



History of the Sokol “Talon” Cartoon Image

submitted by Lynda Filipello

This falcon cartoon image was designed by the talented illustrator, Dan Halenza of Naperville, IL, for the 1993 American Sokol Slet. He designed that year's Slet logo and this cartoon character. Jerry Milan named him “Talon”.

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From the Editor...

I recently attended Tabor's Beer & Bags tournament fundraiser, and I brought a friend who knew of Sokol through me, but had never attended an event. I was initaly nervous, that she may not know anyone else, or not have a good time.

After talking to a few people, you realize it's a very small world. My friend grew up in Westchester very close to where Tabor's Women's Unit president resdies. They had a blast talking about neighbors, finding out who still lives in the area, and trading stories of the past.

Ended up, we both had a great time, and I had no reason to worry. She may even attend this year's exhibition. What I learned was, if each one of us would open up our units and hearts to just one person, we could grow by leaps and bounds!

NAZDAR!



Save a Tree... Save Our Organization. CLICK HERE:

<http://american-sokol.org/gogreen/>

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The Presidential Address

The Sokol Eye – Sokolským Okem

We have so many interesting members in the Sokol organizations around the USA. We hear a story or talk to someone who has achieved so many great things in life and are amazed that we never knew them or heard of them on the Sokol front. This, I believe is part of that Sokol philosophy – not for gain nor glory. Our members don't brag or boast. If someone ever catches my "eye" I will be sure to introduce you to them and their story. I couldn't include all of this Sokol's professional accomplishments in an article, you will have to "Google" him to see all of the scientific research he has published. Not only has his research been extensive, but he also published a book on Moravia due to his love of his homeland. But, I will share some of his Sokol story with you. Brother Robert Tomanek PhD, Professor Emeritus of Anatomy and Cell Biology, emailed last month and we had some good conversation...

"My cherished Sokol memories go back to the 1950s and early '60s as a competitor for Sokol Omaha and a couple of years for Sokol Tabor. I attended Instructor's Courses and then taught at four of them, including the national in 1961. In 1963, I was assistant gymnastic coach at the University of Iowa. My Sokol membership lapsed and it was not until a few years ago that I joined Sokol New York. I happened to visit the gym because I was in New York City and looked in on Norma Zabka, who said I should join some Sokol Unit. Being impressed with the programs at the New York Unit, I joined Sokol New York. Over the years, I was saddened to see what has happened to most Sokol Units. In my time there were so many that were vibrant."

Thank you Robert for your story, successes and being a Sokol!

National Office Updates:

- We will be hosting an Administrative Conference in 2016. This will include a complete demonstration of the new Membership Database and all of its amazing uses.
- The Executive Board voted to plan an annual recognition dinner to honor Sokols for the accomplishments within Sokol and outside Sokol.
- There are some great 150th Souvenirs available for purchase!
- Have you taken the 2018 Prague Slet Tour Survey? If not, please go to: <https://www.surveymonkey.com/r/QRN5VDL> – Your responses are great! Looks like most of you want to stay in and around the Czech Republic. We can definitely still plan two different tours if there is enough interest to do a coastal visit. I want to clarify that you will be given an option to book the following 1 or 2 or both.

1) Sokol Slet Official days in Prague or 2) Added Tour

Everyone will book airfare on their own. Shuttle to and from airport will be a separate charge and will be included if you travel on the specified dates. If you plan to book tours on your own, please know that you will not be allowed on any of the transportation of the Official Tours or receive any of the Tour Package Treats.

- There wasn't any interest this year in a tour to Oetz and Olympic villages, we will try again next year.
- The 150th Weekend will be officially audited soon and announcements will be made on the success of the event.

Nazdar!

Ať žije Sokol ~ Long Live Sokol!

Jean Hruby - President

Painting by Rome Milian





The Sokol Educator

from The National Education Committee

2016 MERIT AWARD

The American Sokol Merit Award, which is being handled by the National Educational Committee, is now accepting applications for the 2016 Merit Awards. Eligible students are those who are planning a full time (at least 12 hours per semester or equivalent) course program in an accredited two-year or four-year college or who are already participating in such a course of study. The amount to be awarded is \$1,000.00. There are no merit award renewals. The application process begins with the submission of the form below to obtain application forms and instructions.

