My parents are never satisfied. I can't compete against other kids who are so much better than I am."  
--9-year old boy who dropped out of organized sports*

Research (Jeziorski, 1994) has shown that kids who stay in sports tend to stay in school, get better grades and show better behaviors. It makes sense then, for us to know something about what it takes to motivate kids to keep playing sports once they've started.

Two of the obstacles in motivating kids to continue playing sports are mentioned in the quote from the 9-year-old: 1) unrealistic expectations from coaches and parents; and 2) unrealistic self-comparison with other athletes.

### Unrealistic Expectations From Coaches and Parents

Time and again I see kids who have lost their initial joy in sports because they are preoccupied with feeling that they have somehow let their coach or parents down by not living up to adult expectations.

Coaches and parents, especially those with kids at the younger levels, not attuned to the developmental level of a kid may inadvertently expect something from a kid which is not physically or emotionally possible, given the muscle coordination, attention span or level of dedication at a specific age level. The kid then struggles to live up to the expectations of coaches or parents, sees no progress and eventually gives up or quits, feeling like a failure in the eyes of adults.

I saw a 10-year-old boy in my office, referred by his father, who wanted me to "motivate" him. The boy broke into tears, relating how he used to love baseball but had grown sick of it because his dad had made him take 200 swings a day off the batting tee in his backyard, seven days a week. He said he had wanted to spend time with his buddies, but his dad had told him this was the only way to get to the big leagues! The boy eventually quit baseball, feeling that he had failed his dad.

## **Unrealistic Self-comparison with Other Athletes**

Besides feeling unable to live up to unrealistic adult expectations, kids will often fall victim to making unrealistic comparisons between themselves and other athletes. After the initial novelty of the sport wears off, kids begin looking around at other kids and start comparing their skills to their peers. ("I can't run as fast, throw as hard, shoot as straight, hit as hard, swing as smoothly, skate as smoothly, etc. as the other kids!") The danger is that the fun of the sport disappears, confidence disappears and the kid sees they are not as good.

Some players who lack skills may continue to play if they see that they're making a contribution to the team by their energetic enthusiasm, determination and focus (that's what the movie "Rudy" was all about.)

## **Process vs. End Product**

Sports psychologist Dr. Tom Tutko and others have made the point that kids are more concerned with the process of play than with the end product. They seem to enjoy the joy of simply participating in a sport. This is in contrast to adults who seem preoccupied with the end product.

In an effort to keep kids in sports, coaches and parents would do well to capitalize on kids' tendency toward "process," and get them to see their continued progress as a process of learning skill, learning the rules of the game and learning how to handle victory and defeat.

Motivational sports psychologists have shown that kids who focus on their progress in learning tasks in athletics stay in sports longer than kids who are preoccupied with measuring their worth as an athlete only in terms of winning. In other words, if a kid is preoccupied with winning, as long as they are on a winning team, they continue playing. But, if a team has a losing season, the kid may drop out of the sport.

In contrast, the kid who focuses on his/her progress in improving mechanics and skills is more likely to stay in sports regardless of the win-loss record.

None of us is so naïve as to think that keeping a child in sports is the answer to all life's problems. However, the lessons learned (self-discipline, time management, decision making, problem solving, sportsmanship, team work, handling disappointment, etc.) have a definite carryover to everyday life.

And, if a child learns to stay motivated by keeping tabs on his/her progress in reaching small goals in each sport, that's a great habit to develop for life after sports.

## Positive Coaching: A Behavior Checklist for Youth Sports Coaches:

- \_\_\_\_\_ I praise kids just for participating
- \_\_\_\_\_ I look for positives, and make a big deal out of them.
- \_\_\_\_\_ I stay calm when my kids make mistakes, helping them learn from their mistakes.
- \_\_\_\_\_ I have reasonable and realistic expectations.
- \_\_\_\_\_ I treat my kids with respect, avoiding put-downs, sarcasm and ridicule.
- \_\_\_\_\_ I remind my kids not to get down on themselves.
- \_\_\_\_\_ I remember not to take myself too seriously during the game.
- \_\_\_\_\_ I maintain a Fun is #1 attitude, with lots of laughter and sense of humor.
- \_\_\_\_\_ I emphasize teamwork and help my kids think "we" instead of "me."
- \_\_\_\_\_ I am a role model of good sportsmanship:
  - + (a) Winning without gloating
  - + (b) Losing without complaining
  - + (c) Treating opponents and officials with fairness, generosity and courtesy.

