



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

March/April 2013 | Volume 136 | Issue 3

2013 Sports Festival Milwaukee, Wisconsin June 25 – June 30, 2013

Kick-Off Party * Opening Ceremonies * Individual Gymnastics All-Around * Team Gymnastics All-Around * Kid's Gymnastics * Tag Team Gymnastics * Sokol & Festival Rhythmics * Sokol Group Rhythmics * Sokol Rhythmic Skills Testing * Team Marching Team Calisthenics * Wheels Testing * Wheels Competitions * Fitness Challenge



5k Run * Fun Run * Volleyball * 3-on-3 Basketball * Bowling Coed Volleyball * Golf Tournament * Good Morning Workout * Field Games Banquet Dinner Farewell Event * Ice Skating Social * Youth Activity-Discovery World * Walking Food Tour * Brewers vs. Cubs Baseball Game * Miller Brewery Tour * Finale Party Closing Ceremonies

Are you ready?

Learn more inside and at www.american-sokol.org/2013sportsfestival

AMERICAN SOKOL

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*except in July and August

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From the Editor...

If you have a 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 and I need your submissions to make this a successful publication!

NAZDAR!



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President Note – New Office Staff

Check out this very exciting news from our National office. We have a new Office Manager and a new Operations Advisor! Thanks to the vision and dedication of our Executive Board, Strategic Planning Task Force, and our Human Resources group, we have brought some new talent into our National office. The truth is, these new employees are far from new. They both come from our Sokol ranks and have years and years of Sokol experience. And this experience just scratches the surface of their knowledge base. Each of them, in their specific roles, will be able to help all of us bring even more great successes to our program.

National Office Manager — Colleen Stransky



It is with great pleasure that we announce Colleen Stransky as the new American Sokol Office Manager. Besides her outstanding experience and qualifications, Colleen has a lifetime of volunteerism invested in the American Sokol. In this recently revised position, Colleen will have many administrative responsibilities, but a large portion of her time will be dedicated to advanced project work in Finance, Membership, Insurance, etc... She will also be integral in supporting the National Executive Board and its officers in accomplishing the many goals that each of them have. Most importantly, Colleen will be a strong and consistent resource for all Districts, Units and Members to contact in order to get information and stay "connected" to the American Sokol.

National Operations Advisor — Mary Cushing



Based on an analysis of the organization as it currently is and a clear direction on where we need to be, it became clear that we needed someone who could spend full time traveling to and meeting with our units to see how our National groups can help them the most.

The position of Operations Advisor has been developed and is focused on meeting with key unit people, doing needs assessments, collecting and analyzing data, market research, developing course correction and providing assistance with implementation of plans. The Operations Advisor will be working with the Executive Board and its committees in the realization and further development of best practices from both our current Units and the industry in general. This position requires extraordinary knowledge of the Sokol organization as well as a solid background in non-profit operations, programming and research. In order

for us to hit the ground running, the position also requires built-in credibility and trust throughout our organization.

We are pleased to announce the hiring of Mary Cushing to fill the role of Operations Advisor for the American Sokol. Mary is certainly no stranger to us as she has served throughout all levels of the American Sokol in multiple capacities. Mary will be working out of the Brookfield office. Please stay tuned for more information on this important role.

Please join me in welcoming these two outstanding people to their new role!

Nazdar!

Tom Pajer - American Sokol President



The Sokol Educator

Sis. Ellen Jeanne Schnabl, Educational Director

MARCH — will it come in like a lion and go out like a lamb or will it do just the opposite?

SPRING

Spring brightens, Earth awakens
trees budding, lawns greening
flowers blooming, birds singing
sunshine warming winter's cold bones
and joyously Spring is here!

JARO

Jaro jasny zem vzbudi
stromy pupety, travniky zelenaji
kvetiny rozkvety, ptacky spivaji
slunecko hreje zimny hosti
A jaro radostne je tady!
written by Vera P. Sokol

March 2, 1824: Bedrich Smetana born.

March 4, 1827: Birth of Eduard Gregr - one of the founders of the first Sokol Unit in Prague.

March 7, 1850: Thomas G. Masaryk born.

March 11: World Plumbing Day — this starts "fix-a-leak" week.

March 14, 1402: Jan Hus elected preacher of The Bethlehem Chapel of Prague.

March 15: A soothsayer warned Julius Caesar "beware the Ides of March". He was slain that day.

March 19: St. Joseph's Day - musicians are supposed to visit any home which has a man named Joseph living there. The Irish have their green, but the Czech have RED - in their clothing, red bread and red beer!

March 23, 1775: Patrick Henry gave his famous speech "Give me liberty, or give me death!"

