



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

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PATCHES OF PINS

*Order by
April 1, 2015*



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ASO Executive Board

Meets every 4th Tuesday* at 7:00 pm CST

ASO Board of Instructors

Meets every 2nd Wednesday* at 7:30 pm CST

*except in July and August

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From the Editor...

Spring is one of the prettiest seasons. It represents rebirth, nicer weather and a better overall vibe. A rejuvenation of life, health and the Sokol exhibition season. With a completely new facet this year, our 150th! We're a quarter of the way through this stellar year. Times just seems to fly! More plans to come for the rest of the year, including the November Gala Weekend!

I must apologize for the note on the president's page of the previous issue. It said to return the survey to the office. This was inaccurate. They were to be mailed to Maryann Fiordelis at her home address. I apologize for the inconvenience to Sis Maryann Fiordelis, and to Sis Jean Hruby who did not see the final page as it was a last minute add.

Let's take this opportunity to reminisce in all our fond Sokol memories. Please send in stories and pictures to remember how we got to be the great organization we are, and still to become.

NAZDAR!



To Submit Items for Publication:

Email: editor@american-sokol.org

Postal Mail: American Sokol Editor, Julie Kaupert, 1333 W. Touhy Ave., #216, Park Ridge, IL 60068

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Send Notice of Undeliverable Periodicals to:
American Sokol, 9126 Ogden Ave, Brookfield, IL 60513



*SAVE THE DATE:
150th Anniversary Weekend and Gala
NOV-13-15th, 2015 – Chicago IL*

In February, we had a wonderful weekend in celebrating the 150th Anniversary of Sokol St. Louis! Thank you Sister Breidenbach, President, and all of Sokol St. Louis volunteers who made the afternoon and evening memorable for us all. We were taken back in time with historic calisthenics performances. Sokol St. Louis singers of all ages performed Czech and Sokol songs, including their own personal Sokol St. Louis song! Rome Milan brought his historical display which he has been working on for a while and showing at USA Gymnastic events. The colorful walls and artifacts of his display will be shown in November during the 150th Anniversary Weekend in Chicago. We hope you will join us in Chicago for a weekend of events.

The Executive Board met face-to-face this past month and spent the day developing goals for the next four years. The Focus Areas have been developed and we will gradually put them into action. Each month, I will share a new goal with you and, as we progress, I will keep you informed through this newsletter. We are always looking for experienced volunteers who can help so please contact the national office if you see any area that interests you. We believe we will achieve these goals with your support. Here is the first of our goals:



FOCUS AREA #1- FOUR-YEAR CAPITAL CAMPAIGN

SMART GOAL: Raise \$500,000 over four years to support growth and development of American Sokol

1. Develop the “150 Club” to raise \$22,500 annually.
2. Develop an aggressive fundraising initiative to solicit funds from Private and Public Foundations and Corporations to annually raise \$50,000-\$75,000.
3. Design an annual Gala “Sokol Hall of Fame” Event to annually raise \$20,000-\$30,000.
4. Develop an Annual Seals Campaign to annually raise \$10,000-\$15,000.
5. Join the “Donors Forum” to obtain support and ideas to guide us in fund-raising.
6. Recruit a Professional Grant Writer (preferably pro bono) to assist in developing and writing of proposals.
7. Obtain a “Capacity Building” grant to cover the full-time salaries of an Executive Director and Resource Development Director.

I look forward to sharing our goals and progress with you.

Good luck with winter exhibitions! Hang in there, spring is on it's way. Have fun!

At žije Sokol!

Nazdar!

Sister Jean Hruby



The Sokol Educator

from The National Education Committee

Name days...a reason to celebrate!

Seems every day of the year is a "Name Day" in Czech Republic. March 19th is Josef Day and because historically Josef was/is the most common of Czech first names, the day is one of the more celebrated Name Days. These days the name Josef is not as popular, but the day and celebration still makes the news each year.

