



Report of the National Physical Director June, 2015– August, 2016

First off, I'd like to thank the board members who were active board members and participated in the monthly meetings: Allison Gerber, first assistant, females and Program Coordinator, Kathy Barcal, second assistant, females and Central District Women's Director. Bob Kucera first assistant, males and Central District Men's Director, and Chuck Kalat second assistant, males (and so many other hats) and Barb Vondra (Ice Breaker guru). Mary Cushing continued as the School Board Director and Jan Kalat works wonders with our Action Lists. Other board members included Ethna Flaherty (National Educational Director), Tom Pajer, (special numbers) Jane Wise (Attendance/Statistician, Fitness Challenge), Howie Wise (Fitness Challenge and Northeastern District Men's Director). I continue to rely on Bev Domzalski for meeting minutes as BOI Secretary and Juanita LoGiudice, as Office Secretary. Other Board Members include Deb Allison (Tournament Rules Chair), Todd Yatchyshyn, Sokol USA Director and active participant, Dan Bajek who brings the younger adult perspective to our meetings, Mary Cahill, Western District Men's Co-Director and Donna Sbrigilia (Eastern District Women's Director) and Cyndi Duff (Southern District Women's Director) who attend and participate in our meetings. District Directors are automatically included as part of the National BOI and are encouraged to attend these monthly meetings. Rome Milan (Southern District Men's Director) participates mostly through email communication. Sadly most other District Directors are not heard from.

During this year I attended/participated in the following events:

- National Board of Instructors meetings
- National Executive Board meetings
- World Sokol Federation Fall Meeting in Chicago
- National Educational Directors meetings and Merit Award selections
- School Board Meetings
- Risk Management Committee Meetings
- Grant Committee Meetings
- 2017 Slet and Sports Festival Meetings

We continue to use the "Action Item List" to track items that need to be handled providing due date, responsible parties, status. Items with current due dates are discussed at BOI meeting to determine latest status; percentages are tracked on numbers closed on time, within 1 month, 3 months, etc.. Jan Kalat also tracks our School Board items under their action list as well as our Slet Action List. Barb Vondra starts off each meeting with an Ice Breaker to get our thought process flowing. Our National Educational Director, Ethna Flaherty continues to provide an educational piece to our meetings.

COMPLETED PROJECTS:

- WSF Show 2016 – The Central District continues to submit numbers from their Special Number Competition as entries to the WSF event. The following certificates were presented to us:
 - Sokol Tabor, composed by Sis Christina, *In Living Color* for “**Originality and Athletic Performance of Composition**”
 - Sokol Tabor, composed by Sis Judi Soulides, for Seniors, *What Comes Around Goes Around* for “**Creative Theme with Artistic Movements & Performance of Composition**”
 - Sokol Spirit, composed by Sis Ellie Babka/Nancy Pajeau, *Razz N Jazz*, for “**Creative Theme & Performance of Composition for Seniors**”

A group of leaders from the Sokol USA, DA Sokol and American Sokol worked together to prepare new guidelines for the WSF Video Show. This group was led by Bro. Steve Banjek, Sokol USA. These new guidelines will be presented to WSF for consideration. Although the guidelines make it more equitable it probably will be too restrictive for American Sokol to use. The deadline and submission process may restrict us (at least the Central District) from submitting videos. This will be discussed in our upcoming season to see how we can continue to participate.

- 2016 Sr. Fitness Day, May 25 – Theme “Improve Your Health for a Better Self? . Once again Sokol Karel Havlicek Borovsky-Ennis (KHB) participated in this event along with Sokol Spirit. Sokol KHB session is led by Chuck and Jan Kalat. They have three groups (30 people total) each doing separate activities which then switch to so each group participates in all three. These groups included chair exercises using video on big screen TV, another does some beam and balance routines while a third uses playground balls to pass around in a circle in different ways. They then see how many passes they can keep up a beach ball in the air; they set a new record of 113 passes. They end the day with lunch consisting of bbque pork sandwiches, salads and desserts. They take home Health and Nutrition information. Sokol Spirit also had 33+ attendees and 12 presenters from We had Aging Care Connections, Cantata, Community Nursing Health Center, CVS, Oak Street, Scottish Home, Walgreen, YMCA and American Sokol participating in the Sr. Fitness Day. Sessions are led by Sokol Instructors covering various aspects of fitness. Items with the National Senior Health & Fitness logo were handed out including tote bags, pens, post-it note pad and handout bags. Snacks included bottles of water, fruit, granola bars and fruit gummies. We made sun tea. Some people brought fruit and snacks to fill out our table.

- 150 Anniversary Events – The BOI did a bang up job on the “social” activities such as the Special Number Program followed by a social, Volleyball tournament, Bowling for Fun and the 150th Anniversary Party. A good time was had by all and we made some money! Full report has been submitted.

- Program Coordinators – They are now expected to produce their own Annual Reports so look for full reports from National Instructor School, Fitness Challenge, Skills, etc. on the website. However items of interests from these areas will be reported here.

- 2016 Fitness Challenge – Thirteen units participated in the regular fitness challenge and 5 units participated in the senior fitness challenge for a total of 751 participants. The exercises were the ones that Sokol USA used for their 2016 Sokolfest. See full report from our Fitness Challenge Program Co-Chairs, Jane and Howie Wise.