March 28, 1592: Jan Amos Komensky was born.

March 30, 1867: Alaska was purchased from Russia for \$7,200,000.00 or about 2 cents an acre.

With the National elections and swearing in just past, remember what Woodrow Wilson said: "If you think too much about being re-elected, it is very difficult to be re-elected".

March is also National Women's History Month. It honors Jane Addams who built the Hull House in Chicago. She was the first American Woman to receive the Nobel Peace Prize.

Don't get sick on Spring Break:

Assemble a to-go-kit with such items as aspirin, antacids, antibiotic ointment, bandages, moleskin, tweezers, scissors, hydrocortisone cream, cough drops. DO drink lots of water especially if you're in an airplane. Don't forget to disinfect surfaces such as a tray, tables, doorknobs, push buttons on a phone. Spray the outside of your suitcase with a repellent containing permethrin to protect from bed bugs and launder ALL your clothes as soon as you get home.

Malcolm S. Forbes opined: "Elected leaders who forget how they got there won't be there the next time!"

APRIL

April 2, 1805: Birth of Hans Christian Anderson.

April 7, 1348: King Charles IV founded the University of Prague, the first in Central Europe.

April 13, 1916: Oath of the Czech nation in Prague, whereby the Czechs renounced the Hapsburg rule.

April 16, 1838: birth of Karel Bendl, musical composer, whose songs for mixed voices were often sung in America.

April 17, 1825: Birth of Vojta Naprstek in Prague - founder of the industrial museum in Prague and first Czech publisher in America.

April 22, 1911: The Czech Sokol Organization announced that Women may become members of Sokol Units.

April 25th, 2013: Full Moon - also known as pink, grass and egg moon.

The durability of the diamond, April's birthstone, is derived from the ancient Greek word adamastos, or fortitude.

Asparagus has been revered as an early Spring vegetable for centuries. Its name comes from the Greek word meaning "shoot or sprout" and is a member of the lily family.

Spring is polite. It will not barge into the house uninvited and displace winter's gloom. But you want Spring's bright, warm company. So call it in; throw open the windows, gather some flowers from the garden, begin a light and airy decorating project and welcome this long-awaited guest into your home.

Last Friday of April is Arbor Day founded by J. Sterling Morton. First observance was in 1887 by the Secretary of the Territory which became Nebraska and the Secretary of Agriculture under President Grover Cleveland.

Did you know: April Fools' Day started around 1562 when Pope Gregory introduced a new calendar with the year beginning on January 1st. Many continued celebrating the new year on April 1st and thus the birth of the "April Fools". ☺

NAZDAR! Sis. EllenJeanne Schnabl, American Sokol Educational Director



National Library Week

April 14-20, 2013

Come visit the Sokol Library!

By appointment only –

Contact Annette at the
National Office 708-255-5397





Support the 2013 Sports Festival

June 25 - June 30, 2013
Milwaukee, Wisconsin

Festival Trophy Fund

To help offset expenses associated with providing high-quality, unique awards to all of our competitors, we are seeking donations for the Sports Festival Trophy Fund. It is our hope that with your help, we can acknowledge the hard work of all the competitors by providing memorable awards. To reach our goal, we have established the Sports Festival Trophy Fund Program outlined below. Names will be engraved as a sponsor on the trophy and/or trophies for your level of sponsorship.

Please pass this information to employers, family, friends, community organizations, etc., that may have an interest in sponsoring the athletes. Any size donation will be accepted and is greatly appreciated.

SPONSORSHIP LEVELS

<input type="checkbox"/>	\$150	Sponsor any specified individual trophy (Age, Level and Gender specific)
<input type="checkbox"/>	\$500	Sponsor any competition (Girls Artistic, Men's V-ball, Basketball, etc.)
<input type="checkbox"/>	\$1,000	Sponsor any specified event (Team Marching or Cal, V-Ball, Golf, etc.)
<input type="checkbox"/>	Other \$	

Festival Program Book

The 2013 Sports Festival Events Program Book is treasured by our members and guests, as historical, as well as informative. Ad placements ensure a continuous reminder of support for the American Sokol.

This event will draw participants and spectators from across the United States, as well as internationally from the Czech Republic and Canada. The Festival Program Book will feature event activities, sokol memories and sponsors. Please consider placing an ad to help support this event and the participants. Refer to the level of support and ad page sizes below. Email graphics/logos/order form to Lyndafilepello@aol.com

BOOK SIZE: 8-1/2" X 5-1/4" - BLACK AND WHITE

Selection	Page	Size	Price
<input type="checkbox"/>	Full	4.5 x 7.5	\$150
<input type="checkbox"/>	Half	4.5 x 3.5	\$75
<input type="checkbox"/>	Bus. Card	4.5 x 2.5	\$45
<input type="checkbox"/>	Benefactor	2" line	\$25
<input type="checkbox"/>	Supporter	1" line	\$10

Thank you in advance for making this event a memorable one and for your continued support.