Fun fact, the village of Josefovce used to have at least one Josef living in every single home. Here are the names for the rest of the month of March (Březen):

- | | | |
|--------------|-------------------|-------------|
| 1. Bedřich | 11. Anděla | 21. Radek |
| 2. Anežka | 12. Řehoř | 22. Leona |
| 3. Kamil | 13. Růžena | 23. Ivona |
| 4. Stela | 14. Rút/Matylida | 24. Gabriel |
| 5. Kazimír | 15. Ida | 25. Marián |
| 6. Miroslav | 16. Elena/Herbert | 26. Emanuel |
| 7. Tomáš | 17. Vlastimil | 27. Dita |
| 8. Gabriela | 18. Eduard | 28. Soňa |
| 9. Františka | 19. Josef | 29. Taťána |
| 10. Viktorie | 20. Světlana | 30. Arnošt |
| | | 31. Kvido |

submitted by Sis. Ethna Flaherty, National Education Director

2015 CD Skills and Progressions Attendees pictured below. See full story on page 6



2015 MERIT AWARD

The American Sokol Merit Award is being handled by the National Educational Committee and is now accepting applications for the 2015 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 \$500.00. 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.

2015 MERIT AWARD APPLICATION

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 desire to make application 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, 2015

APPLICATIONS ARE DUE JUNE 1, 2015

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

2015 CD Skills and Progressions *by Christina Wurst*

Held Friday, January 9, 2015 through Sunday, January 11, 2015 at Sokol Tabor, the 2015 Skills & Progressions Clinic was a huge success. Forty students registered from five units (Lodge 306, Ceska Sin, Naperville-Tyrs, Spirit, and Tabor). Our theme was based on the American Sokol 150th Anniversary taking place throughout 2015. All students and staff received a limited American Sokol 150th/Central District T-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, the gymnasts went through various conditioning drills. Friday evening concluded with the group being split into four teams (w/multiple skill levels) and each created a team name.

Saturday started with a hearty breakfast and group photo. This was followed by warm-ups, pyramids and stunting, and games. After lunch, the teams had a chance to compose and practice their pyramid & stunting performances. Apparatus rotations dominated the afternoon. Girl's apparatus: bars, beam, floor, vault. Boy's apparatus: mushroom/pommel horse, parallel bars, vault and tumbling. The gymnasts were weary at the end of the afternoon 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), youth activity, endurance training/burnout and team pyramid and stunting performances rounded out Saturday Night. The performances were very entertaining.

Sunday morning included breakfast, warm ups, and an obstacle course. With the bleachers filled with family and friends, the graduation ceremony began at 11:15am. It included a grand march, introduction of weekend staff, each team's pyramid and stunting performance, apparatus performance (beam & vault), tumbling performance, and presentation of awards. All students received a packet containing a graduation certificate, graduation program, a gymnastic magazine, Sokol seals and a pencil. Students and families were invited for lunch following the graduation program.

Team Awards:

- Best Team Obstacle Course Time: Teenage Flipping Ninja Sokols = 24min 00 sec
- Best Team Pyramids & Stunting: S.O.K.O.L: Super Optimistic Kids of Luck
- Best Team Name: Tyrs Talented Titans
- Best Teamwork: The Flipping Flying Saucer Pies

Individual Awards:

- Hardest Worker: Sokol Spirit Lejla Smajlovic
- Most Improved: Sokol Ceska Sin Jenna French
- Best Form Female: Sokol Naperville Tyrs Alexis Shiro
- Best Form Male: Sokol Tabor Sam Linhart
- Best Burn Out Survivor Female: Sokol Tabor Cheyenne Dotson
- Most Enthusiastic: Sokol Naperville Tyrs Victoria Shiro
- Best All-Around Female: Sokol Tabor, #40 Karina Byers
- Best All-Around Male: Sokol Naperville Tyrs Cameron Shiro
- Best Burn Out Survivor Male: Sokol USA Lodge 306 Owen Mastroianni



Special Medals Presented to: 5 Year Veterans (2010, 2011, 2012, 2014, 2015) Michael Barcal, Cameron Caskey, Mackenzie Soneson, John Stanko, Phil Tudisco, Jessica Vierke, Caroline Young

A BIG THANK YOU TO: Full-time directors: Christina Curran-Wurst (Tabor) & Bryan Pracko (306)

Full-time instructors: Kristen Merker (306), Ashley Soneson & Melanie Soneson (Ceska Sin), Karyn Domzalski (Chicagoland), Bob Kucera, Joe Kucera (Naperville-Tyrs), Buddy Benak (South Omaha), Alix Wilt (Spirit), Kenny Fron (Tabor). **Part-time instructor:** Tom Pajer (Spirit). **Kitchen Coordinators:** Chef Irena Polashek (Tabor) & Assistant Juanita LoGiudice (Tabor). Kitchen Volunteers from various units.



