

# 2015-16 SOUTHERN DISTRICT REPORT

The Southern District is composed of 7 Sokol units.

Sokol Corpus Christi  
Sokol Fort Worth  
Sokol Houston

Sokol Karel Havlicek Borovsky (Ennis)  
Sokol West  
Sokol Yukon (Oklahoma)  
Sokol Zizka (Dallas)

During the Year all but one of the Southern District units was gymnastically active hosting a variety of physical and cultural programs. Some of the classes that were offered are; Gymnastics for all ages, parent and child, adult gym, Tumbling, swimming, martial arts, cheerleading, Acro stunts, over nights, Acro gymnastics, volleyball, dance, Team Gym, twirling, Zumba, Summer Swim and Gym Camps and Rhythmic gymnastics

Most of the units are continually engaged in local civic activities performing in parades, fairs, exhibitions, school assemblies and national gymnastics day all to promote the name of Sokol. Sokol Yukon has a Czech dance group that travels nationally. Until recently Sokol Yukon was one of the only units that could boast that they still host a Polka Dance every weekend. Sokol Yukon has not held gymnastics classes for over 35 years.

*This year's Southern District Annual meeting will be held at Sokol on Nov. 8th.*

All of the Southern District units secure an area of their facility strictly for Sokol museum and vintage Sokol memorabilia. All Units host Holiday functions like Halloween, Christmas, New Year, Valentine's Day, Mother's day, Easter, Labor Day and other events.

Some Units continued classes during the summer. Sokol Fort Worth offered 12 full weeks of Summer "Gym & Swim" Camps as well as their regular 6 day a week gym class schedule. These type of camps are extremely successful and this year marks the 6<sup>th</sup> year of Sokol Fort Worth's Summer camps. Most units in the Southern District take the Summer off or hold a modified gymnastics class schedule and begin regular classes in September.

Sokol Zizka Dallas had 2 Instructors, Sokol Corpus Christi had 4 Instructors, and Sokol Fort Worth had 2 Instructors attend the Gymnastics Association of Texas (GAT) educational development gathering in Austin, TX on Labor Day weekend in 2015.

Sokol Fort Worth hosted the Annual District Slet program and competitions in June. Most Units of the Southern District except Yukon and West participated in some way at the event. Approximately 160 participants competed in Volleyball, Artistic Gymnastics, Tots program, Special Group numbers, Calisthenics, and the Slet program. The Slet was a 3-day event rather than last year's 2-day event. Volleyball competition was held at Boswell High School on Friday. All gymnastics competitions were held on Saturday at Sokol Fort Worth. The Slet Program was held on Sunday morning. It was again a unique and fun outing for the participants being held at Burger's Lake, a local spring fed lake with many fun, family activities. Sokol Fort Worth had used the location 6 years ago to much success.

Everyone had a great time with their families. The Slet was a success due to the great volunteer work from many units. A great amount of gratitude is offered to these many volunteers and the Sokol Fort Worth members.

Sokol KHB in Ennis is a major factor to the success of the National Polka Festival each year. Their volunteer members act as leaders, organizers, cooks, workers, demonstrators and exhibitors to the busy weekend of events. Sokol KHB is one of several facilities that host around the clock Polka Bands from around the country. Sokol gymnasts perform during several events and the Polka Festival is one of their best fundraisers along with their famous 10K Give Away dance.

Sokol West held the traditional exhibition during Labor Day weekend at the annual WestFest held in West which is their largest fundraiser of the year. Sokol West sponsors a parade float, large Booth and performs several demonstrations during this nationally recognized WestFest. These events are helping Sokol West continue their activities while growing into their new facility after the great devastation that hit the City of West. The new building has been in operation for almost a complete year now and a grand opening was a very nice event visited by the Governor of Texas Greg Abbott.

The District will again perform at the State Fair of Texas Heritage Day on Oct 8th. Although the Fair has been increasingly more difficult to schedule and make preparations, it is always an enjoyable event for the District members that attend. Our District leaders have always participated diligently as Heritage Day officers using their Sokol leadership skills to plan the activities for all the participating culture groups. This has insured the Sokol a foot in the door for this annual event at the State Fair. Thank you to our District President Bro. Bob Podhradsky for being such a vital part of the Cultural Heritage Society

Sokol Fort Worth has completed their 8th year utilizing a full time General Manager. The American Sokol Strategic Plan listed the use of such a manager and recommends hiring a qualified person for the position in each unit. A more business sense is required to organized activities with progress in mind rather than digression. Sokol Fort Worth has organized activities on going through the day hours with gym classes 6 days each week. Often the facility is active 7 days a week with birthday parties, other activities and Summer Camps. Sokol Fort Worth has been able to completely sustain the unit through its physical education and gymnastics classes. Many of our Sokol units across the country are losing their homes to non-activity and poor strategies of business. A better alternative to dwindling and losing your Sokol facility is move towards a business model that actually provides programs and pays the bills.