The key here is to teach your students to have fun. Encourage them to have fun, but always do their best. Remind them that practice makes perfect, but that perfect means something different for every athlete. If they are practicing their hardest and being good classmates they are achieving what you as a teacher want them to achieve. Show them compassion and love-they will respond back with the same! KP ;)

## "Flexibility helps prevent injury to athletes of all ages"

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www.GymnasticsTrainingTips.com coachrik@aol.com

The crowd is on its feet wild with excitement. One basket and the championship trophy stays at home with your team. The basketball rebounds off the backboard directly into your daughter's hands. There are scant seconds left to play in the last period of the game. She pivots quickly to takeoff up the court outpacing everyone; all of a sudden she pulls up grimacing in pain and grabbing the back of her leg. She falls to floor the victim of a hamstring pull, possibly even a muscle tear, which could have been prevented - before time ran out!

Children are capable of placing themselves in all sorts of situations that demand good physical conditioning, especially flexibility. Running while playing soccer or baseball, high kicks in the martial arts, running the court in basketball, leaps in dance, and back walkovers in gymnastics all demand a wide range of motion from the muscles involved, in other words flexibility.

Unfortunately, when an activity is so dynamic that it extends a body part beyond its normal range of motion, an injury may occur. Usually, the injury is something minor like a muscle pull or strain, but it

could also become a tear or a muscle separation from the bone on which it is anchored. To prevent such an injury all children should learn a basic flexibility program appropriate to their sport.

There are several aspects to flexibility (like joint specificity) that time and space will not allow for in this article, including some new thought on the subject that suggests extensive stretching before an activity is not as important as simply getting the blood flowing with some cardiovascular activity like jumping jacks. Stretching for flexibility then occurs after the workout for maximum benefit. Consult with your coach for flexibility techniques appropriate to the sport your child enjoys.

However, as an example to help prevent hamstring pulls (muscle on the back of the upper leg) let's evaluate your child's flexibility in the lower back, hips, and the back of the upper legs. You can give your child this easy test.

Take a twelve-inch ruler and mark off one inch increments down the middle of a piece of paper. At the six-inch mark draw the number zero. Then, in one direction, mark the positive numbers +1, +2, +3, etc. In the other direction, write the numbers -1, -2, -3, etc.

Have your child sit on the floor with her legs extended. The back of her knees should remain flat on the floor with her toes pointing toward the ceiling. Place the

scale marked with 1-inch units at her feet so the zero aligns with her heels. Every inch mark towards the body is marked -1, -2, -3 and so on; each inch beyond the heels starting with +1, +2, +3 and so forth.

Now, have your child extend her arms out to her toes. Stop if it hurts, and by all means do not allow her to bounce or drive herself forcefully forward to get a better score! Only let her reach as far as possible without excess pain! If your child can just barely reach her toes she would have a zero score, which would be an average score. If she cannot touch her toes, she would receive a negative score of -1 or less. A child who shows good flexibility would have a positive score of +1 or greater.

Don't panic if your child can't touch her toes, but please don't ignore it. There are many solutions to this problem. Involving your child in physical activities at a young age that focus on all aspects of fitness, especially proper conditioning and flexibility has benefits that will last into her adult life. Great activities that develop these components, especially flexibility are; gymnastics, martial arts, dance, and yoga. These are great "gateway" activities that have advantages for other sports activities.

Pay attention while your child learns proper flexibility because some of the techniques for stretching hamstrings just might help relieve some lower back pain for you too – but please check with you doctor or chiropractor first before stretching or attempting to re-live your childhood sports fantasies.

###

Pain is nothing compared to what it feels like to quit. ~Author Unknown

Sport is a preserver of health. ~Hippocrates

The Six W's: Work will win when wishing won't. ~ Todd Blackledge

## DISTRICT AND UNIT ROSTER INFORMATION

This information is taken directly from the Official Records. If your listing is incorrect, please contact Jean Hruby at 630-368-0771 or email to ASO@American-Sokol.org. Remember - Current Roster information should be sent to American Sokol immediately following your annual meeting and with each Quarterly Membership Report. Thank you for your assistance in keeping our records up to date.