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

12 Ways to Be a Happier Coach in 2015 (Backed by Science)

Posted by Anne Josephson Posted on Wordpress.com

1. Remember that you are working in a very important and responsible job: you are influencing the next generation. You are not just a coach. You are a teacher-coach. You are not just someone who teaches kids to flip. You are someone who affects children's lives forever. Even if it is just a stepping-stone toward what your ultimate career will be, be proud of your career choice. Love your work. It will make you happier.
2. Spend time thinking about your coaching goals in terms of what you can control: your systems. You cannot control how many of your athletes qualify for state, regionals or nationals, make a TOPs team or even learn a back handspring. Instead what you can control are your actions and your systems. For instance, how you structure your workouts to be effective and efficient. Or how you better yourself through continuing education. Focus on these types of goals.



3. Commit to doing something for your professional development. While I am on the topic of continuing education, commit to some form of professional development. Attend national a regional congress. Go to Boot camp if you are a club owner or program director interested in the business side (Boot camp was a life changing experience for me). Take an online class through USA Gymnastics. Invest in a DVD program for competitive athletes or your recreational and preschool programs. Read coaching blogs.

Troll YouTube for training ideas. Consider seeking a mentor for yourself; no matter how experienced you are. Remember: you don't have to be sick to get better. People who spend time getting better at their job enjoy it more. Choose yourself.

4. Assess your club's atmosphere and learning environment. Coaches can take a page out of classroom teachers' playbooks in creating a positive learning environment for their athletes. Kids feel happiest and learn best in an atmosphere that is welcoming, where mistakes are encouraged and when they feel valued for whom they are. Not surprisingly, adults do to. Be a leader in creating an environment with these qualities for your athletes and your co-workers.
5. Commit to developing and keeping positive working relationships with the coaches in your club. Coaching partnerships can be fraught with tension, especially when season is on the horizon. But having friends at work is

essential to happiness so make sure you are doing things to foster those relationships. Carve out some time each week to connect with your coaching partner(s) regarding goals and how each of you can support the other. Go out of your way to perform little acts of kindness for your coworkers—bringing in Starbucks or a plate of cookies goes a long way in developing a cohesive coaching team.

6. Mentor a less experienced coach. It is a proven fact that helping others makes us happier with our own lives. Take an hour out of your week to help guide a new coach.

7. Exercise. We spend so much time guiding kids through their workouts, but are we taking care of our own workouts? Exercise contributes to happiness. So get yourself into the gym.

8. Let the past go. A new year is an opportunity for a fresh start not just for you, but for those in your life. Do the best you can to leave the past in the past and begin again. Forgiveness increases your happiness when it is a shift in how you think toward someone who wronged you. Let go of ideas of revenge and lose your ill-will toward those who hurt you. You don't have to reconcile, forget, excuse or even seek justice for what happened. You just have to let it go.

9. Assume good faith with your athletes' parents. Relationships are key to happiness, and your relationships with your athletes' parents have the opportunity to make your life happier or more difficult. My mantra when dealing with upset parents: no one is rational when it comes to their child; they love them too much. Reminding myself of this makes me considerably more patient and understanding how upset parents are when Susie does not get moved up, is perceived as being ignored or is struggling with a fear. Parents just want what is best for their children and that sometimes causes them to act in ways that fall in the category of over reacting. It's not about you. It's about their big feelings toward their children. For tips on talking to parents, *Crucial Conversations* is my favorite book.

10. Stop blaming the judges. In fact, stop blaming anyone and everyone. While there may be one or two judges who are not that great or even ethical, the vast majorities are. They are not out to get you, they don't disrespect your gym and they really do not care who wins vault. Their job is hard, and they are doing the best they can to keep the kids in order and rank in a fair manner. Don't give away your power to others instead take responsibility of your life.



11. Enjoy the small moments of progress and validate yourself. Don't wait until Susie gets her kip or qualifies for state to relish her progress. Acknowledge those little victories along the way. Teaching professions can be lonely and getting feedback from supervisors does not happen frequently. So, give yourself a pat on the back for a job well done and let the praise of others be the icing on the cake. Hand yourself a gold star for keeping your temper in check when an athlete rolls her eyes at you. Give yourself a thumbs up for running a great workout. And high five yourself when Susie finally does get her kip. It's important to reinforce your self-efficacy.

