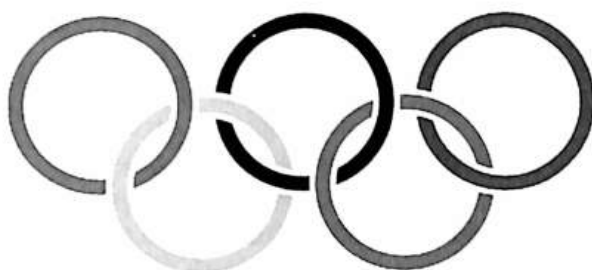


The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural and social programs.

Countdown to the 2012 Olympic Games London, July 27 - August 12, 2012



Key Facts

- **26** sports, **39** disciplines
- **34** venues
- **8.8** million tickets
- **10,490** athletes
- **302** medal events
- **21,000** media and broadcasters
- **19** competition days (incl. Football)
- **2,961** technical officials
- **204** National Olympic Committees
- **5,770** team officials
- **5,000** anti-doping samples

By the Numbers

- **Over 800,000** people follow London 2012 on social media sites. London 2012 YouTube videos have been seen 4 million times
- **500,000** people will celebrate at Live Sites every day during the Games, at 22 permanent live sites and 47 big screens across every UK nation and region
- **241,000** people have visited the Olympic Park since 2007
- **46,000** people have worked on the Olympic Park and Village
- **10,000** serving troops will go to the Games for free through Ticketshare
- **10,000** Britons are involved in the Opening and Closing Ceremonies

As reported by the LOCOG on London2012.com

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From the Editor...

If you have an memory, article, newsletter or calendar of event, please send it to me via email at editor@american-sokol.org. This publication's content is driven by – YOU!

NAZDAR!



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A Message from the President....Checkpoint!

The American Sokol is on the right track and growing! I would like to take some time this month to write some of my thoughts on our American Sokol. This "Checkpoint" should provide you with a few pieces of information on our needs as an organization and our desire to succeed. In the absence of extensive time and pages, I cannot possibly share everything here, but most certainly encourage you to speak with me directly if you have any questions, suggestions or comments.

Serving our Communities – Promoting for Growth

From a national and high level standpoint, our American Sokol has been prepared to serve our communities what they need. From our core physical, educational, cultural and social programming to the less tangible social benefits of being part of the organization, we have a program that is beneficial to all people and all age groups. We are still working on fully opening our doors, reaching out further than our walls, competing with other groups, and integrating our great Sokol Units with the people and businesses that are all around us. There is some concern that continuing to bring in additional members may dilute the "family" feeling or may somehow give away our secret success.

As I was working the Sokol Spirit pancake breakfast, I got a chance to visit with a parent that was recruited to help serve for an hour. Sometimes it's hard for me to get a non-biased answer in my current role, but on this occasion, I was undercover as just another volunteer

on the serving line and it allowed for a very honest discussion. As we spoke, I found out that she was a newer parent to the gym and that she truly enjoyed the program. I almost blew my cover by instinctually thanking her for stepping up to help out, but thankfully it led to a conversation on seeing new faces in the volunteer ranks. We shared opinions on what the Unit needed to do to keep its programs running besides this particular fundraiser. Interestingly, my desire to see the Unit grow its membership clashed with her desire to maintain a family/personal "feeling" at Sokol. This certainly gave me pause and I've been thinking about it for quite some time. The family/personal feeling that we get from being a part of Sokol is not due to the size of its membership, but rather due to our innate ability to integrate our members in the program and not simply regard them as a membership number. Our programs are personal, our history is personal, our membership is personal, and mostly, our methodology is personal.

We are a growing organization because we have so many good things to share.

The 2013 Slet in Milwaukee will be an "Open to All" event. All competitions and events will be open for any community teams/individuals to participate. Please share the details of this event as they come out and let's get the word out to our communities that we want them to be a part of this.

Obesity Epidemic

The obesity epidemic has fallen into our laps and we MUST leverage our innate

ability to strengthen our kids. The data is available and the unhealthy increase in weight of our children is undeniable. This aggressive decline is a frightening forecast of a society that cannot possibly meet our goal of a strong mind in a healthy body. On the positive side...our programs are designed to combat this problem. Our programs have always been open for anyone interested in growing healthy and staying active. Many of these programs are general programs that do not require that the kid be a supreme athlete to participate. Participation is encouraged and we are proud and happy to be the physical fitness provider for everyone.

