

AMERICAN SOKOL - BOI
Minutes of October 9, 2013 Meeting

This meeting opened at 7:30 p.m. by Sis. M. Fiordelis at the American Sokol Office in Brookfield, Illinois and via teleconference. The Pledge of Allegiance was given. The following BOI members were present: Maryann Fiordelis, Juanita LoGiudice, Bev Domzalski, Allison Gerber, Jane Wise, Howie Wise, Chuck Kalat, Jan Kalat, Bob Kucera, Joe Kucera, EllenJeanne Schnabl, Donna Sbriglia, Barb Vondra, Mary Cushing, Kathy Barcal, Nadia Leary, Matt Carlozzi, Deb Allison and Tom Pajer.

MINUTES:

- Minutes of the September 11, 2013, meeting were reviewed.

MOTION made by Sis. E. Schnabl to accept the September 11, 2013, ASO-BOI meeting minutes, seconded by Sis. K. Barcal and passed.

BILLS:

- None.

CORRESPONDENCE:

- See attached Correspondence Report dated October 9, 2013.

- Ron Jaros is new Eastern District Men's Director.

OTHER OLD AND NEW BUSINESS

DD Meeting

- The attached Correspondence Report lists those who have not responded regarding their attendance at this meeting. The Report also lists the reports that remain outstanding.

- Any National BOI Member is welcome to attend and offer input.

2013 Sports Festival

- Discussion continued from last ASO BOI meeting.

- At the decathlon event, the people who were doing the stamping did not know what they were doing. About 50-75 people completed the decathlon event.
- At the assembly in the closing ceremonies, the adult uniforms were horrendous; some had ruffles on their shorts, there was a variety of different shoes and some old uniforms.
- Again, it was unfortunate that the participants had to pay to participate in the closing ceremonies.
- Rehearsal was too rushed and field leaders were not always available when needed.
- Calisthenics layout should have been posted on the field to help those who did not know where to go.
- Never heard about participation and results for the wheels program; however, they are now posted on the web site.

National Camp Potential Dates

- The preferred dates for camp are July 27, 2014 to August 3, 2014 or July 20, 2014 to July 27, 2014. Instructors School will be held June 29, 2014 to July 13, 2014.

Sokol Canada Mini Slet

- The dates are June 26, 2014 to June 29, 2014 (Thursday-Sunday) at Masaryktown. Thursday there would be a welcome party. Friday would be a sports day with volleyball, track and field,

swimming and cultural events. On Saturday there would be an artistic competition for youth and special number competition for small groups of 8-12, and in the evening there would be a dance (one for the adults and one for the youth). Sunday will be the mini Slet on a small field with 200 markers and will be held in Masaryktown (rehearsal in the morning and performance in the afternoon). There is a flier with a tentative schedule; nothing is final at this time. An upcoming Sokol Canada meeting about the mini Slet is scheduled for October 19, 2013.

- FYI, passports or enhanced driver's license are needed to go to Canada.

Four Year Plan

- Reviewed the Business Strategy prepared by Bro. T. Pajer.

- The focus of this organization is the units. The four-year plan is being built from a national standpoint.

- Discussion followed about whether these are the right goals for our business plan and how we should handle these goals, one a year or all at once. Over the four years, the first year would be the introduction, second year the implementation and third year a review of acceptance or usage.

- The first goal is to reach out to the community to see what the community is interested in and give them what they want by offering it to them.

- The second goal is growth through a nutritional program. Sis. B. Domzalski is working on a nutrition program.

- The third goal is to get more training for coaches and directors, mentoring people, preparing others for when someone leaves. This is the toughest goal to put a handle on.

- The fourth goal is the most important goal, the ability for us to say that all instructors throughout the country are at the same level of expertise and ability. For instance, all are safety certified and use the same spirit of Sokol methodology. The Instructors Manual is a great guide for this goal. All instructors should meet those requirements.

- Discussion followed about the input and suggestion listed in the agenda. Sis. M Fiordelis would like to see further investigation on how these programs would work for Sokol:

- Cross-fit franchise recommended by Bro. T. Yatchyshyn. This program would give variety to Sokol programs. It is a very intense workout; however, not sure what the minimum age is in a program like this
- Parkour is similar to an obstacle course which tests agility and fitness.
- Familyz in Motion is fitness circuits involving the whole family. It is a challenge to do together.

- These program need to be investigated to see if we can incorporate these ideas into our programs.

- Sis. Fiordelis that BOI individuals take on a program, provide an outline to understand what it entails, equipment needed and a lot of detail. Sis. Fiordelis will send out material on what she is looking for.

- Sis. Mary Cushing will take on Familyz in Motion.

- Bro. Todd Yatchyshyn will be asked to provide information on Cross-fit.

- Discussed a new program called Tabata which deals with quick circuits in a limited amount of time; type of burnout skills.

- It was suggested that American Sokol create its own program and not take on a program already out there.

- The business plan needs to show what we want to look like in four years. We need to begin now and work towards what the organization should be by the time the four years are complete.

- Bro. Bob Kucera will research the Parkour program.

- Sis. Bev Domzalski will work on Goal #2, nutrition program, to provide a brief outline, curriculum and timeline, and will talk to Todd Yatchyshyn, EllenJeanne Schnabl and Donna Sbriglia about this program.
- Sis. Kathy Barcal will work on Goal #1 and create a general survey to see what the community is interested in.
- Bro. Howie Wise declined to take on a task at this time.
- The business plan would help to secure budgeted money in order to put the four-year plan ideas into place.
- Sis. Fiordelis assigned each BOI member with the following: From your standpoint, what do we, as the National BOI, want American Sokol to look like in four years. There is a two week deadline for responses.
- Sis. Fiordelis also asked the BOI to look at the By-Laws for any possible changes to be made on the BOI portions. Bro. C. Kalat and Sis. A. Gerber volunteered to go over the BOI portions that are submitted and to find any others that may need updating. Bro. C. Kalat volunteered to oversee the preparation of the BOI budget.
- Sis. M. Fiordelis will send out notes and a sample business plan, along with the requirements for these programs.
- Goals #3 and #4 will be addressed at the next BOI meeting in November.
- The deadline to complete the tasks for these goals will be two weeks from this Friday, which would be October 25, 2013.

BOI ACTION LIST

- Action list was reviewed; an updated copy is posted on the BOI members' web site.
- The next regular ASO-BOI meeting will be held on Wednesday, November 13, 2013, at 7:30 p.m.

There was no further business to discuss. Meeting adjourned at 9:10 p.m.

Respectfully submitted,
Beverly R. Domzalski, Secretary