

AMERICAN SOKOL - BOI  
Minutes of August 13, 2014 Meeting

This meeting opened at 7:35 p.m. by Sis. M. Fiordelis at the American Sokol Office in Brookfield, Illinois and via teleconference. The Pledge of Allegiance was led by Bro. Tom Pajer. The following BOI members were present: Maryann Fiordelis, Tom Pajer, Bev Domzalski, Allison Gerber, Mary Cushing, Howie Wise, Jane Wise, Chuck Kalat, Jan Kalat, Kathy Barcal, Juanita LoGiudice, Bob Kucera, Barb Vondra and Ethna Flaherty.

- Sis. EllenJeanne Schnabl recently had a stroke. Sis. J. LoGiudice noted she was home from the hospital. The stroke only affected her speech. Sis. J. LoGiudice will send a get well card to Sis. Schnabl on behalf of the ASO BOI.

- This meeting opened with an ice breaker activity from Sis. B. Vondra. The following question was asked, "What can someone say or do to encourage you?"

- Due to technical problems with the e-mail groups in the office, not everyone received an Agenda except for the ASO office personnel. Sis. M. Fiordelis did re-send the Agenda to personal individual e-mail addresses rather than the group e-mail. When Sis. LoGiudice sent out the Correspondence Report from the office, everyone did receive the report.

MINUTES:

- Minutes of the June 11, 2014, meeting was reviewed.

MOTION made by Sis. K. Barcal to accept the June 11, 2014, ASO-BOI meeting minutes, seconded by Bro. B. Kucera and passed.

BILLS:

- None.

CORRESPONDENCE:

- See attached Correspondence Report dated August 13, 2014.

- Rising Star article was submitted this month by Bro. C. Kalat. Sis. Theresa Vernon should submit next article by September 1, 2014.

OTHER OLD AND NEW BUSINESS

Potential New BOI Members

- Sis. Fiordelis will be inviting new BOI members to join the ASO BOI beginning with the September meeting. Letters will go out to the current members, also. Due to a lack of participation, Sis. Fiordelis will not be asking back to the BOI the following: Kevin Fitzpatrick, Nadia Leary and Paul Lebloch. Joe Kucera resigned due to personal obligations.

- Bro. C. Kalat will temporarily fill-in as second male assistant. Sis. Fiordelis will continue to look for a replacement.

- Sis. Fiordelis will be asking Christina Wurst, Barb Kucera, Michelle Jirosek, Danny Bajek and Hallie Soulides to join the ASO BOI. Other suggestions were Howie Maskill, Maureen Stanko and Sally Bukovsky.

USA Gymnastic Grants - National Gymnastics Day

- The deadline to submit for this grant was August 11, 2014; unfortunately, e-mails from Sis. Fiordelis did not get through to the ASO BOI members due to the technical computer problems in the ASO office.

#### 2017 Event Survey

- Everyone should have had an opportunity to read the poll which was published in the Directors' Newsletter. There were 42 responses; some were from a unit or family, not just an individual. This information will be shared with the Slet Committee.

#### 2017 Cals

- Bro. Kalat is looking at Halik cals to create a new cal by combining bits and pieces from each.

- Michelle Jirousek created a strictly girls cal, but was asked to create a boys and girls cal.

- Christina Wurst submitted a proposed cal in 2005. It may now be outdated. She is putting together a cal for Sokol Tabor's 150<sup>th</sup> celebration which will be debuted in 2016. This may be a possibility for 2017.

- Howie Maskill may be interested in working on a cal.

- A cal committee will need to be put together. Bro. T. Pajer and Sis. M. Cushing volunteered to be on the committee. Bro. C. Kalat may consider also being on this committee at a later time.

- It was suggested that we consider checking with Sokol USA and possibly work with them in developing cals since their Slet will be held in 2016.

- Discussed the use of Sokol terminology when creating a cal. Many now view the cal video to learn the cal rather than read the written text. It was felt some effort should be taken to write the cal using Sokol terminology.

- Since Tots participation is low at Slet, there will not be a cal created for them. Will look at possibly having Tots Skills instead but not part of the Closing Ceremony.

#### 2017 Slet Information

- Sis. A. Gerber reported that the Western District will hold their annual meeting in Cedar Rapids on September 27, 2014. Arrangements were made with the Chamber of Commerce to go through the Memorial Coliseum to view its three levels, floor plans and pictures. The Double Tree Hotel will also be viewed for their layout as potential Headquarter Hotel.

- Sis. Gerber questioned who was responsible for viewing venues and other areas concerning the Slet. Sis. Fiordelis explained that the BOI is responsible for the physical aspects. The Slet Committee is made up of people from the Western District who are handling specific events, i.e. publicity, treasury, etc. The Slet Committee reports to the Executive Board. The BOI will pick the dates and ask for approval from the Executive Board. It was suggested that someone from the EB also attend the Western District meeting to view these venues. Sis. Gerber could represent the BOI at these site visits. Sis. Gerber noted that anyone can come to Cedar Rapids at any time and a tour can be set up to see these places. Sis. Fiordelis will discuss this with the Executive Board.

- Sis. Gerber asked what female routines will be used. It was suggested we go with the USAG Xcel program for lower levels and compulsory routines for higher levels. Sis. Fiordelis will be attending the Region 5 Congress and will participate in the Xcel sessions. Sis. Fiordelis will call a meeting to discuss the Xcel program, most likely after the Development Conference since there will be one session there with a USAG judge who can explain this program. It will not be necessary to have Novice and Master routines written unless everyone is completely against using the Xcel program. There was a summary of the program sent out earlier this year by Sis. J. Wise and all directors should have reviewed it. It was felt a short teleconference should be held prior to the Development Conference to introduce this program to the Directors. Scheduling a meeting will be placed on the action list.