Adult Programming

If you are reading this and are a parent of a Sokol kid and have not yet joined our adult classes, I believe that you may be missing one of the great benefits of Sokol. Many Units have great adult programs and probably some of the best in our communities. From a strategic perspective, this is very much aligned with our mission to serve all ages of individuals. Keep an eye out...there are new programs being built every day to better address the need for adult programming.

We must act now...with Passion!

I cannot stress the importance of this need for the American Sokol enough. Innovation, ideas, planning, preparations, etc... are always necessary. But, without the actual ACTION to move something forward, the greatest of ideas is simply an idea that will be brought up by someone else, some other day.

Continued on page 5



The Sokol Educator

Sis. EllenJeanne Schnabl, Educational Director

JUNE

Ripened in the garden
red strawberries
we'll go ourselves to pick
those sweet dainties.

dozraly v zahradce
cervene jahudky
poj'd'me si natrhat
te sladke lahoudky.

- June 1, 1862: The Sokol banner designed by J. Manes was unfurled & the first public exhibition of gymnastics was held in Prague.
- June 2, 1886: Grover Cleveland becomes the only President to marry in the White House.
- June 5, 1851: Harriet Beecher Stowe published the first of 41 installments of "Uncle Tom's Cabin".
- June 3, 1965: Astronaut Ed White became the first American to walk in space, during the Gemini 4 mission.
- June 8, 1867: Architect Frank Lloyd Wright was born in Richland Center, WI.
- June 8, 1948: "Texaco Star Theater" made its debut on NBC with Milton Berle as guest host.
- June 8, 1982: Ronald Reagan became the first U.S. President to address the British Parliament.
- June 9, 1973: Secretariat won the Belmont Stakes to become horse racing's first Triple Crown winner in 25 years.
- June 10, 1942: Lidice was in shambles by the Nazis.
- June 9, 1369: Jan Hus was born in Husinec.
- June 12, 1887: Polish Falcons organized in America.
- June 13, 1882: Sokol St. Paul, MN, was organized.
- June 13, 1996: The U.S. Supreme Court issued its landmark Miranda decision, ruling that criminal suspects had to be informed of their constitutional rights prior to questioning by the police.
- June 14, 1798: Historian Frantisek Palacky was born.
- June 15, 1862: The Sokol salute "NAZDAR!" was adopted after a motion by Jose Barak.

Many, many Sokol Slets have been held in Prague and in Chicago during the month of June.

CELEBRATE FATHER'S DAY - Sunday, June 17th - remember your Dad, Step-Dad, Grand-Dad, Uncle.

The first modern Father's Day was celebrated on July 5th, 1908 in Fairmont, WV. Some believe that Julia Ward Howe inspired Father's Day. It is celebrated in Australia & New Zealand on the 1st Sunday in September and in Finland, Norway & Sweden on the 2nd Sunday of November.

Keep food safety in mind when shopping at the local Farmer's Markets — take a cooler with ice in it. Make sure to wash all fruits and vegetables AND your hands before consuming any of them.

REMEMBER TO FLY THE STARS & STRIPES ON FLAG DAY — June 14th !!

In 2005, Randolph Cabral, founder of the Kansas Braille Transcription Institute created the Braille Flag to honor his late father, a World War II veteran who lost his sight. (S)

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director

A Message from the President...Checkpoint
Continued from page 3

There are so many resources, activities, programs, materials, etc... at the National/District and Unit levels. We have everything that we need to achieve great things as an organization. We simply need everyone to step up to the plate and take on an activity, event or program. If we instill passion in the running of these activities, events or programs, our communities will continue to benefit and we can reach incredible success.

We must act now...not later. Our communities and the American people NEED our programs to give them the strong mind in a healthy body that they desire.

Mission, Vision and Roadmap

Our mission as an American Sokol is clear. However, we must have a clear vision and end state for the organization, and we must have a plan for getting there. Soon, I will be sharing with you my vision for the organization and as importantly, I will take you through some high level steps to getting there. One of the first of these steps being the original strategic plan. Please note the request for members to step in and help with creation of our next strategic plan. This next wave in our evolution is critically important to remediating issues that we found from execution of our first plan and enhancing our abilities as an organization to meet the mission and continue our quest towards the vision of the American Sokol. ©

Nazdar!



Tom Pajer – American Sokol President



RISING STAR



DAN BAJEK

Nominated by Tom Pajer

A certain star rising through the American Sokol is Sokol Naperville's Dan Bajek. Dan, the 4th oldest of 10 Bajek kids, currently attends College of DuPage as a Sophomore and is planning to attend Illinois State University in September.