Name, Business or Organization:		
Name of Authorized Representative:		
Address:		
City:	State:	ZIP:
Email Address:		Phone:
Signature:		Date:

Mail order form and payment by May 15, 2013 to:
American Sokol, 9126 Ogden Ave., Brookfield, IL 60513



AMERICAN SOKOL GYMNAST

*Pages 7-10 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

It is that time of year where you are either sticking to your resolutions, having a hard time finding balance with keeping your resolutions and falling off the wagon-so to speak, or you are thinking I will start fresh again Monday, or maybe even Next Year! Here are some ways to help you stay on track or rework your resolutions so you can continue or begin to be successful with your resolutions. These are also good basic tips to apply the "K.I.S.S." principle to a more healthy lifestyle!

Good Luck! KP :)

ACTION-Resolutions Workshop

Experience Life Magazine-January/February 2010 – by Erin Peterson

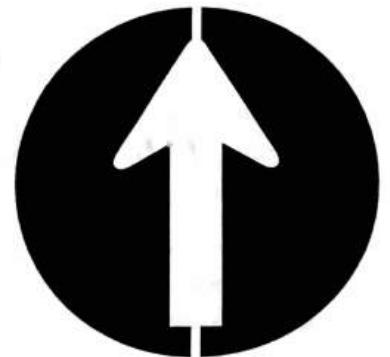
On the following pages there is a year's worth of practical, right-now action steps that can help you with one or more of the most common resolutions areas: being more active and eating more wisely.

If your resolution area of choice isn't included here, use these ideas as inspiration to create similar types of action steps appropriate for your goals. The only requirement is that you check in regularly and show up fully with whatever measures of motivation you are able to cultivate on any given day.

For best results, make this an interactive experience right from the start (or from here on out):

1. Tear out this article and post all relevant points on your fridge or bulletin board to help you stay focused and inspired.
2. First review the entire list of action items, highlighting any ideas that seem relevant and that you are willing to try.
3. On a small piece of paper or Post-It Note, write the phrase "I am willing to ..." Post the note, along with this list, where you'll see it daily.
4. At every opportunity, scan the list and mentally fill in the "I'm willing to" blank with one thing you are willing to do that day, or at that very moment.
5. Start actually doing these things. Make check marks next to each of the items as you do them, repeating ideas that work for you and abandoning those that don't.

Aim to accomplish one or more items a day.



Keep this process going for just one week and you'll start feeling a surge of new energy and excitement. Keep it up for a month and you'll have established a healthy new habit — the habit of doing something good for yourself each and every day.

We've intentionally selected quick and easy steps so you can choose to do them on the fly, swap one for the other at the last minute, squeeze in one more before bed, or rotate a variety of options in and out of your daily routine. We figure that even if you don't feel like working one resolution area on a given day, you might be willing to take action on another. And inciting action is what this year's Resolutions Workshop is all about. So let's get started!

GET ACTIVE- "People often think of exercise as something you do in different clothes, in different places, and where you're required to be sweating and out of breath," says Edward Phillips, MD, an assistant professor in Harvard's department of physical medicine and rehabilitation; director of Active Doctors, Active Patients; and coauthor of ACSM's Exercise Is Medicine (Lippincott Williams & Wilkins, 2009). "But that's just one piece of it. There is also lifestyle exercise, where you decide to park on the far end of the lot, and engineered exercise, where you take a little more time to plan out your day to add activity, like deciding to ride your bike to work."

If you already work out regularly, good for you. If not — or just not as much as you'd like — here are some super-convenient ways to build more activity into your life:

- **Make movement the first thing in your day.** Spend a few minutes moving your body just after waking up. To try: 1) Keep an exercise mat by your bed (so it is the first thing you see when you arise) and get in five minutes of stretching or calisthenics (think pushups, sit-ups, jumping jacks or yoga) before you shower. 2) Do calf raises while you brush your teeth. 3) Do some kettlebell swings or exercise-band resistance moves while your coffee is brewing.
- **Make TV time workout time.** Keep your fitness equipment — a stability ball, a jump rope, hand weights — near the TV. Give yourself a fitness goal for every commercial break. For example: 10 pushups, 10 crunches, 10 squats. Or, assume and hold a plank position for one or more 30-second ads.
- **Do cardio cleaning.** Make a point of maximizing the fitness potential of housework by doing it at warp speed, lifting and moving all the furniture before you vacuum, then moving it back afterward.
- **Take the bus.** Americans who use public transit spend an average of 19 minutes per day walking to and from their stop. If you're already taking public transport, boost your activity level by getting off one stop earlier than your regular stop and walking the extra block or two.



