



From the Director

It is hard to believe that almost four years have passed since our last Slet. The theme for our XXIV American Sokol Slet and Festival to be held in Cedar Rapids, Iowa from June 22 – 25 2017 is “The Tradition Continues”. Western District members are stepping up to the plate to help fill the various positions and obtaining volunteers to make this a great event. What does it mean to live up to our Traditions? Our gymnastic competitions will be held at Sokol Cedar Rapids with only Sokol competitors. We will continue with our traditional Opening Ceremony Program (with perhaps a twist or two), Team Marching and Calisthenic Competitions, Slet Program including an easy to perform Folk Dance so get your costumes ready and so much more.

Our technical preparations have had a truly nationwide flavor with Sokols from several districts contributing to the calisthenics and exercises presented in this Slet Manual. Thanks to the members of the National BOI (especially my First and Second Assistants), BOI Secretary, and everyone else that helped for their cooperation and contributions. One change with this Slet is we have reduced the days of this event based on input from you. We are certainly hoping that running this event from Thursday through Sunday more participation will occur in all the events. We have also did our best to not have cross over with our events so you did not have to choose which one to participate in. We are hoping that families will take this as an opportunity to make it a family vacation and enjoy the sites and activities in and around Cedar Rapids so although we are not having planned activities every minute we have lots of ideas for your consideration.

It should be noted that the USAG JO and Xcel routines that will be used for competitions will NOT appear in this manual. These materials must be purchased directly from USA Gymnastics via their website. The Sokol routines; i.e. Girls Novice, Males Levels 2 and 3 and Women’s Master Xcel Garnet levels are in this Slet manual. Be sure to look over all the events and solicit participation among your members, relatives, neighbors and friends from far and wide. Let’s work towards record breaking numbers in all our competitions and especially our Slet Program audience. In October we had a Development Conference at Sokol Greater Cleveland where all our calisthenics and Folk Dance numbers were taught. Your District and Unit Directors received invites ahead of time for the text, music and dvd for these numbers. In addition the Calisthenics and Folk Dance text and the rest of this manual, Slet updates, Registration Information and Frequently Asked Questions will be available on our American Sokol website. Questions regarding the technical aspects of the Slet and Festival can be directed to me or to the BOI secretary at the American Sokol National Office (written questions via email are preferred to questions over the phone). If an answer to your inquiry is not immediately available, the appropriate person(s) will be contacted, and you should receive an answer in a timely fashion.



GREETING

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The City of Cedar Rapids theme is "A City of Five Seasons" We all know what four of them are but what is the fifth one? That answer will be given in one of the future updates. Look for it, know the answer and when you see me in Cedar Rapids tell me what it is for a special pin.

Looking forward to seeing you in Milwaukee!

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