Dan teaches all of Sokol Naperville's 6-15 year old girls and has been either head coach or assistant for the last 2 years.

In November of last year, Dan took on the new responsibility of Secretary for the Central District. He has been a true asset to the Central District and is committed to serving where he can.

One of his most recent Sokol success stories is his completion of the American Sokol Instructor School program, completing all 5 levels. Through this program, he was tasked with composing a mass calisthenics number and having the Instructor School students perform it at their graduation. His number was extremely well written and taught and the National Physical Director, Maryann Fiordelis, has selected his number as the Junior Cal for the 2013 Slet in Milwaukee.

Dan has consistently worked in his home Unit as well as the Central District, and now begins his National service as a cal author. Dan is certainly someone to keep an eye on as a Rising Star of our American Sokol!

Thank you, Dan for your dedication to Sokol. What a great honor for your cal to be chosen for the 2013 Slet. Congratulations!

Do you know of a young senior or junior member that exemplifies the Sokol spirit? Every month we will highlight a young adult member in the Sokol organization that is an aspiring leader in your Sokol, Unit or District. To make this column a success we need your help! Send the name of a Rising Star, a photo and the reason you are nominating them to editor@american-sokol.org. ©

2012 American Sokol Summer Walking Challenge June 4th through September 21st

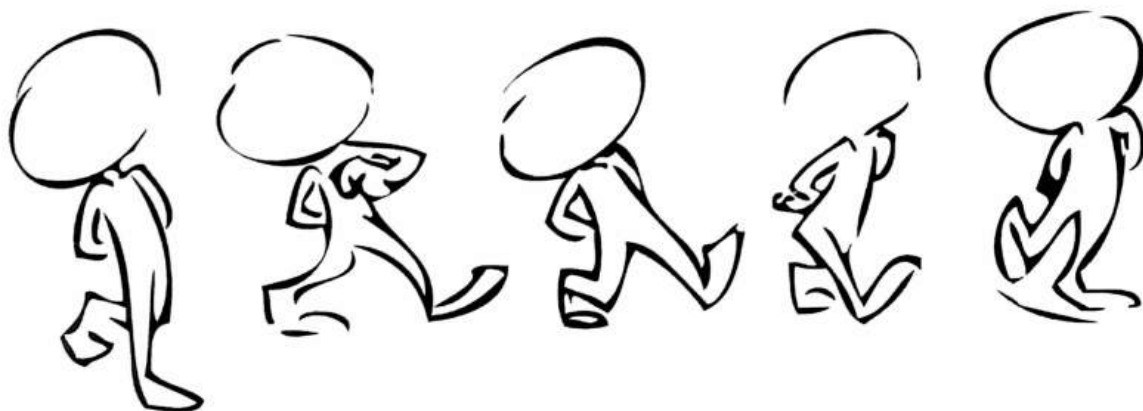
You, your family and any friends can participate in the American Sokol 2012 Summer Walking Challenge!

The Challenge: Walk at least – Adults 30 minutes/day, Youth 60 minutes/day, minimum: 3 days a week.

Pick any 4 weeks, complete the log sheets, and as an extra incentive collect any pledges and then send in your results.

What level can you reach this summer? **Cruisin' – Movin' & Groovin' – Feelin' Hot, Hot,Hot!**

For more information and log sheets, contact the American Sokol at aso@american-sokol.org. 



A big THANK YOU to the 2011 Walking Challenge Participants:

Level: **Stress Reducer**

Chuck & Janet Kalat , Sokol KHB, Ennis Texas , 962 minutes each. Brought in pledges together totaling over \$500 – 2nd year walking club members

Geoffrey Lacina, on behalf of Sokol Spirit Co-Ed Class, 765 minutes. Brought in pledges totaling over \$140 (split with Sokol Spirit)

Level: **Calorie Burner**

Nancy Pajeau, Sokol Stickney, Stickney Illinois, reached 1260 minutes of walking time.

Senior Health & Fitness Day motto "Get Moving.....Start Improving"

Juanita Lo Giudice/Barb Vondra



AMERICAN SOKOL GYMNAST

Pages 7-11 are specifically designed to benefit the Gymnastic programs of the American Sokol.

Please pull, copy and distribute to your participants as you see fit.

Kandi Pajer • 117 Oakland Grove • Elmhurst, IL • 60126 • Kandi@pajer.us

Summer Safety Tips

From: Thelearningcommunity.us Free tips for parents and parent help

Summer—the perfect time to have fun together as a family. From amusement parks to inner-tubing, camping to state fairs, there's almost no end to the adventure. But many summer activities can have dangerous elements. Keep these tips in mind before you go out this summer.