12. Focus. Multi-tasking or thinking about things other than what you are doing decreases happiness. So leave your personal problems at the outside the door when you enter and your gym problems inside the door when you leave. Stay singularly focused on the task at hand.

Happy New Year, Coaches! Make it a good one for yourselves and keep on doing good things for kids!

“A smile is an inexpensive way to change your looks.” - Charles Gordy

“Everyone smiles in the same language.” - Unknown

“A smile is a curve that sets everything straight.” - Phyllis Diller

“The world always looks brighter from behind a smile.” - Unknown



Calling All Sokols 11-17 years old!

\$325 early bird special for American Sokol Youth Members

\$375 per camper After May 15th



American Sokol Instructors School

July 12 - July 26, 2015

**Hosted by: Sokol Spirit
Brookfield, Illinois**

**Levels: Beginner, Intermediate
Advanced, Advanced II**

Minimum
Age - 13

School Fee:

Beginner: \$325 for American Sokol Youth Members Early Bird Discount - Postmarked by May 15
\$375 for Adults or other Sokol Organizations - Early Bird Discount - Postmarked by May 15
\$425.00 Postmarked May 16 - June 20
\$450.00 Late fee - Postmarked after June 21

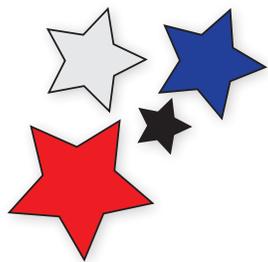
Intermediate: \$345.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 15
\$395.00 for Adults or other Sokol Organizations - Early Bird Discount - Postmarked by May 15
\$445.00 Postmarked May 16 - June 20
\$470.00 Late fee - Postmarked after June 21

Advanced: \$360.00 for American Sokol Youth Members Early Bird Discount - Postmarked by May 15
Advanced II \$410.00 for Adults or Other Sokol Organizations - Early Bird Discount - Postmarked by May 15
\$460.00 Postmarked May 16 - June 20
\$485.00 Late fee - Postmarked after June 21

For additional or immediate information contact:

Jane Wise 216-642-1429 or hjwise@sbcglobal.net

Applications available from Unit and District Directors



RISING STAR:

JASON BROZOVICH

*Submitted by Mary Cahill,
Women's Director Sokol Minnesota*

Jason Brozovich did not start his gymnastics career at Sokol, however, he is using his extensive training and love of the sport to restart Sokol Minnesota's long dormant Boys' Gymnastics classes - and his commitment to Sokol doesn't end in the gym.

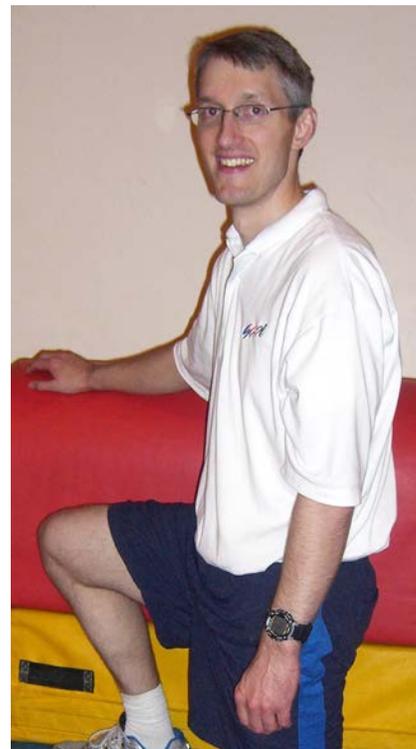
Jason was a very active child. His parents wanted him to "learn how to fall" and enrolled him in gymnastics classes at 4 years of age. Jason loved the sport, worked hard and was very successful. He participated in his first national meet at age 13. His best national meet was placing 16th all around with a 6th place on parallel bars at age 15. While in high school, Jason earned three invitations to train at the U.S. Olympic Training Center in Colorado Springs, CO. He was hoping to compete Division 1 and the University of MN, however, he had trouble recovering from a second shoulder surgery during his senior year of high school and had to pass on this opportunity. When asked what he

loved most about gymnastics it was traveling with teammates around the country for meets (think Sokol Slets!); the relationships that developed over the years (think Sokol unit gym classes, Sokol National Instructor School, Sokol National Youth Camp, District and National Slets); the training that taught him about hard work and discipline; and the importance of treating people well.