- **Take the stairs** — two at a time. Skipping steps — particularly if you do it quickly, substantially increases both your strength and cardio effort. So does running the stairs rather than walking them. Post a reminder like "Hop to it!" on your home stairways that encourages you to climb them with more gusto.

- **Do double duty.** Instead of meeting friends for happy hour, see if they want to chat while walking around the park. Meeting with a coworker over lunch? Suggest walking to a nearby restaurant and talking on the way. Also, never sit for a phone conversation when you can stand, pace — or better yet, do walking lunges. Invest in a headset so you can move freely while you talk.

- **Build in fitness breaks.** Set up three schedule reminders — one every two hours or so — to go off during your workday. When the alarm sounds, get up and move your body for just five minutes. You can jog around the building, run a few flights of stairs, lift and lower your chair — whatever gets your heart (and metabolism) pumping.



- **Pull your own weight.** Install a pull-up bar in a doorway. If you're not yet able to do a pull-up, start by jumping to the "up" position and just hanging, then work up to lowering yourself as slowly as you can.

- **Take a one-song run.** Make a special playlist of a few favorite gotta-move songs on your MP3 player, and on days when you think you “don’t have time to exercise,” commit to doing just a one-song (usually lasting about three minutes) or two-song cardio workout. It’s short enough to feel doable, but long enough to let you say you did something.

- **Stretch yourself.** On days you don’t feel like getting sweaty, or when you just don’t have enough energy for a full-on workout, put on some low-key music and do a whole-body stretch routine instead.

- **Grease the gears.** When moving feels out of the question, make yourself a cup of tea and spend some time reading a fitness-oriented magazine, listening to a motivational MP3 or watching a how-to fitness video. Who knows — you might just end up discovering an exercise or technique you feel like trying, or at least stoking your motivation for tomorrow.

- **Write it down.** On the days you do exercise (even if it’s just a little), log what you did and how it felt. On the days you don’t exercise at all, log that too — and note the patterns that led to your not being willing or able to exercise. Afterward, take three deep breaths of gratitude for the body you have and three more deep breaths while visualizing yourself in the act of joyfully being active. Associating positive thoughts and emotions with exercise — even when you don’t exercise — can help break down resistance and build motivation.

- **Eat Smarter.** If you’re going to make one resolution this year, let it be that you will NOT go on a diet. Instead, simply make a point to include more whole foods in your daily fare. This is one of the best ways to support your health and fitness goals — including weight loss — and to improve both your mental and physical vitality, says John La Puma, MD, author of *Chef MD’s Big Book of Culinary Medicine* (Crown, 2008). “Whole foods have just the right mix of vitamins, minerals and other nutrients to effectively nourish your body,” says La Puma, whereas “diet foods” often contain synthetic compounds the body isn’t able to process — and that can wreak havoc on weight-loss efforts.



- **Load up on water.** Drink one glass first thing upon waking, one before lunch and one before retiring to bed. Keep a water bottle with you during the day and sip while you work, drive and work out. For extra credit, mix one glass of water with a couple teaspoons of psyllium husk fiber (unless you know it disagrees with you). Shake or stir to mix, then down it fast. Upping your water and fiber intake helps curb hunger, improves elimination and substantially enhances vitality.

- **Eat breakfast.** Most experts say breakfast is the most important meal of the day, and it’s also tailor-made for more whole foods. Eggs pair brilliantly with most veggies (try fresh or sautéed tomatoes, zucchini or dark greens) and also with canned black beans, kidney beans or cannellini beans. Berries are great on cereal or yogurt, but when they are out of season, chopped apples and pears are equally delicious. Frozen fruits are always a nutritious option for smoothies, and you can easily toss in a few frozen cauliflower

florets or carrot slices or even a few tablespoons of low-sodium white beans without appreciably changing the flavor or texture. Experiment with other veggies, seeds and nuts to see what works for you.

- **Pack snacks.** Before you leave the house, fill a snack-size bag or container with some kind of healthy snack: hardboiled eggs, hummus and veggies, protein shake, an apple and cheese, whole-grain crackers, nuts and seeds — whatever will nourish you through an energy slump.