Tips for Parents: Heat Safety

In some areas of the country, summer temperatures can climb to more than 110 degrees. But it doesn't have to be anywhere near that hot for heat to be dangerous. Anytime you or the kids are outside, and especially if you are exerting yourself by working or exercising, you're at risk of heat stroke or heat exhaustion. Children, people with health conditions, and the elderly are at a higher risk of overheating.

1. When it is very warm or hot, the best prevention is to stay indoors in an air conditioned building. Consider malls and stores, movies, libraries, etc.
2. Drink more fluids than usual, and enough to avoid feeling thirsty. If you or the kids are thirsty, you are already dehydrated. Water and sports drinks with natural sweeteners or juices are best.
3. Exercise, work or play outdoors early in the morning or late in the evening when temperatures are cooler.
4. Wear loose, lightweight clothing that allows sweat to evaporate.
5. If you or the kids experience any combination of these symptoms during hot weather, contact your health care provider immediately:

Heavy sweating
Cold, clammy skin
Headache
Thirst
Rapid heartbeat

Nausea or vomiting
Dizziness or fainting
Muscle cramps
Increased body temperature (like a fever)

Tips for Parents: Sun Safety

Did you know it's possible to get a sun burn on a cloudy day? That UV rays are stronger at higher elevations? That sunburns increase your child's risk for skin cancer later in life? While mild sun exposure can be healthy because it helps mood and helps your body develop vitamin D, excessive sun exposure can be dangerous for both the short term and long term.

Avoid the damage by:

- Wearing a wide brimmed hat that shades the face, ears and neck whenever you or the kids will be outside for more than a few minutes.
- Talk with your physician to see which sunscreen or sunblock he or she recommends for the kids. Most dermatologists now recommend that all adults wear a daily lotion with an SPF of at least 15. Use it every time you'll be outside.
- Wearing loose fitting clothes that allow sweat to evaporate but that cover arms, legs, back and shoulders. If these areas are going to be exposed to the sun, use sunscreen or sunblock.
- Staying out of the sun between 10am and 4pm when it is strongest.
- Wearing UV blocking sunglasses whenever you are outdoors.
- Keeping babies under 6 months out of the sun completely.

If your child does become sunburned:

- If younger than 1 year, consult your physician immediately.
- Make sure they are hydrated by giving plenty of fluids.
- Call your doctor right away if there are blisters, a temperature above 101 F, severe pain or lethargy.
- A lukewarm bath may help.
- Plain Calamine lotion, without added antihistamines, may be dabbed on.
- Don't use any medicated creams unless your baby's doctor tells you to.

Tips for Parents: Summer Car Safety

Tragically, every year children die from overheating in cars. Sometimes, they sneak into a car and become trapped or are forgotten, but many times they are intentionally left there by parents or caregivers while they run an errand.

NEVER LEAVE A CHILD ALONE IN A CAR—no matter what time of year it is, but especially in summer when the temperature of a closed car can reach more than 140 degrees in just minutes.

Always double check yourself that your child is safely in the house or has been dropped off at daycare—never assume someone else brought the child in, and then lock the doors to prevent young children from sneaking or playing in the car. Ask your child care provider calls right away if you don't show up at the regular time.

Warn children that it is never safe to play in a car and make sure they know it is not allowed.

Because temperatures can get so high in a car, also be sure to touch the interior before you get in or put baby in. If the seat, seat belt or steering wheel is hot to your touch, the car can burn your baby. Open all the doors and windows and let the car cool off before you drive. Ⓢ

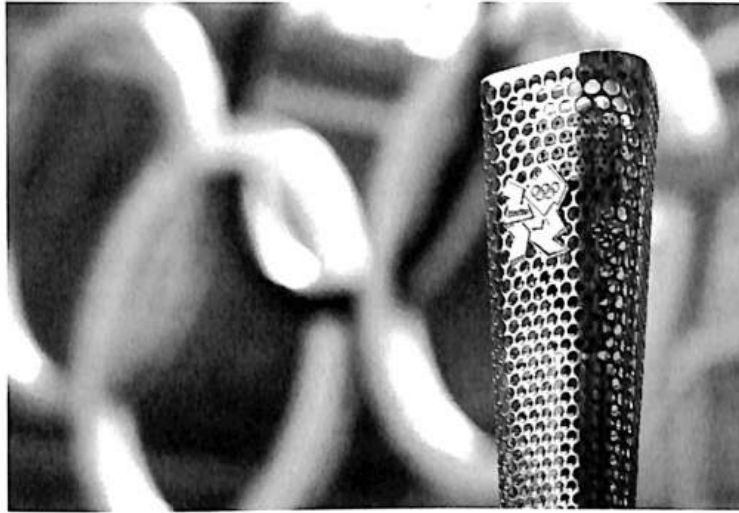


Photo credit london2012.com

The year is 2012 and that means the Summer Olympics are here!!