If the recipient fails to submit such a transcript or fails to complete the full year of study for which the award was granted, the recipient is obliged to repay, in full, the Merit Award.

The selections are made by the Merit Award Committee and approved by the American Sokol District Educational Directors and the American Sokol Executive Board. The following points will be considered by the Committee in selecting the candidates:

1. Educational Activities – Sokol and/or other cultural activities.
2. Service to Sokol – Unit, District and/or National.
3. Participation in Sokol events and activities – Unit, District and/or National
4. Community involvement
5. Essay
6. Recommendation of the Unit Educational Director, Physical Director or President.

2016 Merit Award

Applications can be downloaded from the American Sokol web-site. www.American-Sokol.org.

If requesting by mail, please send this completed page to: Merit Award Committee, c/o American Sokol, 9126 Ogden Ave. Brookfield, IL, 60513 or e-mail ASO@AMERICAN-SOKOL.ORG

I wish to apply for the American Sokol Merit Award.

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: _____ Email: _____
 My age is _____ years. I am a member of Sokol _____

APPLICATION
 REQUESTS SHOULD
 BE RECEIVED
 NO LATER THAN
 APRIL 1, 2016

APPLICATIONS ARE
 DUE JUNE 1, 2016

Should you need guidance filling out this application, please refer questions to your Unit or District Educator.

Please type your responses.



Sokol Memories

If you have a Sokol Memory or photo send it to editor@american-sokol.org. We look forward to hearing and sharing your special memory.

Danny Klega, character actor, dies at 91

By Gregory J. Wilcox, *Los Angeles Daily News*

Edited by Darine Klega



Danny and Doris Klega rolled double sixes during a long-life filled with love and countless movies. Danny Klega, who died July 14th, 2015 at age 91, loved the cinema, and while he didn't achieve matinee idol status, did build quite a resume of character actor roles from 1962 to 1970, according to the Internet Movie Data Base. They both had an adventurous youth, and the path on which they met began forming during World War II.

Klega, who grew up in Czechoslovakia, was imprisoned in a German forced-labor camp but he escaped after a while. He made his way to France and landed a job on a cargo ship that traveled the world, his daughter Darcy wrote in a remembrance of her dad. "It was most thrilling for him to find that the ship was eventually going to dock in America. He said he always dreamt about America! This was a chance of a lifetime, and he decided to "jump ship" and stay in New York," she wrote.

During this period Doris, age 14, was half a world away, living with her parents in Bombay, India, where her father was the Czechoslovakian Counsel General to India. With war breaking out her mother brought Doris and her brother to America in 1944 and put them in a boarding school in Massachusetts. In 1949 they both ended up in New York City. One evening both showed up at a Czech club called Sokol, Doris recalled, and it was essentially love at first sight. He spoke no English and she spoke Czech. They danced a bit, chatted and he asked for a date. They went to a movie in Times Square, ate hot dogs and drank Cokes. "He was very fun to be with and he was good looking," Doris said. "And he was a good tap dancer. He loved to tap dance."

After a two-month courtship they married, and kept the news from their parents for a while. Danny was a machinist and lost a job in 1951 and they, like many other young couples, decided to hit the road in search of a better life. "We came to California on Route 66. We packed up our '51 Buick with our possessions. We came to Santa Monica and stayed in a motel," Doris said.

Danny wanted to be an actor and made the rounds of the studios, but he didn't have much luck. He got a job as a machinist and they built a little house in Topanga Canyon. In 1959 they moved into what is now West Hills, California. But Danny still had the acting bug and he kept his toe in the water, so to speak, and it finally panned out. In 1962 he landed a character role in "Four Horsemen of the Apocalypse" starring Glenn Ford. He played a German Lieutenant. He also had a guest starring role on Gillian's Island playing a Russian Cosmonaut, and had a featured role in "The Russians Are Coming, The Russians Are Coming" playing Polsky along side Alan Arkin and Theodore Bikel. Jerry Lewis adored him and cast him in his TV Variety show and then in the movie "Which Way To The Front". Additional credits include: Combat, Mission Impossible, Torn Curtain, Guide for a Married Man and many more.