There has been some concern regarding the dwindling activities at Sokol Houston. The Houston Sokol BOI classes have continued despite difficult times associated with a financially unstable situation. Houston Unit Director Lupita Soto had very few gymnasts from Houston attended the 2016 Southern District Slet. The unit has less than 30 members (Few are active)

Sokol Zizka, Dallas was having a good year of successful classes, competitive teams entering in TAAF competitions with almost 80 students at one point in the year. Due to some unfortunate issues prior to the Summer, Sokol Zizka did not enter any participants into the Slet.

Although Sokol West has a new facility, their groups were without much of the needed equipment during the year and made the decision to also not enter competitors into the Slet. Only a handful of officers were present.

Sokol Corpus Christi did have a good group attend the Slet with Cyndi Duff making many weekend long distance drives to Corpus Christi. Due to a major move to the Fort Worth area. Cyndi's family is no longer residing in Corpus. Her dedication to her unit was too strong. She made the trek south to keep her students on task with their sights on the SD Slet competition. However, in Cyndi's absence and without an enthusiastic leader in her footsteps, it appears that Sokol Corpus Christi is also having difficulties maintaining classes and instructors. Our BOI will be tasked this year to rebuild some of our unit programs.

This year Sokol KHB hosted the National Sokol Instructors school. There were about 50 students from all parts of the country. Mary Cushing was the Camp Director. The Camp offered beginner, intermediate and advanced programs which culminated in final testing and a graduation Ceremonies. Thank you for Sokol KHB members and the School staff who dedicated their valuable time to the students.

The District BOI always hosts a Fall meeting to tend to much needed business. New routines and calisthenics and directors are voted on for the year. A list of educational and developmental recommendations from the BOI is annually generated at this meeting. This list will be presented and ratified at the Southern District Annual Meeting in November. The Southern District is fortunate to have District leadership that supports and encourages BOI development of physical activities in the units.

The Southern District BOI is fortunate that the District officers have always supported the BOI. Annually, the District financially assists Units and their staff to obtain USAG Safety, attend Sokol Kurz, workshops, GAT, purchase BOI material and hosts weekend clinics. Southern District has had 5 of its 7 units host a National Instructor School.

The 2015-16 year introduced a new SD Director of Women, Cyndi Duff of Corpus Christi. She has been in the position for less than a year and has made the major move which has kept her slightly out of touch. We believe that Cyndi will be a vital asset of the District once she has time to normalize in her new home. She will be following some big shoes.

The Southern District Directors have historically continued to be active, hold official positions and attended many of the USA Gymnastics events, keeping in connection with the trends in our sports. The USA Gymnastics Coaches Congress, Olympic Trials, Gymnastics For All events, Judging clinics, GAT are all typical events our District Directors attend to further knowledge and connection to the gymnastics community.

We are sad to say farewell to Lori Laznovsky, our Director of Women for the past 20 years. She has been active with Sokol leadership and on the board with USAG group gymnastics attending many International meetings that promoted the FIG "Gymnastics for All" and World Gymnaestrada. Many of the Southern District members continue to be active in other areas of gymnastics traveling to other countries promoting General Gymnastics.

A Sokol History of Gymnastics display has again received support by Southern District. This year the American Sokol, gymnastics and Olympic displays have traveled to USA Gymnastics Coaches Congress, other events and at GAT. This year the display was on exhibit at the Metroplex Challenge, Texas High School State Championships, Texas Czech Heritage Museum in Temple, USA Gymnastics Coaches Congress and Olympic Trial which were held in San Jose, CA this year. It quickly became the social meeting place of many Olympians, officials, coaches and interested attendees.

The Southern District continues to carry on the Ideals of American Sokol.

Respectfully submitted,

NAZDAR Y'ALL!!!