#### National Instructor School Update

- Sis. Cushing submitted a 3-page report which was in the Directors' Newsletter and there was also an article submitted about the Adoption Program instituted this year.
- Sis. Cushing highlighted some new items included at the school. The certifications were new this year and they worked very well. Everyone passed the certifications.
- Bro. T. Yatchyshyn is certified to do a CPR and First Aid certification for intermediate and advanced students. This was a blended class where these students did online training prior to course and hands-on training was done at the course by Bro. Yatchyshyn. There was a written exam and all passed.
- The four (4) advanced students took the U100, Fundamentals of Gymnastics Instruction, class from USAG online. Sis. Cushing supervised this class with help from Sis. Jirousek and Sis. Wise. Everyone passed this class and received certifications. This class will be tried again at future courses. There were extra costs from USAG for this class and the money was requested ahead of time from the students. These fees may be built into course fees in the future (will discuss with School Board).
- Another new item at course was blocked scheduling in the first 3-4 days for students to do spotting and progressions. This was very successful. Sis Jirousek organized this event. It solved some problems that occurred at previous courses.
- The Adoption Program was new this year. Nine hundred (\$900) dollars was raised which will go back into the Future Sokol Leaders Fund. The School gets its finances from this fund and this was a way to put money back into the fund to help subsidize the school. It was a fun program.
- Bro. Kalat will speak to Bro. Yatchyshyn about the First Aid and CPR certification to be used at the Development Conference. We may have to use a local person to conduct this session.

#### Educational Growth

- Sis. E. Flaherty educated this group about St. Vaclav Day on September 28, 2014. In the Czech Republic, the weekend surrounding this day is a time for serious mushroom hunting. Everyone heads out to the forest to hunt mushrooms.

#### Development Conference

- Bro. Kalat reported that the Conference is scheduled for October 25 and 26, 2014. Sokol Spirit is booked for all day Saturday and Sunday morning. Three meals will be provided: Saturday lunch and dinner and Sunday lunch. Meals are included in fees and the fees will be the same as last Conference. There are 17 confirmed sessions and 13 identified sessions with no presenters confirmed. Would like to bring in a boys coach to possibly teach skills or routines up to Level 5. There may be a spotting and progressions session with Ken Fron. Will possibly have a Parkour or Cross Fit speaker to explain these programs. There will also be a hands-on wheels session. There is still room for 5 more sessions to add in. Other ideas for sessions were education, public relations, rhythmic (if there is an interest), mentoring, instructor standards, ice breakers and team building. There will be a chiropractic nurse discussing sports injuries.
- A budget will be prepared to present to the Executive Board.
- Concerning the BOI 4-year plan and infrastructure discussions, it was decided to hold two development conferences a season; however, it was noted that in spring, the season is usually winding down and gymnastics presenters may be hard to get because they are involved in end of season competitions and not available at that time. The fall would be a better time for training sessions. Therefore, it was decided to only hold one a year. Next year, the conference would be held in the Southern District.
- The contract for Clubhouse Inn has been signed. Fifteen (15) rooms have been blocked. The rate is the same as last time, \$71.00 per night (with tax \$78.81). Sis. LoGiudice will block 10 more rooms so that 25 rooms are blocked. Invitations will go out soon with a list of potential sessions.

### International Camp, Czech Republic

- Sis. Jean Hruby asked that we offer this opportunity in the Directors' Newsletter. It is a workshop for instructors for preschool children. It will be held November 7-9, 2014 in the Czech Republic. Hostels are available at \$15/night. Fees will be minimal. It was felt the BOI provides similar programs and we need to support American Sokol programs.

### Uniforms

- There will be no supplier or price changes this year. The next order deadline is October 1, 2014.

- There seems to be a problem with some units/districts not purchasing uniforms. Everyone should be getting the uniforms for their students.

- It was suggested that order dates need to change due to the way some sessions are scheduled at different units. Better dates would be October 1, December 1, February 1 and April 1. The change of dates will be published in the Directors Newsletter.

### Goals Updates

- Templates were sent out for updates on goals status. Bro. Kalat and Sis. Cushing. Sis. Domzalski is working on hers. No one else responded yet. Sis. Gerber needs to send in her goal.

- Sis. Cushing added some next steps to her goal. Sis. Cushing made some changes regarding parent helper. She will do a class session at Development Conference. Currently, working on an outline. Regarding the USAG Course at School has been completed. Not recommended for Development Conference, but would encourage most to take the course.

- Sis. Fiordelis will be sending out reminders for goals.

### Anything Else

- Sis. Fiordelis thanked Sis. Wise for sending out reminders for attendance reports.

- Will also be asking for annual reports from district directors and program coordinators.

- There will be a booth at the Congress advertising our 150<sup>th</sup> anniversary and the longevity of Sokol.

- The August 2014 Technique Magazine has an article by Pati Komara, there will be a live webinar on 9/3/2014 for preschool instructor training and there is a 2-page spotlight about "What is Sokol Gymnastics."

### BOI ACTION LIST

- Action list was reviewed; an updated copy is posted on the BOI members' web site.

### SCHOOL BOARD ACTION LIST

- No new items at this time.

- The next regular ASO-BOI meeting will be held on Wednesday, September 10, 2014, at 7:30 p.m.

There was no further business to discuss. Meeting adjourned at 9:35 p.m.

Respectfully submitted,  
Beverly R. Domzalski, Recording Secretary