And the couple that met at Sokol came to Tinseltown on storied Route 66 had a long loving marriage that lasted 66 years. That adds up to double sixes and a life well lived. Danny was a life long member of Sokol, first in Ostrava, Czechoslovakia as a boy following his mother's lead who was also as Sokol all her life. Then joining Sokol Los Angeles in 1961. His daughter Darine Klega is currently secretary/financial secretary for Sokol Los Angeles, she is third generation proud Sokol!



Klega, pictured left, in an episode of Gilligan's Island.

Sokol West Grand Opening

by Sis. Mary Cushing, National Operations Advisor

The ceremony began outside with the ribbon cutting and a reception line of dignitaries, honored guests and Sokol West board members. A troop of local boy scouts were honor guards that presented and posted the colors. Anthems were sung by Nina Marcussen, who teaches Czech and Cultural Classes at Sokol Zizka in Dallas. Speeches and presentations were given by many honored guests, including our own American Sokol President Sis. Jean Hruby.



Ribbon-cutting ceremony

That Saturday, unit and officers' reports were made at Sokol Fort Worth for the Southern District Annual Meeting. We broke for a nice luncheon followed by committee reports. Elections were held with a couple of new people elected. At the conclusion of the District business,

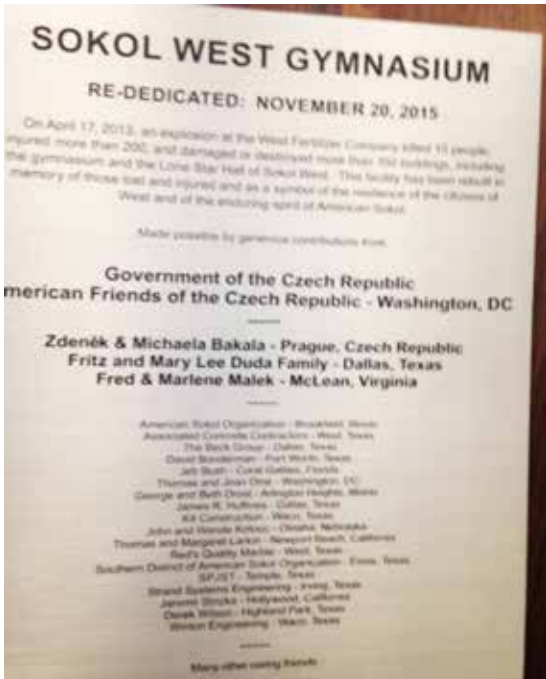
a round table discussion was opened up. A variety of topics were addressed, most were similar to those around the country, which many districts are facing.

As you might remember, our 2012 National Instructors School was held in their old hall at Sokol West just nine months before the disastrous explosion that devastated the small community. On the heels of Sokol West's grand re-opening, it was announced that Sokol KHB, in Ennis, TX, will host the 2016 National Instructors School. See the flyer on page 10.

Congratulations to all the wonderful members of Sokol West for their remarkable recovery and fortitude they endured in the 2 ½ years of being without a Sokol Hall, and yet never giving up!! "Tužme Se".



American Sokol President, Sis. Jean Hruby, one of the honored guests, gives her speech. Others in the picture, Sis. Mary Cushing, National Operations Advisor; (sitting L to R) Bro. Bob Podhrasky, AS 1st VP, Southern District President and Masters of Ceremonies; Bro. Shane Bivens, President of Sokol West; and Mary Beth Dulock, Secretary of Sokol West



Gov. Greg Abbott giving his speech



Young gymnasts of Sokol West performed a tumbling & mini-tramp presentation



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

10 Teen Celebrity Role Models for Kids

From: *Parenting Magazine* By: Nicole Fabian-Weber

For better or for worse, we're living in the age of the celebrity. But, the good news is, with platforms like YouTube, Twitter, and Instagram, celebrities don't have to come in the traditional sense of the word. More than ever, smart, inspiring teens—who, let's face it, use the Internet the most—are making their voices heard and getting their messages out, all while influencing our kids in the process.

