

AMERICAN SOKOL - BOI
Minutes of May 12, 2010 Meeting

This meeting opened at 7:40 p.m. by Bro. C. Kalat at the American Sokol Office in Brookfield, Illinois and via teleconference. The Pledge of Allegiance was given. The following BOI members were present: Mary Cushing, Bev Domzalski, Maryann Fiordelis, Allison Gerber, Chuck Kalat, Jan Kalat, Barb Kucera, Bob Kucera, Kandi Pajer, Tom Pajer, Donna Sbriglia, Barb Vondra, Howie Wise, Jane Wise, Paul Lebloch, Rome Milan, Irena Polashek, and Patti Vondra. Excused: Juanita LoGiudice and Ted Polashek.

ANNOUNCEMENTS:

- Happy Birthday: Paul Lebloch, 5/13; and Jane Wise, 5/28.
- Belated Happy Birthday: Chuck Kalat, 4/21; and Lynn Conrad, 5/1.
- Armed Forces Day, 5/15; and Memorial Day, 5/31.

MINUTES:

- Minutes of the March 10, 2010, meeting were reviewed.

MOTION made by Sis. J. Kalat to approve the minutes of the March 10, 2010 American Sokol BOI meeting, seconded by Bro. B. Kucera and passed.

BILLS:

- Jane & Howie Wise, American Sokol participation medals and pins for WSF Fitness Program, \$720.40.
 - Bro. Chuck Kalat, Postage and Copy expense Directors Newsletter May 2010 issue, \$112.20.
- MOTION made by Bro. T. Pajer to approve the bills, seconded by Bro B. Kucera and passed.

CORRESPONDENCE:

Mail Sent:

- Invitation to attend the American Sokol Convention to Sokol USA, DA Sokol and Sokol Canada National Directors.
- Sokolice Crete, 150 Sokol Tatoos for distribution at Western District Slet.
- Transcript reminders to last year's merit award recipients.
- 108 Gymnastic Skill pins out to Jane Wise, Sokol Greater Cleveland.

Mail Received:

- COS, 2/2010 Sokol Magazine.
- American Sokol Publication March issue.
- Thank you card from Family of Sylvia Laznovsky for the memorial arrangement.
- Merit Award, 1 completed, Western District; 1 almost Central District.
- Various American Sokol Unit Newsletters: Sokol Detroit- Czech & Slovak Festival July 17-18, 2010 \$5 admission www.sokoldetroit.com.
- Sokol Spirit, Trivia/Quiz Night May 15th 7pm \$10 entry fee.
- Sokol USA Times, announcing American Sokol Instructor School & National Camp;
- Sokol Gymnastic Festival, Trencin, Slovakia, June 24-27, 2010, www.sokolnaslovensku.sk.
- Jr. Women's Czech National Ice Hockey Team Brochure with picture of Jean Hruby, rep for American Sokol.

E-mails sent:

- Updated Action List & Minutes Posted, www.american-sokol.org/boi/members.

- Reminders to Unit & District Directors, Instructor School July 11-15 at Sokol Greater Cleveland, early bird discount May 15th.
- Correspondence Report for 5/12/10 BOI meeting.
- October District Directors Conference Minutes posted on website www.american-sokol.org/boi/members.
- Jane Wise, information about past Development Conferences.
- Heather Beasley, information about Instructor School on website and faxed copies.
- Mary Cushing, waiting for a count of skills pins to send; computer lost e-mail she sent.

E-mails received:

- Chuck Kalat, Meeting Agenda & April & May Directors Newsletters.
- Barb Kucera, per Convention, Merit Award Application can now be e-mailed to District Directors to forward on.
- Bud Benak's son, Bo Benak, senior at Nebraska University is honored for all his past accomplishments in school and gymnastics; named 9 times to Big 12 Commissioner's Honor Roll and is graduating this month with a degree in industrial technology education. Member of Sokol South Omaha.
- USAG, 2010 Region 5 Congress, September 10-12, 2010, Itasca IL, Chicago area; Celebrate 2010 Olympic Day June 23rd www.usa-gymnastics.org, Member services, May 2010 newsletter.
- Jerry Milan, Steve Whitlock is Independent contractor for USAG as Gymnastics for All (GFA) Program Manager; Collegiate Gymnastics start in April, aired CBS Saturday, May 8th 2 pm ET
- Steve Whitlock, Team Gym National, 2010 USA Gymnastics for All Nationals, June 25-27, Zionsville IA.
- Zumba Classes are getting popular – Sokol Detroit has the program.
- Compatriot Festival in Prague Sept 9-12, 2010 participation must be pursued individually.
- Ken Dobbs, Lincoln NE Convention & Visitor Bureau would like to host our next event, 402-436-2354.
- Jerry Milan, Ellen Nyemesik USAG presented her a Lifetime Achievement Award, Sokol Little Ferry.
- Debbie Slovak, Sokol KHB Women's Co-Director new email dms660@wifi45.com.

- Bro. Pajer asked if this list will continue to be read at every meeting. Sis. Vondra felt it should be read to reinforce the correspondence acted upon. Sis. M. Fiordelis does not anticipate having the correspondence list read at every meeting.

YOUTH MEMBERSHIP:

- Reviewed the attached Youth Committee Status Report dated May 12, 2010, and Youth Membership Account Transactions.
- MOTION made by Bro. R. Milan to accept the Youth Committee Status Report, seconded by Sis. J. Kalat and passed.

NEW UNIFORM PROJECT

- Sis. M. Fiordelis reported the committee met before this meeting to finalize items that were discussed at convention. Will be checking with vendors to see if they can provide what we want. If anyone has vendor names, please provide them to Sis. M. Fiordelis.

2010 NATIONAL INSTRUCTORS SCHOOL

- Four applications are in. So far, it looks like there will be about 20 students coming. The early bird deadline is Friday. Farrell Sokol is sending one student. Sokol Canada would not be sending students this year, but possibly next year.
- Staff meeting is set for Memorial Day weekend in Cleveland, OH.

2010 NATIONAL SOKOL CAMP

- Currently, 17 applications have been received. So far, there are two staff members and three counselors.
- Bro T. Pajer cannot understand the low number of campers. There are a lot of incentives available, a lot of promotional items were sent out, it is the 10th anniversary of the camp and no Slets are taking place. Of the 17 campers, 10 are from one gym. Bro. Pajer requested that everyone try to push attendance at the camp because with only 17 campers, it may not be viable for this summer; at least 25 campers are needed. It was questioned as to whether the instructors and directors are pitching it enough at the gyms. There is so much excitement and energy about the camp, yet we do not have the campers.
- Matt Carlozzi, Maria Breidenbach and Ali Mangia are making phone calls and posting ads on Facebook.

OTHER OLD AND NEW BUSINESS:

BOI Development Conference, October 16-17, 2010 at Sokol Greater Cleveland

- Sis. M. Fiordelis sent an e-mail to Sokol USA letting them know the date of the Conference and asking them if they would like to hold sessions during the conference to teach the calisthenics for their 2011 Slet.
- There will be an article in the next Directors Newsletter asking for topics to be included in this Conference.
- Sis. J. LoGiudice will put together a rooming list to send to Sis. J. Wise when it is closer to the Conference time. Preparations will begin next week.
- The cost will be similar to past conferences.
- Bro. C. Kalat received an e-mail from Chris Yatchyshyn. Sokol USA is trying to get all of their directors to come to our conference.

Merit Awards

- Sis. J. LoGiudice has three complete entries and one partial entry.
- After these awards are given, Sis. B. Kucera will talk to the Education Director about the transition of Merit Awards to the Education Committee from the BOI.

ASO National Convention

- Proposal to move to a single director national BOI structure was approved at Convention.
- Maryann Fiordelis was selected as the new single director. Sis. M. Fiordelis will be in charge of the next BOI meeting. In the meantime, she will be developing her own BOI and committee members.
- There was a lot of discussion on the Strategic Plan and the Organizational Development Team presentation.