- **Set a timer.** Eating before you get really hungry can keep you from bingeing on vending machine treats or fast food when hunger hits full force. Set a timer on your computer or download a scheduling app (like UltraTimer) for your smartphone that reminds you to eat a healthy snack regularly (say, every two to three hours).

- **Rethink your ratios.** When you are headed out for dinner or grabbing takeout for lunch, find ways to add more of the good stuff.

Getting a burrito? Ask for half the usual amount of white rice and double the green peppers and onions. On a salad, have the restaurant reduce the amount of croutons and double the garbanzo beans. At dinner, ask them to go light on the fried potatoes and heavy on dark greens. You can



follow this rule at home, too: Most recipes can accommodate double the amount of veggies suggested, and you can always reclaim some of the plate space typically filled by starches and fill it with vegetables instead.



- **Add "just one more."** When you make your usual smoothie, toss in one extra fruit, veggie (spinach, tomato and zucchini all work well), handful of nuts or seeds, or a bit of raw ginger. Layer one more vegetable on top of homemade pizza or pasta (think zucchini, peppers, sliced tomatoes, arugula). Tuck cucumbers, sliced zucchini, shaved carrots, sprouts, fresh herbs or dark leafy greens into your sandwiches and wraps. A homemade pot of soup can always use more veggies.
- **Go herbal.** Fresh herbs pack a surprising nutritional punch and unbeatable flavor. They will keep well in a glass of water in your fridge (or better yet, grown in pots on a sunny windowsill year-round), so you can add handfuls to almost any meal. Top soups with chervil, or salsa with cilantro. Toss fresh dill or chives into a mixed green salad. Add fresh basil, savory, marjoram or parsley to soups and pastas; mint to smoothies; rosemary, oregano or sage on roasted meats; thyme on eggs and veggies.

- **Back off on bread.** Make more room for vegetables by eating your sandwich open-faced and replacing the top piece of bread with a big swath of romaine lettuce, a pile of sprouts or a few planks of cucumber. Or try some bread alternatives: Pan-toast Kavli (thin rye crackers) or whole-kernel rye bread (the super-dark, thin-sliced "sport bread" type) in a little olive oil. If you like, melt a light sprinkling of grated Parmesan cheese onto the surface in the process, then remove from heat and layer on veggies and other toppings. You'll end up eating less bread and need fewer heavy fillings for flavor.

- **Go color crazy.** Just say no to white, brown and beige meals. Insist that every meal include at least two brightly colored items. Think orange (carrots, orange peppers, yams, sweet potato, cantaloupe, pumpkin, squash, papaya), red (tomato, red peppers, berries, beans), purple (cabbage, turnips, grapes, rutabagas, radishes) and, of course, green (kale, chard, spinach, arugula, fresh herbs). Start shopping with the two-color rule in mind.
- **Cast your memory back.** Recall a time when you were eating at your healthiest and resuscitate a habit that was working for you then (e.g., eating a good breakfast, bringing your lunch, skipping soda or coffee, etc.).⁸

Hello Fellow Sokols!

It is that time of year again-exhibition time! Some of you may have already had your exhibition, some are working on getting their cal or special numbers learned and some are focusing on gymnastics routines. In any event-I want to remind you to take time to enjoy the process! As an instructor, take a deep breath and play a game "with" your students. As a student, take time to give a hug or say thanks to your instructor. This time of year gets busy and we may get frustrated with a number not going as planned or our instructor yelling at us to do our best! Remember that the most important thing is to be active, learn something new and do it with friends! I hope every class does their cal perfectly, performs their special number flawlessly, marches to the beat of the correct drummer, remembers their gymnastics routines and completes all the skills as written! Remember that a smile on your face brings a song in your heart, just like the smiles on those little faces as you walk in the gym! Or for those of you that teach the adults, smiles on the faces of your friends! Have a happy and successful next couple of months. Do your best to inspire and lead by example! KP;)



2013 Sports Festival Socials— Milwaukee, Wisconsin

The 2013 Sport Festival is right around the corner! In addition to the sport competitions, we have planned a variety of socials. There are fun activities for the whole family! Here is a look at what's going on in Milwaukee throughout the week.

Kick-off Party

Tuesday, June 25th – 4:00pm

Rotary Performance Pavilion at Hart Park

Cost: \$16

Join us as we kick off the week of festivities. This event will be held just outside of the Opening Ceremonies venue and will run up until the start of the program. It will feature live music and Milwaukee-style food and beverages.