Think it's all about the Kardashians? Think again. Here are 10 awesome teen role models. Let's hope these are the kids our kids are looking up to today.



Gabby Douglas—In early 2012, Gabby Douglas was relatively unknown. But, after her display at the summer Olympics, she became a household name. Not only did Douglas, who's now 19, remain calm, gracious, and poised under the pressure of the judges (and the millions of people who were watching), she made history when she became the first African-American gymnast to win both the individual all-around gold medal and a team gold at an Olympics. She's currently gearing up for the 2016 Olympics, and for what it's worth, she has seriously cute, seriously positive Twitter and Instagram feeds.

Photo: teamusa.org

Amandla Stenberg—Earlier on this year, Hunger Games star Amandla Stenberg schooled society—and her classmates—on cultural appropriation. Stenberg and a classmate created a video called "Don't Cash Crop My Cornrows" for a project for their history class, in which Stenberg waxed poetic about black culture and how it's been appropriated by the media, as well as other celebrities. "What would America be like if we loved black people as much as we love black culture?" Stenberg asks. Pretty insightful for a 16-year-old.

Malala Yousafzai—Malala Yousafzai, who is known as just "Malala," needs little introduction. At 18 years old, she is the youngest-ever Nobel Prize laureate and the personification of the word "brave."

Malala stood up (against the Taliban!) for the educational rights of young girls in her native Pakistan and got shot in the process. Now living in the UK, Malala continues to tirelessly work as an activist for female education. Now, that's a role model.

Elle Fanning—Wonderland star Elle Fanning isn't just a talented actress, she's insanely relatable and admits that she doesn't always feel like one of the cool kids. Recently, when asked about her then-private Instagram profile, 17-year-old Fanning told *i-D* magazine, "It just seems like such a hard job. People always have witty captions and great photos, and mine does not look like that, at all. Oh, the pressure of being cool...." We think you're cool no matter what, Elle.



Photo: wikipedia.org

Chloe Grace Moretz-In addition to being a great actress who takes on killer roles, Moretz has her head screwed on straight when it comes to young love. In 2014, the Kick-A&\$ star told Flare magazine that there's more to life than dating. "It's a tough age to fall in love: people change so quickly," the then-17-year-old celebrity said. "I don't want to have to feel like I have to watch my step, 'cause I'm 17 and I shouldn't have to." Preach!

Jazz Jennings-At 15, Jazz Jennings is the youngest national transgender figure. Jennings, who was born male but identified as female "as soon as she could speak," is one of the most powerful transgender activists right now. In addition to having her own reality show, Jennings has co-authored a book; started a foundation; and is a bona fide YouTube star.



Lorde-Lorde burst on the scene two years ago with her hit song "Royals" and has been proving that she's not going anywhere ever since. More impressive than Lorde's incredible voice though, is her unwavering confidence and the commitment she has to teaching young girls that being strong is good. The 18-year-old singer made waves a few years ago when she criticized a song of fellow pop star Selena Gomez, but stood by her values, saying, "I'm a feminist and the theme of her song is, 'When you're ready, come and get it from me.' I'm sick of women being portrayed this way."

Mo'ne Davis-At 14, Mo'ne Davis has broken all sorts of records. Last year, Davis appeared on the cover of Sports Illustrated, making her the first Little League baseball player to grace the mag's cover. And not only that, she's a girl—a girl with a wicked arm. Davis is one of two girls who played in the 2014 Little League World Series and is the first girl to earn a win and to pitch a shutout in the series. And if that wasn't enough, Davis also earned the Best Breakthrough Athlete Award at the ESPYs and the BET Young Stars Award. Oh, and she recently signed with the Harlem Globetrotters. No biggie.