Like many Sokols, Jason was introduced to our Unit through a Sokol member, due initially to his interest in our adult folk dancers group. Our adult folk dancers are a very welcoming community. Soon he was building relationships with those participants and volunteering to help at Sokol events. When we learned of his gymnastics background we approached him about helping to restart our boys' class. He willingly jumped in, and for the 3rd year he is volunteering his time and developing a beginning boys' class on Monday evenings. He has a small core group of boys that he is growing the program with. These boys look up to him and are flourishing in the environment that Jason has created, an environment that embodies the Sokol ideals of sound mind, sound body, to be yourself, try your best, learn a little about life and have fun.

In addition to his volunteer time in the gym, Jason has co-chaired several pancake breakfasts, the Czech and Slovak café at the regional Festival of Nations event, tapes and labels our monthly newsletter the Slovo, is always willing to pitch in to set up and take down tables, chairs, etc for events, work events, etc. He is currently a member of our Unit Board of Directors. He is hoping to become more active in Western District leadership, although his employment as a registered nurse creates some issues with weekend and evening availability for travel and calls.

Jason is truly a Rising Star. He represents the future of Sokol. Sokol MN is proud of and appreciative of all that he contributes to Sokol. If you missed meeting him in Milwaukee, be sure to introduce yourself in Cedar Rapids at the 2017 National Slet.





9126 Ogden Av Brookfield, IL 60513

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www.american-sokol.org

Dear Members,

American Sokol 150th Anniversary campaign has been launched! Help us unite by marketing our Sesquicentennial celebration year. We are offering a few items for your unit to purchase - Polo Shirts, T-Shirts, Patches and Pins with the Official 150th Anniversary Logo. All information was emailed to your unit last August.

Polo Shirts and T-Shirts.

This is a limited time promotion for your Unit to join together with all Units.

- Payment must be included with order.
- Your Unit name can be applied below the official logo at no additional cost.
- Shipping charges will be billed separately at time of shipping based on actual charges.
- There will be no stock kept in the office. Consider keeping stock in your Unit.
- No refunds or exchanges so please double check your orders before sending them to the office.

Embroidered Patches & Pins

- Patches will come in Round and Rectangle Shapes
- Souvenir Pin – one type
- Invoice will accompany shipment

Official 150th Logo

We emailed the Official 150th Anniversary Logo to all Units in several formats to use in your own campaigns.

Contact public relations director Lyndafilipello@aol.com for additional information

Save the Dates - November 13-15

American Sokol Anniversary Celebrations



150th Celebration Shirts

Circle your choices below. Payment form on backside.

Stock #	Description	Colors	Sizes	Cost	Quantity:
3800	Polo Shirt Men	Red or Navy	XS S M L XL	\$18	_____
3800	Polo Shirt Men	Red or Navy	2XL 3XL	\$20	_____
3800L	Polo Shirt Ladies	Red or Navy	S M L XL	\$18	_____
3800L	Polo Shirt Ladies	Red or Navy	XXL	\$20	_____
PGM-28	Polo Men Microfbr	Red or Navy	S M L XL	\$25	_____
PGM-28	Polo Men Microfbr	Red or Navy	XXL 3X 4X 5X 6X	\$27	_____
PTL-33	Polo Ladies Microfbr	Red or Navy	S M L XL	\$25	_____
PTL-33	Polo Ladies Microfbr	Red or Navy	XXL 3X 4X 5X	\$27	_____
8000	50/50 Tee Shirt	Red or Navy	S M L XL	\$10	_____
8000	50/50 Tee Shirt	Red or Navy	XXL 3X 4X 5XL	\$12	_____
8000B	50/50 Child T-shirt	Red or Navy	XS S M L	\$10	_____
LP2015	Lapel Pin			\$6	_____
PR2015	Patch Rectangle			\$6	_____
PC2015	Patch Circle			\$6	_____

See more Pins & Patches on the flipside!

Complete payment form on backside. Use for both Pins & Patches and Shirts. Must include payment with order.