Walking Food Tour

Downtown Milwaukee

Wednesday, June 26th

Cost: \$60

Experience Milwaukee's food, culture and history along the downtown river walk. This tour offers authentic German food tastings as well as an opportunity to eat, drink and socialize your way into newer establishments in the area. Tour is approximately one mile. Spend approximately 15 - 20 minutes at each location. Between 2 - 2.5 hours total. All tastings are included in the price. Walking distance from Hyatt hotel.

Brewers Baseball Game

Wednesday, June 26th - 7:10pm

Miller Park

Cost: \$35

Watch the Milwaukee Brewers take on the Chicago Cubs. Bus transportation will be available to and from the Hyatt hotel.

Banquet

Thursday, June 27th - 6:30-10:00pm

Hyatt Hotel

Cost: \$75 for dinner and dancing

\$25 post-dinner (starts at 8:00pm)

This formal event will be held in the Regency Ballroom of the Hyatt. Guests will be served a three course meal and enjoy performances as well as entertainment from a live band. There is the option to come post-dinner for drinks and dancing. Cash bar. The silent auction will be at this event.

Ice Skating Social

Friday, June 28th – 6:00-9:00pm

Pettit National Ice Center at State Fair Park

Cost: \$20

The Pettit Center is a U.S. Olympic training facility. Join us for an open skate for all ages. Includes skate rental. This event will also include inflatables and other fun activities. Bus transportation will be available to and from the Hyatt hotel.

Brewery Tour

Friday, June 28th

Miller Brewery

Cost: \$12

Experience over 155 years of brewing history at one of the country's largest breweries. Includes beer samples at the end of the tour. Bus transportation will be available to and from the Hyatt hotel.

Youth Activity - Discovery World

Friday, June 28th

Discovery World is a museum located on the shores of Lake Michigan. The facility includes interactive science, technology and freshwater exhibits, learning labs, theaters, television and audio studios, and fresh and saltwater aquariums. Bus transportation will be available to and from the Hyatt hotel.

Finale Party

Saturday, June 29th – 9:00pm-1:00am

Hyatt Hotel

Cost: \$15

Following the Closing Ceremonies it's time to celebrate! Event includes snacks, DJ and dancing.

Farewell Event

Sunday, June 30th – 8:00-11:00am

Hyatt Hotel

Cost: \$10

Grab a bite to eat and say your goodbyes before we part ways after a week of fun, games and entertainment. 🍷



2013 Sports Festival Event Pricing

Below is a listing of prices for Competition Events for individuals and teams, Non-Competitive Events, Socials, Spectator Tickets and three packages that provide a great value for a variety of events. Shortly, everyone will be able to register for these activities, purchase tickets and pay right online. In the meantime start looking over all that is being offered, talk it over with your family and friends, make your decisions and be ready to have some fun!

Don't miss out! Registration deadline is MAY 17, 2013 — Look out for online registration soon!

COMPETITIVE EVENTS*	
Individual Gymnastics All-Around	\$45
Team Gymnastics All-Around	\$75/Team
Tag Team Gymnastics	\$60/Team
Sokol & Festival Rhythmics	\$15/Routine
Sokol Group Rhythmics	\$30/Team
Team Marching	\$60/Team
Team Calisthenics	\$60/Team
Wheels Competitions	\$15/Routine
Individual Fitness Challenge	\$20
Individual 5k Run	\$25
Volleyball	\$250/Team
Basketball	\$125/Team
Bowling Competition	\$25
Golf Tournament	\$100
NON-COMPETITIVE EVENTS*	
Closing Ceremonies Participants (with T-Shirt)	\$20
Sokol Rhythmic Skills Testing	\$15
Wheels Testing	\$15
Fun Run	\$16
Bowling Just for Fun	\$15
Good Morning Workout	FREE!
Field Games	FREE!
SOCIALS*	
Kick-Off Party	\$16
Banquet Dinner and Post-Dinner	\$75
Banquet Post-Dinner Only	\$25
Finale Party	\$15
Farewell Event	\$10
Ice Skating Social with skates	\$20
Youth Activity-Discovery World	\$15
Walking Food Tour	\$60
Brewers vs. Cubs Baseball Game	\$35
Miller Brewery Tour	\$12

*Event, social and tickets prices will increase after May 17th.

SPECTATOR TICKETS*	
Opening Ceremonies Spectator	\$16
Closing Ceremonies Spectator	\$20
Ice Skating Social Spectator	\$5
PASS PACKAGES	
Weekly Transportation Pass (For those not staying at Hyatt)*	\$40
Platinum Pass (1)	\$105**
Gold Pass (2)	\$60**
Silver Pass (3)	\$35**
Individual Event Pass (4)	\$5

*Transportation point is between Hyatt Hotel and specific venues only.