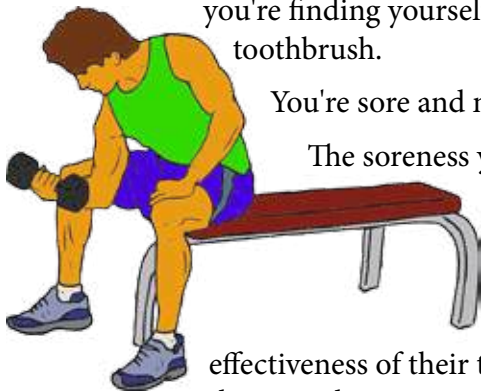
Saira Blair-Whether you agree with her policies or not, one thing is unarguable: Saira Blair is impressive. At 19 years old, Blair is the youngest state lawmaker ever elected in the United States. In 2014, Blair, who did the majority of her campaigning out of her dorm room at West Virginia University, became a Republican Party Delegate in the 59th district of the West Virginia House of Delegates. How's that for ambitious?

Taylor Swift-OK, at 25, Taylor Swift may not technically be a teen, but she's certainly a great celebrity role model to teenagers. Swift not only refuses to show more-than-a-little skin, she continually shows young girls that feminism is cool and girl-on-girl crime isn't. Also, let's not kid anyone: her music is amazing.

Should Your Muscles Be Sore After Every Workout?

By: Tony Gentilcore From: Active.com

We've all been there. The day after a brutal squat session or copious amounts of dumbbell flies and bicep curls, you're finding yourself cringing as you walk down a flight of stairs or reach up to grab your toothbrush.



You're sore and maybe cursing that last set of deadlifts from last night.

The soreness you feel can be attributed to **delayed onset muscle soreness** (or DOMS as it's more affectionately referred to), and it's a phenomenon that's been well researched over the years. The feeling often manifests within six to eight hours post-exercise and peaks up to 48 hours afterward.

Some people seek out DOMS no matter what. They gauge the effectiveness of their training sessions on how much of it they can elicit, thinking the more sore they are, the more progress they've made.

Others avoid DOMS like a bad movie. For the non-masochistic, being sore isn't pleasurable. These people often find themselves wondering why they never make any progress.

So, which vantage point is correct? BOTH. What Causes DOMS? First and foremost, it's important to understand what doesn't cause DOMS: lactic acid.

Everyone from our middle school gym teacher to our mailman used to attribute soreness with a build-up of lactic acid in the muscle. This myth was debunked decades ago.

Ironically, despite all the research, there's no clear-cut winner as to the exact mechanism. Our best guess, according to a 2013 study by Bret Contreras and Dr. Brad Schoenfeld, is that soreness comes from inflammation.



"DOMS appears to be a product of inflammation caused by microscopic tears in the connective tissue elements that sensitize nociceptors and thereby heighten the sensations of pain," the study states.

People Are Different-When it comes to soreness and whether or not it's mandatory to make progress in the gym, the answer is a loaded one.

In order to progress—whether your goal is to add muscle mass or lose fat—it's crucial to consistently challenge the body to adapt. This is done by making your muscles work—pushing things, pulling things, carrying things and doing anything else to add variety to your workout regimen.

When you try a new workout or unfamiliar exercises, your body is going to respond with some feedback on subsequent days. The common response? Muscle soreness.

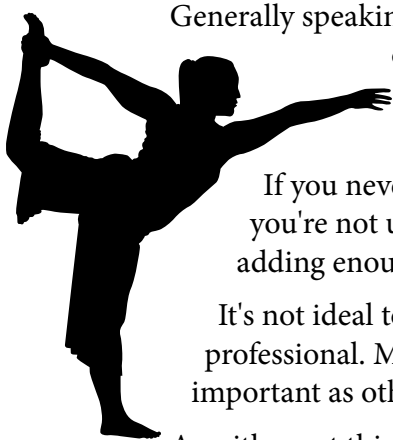
Soreness vs. Pain-There's a difference between muscle soreness and pain.

The former is OK. The latter, however, is an indication that the workout or exercise was too advanced for one's current abilities or that something structurally wrong may have occurred and damaged the body.

However, just like some people sweat profusely during exercise and others don't, the amount or degree of soreness people experience can vary. More or consistent soreness doesn't necessarily equate to better results. Likewise, no soreness or dulled soreness doesn't necessarily equate to a waste of time.

