

**NORTHEASTERN DISTRICT
2015 - 2016 GYM YEAR
ANNUAL REPORT**

1.Classes

Greater Cleveland:

- As in past years, registration packets were mailed out to past class families as well as any new contacts we received throughout the summer. We then conducted in person class registrations in mid September with the Class numbers as follows:
- Tots - 32; Girls 60; Boys 25; JG 25; JB – 10; Women – 44 enrolled
- Men – 2; Day – 18; Girls Gymnastic Team – 35; Boys Gymnastic Team - 5
- The season always kicks off with a thorough cleaning of the gym and checking of the equipment.
- Classes started the first week of October
- We also try to make sure that our juniors are helping in the classes, especially our course attendees. They are the future of Sokol.

Ceska Sin:

- First session classes started the first week of October. Second session started mid February. Average class enrollment: Tots – 12, Girls – 28, Jr Girls – 4, Women – 7, Men – 8.
- Pickleball class on Tuesday nights for first session only. Average per night – 5
- Volleyball on Friday nights. Average per night – 15 For second session we combined our junior girls w/ our higher level little girls class and help both on Wednesday nights.

Detroit:

- Detroit conducts three semesters throughout the year: September - January, February – May, June – August
- Registration for classes started Sep. 14th
- Classes were held on Monday, Tuesday, Wednesday, Thursday & Saturday
- Adult classes on Monday nights and started October 5th
- Average yearly class enrollment: Tots – 22, Girls – 58, Jr Girls – 8, Women – 10, Boys – 27, Jr boys – 0, Men – . These class numbers are for the recreation program numbers.
- Summer classes at Sokol Camp were offered again on Saturday mornings averaging 6 children in attendance each week (different demographic then the hall) Flex schedule for summer semester classes consisted of 6 weeks (families could choose any 6 of 10 weeks available which allows for family vacations etc...)
- Flyers for the year activities are completed in August and placed in a holder outside the main entrance door and on the website along with all needed paper work (gym rules, registration form, etc...)
- In late fall, a number of our adult members travel south to Florida where they continue to hold adult classes with a couple of Greater Cleveland members who travel South also.
- The adult class tested and taped the adult calisthenics for the 2017 ASO slet

2. Competitions:

Greater Cleveland:

- 52 of our boys, girls, and juniors, traveled to the Detroit area to participate in the NE District Competition, hosted by Sokol Detroit at Bounce Gymnastics on May 21st.
- An In house practice competition was held for our classes on Saturday, May 1. 69 competed. This was to help prepare them for the District competition.
- Many of our girls competed in the Sokol Greater Cleveland Super Sunday Invitational.
- We also have girls and a boys competitive team that participate in the NE Ohio Gymnastic Leagues.
- Cleveland continues to host various gymnastic competitions for the NE Ohio Leagues and of course our own Super Sunday Girls Invitational
- All of our classes except for Tots, participated in the American Sokol Organization, National Fitness Challenge Competition.

Ceska Sin:

- Had 21 gym members participate in the NED competition in Detroit.
- Had about 31 participants in the Fitness Challenge.
- We had 4 women compete at the National Slet in Pittsburgh and had 1 team. We had a men's and women's volleyball team in Pittsburgh.

Detroit:

Competition:

- District competition was hosted by Sokol Detroit on May 21st at Bounce Gymnastic Center in Hartland, MI
- Detroit Sokol had 5 participants competing in the District competition.
- After a successful competition, handstand contest for different age groups ended the event
- The Detroit girls competitive team had competitions at 3 different locations locally through AAU
- In January, Detroit Sokol held an inter squad meet for the team girls and used judges from Eastern Michigan University Women's gymnastics team (ie- Catie Conrad & Rachel Slocum)

3. Exhibitions:

Greater Cleveland:

- SGC had two exhibitions; One on February 13 at a local High School, and another on June 5th at Oddfellows Fresh Air Camp.
- The Silks class conducted another wonderful Showcase in the gym with special lighting, sound, and of course all the aerial silks members on April 30. 28 performers
- We had 83 participants in the Sokol USA Slet plus additional family members and friends. ...numbers were: 2 marching team judges, 4 in opening ceremonies, 2 Basketball teams, 3 volleyball teams, 32 gymnastic competitors, 24 Fitness Challenge, & 12 Fun walk/run participants.

Ceska Sin:

- Our Winter Exhibition was held the last Saturday of January in our hall. We had 61 participants and 172 spectators. This was one of our largest in many years.
- We were invited to DTJ for our Summer Exhibition in early June. We had 30 participants.