**If purchased by May 17; after that date add an additional \$5 per package to cost.

PASS DESCRIPTIONS

1. **Platinum Pass** — Full spectator access to all events for the week, including Wednesday (Fitness Challenge, Rhythmics, Team Cal & Marching, Co-ed Volleyball) Thursday (Gymnastics, Wheels, Basketball, Bowling) Friday (Gymnastics & Volleyball) Saturday (Gymnastics & Volleyball), Opening Ceremonies AND Closing Ceremonies Participant or Spectator AND the following socials: Kick-off Party, Finale Party, Farewell Breakfast (Valued at \$127).
2. **Gold Pass** — Full spectator access to all events for the week (as listed above) **including** Opening Ceremonies AND Closing Ceremonies participant or spectator (Valued at \$86)
3. **Silver Pass** — Full spectator access to all events for the week (as listed above) **excluding** Opening and Closing ceremonies (Valued at \$50)
4. **Individual Event Pass** — Spectator access to one specific event per day. May be purchased at the headquarter hotel or at the venue.

RISING STAR BETH CURLEY

Submitted by Sokol Cedar Rapids



Beth Curley answered an employment ad for a gymnastics instructor for Sokol Cedar Rapids 4 years ago and in that short span of time, has worked for and has earned the status of Elite Instructor.

Growing up in the Omaha area, she took gymnastics at 'another' club and remembers participating in a meet at Sokol South Omaha. It was during this time as a student that she learned that repetitions and conditioning is an essential part of gymnastics.

Beth's ability to instruct classes in a fun and educational way, has kept her students returning session after session. She 'willingly' has taken on all class levels from tots to adults, has taught cal and special numbers, gives private tumbling lessons to aspiring cheerleaders, and yet finds the time to maintain a 3.72 grade point average at Coe College majoring in chemistry and spanish, has been a member of their diving team for four years and if that isn't enough, has played saxophone in the colleges' concert band for this same timeframe. One has to be truly organized to carry her workload. After attending the American Sokol's National Instructor's School in 2011, she returned knowing a lot more about "the Sokol way" and our history and it was there, that this 'passion' we all have for Sokol bloomed.


As our Unit Youth Ambassador, she has arranged Halloween parties, car washes, sleepovers, and fundraisers for the students. As this year's Western District Youth Ambassador, she is looking forward to the Milwaukee Sports Festival is encouraging all gymnasts and their families to attend. And on a personal note – she is working on Level 7 routines for artistic competition.

As a member of Sokol Cedar Rapids, she promotes community awareness by marching and tumbling in city parades, attends our dinners at the gym - lending a helping hand wherever needed, always with a smile on her face and an upbeat tone when talking with parents and guests.


A truly great role model for our younger girls, she is proof that with determination and drive you can achieve anything that you could dream of.

As a college senior, she is investigating her options of grad schools that are, unfortunately for Sokol Cedar Rapids, out of the area. As tough as it will be for us to see her go, we will do so knowing that she will always be a 'Sokol'.

Thank you Beth for jumping right in and embracing the Sokol way. It's exciting to see an "outsider" join the organization and explore what it can offer. Sokol truly benefited from your dedication. Good luck in your future endeavors.

Do you know of a young senior or junior member that exemplifies the Sokol spirit? Every month we 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. 

These packages were designed to provide value while allowing each person/family to decide what works best for them. Below are several examples of how packages can be incorporated:

- Gymnast competing who will be around all week and wants to experience the most of the Sports Festival: *Individual gymnast entry \$45 + Platinum pass \$105 = \$150 by deadline. After deadline individual gymnast entry \$90 (double) + Platinum pass \$110 = \$200.*
- Volleyball player who will be around all week but may not attend the primary socials: *Gold Pass \$60 by deadline or \$65 after deadline.*
- Spectator who does not want to participate in any events but wants to go on the brewery tour and get the most out of the Festival: *Brewery Tour \$12 + Platinum Pass \$105 = \$117 by deadline or \$122 after deadline.*
- Participant that wants to do the Fun Run, Golf, Ice Skating Social (as a skater) AND wants to watch all events, but may not go to the primary socials and Opening or Closing ceremonies: *Fun Run \$16 + Golf \$100 + Ice Skating Social \$20 + Silver Pass \$35 = \$171 by deadline. After deadline Fun Run \$32 + Golf \$200 + Ice Skating Social \$20 + Silver Pass \$40 = \$292. *

Items may be subject to minor changes.