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## Prague Days in Chicago June 2007



A series of official, cultural, social, community and promotional events in Chicago sponsored and co-organized by the City of Prague in cooperation with the Chicago Sister Cities International Program's Prague Committee, the Consulate General of the Czech Republic in Chicago and with other partners, including the Ministry of Foreign Affairs of the Czech Republic and Czech-American community organizations. Prague Days are organized under the auspices and in the presence of Hon. Pavel Bém, Mayor of Prague, Hon. Richard M. Daley, Mayor of Chicago and H.E. Petr Kolář, Ambassador of the Czech Republic to the United States. Various events will be taking part during the whole month of June 2007 and beyond. The Prague days shall promote closer ties between two sister cities, encourage broader and deeper cooperation and exchange between the Czech Republic and the US Midwest, promote Prague as an attractive tourist destination and the Czech Republic as a dynamic European democracy with strong ties to Chicagoland and the United States.

- **Czech Day on Daley Plaza**, downtown Chicago, **June 5, 11:30 a.m. – 2:30 p.m.** Street celebration organized within the Chicago Sister Cities International Program and featuring raising of the Czech flag, concert of David Koller and Lenka Dusilova, Czech jazz band Balzar Trio, folk music and dances, Czech cuisine, tourism promotion, souvenirs, etc. *Free admission!*
- **David Koller & band, guest Lenka Dusilová - rock concert**, **June 6, 8:00 p.m.** Subterranean Club, 2011 W. North Ave. *Admission: 30 USD presale through ticketweb.com, 35 USD at the door.*
- **Silvie Hessová and Daniel Wiesner - chamber music concert**, **June 7, 7:30p.m.** Chicago Cultural Center, Claudia Cassidy Theater, 78 E. Washington Street. *Free admission!*
- **Czech Encounters: "Prague and Beyond" - tourist seminar**, **June 7, 5:30 p.m.** Promotion of Prague as a popular tourist destination organized by Czech Tourism and Prague Information Services. Consulate General, 205 N. Michigan Ave., Chicago. *RVSP!*
- **"Czechs in America" - historic exhibition & discussion panel**, **June 9 – August 31, opening on June 9, 2:00 p.m.** Museum of CSA Fraternal Life Oakbrook, 122 W 22<sup>nd</sup> St., Oakbrook. *Free admission!*
- **"Awake the Pilsen Specters!" – Pilsen to Pilsen Stereo Fest**, **June 9, 10:00 a.m.** (morning program), **6:00 p.m.** (evening program). Premier of movie about the history of the Pilsen area in Chicago, Busker Gallery, 2159 W. 21<sup>st</sup> Pl.
- **Czech film days – "Revolution Will Be Televised"**, **June 15 – 21.** Opening of the festival with Czech film director Jan Hřebejk on **June 15, 6:00 p.m.**, Facets Cinémathèque, 1517 W. Fullerton Ave., Chicago, 773-281-9075. For program see [www.facets.org/cinematheque](http://www.facets.org/cinematheque).
- **Jan Grimm – "Retrospectives"**, art exhibition, **June 13 – July 31**, Consulate General, 205 N. Michigan Ave. *Free admission!*
- **Oldřich Kulháněk – "Prints and Drawings"**, **June 15 – July 31**, official opening on **June 28, 5:30 p.m.** The International Currents Gallery of John David Mooney Foundation, 114 W. Kinzie St. *Free admission!*
- **David Černý - statue "Man Hanging Out"**, **June 28**, outdoor exhibition on Michigan Avenue.
- **Vladislav Bláha - Classical Guitar Concert**, **June 17, 7:30 p.m.**, Czech Mission Chapel, 2340 S. 61<sup>st</sup> Ave., Cicero, 708-656-6356. *Admission 20 USD.*
- **Dynamic Growth Opportunities - Czech–U.S. business workshop**, **June 26, 5:30 p.m.** Union League Club, Chicago. *RVSP!*
- **Breakfast Seminar on the Importance of the International Non-Profit Sector**, **June 29, 8:00 a.m.** Kellogg School of Management, 340 E. Superior Street, Chicago, 312-335-1916. *RVSP!*
- **"Golden Prague Gala Evening"** - Representative ball with dinner featuring Czech cuisine and dancing to the irresistible retro swing band of Ondřej Havelka's **Melody Makers**, **June 29, 6:30 p.m.**, Chicago Hilton & Towers.
- **Rededication of Cermak Rd.**, **June 30**, Bohemian National Cemetery (**9:30 a.m.**), Pilsen/Chicago (**11:00 a.m.**), Klas Restaurant Cicero (**12:15 p.m.**).



122 West 22<sup>nd</sup> Street  
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The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it.

Michelangelo



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