Detroit:

- Detroit Sokol held a year end recital that took place June 3rd with a great showing from all families involved in the program

4. Courses/Clinics –

Greater Cleveland:

- 10 Students attended the ASO National Instructors school held at Sokol KHB, in Ennis, TX.
- We also had two members attend as Instructors.
- Our class instructors continue to hold mini clinics at the beginning of the season for all the class helpers.
- A calisthenic clinic was held in Cleveland – December 12-13 run by Sokol USA.
- USA Gymnastics offered a grant opportunity for coaches to take an on-line course. We had 3 instructors complete their selected on line course.....one on preschool fundamentals and 2 on development of coaches and coaching techniques

Ceska Sin:

- We had 3 juniors, 5 little girls and 3 instructors attend a skills clinic at Central District in January.

Detroit

- A Coaching and spotting clinic was provided for all staff in September from a local gym owner. Different spotting techniques, enthusiastic coaching and how to safely run classes was all part of the clinic
- 3 additional clinics were offered for new staff that joined the program in January
- Staff evaluations were held at the end of May providing good communication, positive feedback and goals for the upcoming year

5. Sports/Athletics Programs

Greater Cleveland:

- Volleyball continues on Tuesday evenings after the girls class has concluded.

Ceska Sin:

- Becky and Dan Wilkerson continued a 'Meet Up' open gym during the first session to try to drum up more interest.

Detroit

- Adult Classes meet weekly teaching aerobics, yoga or dance followed by calisthenics. Evening completed with social time in the club room
- Holiday camps continue to be very successful. They consisted of full or half days with most kids commit for the entire week. This past year we held 5 week long camps over Thanksgiving, Christmas, New Years, spring break & August (end of summer)
- Detroit competed the fitness challenge
- New exercise program called cardio drumming started in February and consisted of a 1hour class meeting once a week

6. Guest Appearances

Greater Cleveland:

- Greater Cleveland rented a bus and traveled to Chicago to participate in the celebration of the 150th anniversary of the founding of Sokol in the United States.
- Some of the members from our children and juniors classes were showcased in the Bartered Bride Opera last October at Bohemian National Hall
- Our Silks class members are frequently invited to give demonstrations and exhibitions of aerial silks and other circus arts.

Ceska Sin:

- Ceska Sin also had a volleyball team and others attend the 150th Anniversary celebration in Chicago in November.

Detroit:

- 35 Detroit members attended the ASO 150th anniversary celebration in Chicago. Detroit Sokol Men's & Women's volleyball teams and special number calisthenics competed and performed at this event. Members attended the either the banquet or celebration dinner on the closing night

7. Social

Greater Cleveland:

- Our annual Swim Party was held on March 20th, at a local recreation center. 123 swimmers
- Sunday, September 4 was Sokol Day at Cedar Point arranged by Michelle Jirousek. The group discount was for admission to the park, and also included a buffet dinner.

Ceska Sin:

- We held our normal celebration in our hall after our winter exhibition w/ music, food, drink and raffles.
- We held our annual men and women's Christmas party in December with volleyball, food and gag gifts.

Detroit:

- Every Thursday night dinner was provided in the club room for families to purchase after classes

- Holiday party in December took place for the girls team. They did a gift exchange along with a pot luck dinner. We also provided a holiday luncheon for the coaches to thank them for all their hard work
- Adult class had their annual Christmas party with a pot luck as well
- March 12th was the St. Patrick's day fundraiser. The kitchen provided corn beef sandwiches, hot dogs & grilled cheese. Activities that took place were open gym, silent auction & ended with a movie

8.Other

Greater Cleveland:

- We continue to purchase equipment each, which this year included, a Vault Table Trainer, adjustable horizontal bar, and more spotting blocks and safety mats to replace older ones. We also repaired our adjustable rings since the ropes were badly fraying. They had to be taken down immediately. New ropes, cables and hardware were purchased and installed and the rings are in use again. New volleyball net was also purchased.
- Greater Cleveland continues to be a Club member of the USA Gymnastics organization

Ceska Sin:

- We had a gym clean up in September.
- We ordered new bar rails, 2 new low beams, a boulder, vault landing mats
- We held a reverse raffle in April.

Detroit:

- Participated in the annual BOI meeting September 10th in Freemont Ohio. Four Detroit members attended
- Regular BOI meetings for the unit held throughout the year
- BOI members receive District Director Newsletter via email monthly
- Continue to have to take down gym equipment and average of 8 times yearly because of rentals. This gives us a good time to inspect and clean the equipment on a regular basis
- BOI renewed membership for the Chamber of Commerce
- Created a link on Sokol Detroit's website to be able to change upcoming flyers along with all pertinent paper work for registration
- Created individual BOI members as coordinators for major events throughout the year. This was very helpful as each individual had a responsibility
- Purchased sports equipment for boys classes to make it well rounded and fun
- Purchased cardio drumming equipment for the adult classes

Howie Wise – Men's District Physical Director
Lynn Conrad - Women's District Physical Director