

AMERICAN SOKOL - BOI  
Minutes of November 13, 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 led by Sis. J. LoGiudice. The following BOI members were present: Maryann Fiordelis, Juanita LoGiudice, Bev Domzalski, Allison Gerber, Chuck Kalat, Jan Kalat, Bob Kucera, EllenJeanne Schnabl, Donna Sbriglia, Mary Cushing, Kathy Barcal, Nadia Leary, Deb Allison, Kandi Pajer, Theresa Vernon, Tom Pajer and Todd Yatchyshyn. Excused: Kevin Fitzpatrick, Howie Wise and Jane Wise.

- Congratulations to Juanita LoGiudice, grandma, on the birth of her grandson.
- A moment of silence was held in memory of Sokol members, Jackie Eisenstein and Jackie Kourim.

MINUTES:

- Minutes of the October 9, 2013, meeting were reviewed.

MOTION made by Bro. T. Pajer to accept the October 9, 2013, ASO-BOI meeting minutes, seconded by Sis. K. Barcal and passed.

BILLS:

- None.

CORRESPONDENCE:

- See attached Correspondence Report dated November 13, 2013.

OTHER OLD AND NEW BUSINESS

DD Meeting

- Drivers are in place.
- Early check-in should be okay; Sis. LoGiudice will confirm. A later check-out on Sunday has been granted by the hotel.
- Sis. LoGiudice has a list of food services to use and will e-mail that list to Sis. Fiordelis.
- Eastern District, School Board and Gymnast Reports are still missing; need to be submitted as soon as possible for posting.
- Sis. Fiordelis reviewed the tentative agenda for the meeting; anything else to be added to the agenda should be submitted to Sis. Fiordelis. The tentative agenda will be sent out to the BOI in a few days.

Four-Year Plan

- The latest version of the business plan and summary of goals was sent out and reviewed at this meeting. This information, along with other materials, should be enough for by-laws and the budget.
- The BOI will go ahead with the goals recommended by Bro. Pajer. There has been no disagreement that these goals are not the right goals to go with. At the Directors' Conference, we will be talking about what we need to capture under each of these goals. We will need to talk a little bit about the programs that are out there and how we are going to get information from communities. The survey will be sent out to everyone and should be reviewed before the conference.

- Reviewed the business plan and summary to see how to tie these two together. There were a lot of good suggestions. It was stated that we need to be careful that we are not taking on too much in the next four years.

- Reviewed the Summary by Goal document and discussed the following:

- Parkour – would like to further investigate this program to use as a Sokol program. One gym felt the gymnastic equipment is being ruined through usage with this program. Others will look into the exact use of equipment and whether it has to be utilized for this program.
- Familyz in Motion – Sokol Corpus Christie currently uses this program which brings families together into the gym.
- Cross-Fit – there were some concerns about going into the franchise business with this program. There is a web site on the internet for this program. Bro. T. Yatchyshyn gave a brief outline of what this program and its status is. Further discussion needed about this program for possible implementation.

- Reviewed the four Goals and comments presented:

Goal 1

- We need to go out and find what our communities are looking for. This may not be the same in every unit location. The survey will help determine this goal.

Goal 2

- Input has been given by Sis. B. Domzalski, Bro. T. Yatchyshyn and Sis. D. Sbriglia. The goal of this program is to integrate nutrition information into our physical programs.

Goal 3

- Did not discuss in detail, but did get some comments and input. Discussed being able to have something the units could use, such as a theme for all to follow; possibly have instructor school work on ideas from this goal; information should be added to the instructor's manual. It was concluded that units definitely do need direction and guidelines to follow for the things that work well for their unit.

Goal 4

- We need to make sure we have qualified instructors and follow safety standards. We may need to refresh the instructors' manuals. Every unit was given an instructor's manual, but not all know where they are and therefore do not refer to it. There should be some sort of standardized Sokol safety certification.

- It was noted that Sis Fiordelis can always provide information, but would like to see some feedback from all members on whether these ideas are good or not.

- Bro. Kalat voiced his opinion that we may be approaching the BOI strategy from the wrong standpoint. What we need to do is help units build an environment of leadership, especially where those people want to do new things for their organization. There is apathy within the unit. Some do not feel confident to make changes and do not feel that the national organization should do new things that units may not be able to do with what they have at their units. BOI should be helping and encouraging units to start new programs to help themselves. Units need help maintaining instructors, keeping them and motivating them.

- Sis. M. Cushing, in her position, should be providing information that BOI needs in order to help the units. According to the units she's met with, a majority of members want to implement new programs, but need help doing so.

- Sis. Fiordelis will send out the tentative agenda and the information that people have sent in on the goals mentioned above. Included on the agenda will be a discussion on the next sports

festival and what we should do about it. We need to look at what our recommendations are going to be.

- It was noted that nowhere in the bylaws is there information about implementing programs from the national organization or doing certain administrative tasks. There is very little strength in the bylaws. It is important to establish a better relationship with the public; we are horrible at promoting events.
- Any other ideas or input for the agenda, even if you are not attending the conference, should be sent to Sis. Fiordelis.

#### Young Adult Teleconference

- This teleconference is scheduled for November 14, 2013. The discussion will be on the following: if they are still active in Sokol classes; what keeps them coming; if they are not attending, what would bring them back. We need to get the young adults back and active. We should be preparing them to be able to take over in the future. Young adults expected on call should be ages 17 to 30+ years old.

#### Anything Else?

- Instructors school will be held at Sokol Greater Cleveland.
- There has been no further information from Sokol Canada regarding their Slet.
- The National Camp will be held at the Sokol Detroit camp on July 27-August 3, 2014.
- Concerning the youth membership spreadsheets, it was noted that the column in red is for the child's name.
- Fitness challenge event has not yet been decided.
- The women's novice routines are the same routines used in Milwaukee and the routines do match the appropriate skills cards.
- Central District is using the old Level 1 routines and calling them Level super novice.

#### BOI ACTION LIST

- Action list was reviewed; an updated copy is posted on the BOI members' web site.
- The next meeting will be the Directors' Conference, November 22-24, 2013.
- The next regular ASO-BOI meeting will be held on Wednesday, December 11, 2013, at 7:30 p.m.

There was no further business to discuss. Meeting adjourned at 9:00 p.m.

Respectfully submitted,  
Beverly R. Domzalski, Secretary