From the American Sokol Office

**ORDER BY
APRIL 1st**

Each year our units present membership pins at their annual meetings. The office is requesting that you place your order early to prevent back orders. See pictures of pins and patches available below. Please place your order with payment to **American Sokol** as soon as possible.

Send your order with payment to:

American Sokol, 9126 Ogden Ave., Brookfield, IL 60513

Pins

 Year(s): _____
Qty: _____

American Sokol Membership
50 year gold-plated pin – \$33.00
25 year silver-plated pin – \$25.00
Basic membership pins – \$15.00
Available years: 5, 10, 15, 20, 25, 30, 35, 45, 50, and 60. *Beyond 60, (in 5yr increments) can be ordered as well.*


Pewter Sokol Lion
\$ 10.00

Qty: _____


American Sokol
150 Year Commemorative
soft enamel – \$6.00

Qty: _____

**SPECIAL
anniversary
year pricing**

Patches


Red Sokol Round
\$3.00 Qty: _____


Sokol Lion Crest
\$5.00 Qty: _____


150th Round
\$6.00 Qty: _____


150th Rectangle
\$6.00 Qty: _____

**Number of Items
Ordered: _____
TOTAL: \$ _____**

Name: _____

Address: _____

City/State/Zip: _____

Email: _____ Phone: _____

Payment Method: Check Visa MC AMEX Discover

Credit Card Number: _____ Exp. Date: _____

3 digits on back (AMEX 4 digits on front): _____

Signature: _____



Mark your Calendar

Events around the American Sokol

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

March

- March 7** **Sokol Greater Cleveland Winter Exhibition** — Cuyahoha Heights High School, Cleveland, OH
- March 8** **Flavors of Slovakia** — Sokol Minnesota, St. Paul, MN
- March 8** **Sokol Chicagoland Exhibition** — Elite Sports Complex, Downers Grove, IL
- March 14** **Sokol Tabor Exhibition** — Sokol Tabor, Berwyn, IL
- March 20** **Sokol Naperville Tyrs Exhibition** — Naperville Central High School, Naperville, IL
- March 21** **Sokol Stickney Exhibition** — George Washington Middle School, Lyons, IL
- March 22** **Fashion Show of Czech & Slovak Costumes** — Norway House, Sokol Milwaukee, Milwaukee, WI
- March 28** **Sokol Spirit Exhibition** — George Washington Middle School, Lyons, IL
- March 29** **Pancake Breakfast with Craft & Bake Sales** — Sokol Minnesota, St. Paul, MN

April

- April 12** **GIJO Co-Ed Meet** — Naperville Central High School, Naperville, IL
- April 14** **Sokol Lodge 306 Exhibition** — Sokol Community Center, Chicago, IL
- April 18** **Central District Special Number Competition** — Lyons Township North High School, Lyons, IL
- April 18** **Sibrinky Supper & Dance** — Sokol Minnesota, St. Paul, MN
- April 24-May 4** **Bohemian Beer Tour**—National Czech & Slovak Museum & Library, various locations Czech Republic
- April 26** **Obcan Havel (Citizen Havel)** — Norway House, Sokol Milwaukee, Milwaukee, WI

May

- May 1** **Sokol St. Louis Exhibition** — Sokol St. Louis, St. Louis, MO
- May 9** **Central District Male Artistic Competition** — Naperville Central High School, Naperville, IL
- May 16** **Central District Female Artistic Competition** — Naperville Central High School, Naperville, IL
- May 17** **Central District Sokol Day & Exhibition** — Cook County Forest Preserve Grove #1, Riverside IL

June

- June 15-19** **Children's Cultural Day Camp** — Sokol Minnesota, St. Paul, MN
- June 20** **Trivia Fun** — Sokol Detroit, Sokol Camp Barroom — South Lyon, MI
- June 21-28** **National Sokol Camp** — Sokol St. Louis, St. Louis, MO



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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Brookfield, IL 60513
www.american-sokol.org
aso@american-sokol.org
708.255.5397

March-April 2015 | Issue 3

PERIODICAL

Advertise with American Sokol Online or in Print!

Reach over 4,500 community-active individuals interested in:

- Fitness including artistic and rhythmic gymnastics, team calisthenics and marching, aerobics, basketball, volleyball;
- Cultural programs including folk, ballroom and acrobatic dancing, cooking class, foreign film night;
- Many other activities including language classes, camps, picnics, advanced learning and more!

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