Finding a Balance-DOMS is a normal physiological response by the body that happens when you challenge it to perform something it's not accustomed to doing.

The degree of soreness experienced from one person to another can be highly individual. Soreness (or lack thereof) should rarely be the measure used to determine the effectiveness of a workout.



Generally speaking, as one grows more proficient and comfortable with a routine or exercise, the degree of DOMS will decrease; which is why it's important to stay cognizant of progressive overload. In other words, don't do the same exercises or use the same load or set/rep scheme(s) for an extended amount of time.

If you never get sore, there's a good chance you're not challenging yourself enough. Maybe you're not using heavy enough loads to elicit an adaptive response, or maybe you're not adding enough variety to your workouts.

It's not ideal to be sore all the time, either. Are you in pain? If so, seek out a reputable health professional. Moreover, ample recovery—via calories, hydration, sleep and rest—is just as important as other factors, if not more so, to overall success in the gym.

As with most things in life, seek a balance between the two, as this is often the result of a successful workout program.

SAVE THE DATE



The 2016 American Sokol Instructors School

will be hosted by

Sokol KHB (Karel Havlicek Borovsky)

July 10th – July 24th 2016 (tentative)

in Ennis, TX

150th Anniversary Merchandise Sale

- Medallion \$6
- 150th Glass \$15 Hand painted by Sokol member Andrea Vachata
- M. Tyrs Poster \$2 Designed by Sokol member by Rome Milan
- Gala Bag \$4
- Plaque \$70 Designed and molded by Alex Vesely
(\$18 additional shipping charge, with USPS) **Total of \$88, if shipped**
- Chocolate Candy Bar \$3 each or 2 for \$5
- Plastic Blue Cup \$4
- Etched Goblet Glass \$9 + shipping cost
- Commemorative Book \$7 each if picked up from Office, \$8 if shipped. **Discount for 10+**
- The 150th T-shirts and shirts are still available! Please go to www.american-sokol.org for sizes.



Medallion



150th Glass



M. Tyrs Poster



Gala Bag



Plaque



Chocolate Candy Bar



Blue Cup



Goblet



Commemorative Book

Please mail your orders to **American Sokol Office, 9126 Ogden Ave, Brookfield, IL 60513**
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RISING STAR: **AMANADA (GODA) MICHAELS**

submitted by Todd Yatchyshyn

For many years Bro. Stephen Banjak has been the stabilizing force behind the success of women's gymnastics at the Sokol USA Farrell Lodge 103. Enter February's Rising Star, Amanda Michaels. Amanda is in her second year as the Director of Women for the Farrell Lodge and she is making sure their program continues to offer quality gymnastics instruction and a welcoming environment as it has for the last 110 years.

In 2003 Amanda began attending gymnastic classes at the Farrell Sokol Lodge at the age of 9. Throughout the years Amanda remained active as a competitive gymnast, capturing 1st place at all three Slets where she competed - Level 3 at the 2005 Chicago Slet, Level 5 at the 2007 Pittsburgh Slet, and Level 6 at the 2009 Fort Worth Slet. In 2008 Amanda began assisting with class over the responsibilities of and Farrell competitive team; Program.

Amanda is working hard to Winter Exhibition, in addition in preparation for the Sokol Spectacular Invitational and the excited about taking her team to XCEL meets become increasingly Pennsylvania area.

In addition to coaching the girls an active role in planning the Celebration that will take place also recently served on the staff USA Weekend Instructor School coaching talents were on display develop and improve their Junior/Young Adult Cal for the



attended the National Instructor Cleveland and immediately instruction. Recently she took coaching the Junior Girls Classes she also assists with the Tots

prepare her girls for the Farrell to creating USAG Xcel routines Greater Cleveland Super Sunday 2016 Sokol USA Slet. Amanda is more USAG meets this season as more popular in the Western

program, Amanda is taking on Farrell Lodge 110th Anniversary on Sunday, May 15, 2016. She of the American Sokol/Sokol held in Monessen, PA. Amanda's as she assisted the 21 attendees instructional skills and learn the 2016 Sokol USA Slet.