- 2016 National Instructors School – School was hosted by Sokol KHB Ennis with a total of 42 students. Five of six districts were represented as well as all DA Sokol. Adoption program raised \$650. Special addition to the course for was learning and videoing of the Folk Dance number which

will be performed at our 2017 Slet program. See full report from our National Instructor School Program Chair and National School Board Director, Mary Cushing.

- 2016 Sokol USA Sokolfest – As usual American Sokol is a big supporter of Sokol USA's Slets. We began with a performance of a calisthenic number written by our 2015 Instructors School Advanced II students at their Opening Ceremonies. For the Fitness Challenge we had four first place male winners and eight female winner across all age groups. We had 28 female artistic gymnasts among our Girls Jr Girls and Women as well as ten male artistic gymnasts across Boys, Jr. Boys and Men. We cleaned up in Basketball taking first and second, first and second in both Female and Male Volleyball, first place in Fun Bowling and first in Tug of War. We did good! Thanks to all our participants and spectators who helped make this not only a successful but a fun time. See you all in Cedar Rapids.

IN PROGRESS/ONGOING PROJECTS:

- Ongoing Rising Star Articles for Publication – We continue to present Rising Star articles for our National Publication. We submitted six Rising Star articles. In addition, I submitted three articles throughout the year to the Publication.

- 2017 Slet and Festival – Calisthenic authors and testing group have been hard at work getting their cal in shape for the Slet Manual. We are having difficulty getting Units/Districts to test properly and for some cal we had people just watch the video and compare the move to the written text and made comments suggestions back to the authors. I would like to thank Central District who tested the Childrens' cal, Allison Gerber for reviewing the Juniors cal, Jan and Chuck Kalat for reviewing the Adult Cal, Sokol Detroit for testing the Sr. II Cal, Southern District for testing the All Sokols number and to Mary Cushing and the 2016 Instructors School staff and student for testing the Folk Dance number. Of course we would not have been able to do the testing or reviewing if not for the authors who put many hours in developing, choreographing and writing the text for their cal. Big thanks you go out to these authors: Michelle Jirousek and Heidi VencI for the Childrens' cal, Christina Wurst for the Juniors, Howie Maskill and Alex Zahrobsky for the Adults, Jan and Chuck Kalat for the Sr. II, Tom Pajer for the All Sokols number and Angela Chybik for the Folk Dance number. To date we have the sites selected, deposits made, activity schedule firmed and are busy working through our Slet Action Items and building the budget.

- Meeting Ice Breakers – Ice Breakers and Team Building Exercises is part of one of goals set in 2014. We continue to start off our National Board of Instructor meetings with an ice breaker lead by Barb Vondra as a warm up to challenge our out of the box thinking. We also use Team Building to begin our Development Conferences. Our goal is to have this filter down to the District and Unit levels; we have had limited success.

- Xcel Routines – Sokol USA and American Sokol decided to use USA Gymnastic Xcel program for artistic routines. This program was started more for recreational gymnastics but does have higher levels. Instead of written routines it provides a variety of skills that female gymnasts can incorporate based on their ability. Sokol USA's Sokolfest used our written routines for Girls Levels 1-3 and Xcel Bronze, Silver, Gold, Diamond and Platinum and we will do the same for our 2017 Slet with the addition of a Garnet level for our women over 35.

- Junior Board – We are continuing with the development of our Junior Board where we can bring on older teens, young adults to not only have input into new programs but let them take the ball and run with their ideas. This is to build leadership for tomorrow, allowing their voices to be heard. A session at our upcoming Development Conference at the end of October, 2016 will be held to get this off the ground.

- BOI SOPs – Following the Executive Board (EB) lead, the National BOI and School Board has identified a variety of SOPs that need to be written. Both the National BOI and School Board have continued to work on various SOPs. The following SOPs have been approved and sent to the Executive Board for approval: Acquiring Board of Instructor Members, BOI Development Conference, National Gymnastic Skills Assessment, National Physical Director Duties, National Program Coordinators, and National Program Manager. The School Board has been working on their 32+ SOPs putting final touches on some at their last School Board meeting.

- Uniforms- We continue to deal with Quality Resource Group. For this gym season we had some serious issues with uniform pieces no longer being available so new i]pieces had to be selected, prices increases and Tots toddler red shorts no longer available. We also did not get our rebate checks on a regular basis. See full report from our Uniform Program Chair, Maryann Fiordelis.

GENERAL:

- The BOI continues to utilize internet/web technology for communication and Yahoo groups for posting files. Some members cannot utilize so need to re-evaluate or adjust.
- The National BOI meeting minutes and Action List will hopefully be posted on a monthly basis.
- Email continues as the BOI medium of communication with board members.
- American Sokol Website – While we had some major issues with the new website we worked through them especially with Sis. Angela Hartford posting items. Need to work closer with her and board members to see what we could/should post (minutes, annual reports, etc.)
- New meeting time – Since our meetings tend to be 90-120 minutes, it was motioned and passed that we begin meetings at 7:00 central rather than 7:30 pm, keeping them on the second Wednesday of the month (typically do not have a meeting in the month of July).
- As you can tell by this report, our National Board of Instructors is an ambitious group taking on many projects; perhaps too many. We will be re-evaluating the goals listed above as well as other areas we need to concentrate on such as finishing our SOPs and focusing on our upcoming 2017 Slet. My goal is to reduce the number of goals and to focus on our highest priorities.

Respectfully submitted,
Maryann Fiordelis
National Physical Director