I absolutely LOVE watching ALL of the sports and cheering on my favorite athletes! Opening ceremonies is on July 27th and I hope you tune in and watch all the amazing athletes that work their hardest to compete for their country!



Someone to look for!

There is an amazing young man that will be competing in Olympic trials for diving.

His name is Michael Wright.

You may know his grandmother-Harriet Tybor who was a member of Sokol Havlichek and then Sokol Slavsky. His mother is Kris Tybor-Wright who took class at Sokol Havlichek when younger and who helped instruct at Slavsky when daughter Nikki Wright was in Tots. Kris is also one of the founders of a prestigious gymnastics club in Forest Park called Tri-Star Gymnastics, Inc.

Michael has always been an amazing kid. He had unending energy and physical capabilities. He was able to think about the possibility of a skill and perform it with minimal effort. On top of that, he was also a very respectful and caring young man.

My favorite story about him begins one summer day. I had just gotten to the gym for a full, hot day of coaching and Mike was riding his bicycle out in front. I think he was 11 or 12 years old, and I asked him what his plans were for the day. He said he was going to try to get downtown to an extreme BMX competition so he could watch and get some trick ideas. He was nervous about going downtown by himself, but he had a map and was taking the el train so I helped him map it out and he seemed ready. The next day he came to the gym and said that they had the ramps open during an intermission. Since he had his bike he decided to try what the professional athletes were doing. He was so good that they had the TV cameras on him, video taped him and made a commercial to promote the extreme BMX series with him in it. Later, he competed diving for the University of Tennessee, Knoxville. He won many titles but in 2010 became the USA diving national champion and in 2011 he became SEC 1-meter diving champion!

Our hope is that his competition at trials goes very well and he is able to make the 2012 Summer Olympics for diving! I am so proud of him and can't wait to cheer him on. Please look him up on his facebook page or google him and see for yourself what an inspiring young man he is. 📸



Michael Wright

The following article was originally published in 2010 on Yahoo-for Black History month, utsports.com and in the Forest Park local newspaper.

Diver Michael Wright is the first African American to win a USA diving national championship. He is just one of the many millennium youth to break barriers (and a few myths) about race. Below are five facts about his life. They are just a few aspects about his life.

Fact #1: Born Nov. 16, 1987, Michael Wright is a native of Forest Park, IL.

This place was previously known as the "city of cemeteries" because it had more dead residents than living ones. Fortunately, Forest Park locals got a reprieve from this title when a small, but popular amusement park opened up (now closed) along with a theatre company.

Fact #2: Diver Michael Wright is a student at the University of Tennessee (UT).

He transferred over from Indian River Community College. What is his major? He's learning all about studio art. As a result, after Wright finishes diving off of boards, he can easily transition into a medium like painting or sculpting. Unlike diving, these types of careers can last a lifetime.

Fact #3: Just a year ago, Michael Wright was suffering from a back injury.

Thankfully, this athlete only saw it as a minor 'setback'. After taking some time off, he got his back in order. The rest is, as they say, "history". Consequently, the most common injury of divers occurs in their ears. The pressure from the water can damage the eustachian tube and membranes of an ear.

Fact #4: Diver Michael Wright is the first African American member of the UT swimming and diving team.

Just by suiting up, he broke racial barriers and made history. However, other athletes laid the way for him at this school. In the late 60's, African Americans James Craig, Audry Hardy and Lester McClain came to UT and integrated their athletic teams.

Fact #5: The media is focusing on Michael Wright now because of his win in the men's 1-meter springboard competition.

By taking this honor, he became the first African American to win a national title. Even if he doesn't dive another day of his life, his name will be a permanent part of history.

These five facts about diver Michael Wright show that he's an all-American man that dreams big. Who knows what he'll do next? Hopefully, it will be winning another national title and paving the way for African Americans in a water sport. 📌

Please add him to your list of future sport stars to watch KP :)

Olga Fikotova Connolly Visits Sokol Los Angeles

Submitted by Lillian Roter

On Saturday, May 19, 2012, Sokol Los Angeles members were honored with a visit from Olga Fikotova Connolly, Olympics gold medalist. Competing in the discus event at the 1956 Summer Olympics in Melbourne, Australia, she was Czechoslovakia's only gold medal winner that year.