Outside of Sokol, Amanda is the mother of three-year-old daughter Ashley, who is a member of the Farrell Tots Class. She is employed by PNC Bank as a Back-up Teller/Supervisor and is finishing up a Business Administration/Accounting Degree through Penn State University. She plans to graduate in December, 2016.

Amanda Michaels is definitely a rising star! Thank you, Amanda, for your dedication to Sokol over the years. We wish you much success in your efforts to grow the Farrell Sokol Program in the coming months and years.

2016 Central District Skills and Progressions Clinic Report

by Sis Christina Wurst

This year's Central District Skills and Progressions Clinic was held Friday, January 8, 2016 through Sunday, January 10, 2016 @ Sokol Tabor. A total of 38 students registered from six units: Lodge 306 (15), Ceska Sin (8), Chicagoland (1), Naperville-Tyrs (5), Spirit (3), and Tabor (6).

Our theme was based on the Chicago Blackhawks® Hockey Team slogan – “One Team, One Goal.” The staff designed team challenges the students competed in throughout the weekend. All students and staff received a newly designed Central District tee shirt and water bottle.

Friday night began with a welcome greeting including introduction of instructors, roll-call, “By the Numbers” count off, and gym/building rules. Then it was time to get the gymnasts active through warm-ups and tumbling progressions. After a break, group split into five teams (each w/a team captain) and each created a team name. Friday evening concluded with their 1st Team Challenge: Team Games

Saturday started with a hearty breakfast and group photo. This was followed by warm-ups, pyramids and stunting, and we

2016 American Challenge as a After lunch, a chance and practice & stunting Apparatus dominated the apparatus: bars, Boy’s apparatus: pommel horse, bar, vault and gymnasts were of the afternoon



incorporated the Sokol Fitness Team Challenge. the teams had to compose their pyramid performances. rotations afternoon. Girl’s beam, floor, vault. mushroom/ parallel bars, high tumbling. The weary at the end from all their hard

work and were treated to a cool down activity before dinner. Reverse apparatus (girls on boys apparatus and boys on girls apparatus), open gym (including learning to spot basic skills), team pyramid and stunting performances, youth activity, endurance training/burnout, and team Minute to Win It rounded out Saturday Night.

Sunday morning included breakfast, warm ups, and Sokol Team Gladiator. With the bleachers filled with family and friends, the graduation ceremony began at 11:00am. It included a grand march, introduction of weekend staff, each team’s pyramid and stunting performance, apparatus performance (beam, parallel bars), tumbling performance, and presentation of awards. All students received a packet containing a graduation certificate, graduation program, their Fitness challenge results, and a Sokol Tabor 150th hacky sack. Students and families were invited for lunch following the graduation program.

The team to make this clinic happen consisted of 2 full-time directors: Christina Curran-Wurst (Tabor), Bryan Pracko (306), 9 full-time instructors: Kristen Merker, Scott Pracko (306), Mackenzie Soneson, Tony Rospotynski, Becky Wilkerson (Ceska Sin), Karyn Domzalski (Chicagoland), Buddy Benak (South Omaha), Tom Pager, Alix Wilt (Spirit), Kenny Fron (Tabor), 2 part-time instructors: Nicole Marchluk (Naperville-Tyrs) & Tom Pajer (Spirit), 2 kitchen coordinators: chef Irena Polashek (Tabor) & assistant Juanita LoGiudice (Tabor), and other kitchen volunteers from various units.



Calling all Sokols from sea to shining sea, from the fruited plains, from across the mighty oceans!! Join together as we celebrate our traditions and establish new ones for the future.

The Western District is honored to host the American Sokol XXIV National Slet and Festival
June 22 – 25, 2017
Cedar Rapids, Iowa – the City of Five Seasons

The devastating flood of 2008 may have taken away their 100 year old hall
But not their Sokol spirit!

