

SOKOL FITNESS CHALLENGE



ALL AGES ARE ELIGIBLE



The American Sokol Board of Instructors would like everyone to participate in the new 2015 Sokol Fitness Challenge Competition. Your Sokol or Lodge is asked to practice the tests with all of your gymnasts so that the participants receive the conditioning benefit of the exercises and will gradually improve their scores. Each person's best score is written on the records sheet. All scores will be evaluated to determine if the required achievement level for their age group has been obtained. This year again there are special tests for those age 60+.

TO PARTICIPATE:

- DISTRIBUTE the 4 test descriptions and recording pages to your instructors/leaders.
- ENCOURAGE all classes to practice the tests and record their best scores.
- READ DIRECTIONS CAREFULLY when giving the tests.
- **EMAIL OR MAIL the completed recording pages** to Jane/Howie Wise any time before deadline **April 1, 2015**. **Send all pages from your Sokol unit/lodge at one time.**
- Achievement awards and participant pins will then be sent **immediately** to each unit/lodge upon receipt of their data.

SOKOL AWARDS:

- ❖ Achievement Awards will be given to those reaching the determined "achievement level" for each age group.
- ❖ Participation awards will be to all participants.

REMEMBER:

All record sheets must be returned to Jane / Howie Wise before April 1, 2015
Also include a name and address where the awards should be mailed.

Email to: HJWise@sbcglobal.net (preferred method)

or

Mail completed sheets to: Howie Wise

5664 Dunedeen Circle

Brooklyn Hts., Ohio 44131

For further information or questions contact:

Howie or Jane Wise – hjwise@sbcglobal.net or 216-642-142