The room was silent as Olga spoke of her competition experiences and how she became a discus thrower. She spoke of how she was given a special permit to marry a foreigner, American athlete Harold Connolly and was no longer allowed to compete for Czechoslovakia after she moved to the United States with her husband. She mentioned how ugly the old Olympics uniforms were compared to those of today. We were amazed at the story she told.

At the end of our meeting Olga stayed to watch members of our 2012 Prague Slet team practice the calisthenics routines for Jen pro ten dnešní den. There must have been a special aura in the room, because our practice was almost flawless with her watching us. Olga, now a personal trainer, gave the ladies some helpful hints on posture, exercises and "mechanics" of the body.

Sokol Los Angeles came in contact with Olga Connolly through an e-mail she sent me regarding a trip to California by the Czech Olympic Club. She wrote, "...the group of visitors from Czech Republic asked me to guide them during their visit in Los Angeles. They are members of the Olympic Club, most former Olympic competitors in various events. The 17-member group is led by Frantisek Kolar, Olympic historian and member of the Czech Olympic Committee, and, among others, include five gymnasts: one gold and two silver medal holders. Three of them initiated restoration of the SOKOL movement in 1990 and expressed interest in meeting American Sokols...if you or somebody else from the Sokol organization would be free and interested to spend time with the Czech Olympians, please let me know."



Members of our slet team from left: Zdenka Svitek, Abel & Elizabeth Balint, Karen Miller, Olga Connolly, Lillian Roter, Otto Notzl, Darine Klega, Mirek Vondrus. *Photo by Kathy Hanken*

Kathy Hanken worked with Olga to arrange a meeting time and place. Unfortunately their busy schedule did not allow for our members to meet with them. However, our Slet team will have an opportunity to meet them in Prague, thanks to Olga.

With an open invitation to Olga, we look forward to her attending some of our future meetings and events. An amazing and vibrant person, she is a pleasure to be around. ☺

In Memoriam...Brother William Zabransky III

Submitted by Blanche Bidnik, Sokol Little Ferry

With profound sorrow, the members of American Sokol Little Ferry announce the passing of a member of long standing. Bro. Zabransky joined the T. J. Sokol Association in Little Ferry, New Jersey, in 1932. In May of this year, he would have observed his 80th year as our Sokol Brother, the only member in American Sokol Little Ferry's history to have reached that distinction.

In his youth, Bro. Bill was enrolled in our gym classes and as a young gymnast had traveled to Czechoslovakia to participate in Sokol Slets. In his early association with the organization, he attended membership meetings, supported fundraising functions, and participated in our social events with (Sis.) Jeanne, his wife of 69 years. In recent years he looked forward to our Pork Dinners and expressed much enjoyment returning to Sokol Hall to visit with old friends.

Bro. Zabransky was a generous contributor, sending monetary donations in memory of family members. We also appreciated his contributions toward various equipment found in Sokol Hall. Bro. Bill was a real gentleman, a great family man, and a person who was highly respected by all of us. We will miss him. May he rest in peace. ☺

Pacific District Holds Prague Slet 2012 Clinic

Submitted by Lillian Roter, Sokol Los Angeles

The weekend of April 28-29, 2012, members from Sokol Los Angeles and Sokol San Francisco met in Fresno, California, to practice calisthenics routines for Jen pro ten dnešní den in preparation for the July 2012 Slet in Prague.

We worked long and hard under the direction of our two instructors, Los Angeles Men's Director Otto Notzl and Chicago Sokol Ellie Babka. We received excellent help with our routines to ensure that we will be ready in July. We were in a rented church hall on Saturday from Noon until 8:00 pm and on the grass area adjacent to the church on Sunday from 8:30 am until 2:00 pm.

Los Angeles Sokol Cheri Riddle arranged the practice hall for us. She brought us lunch, water and coffee on Saturday; snacks on Sunday; and plenty of water both days. She even made delicious kolaces for us to enjoy on Sunday.

At the end of practice on Sunday we were all very tired, but our dedication to our success in Prague made it all worthwhile. We are excited to be participating in the Prague Slet and are very grateful to Ellie Babka for traveling to California with her husband Bernie to help Otto with our training.

Sister Babka wrote, "...The rest of the country needs to know how hard and dedicated you all are about being part of the Praha Slet and that there is, indeed, a Pacific District that has to overcome long distances to stay in existence. I thought that the Southern District had a lot of territory to cover - you have much more."