Rome Milan

Cyndi Duff

# 2016 Southern District Volleyball Tournament

## Tournament Schedule

Friday, June 10

Location;  
BOSWELL HIGH SCHOOL  
5805 W Bailey Boswell Rd  
Fort Worth, TX 76179

### TEAMS:

Fort Worth Mixed

KHB Team #1 Mixed

KHB Team #2 Mixed

6:00 PM Gym opens

6:30 PM Open Warm up All Teams

7:00 PM Soft Welcome & Opening Address

7:05 PM Captains Meeting

7:10 1<sup>st</sup> Match Warm Up

7:20 Tournament Play Begins

One Pool Double Elimination Format (best of 3 games)

**Match 1** Fort Worth vs. KHB Team 1

**Match 2** Fort Worth vs. KHB Team 2

**Match 3** KHB Team 1 vs. KHB Team 2

**Match 4** Tie Breaker if needed (one Game to 15 by 2)

**Finals** Top two teams (most Wins)





Location:

Sokol Fort Worth,  
6500 Boat Club Road,  
Fort Worth, TX 76179

## Session I 8:30 AM

Squad 1 = LV 1 (KHB 5, Hou 6) = 11	Begin at Vault
Squad 2 = Novice (KHB 2, CC 7) = 9	Begin at Uneven Bars
Squad 3 = LV 1 (CC 14) = 14	Begin at Beam
Squad 4 = LV 1 (FW 12) = 12	Begin at Floor
Squad 5 = LV 1 (FW 11) = 11	Begin at Marching

7:30 AM Gym Opens

7:45 AM Open Stretch

8:15 AM Warm Up 1<sup>st</sup> Rotation

8:30 AM Competition Welcome, Nat'l Anthem and START

8:35 AM Competition begins Rotation 1

8:50 AM WU 2<sup>nd</sup> Rotation

9:05 AM Compete Rotation 2

9:20 AM WU 3<sup>rd</sup> Rotation

9:35 AM Compete Rotation 3

9:50 AM WU 4<sup>th</sup> Rotation

10:05 AM Compete Rotation 4

10:20 AM WU 5<sup>th</sup> Rotation

10:35 AM Compete Rotation 5

10:50 AM Competition Closing ( Awards given on Sundays Award ceremony at Burgers Lake)

Between Sessions - SPECIAL NUMBER REHEARSAL

# Session II 12PM

Saturday, June 11 ( All Boy's Levels - Girls Levels 2, 3, 4, 5, 6 & 8 )

**MODIFIED CAPITAL CUP FORMAT** ( = squads warm up 1<sup>st</sup> event, then compete 1<sup>st</sup> event, etc.)

Squad 1 = Levels 2, 6, 8s (FW 11)	= 8	Begin at Vault (coach Dave & coach Marybel)
Squad 2 = Level 2, 3s (KHB 6, Hou 3)	= 9	Begin at Uneven Bars
Squad 3 = Levels 2s (FW 8)	= 8	Begin at Beam (coach Ramon)
Squad 4 = Level 2s ( CC 7 )	= 7	Begin at Floor
Squad 5 = Level 4s ( FW 7 )	= 7	Begin at Marching (coach Mike )
Squad 6 = All Boy male competitors (FW, CC, KHB)	= 10	Begin at Floor

11:15 AM Open Stretch

11:45 AM Warm Up 1<sup>st</sup> Rotation

12:00 PM Competition Welcome, Nat'l Anthem and START

12:05 PM Competition begins Rotation 1

12:20 PM WU 2<sup>nd</sup> Rotation

12:35 PM Compete Rotation 2

12:50 PM WU 3<sup>rd</sup> Rotation

1:05 PM Compete Rotation 3

1:20 PM WU 4<sup>th</sup> Rotation

1:35 PM Compete Rotation 4

1:50 PM WU 5<sup>th</sup> Rotation

2:05 PM Compete Rotation 5

2:20 PM Competition Closing ( Awards given on Sundays Award ceremony at Burgers Lake)

2:30 PM Tots Skills Evaluation

3:00 PM SPECIAL NUMBER EXHIBITION

3:30 PM ALL SOKOL CALISTHENICS PRACTICE

4:15 PM Hopefully the time we can end Practice or sooner ( Awards on Sundays Award ceremony at Burgers Lake)

SATURDAY EVENING available for your pleasure, Unit outings, visit Downtown Fort Worth, etc.



# 2016 Southern District Slet Program

## Program Schedule

Sunday, June 12

Location; BURGERS LAKE - 1200 Meandering Rd. - Fort Worth TX 76114  
817 737-3414

- 9:00 AM** Park Opens
- 9:45 AM** Line Up by Units for Grand March
- 10:00 AM** Grand March by all SD Sokols
- 10:10 AM** Welcome, Marching Awards Presentation
- 10:15 AM** Introduction & Address by SD President
- 10:20 AM** Slet Dedication and Tribute
- 10:25 AM** Speaker
- 10:30 AM** Sokol Units March Exit Field  
Prepare line up for All Sokol Cal
- 10:35 AM** Relay Race by Units ( 2 males, 2 females)
- 10:40 AM** ALL SOKOL March in and Performance
- 10:50 AM** AWARDS
- 11:15 AM** Official SLET Closing and Dismissal
- 11:30 AM to 6PM** Enjoy activities at Burgers Lake