MENTORING FOR VOLUNTEER MANAGER PROGRAM

The Mentoring Team received grant money to assist some units to get a Volunteer Manager in place. We were so glad to have received nine applications. Wow! The applications received were from:

- Sokol Cedar Rapids
- Sokol Ceska Sin
- Sokol Detroit
- Sokol Minnesota
- National BOI
- National EB
- Sokolice Tabor
- Sokol South Omaha
- Sokol Spirit

Since we are only a four-member team we knew we could not handle them all at once. Based on the information that was supplied on the applications, we selected FOUR. We only thought we had enough money for one or two units but because of the location of the selected units and team mentors we felt for sure we could double our outcome.

CONGRATULATIONS GO TO:

- **SOKOL DETROIT**
- **SOKOLICE TABOR**
- **SOKOL SOUTH OMAHA**
- **SOKOL SPIRIT**

We have informed the other five groups that we will keep their application on file and consider them for Phase II.

Thank you to those who took the time to consider this opportunity for their units and to those that submitted applications. We appreciate your efforts! ☺

Nazdar,

The Mentoring Team

Maryann Fiordelis, Team Lead

Barb Vondra, Project Lead

Kandi Pajer

Mary Cushing

Wilber Czech Days 2012 "Celebrating 150 Years"

*Submitted by Teresa Vernon, Sokolice Crete,
Western District*



2012 Western District Parade Float— Celebrating 150 Years of Sokol



Youth of Sokolice Crete Parade Float



Youth of Sokolice Crete Parade Float #2



Mark your Calendar

Events around the American Sokol

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

- | | | | |
|-------------------|--|--------------------------|---|
| March | | April | |
| March 1 | Sokol Spirit Czech Film Series MUZI V NADEJI — Starts at 7 pm; \$4/person | April 5-6 | Sokol Spirit Rummage Sale — Starting on the 5th at 9:30am-Noon; 4-8pm and on the 6th starting at 9:30am-Noon; Bag sale all morning |
| March 2 | Sokol KHB Ennis 10K Giveaway Building Fundraiser — Hall, 6pm | April 6 | Sokol Minnesota Šibřinky Costume Dance
www.sokolmn.org/events.htm |
| March 3 | Sokol Minnesota Slovakia Dinner
— 12:30 p.m. Pre-paid reservations required. Tickets \$16.00 adults, \$8.00 child under 9. www.sokolmn.org/events.htm . | April 7 | Sokol Los Angeles Spring Social — Knollwood Country Club |
| March 7-10 | March Wheel Weekend — Chicago; The USA Wheel Gymnastics Federation and American Sokol welcome you to a fun-filled weekend of gym and mono wheel. www.usawheelgymnastics.com | April 7 | Sokol KHB Ennis Exhibition — Hall |
| March 9 | Sokol Tabor Exhibition — Berwyn, IL | April 11 & 12 | Sokol Minnesota Garage Sale — Antiques, collectibles, books, clothing, and domestic treasures. www.sokolmn.org/events.htm |
| March 10 | Sokol Chicagoland Exhibition — Elite Sports Complex, IL | April 12 | Sokol KHB Ennis Vecirek — 7pm, Clubroom |
| March 15 | Sokol Naperville Tyrs Exhibition | April 13 | Sokol USA Lodge 306 Exhibition |
| March 15 | Charlie Robison concert with special guest Jamie Richards — Sokol KHB Ennis | April 13 | Czech Spring Festival 2013 — The American Czech Educational Center, St. Louis, Mo. 63116; Doors open at 11:00 AM; Czech Food, Pastries, Pivo, Music, Dancing, Booths, Raffles and more; Free admission and parking; www.acec-stl.org |
| March 16 | Sokol Stickney Exhibition — George Washington Middle School, IL | April 14 | GIJO Meet (2nd Meet) — Naperville Central High School, IL |
| March 17 | Sokol Little Ferry Corned Beef & Cabbage Dinner | April 14 | Sokol Little Ferry 117th Exhibition |
| March 22 | Sokol KHB Ennis Fish Fry/Friday Night Movie — Dining/Clubroom, 5pm/7pm movie | April 19 | Sokol Spirit presents "An Evening of Czech Language Conversation and a Celebration of the Czech Film Industry"
6-9 PM - \$10 per person |
| March 23 | Sokol Spirit Exhibition | April 20 | Central District Special Number Competition — Lyons Township H.S. North |
| March 24 | Sokol Minnesota Spring Breakfast — 9:30 am - 1:30 pm; \$7.00 adults, \$5.00 child under 9, \$22.00 family of four www.sokolmn.org/events.htm | April 27 | Sokol St. Louis Exhibition |
| March 24 | Sokol Greater Cleveland Swim Party | April 27 | Ennis Czech Boys & Fritz Hodde — Sokol KHB Ennis |



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