Pacific District Sokol members live miles apart, ranging from Oregon State to San Diego, California. We owe our successes to Otto Notzl who has been teaching us the routines since Fall 2011, traveling between Los Angeles, Central California and San Francisco. The Fresno Clinic was the first time Pacific District participants (18 minus one) were able to practice together. It was a new experience with two full blocks practicing together. It gave us a better perspective of what it will be like in Prague. We are very fortunate to have such a dedicated Sokol as Brother Notzl.

While our concentration was on our success as a team, we did find time to have some fun during rest periods — sharing stories and experiences with our Chicago visitors. San Francisco Sokol Jara Dusatko wrote, "We think last weekend was successful, even fun!" ☺



National Senior Health and Fitness Day in Texas

Submitted by Chuck Kalat, Sokol KHB Member

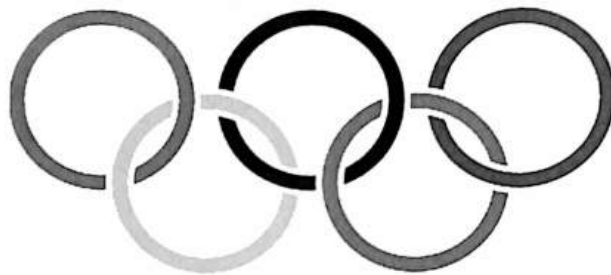
On Wednesday, May 30th, the Senior class at Sokol Karel Havlicek Borovsky (KHB) – Ennis, Texas, welcomed friends, members of the Ennis Sewing circle, and Brothers and Sisters from Sokol Fort Worth to share its celebration of National Senior Health and Fitness Day. The group of 30, ranging in age from 60's to 90's, assembled first at attention in a long line along the side of the FX pad. After some gentle loosening up exercises of neck, arms and shoulders, waist, knees and legs, the group enjoyed some pairs, ice-breaker activities with balloons. Who knew trying to work together could be so hilarious.

Using color coded name tags, the group then quickly split into 2 squads. One squad was administered the American Sokol Over 60 Fitness Challenge tests – Chair Stand, Arm Curls, Stand & 8-foot walk using the 75 point level as the target score. Unfortunately, to the delight of the participants, there was not enough time for the grueling "6-Minute Walk". Most participants met or exceeded the age dependent "targets". While this "testing" was going on, the other squad enjoyed a session of challenging Armchair Fitness exercises with/without short ropes targeting strength improvement. The creaking joints could be heard throughout the gym. After about 20 minutes, of these activities, the squads swapped activities. Due to a hungry VHS tape player, the 2nd group enjoyed a more fun filled Arm Chair Dancing activity instead of getting stronger. This time, the Fitness Challenge squad had enough time for a semi-grueling 3-minute walk.

The next 2 activities for the squad was some beam work and some coordination activities with playground balls. For the beam activity, the were 4 different "heights" of beams available – standard low beam - about 1 foot off the ground, a floor beam – about 4" high, double wide floor beam, and of course, a line on the floor itself. Participants were allowed to perform the various simple beam waking activities on whichever beam they felt comfortable with. The other squad split into two small seated circles and passed, tossed, kicked, etc one or more playground balls around simultaneously. The ball activity ended with each circle trying to keep a beach ball in the air as long as possible – attempts ranged from 1 to almost 40 hits. Again, the 2 squads swapped activities.

A large group picture was taken and everyone enjoyed a luncheon of roast pork sandwiches, fruit, veggies, and other homemade fare including desserts of course. Each participant received a special participation ribbon and a collection of exercising and good eating tip sheets. A great time was had by all. ☺





The 2012 Olympics are here!

Originally printed in Sokol USA's Sokol Times

The world will be watching the 2012 Olympic Games, held this summer in London – will you?! NBC and their affiliate stations will be airing 26 sports featured in the Games from July 27 through August 12. The Artistic gymnasts are competing from July 28 to August 7. Artistic gymnastics will be followed by Rhythmic gymnastics and Trampoline competitions. Check your local listings or go to www.NBColympics.com for the complete schedule.

There are numerous ways to get your gym and its members involved in the Olympic festivities. The Olympic spirit is contagious, especially within a physical fitness organization such as ours. Please consider these great ideas:

- Have an Olympics party. If your hall has a TV, invite everyone to watch the Games together!
- Keep track of our country's medal count – make huge posters!
- Write letters to the Olympians – wish them luck and let them know they've inspired and motivated you!
- Have a "Make your own Mascot" contest. Wenlock and Mandeville, the mascots for the 2012 London Games, are bizarre one-eyed creations – what will your members design?
- Make "Good Luck" and "U.S.A." signs and post them outside your gym. These signs are a great way to advertise your Sokol programs as well so don't forget to include your gym's contact information.