“The Tradition Continues”

Tentative Schedule:

Thursday 6/22 – Coaches Meeting

Cal and Marching Competition

Opening Ceremonies / Special Number Presentations

Friday, 6/23 - Volleyball Competition

Fitness Challenge Competition

Teen Dance / Banquet

Saturday, 6/24 – Gymnastics Competition

Victory Dance

Sunday, 6/25 - Slet Program Rehearsals

Slet Program

Committees and Lead Personnel

Chairman – Allison Gerber, Western District (WD) President, Sokol Cedar Rapids - akgerb@aol.com

Secretary/Treasurer – Shelley Cairns, WD Treasurer, Sokol CR Secretary - shelleyc515@gmail.com

Meribeth Tooke, National Treasurer, Sokol Spirit Educational Director - mtooke830@gmail.com

Public Relations – Jeanne Vogt, Sokol CR 2nd VP - jeannevogt@msn.com

Lynda Filipello, National PR/Marketing, Central District president

lyndafilipello@aol.com

BOI – Maryann Fiordelis, National Physical Director, Sokol Detroit - mfiordelis@yahoo.com

Teen Dance / Banquet - Jean Hruby, National President, Sokol Stickney - Jean.Hruby@gmail.com

Program Book – Theresa Vernon, WD Women’s Dir., Sokol Crete Gym Dir. - vernontheresa@gmail.com

Souvenirs – Debra Allison WD Educational Director, Sokol Cedar Rapids - skitroll@imonmail.com

Museum – Rome Milan Southern District Men’s Director, Sokol Fort Worth - romeparis@aol.com

If you have any suggestions, ideas, and/or wishes for activities, procedures, sale items you are encouraged to contact the lead directly.



Mark your Calendar

Events around the American Sokol

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

February

- February 6** **34th Annual Czech & Slovak Ball** — Sokol New York, Astoria World Manor, Astoria, NY
- February 7** **GIJO Tumble Down Gymnastics Competition** — Naperville Central High School, Naperville, IL
- February 7** **Sokol Super Sunday Girls Invitational Gymnastics Competition** — Sokol Greater Cleveland, Cleveland, OH
- February 13** **Sokol Greater Cleveland Winter Exhibition** — Garfield Heights High School, Cleveland, OH
- February 13** **Central District Calisthenics & Marching Competition** — Sokol Lodge 306, Chicago, IL

March

- March 5** **Czech Dinner** — Sokol Milwaukee, Milwaukee, WI
- March 6** **Annual Exhibition** — Sokol Spirit, Brookfield, IL
- March 12** **150th Annual Exhibition** — Sokol Tabor, Berwyn, IL
- March 13** **Annual Exhibition** — Sokol Chicagoland, Downers Grove, IL
- March 18** **Annual Exhibition** — Sokol Naperville Tyrs, Naperville, IL
- March 19** **Annual Exhibition** — Sokol Stickney, Stickney, IL
- March 26** **Corridor Classic Gymnastics Competition** — Sokol Cedar Rapids, Cedar Rapids, IA

April

- April 9** **Western District Slet** — Crete, NB
- April 10** **GIJO Vault Into Spring** — Naperville Central High School, Naperville, IL
- April 10** **Western District Semi-Annual Meeting** — Sokol Cedar Rapids, Cedar Rapids, IA
- April 17** **Kroj Fashion Show & Luncheon** — Sokol Milwaukee, Milwaukee, WI
- April 23** **Central District Special Number Competition** — Lyons Township North High School, Lyons, IL
- April 24** **Pancake Breakfast** — Sokol Cedar Rapids, Cedar Rapids, IA

May

- May 1** **Annual Exhibition** — Sokol St. Louis, St. Louis, MO
- May 14** **Central District Male Competition** — Sokol Spirit, Brookfield, IL
- May 18** **Sokol Milwaukee Annual Exhibition & Ice Cream Social** — Sokol Milwaukee, Milwaukee, WI
- May 21** **Central District Female Competition** — TBD
- May 22** **Central District Sokol Day** — TBD
- May 29** **Sokol Detroit Scholarship Pancake Breakfast** — Sokol Detroit Camp, South Lyon, MI



American Sokol Deadline

Send your submissions, articles, events and photos to editor@american-sokol.org by the 1st of the month prior to the publication issue! For example, send items you want included in the October issue no later than September 1st.



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