2010 WSF Fitness Testing Program

- There were a total of 349 American Sokol participants, which is less than last year. The medals arrived, pins have not. There are 94 medals that will be sent out; every participant gets a pin. As soon as pins arrive, everything will be sent out.
- Sis. J. Wise requested that we use March 1 as a deadline in the future so awards can be distributed before Sokol season ends. Also, requested that we use the ASO fitness challenge tests instead of the WSF tests.

- There were 9 units that participated; same as in the past.
- A copy of our fitness test has not been sent to WSF. Most likely, we will use our testing even if WSF does not. American Sokol has had the largest group entry to COS for the past two years.

WSF Show Program

- American Sokol entries did arrive late. They were sent on time; however, the quickest method of mailing was not chosen. It took 2-1/2 weeks for the CD to arrive. After convention, when Bro. Kalat found out the first copy had not been received by WSF, Bro. Pajer, Sis. Gilbert and Sis. J. LoGiudice prepared another copy for mailing via a faster method. The 2nd CD arrived two days after the first one. Bro. Dostal was going to put them together immediately upon receipt and send a copy out directly; however, nothing has been received to date.
- Judging results are due June 15, 2010.

Strategic Planning Committee Progress Report

- The ODT did a presentation at the convention as well as the Implementation Team.

Sokol USA Slet

- Bro. Kalat received a letter from Chris Yatchyshyn stating that Sokol USA's plans are moving along. They visited Cleveland and set the hotels and venues. A new children's cal, and juniors/adult cal will be created. To honor Sokol Canada's 100th anniversary Sokol USA is going to use Anna Janus's 2004 senior cal. Cals will be sent soon to ASO. The Slet will be the last week in June, beginning Tuesday or Wednesday with Slet day on Saturday. Monday is 4th of July.

Other

- Sis. B. Vondra announced that anyone interested in the trip to Portugal should contact her for more information.
- Sis. B. Vondra will attend the USAG GymFest in Indianapolis with a bunch from Central District to join her the weekend of June 25-27, 2010. At the same time, Bro. Lebloch will be attending the Slet in Slovakia.

Websites

- Sokol General Fitness exercises, www.american-sokol.org/boi/sokolfitness.
- Physical Activity Guidelines for Americans, www.health.gov/paguidelines/blog.
- Prevention: www.prevention.com.
- American Council on Exercise: www.acefitness.org.
- PE-NEWS: Newsletter: www.pelinks4u.org.
- PE4life: www.pe4life.org.
- The Presidents Challenge: Fitness is Fun Newsletter: www.presidentschallenge.org.
- Health & Fitness: www.exercise.about.com.
- President's Council on Physical Fitness and Sports: www.fitness.gov.
- Sign up for newsletters: www.talk.about.com
- Tiffin Mats: www.TiffinMats.com, monthly specials.
- Ten-o/GMR, www.ten-o.com or www.byGMR.com, monthly specials.
- DGS 9.9 www.gymsupply.com.
- Gymnastic Training tips: www.gymnasticstrainingtips.com. Links and Resources.
- American Alliance for Health, Physical Education, Recreation and Dance, www.aahperd.org.
- Information about Brain Fitness, www.brainconnection.com.
- Interesting games video article, www.skillastics.com.
- Improve fitness and nutrition habits, www.pejournal.com.

BOI ACTION LIST

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

- Sis. M. Fiordelis announced the women's director assistants will be Sis. Allison Gerber as 1st assistant and Sis. Jan Kalat as 2nd assistant. Sis. Fiordelis also asked Sis B. Vondra to stay on and help with probortunity and fundraising. The men's assistants will be Bro. Bob Kucera as 1st assistant and Bro. Chuck Kalat as 2nd assistant. Tom will help in a limited capacity.

- The next regular ASO-BOI meeting will be held on Wednesday, June 9, 2010, at 7:30 p.m. Both past and present BOI members will be present at this meeting.

There was no further business to discuss.

MOTION made to adjourn.

Meeting adjourned at 8:55 p.m.

Respectfully submitted,
Beverly R. Domzalski, Secretary