Can you spot the Sokol sign in the crowd?

Watch for Sokol signs at the upcoming Olympics in London! American Sokol Members, Rome Milan and Talon Milan and their families will be in London for the Olympic Games and they usually have their Sokol signs in prominent TV locations.

Nazdar! Jerry Milan

Gymnastics on TV

Originally printed in Sokol USA's Sokol Times

The "Road to London" starts now! Catch up on who's who in the gymnastics world by tuning into these gymnastics competitions. Don't forget that these competitions lead up to the 2012 summer Olympics Games being held in London. NBC will be broadcasting the Olympics beginning on July 27, 2012. In the meantime, check out these preliminary competitions! (They are all scheduled to be televised on NBC at the following times, but check your local listings.)

March 3 – AT&T American Cup 1-3:00 PM EST

March 17 – Kellogg's Pacific Rim Championships 1-3 PM EST

June 9 – Men's Visa Championships 1-3:30 PM EST

June 10 – Women's Visa Championships 4-6 PM EST

June 28 – Olympic Trials – 5:30-8 PM - EST

June 29 – Olympic Trials – Women 9-11 PM EST

June 30 – Olympic Trials – Men 4-6 PM EST

July 1 – Olympic Trials - Women 9-11 PM EST



Image of the "Today Show" in Beijing for the Olympics in 2008.



Mark your Calendar

Events around the American Sokol

Get your event featured! Email editor@american-sokol.org

June

- June 9** **Sokol San Francisco** — Picnic, Mallard Place at Lake Chabot Park, San Leandro, plus walk around the Lake.
- June 10** **Sokol Detroit Summer Gymnastical** — Sokol Camp
- June 11** **Sokol/Sokolice Milwaukee Spring Fling and Recognition Dinner** — Meyer's Family Restaurant, 4260 So. 76th Street, Greenfield, Wi. 5:00pm Cash Bar; 6:00pm Dinner
- June 17** **Fathers Day PICNIC at Sokol Camp** — 6270 Highway 61-67, Imperial, MO. Great food, swimming, shade Trees and fun. Lemonade Stand, Hole in One Contest, Horseshoes and Washer, Softball, Swimming; sokolstl.org
- June 24** **Sokol Greater Cleveland Sunday Sokol Dinner** — Bohemian National Hall; Duck, Dumplings, Sauerkraut; 1:00 - 2:30pm. \$16 includes coffee and dessert. Call Olga Nemecek at (216) 447-0264
- June 30-July 7** **All Sokol Slet 150th Anniversary of Sokol** — Prague, Czech Republic

July

- July 4** **Sokol Detroit Sokol Camp Picnic** — 9 Mile and Marshall Rd, Games for the kids, swimming, playground; music and dancing; Food and drink available for purchase. Proceeds for the benefit of Sokol Detroit. Please, no coolers with food and drinks.
- July 15** **89th Annual Český Den** — DTJ Farm in Taborville, Auburn Township, Ohio. 11:00 am - Dusk; Live Music, Large Playground for Children; Czech Specialties Served: Pork, Sauerkraut & Dumplings, Goulash Dinners, Tripe Soup, and Grilled Wieners. Tickets \$4.00 advance/ \$5.00 at the door. Proceeds go in part to support Sokol Greater Cleveland.
- July 15-29** **American Sokol National Instructor School**— Sokol West
- July 21-22** **Czech and Slovak Festival** — Sokol Cultural Center Dearborn Heights, MI. 2 day festival SAT:1-10:30pm; SUN:12-7pm. Admission is \$5 a day for adults and children under 14 free. Contact festival chairman: James Mack #1-734-542-4820 or 1-586-924-9233[cell] visit www.sokoldetroit.com
- July 22** **Sokol Greater Cleveland Sunday Sokol Dinner** — Bohemian National Hall; Breaded Pork Cutlet, European Potato Salad & Marinated Cucumbers, 1-2:30 pm
- July 22-29** **Sokol Los Angeles** — Dinkey Creek Family Camp
- July 27** **Sokol Greater Cleveland Golf Outing** — Valleaire Golf Club; , 10:00 am start; Contact hjwise@sbcglobal.net

American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org for the *American Sokol* by the 15th of the month prior to the publication issue!





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