**2017-2018 EASTERN DISTRICT ANNUAL REPORT**

**SOKOL NEW YORK 2017 – 2018 ANNUAL REPORT**

# UNDER 18 YEARS

Gymnastics (Ages 6+)

1. 34 Boys in 4 classes offered
2. 225 Girls in 10 classes offered
3. 42 Juniors in 3 classes offered Dance Gymnastics
4. 19 Ages 4 ‐6 Rhythmics
5. 8 Dance for gymnastics Tots (Ages 3 and under)
6. 108 with 25 classes offered
7. 151 with 23 classes offered Dance
8. 23 for Ballet with 4 classes offered
9. 34 for Hip hop & Jazz with 4 classes offered.

Aerials/Circus

a. 13 children with 1 class offered TaeKwon Do

1. 70 with 16 classes offered Basketball
2. 34 with 3 classes offered

# CHILDREN TOTAL = 761 STUDENTS

**ADULTS (18+)**

Gymnastics

1. 43 Adults in 2 classes offered
2. 9 Seniors in 1 class offered (65years +)

Aerials/Circus

a. 34 adults with 2 class offered Tae Kwon Do

a. 11 with 3 classes offered Basketball

a. 15 with 1 classes offered Dance

1. 16 for Zumba with 3 classes offered
2. 18 for Ballet with 3 classes offered Volleyball (with one‐time trials)

a. 42 with 1 classes offered

# ADULTS TOTAL = 188

In the 2017‐18 year, SNY was very busy with our usual classes. We added a couple of new classes on Fridays and added a boys class. We were also fortunate enough this year to buy new P‐bars and Uneven bars. We also participated in the Fitness Challenge award. Many of the students got awards for best in their age range. Since the new year just started, we have added more variety of dance classes.

# CALENDAR

SNY 150th Anniversary Party – Saturday October 14, 2018

SNY 150th Anniversary Children’s Party – Sunday October 22, 2018 Pancake Breakfast – January 13, 2018 (Social event/Fundraiser)

US of E Competition – Men April 20, 2018 (attended by DA Sokol)

 Women April 21, 2018 (attended by DA Sokol & Sokol Baltimore)

 Tae Kwon Do Promotion Test – June 2, 2018

Sokol Gymnastics Exhibition – June 3, 2018 Sokol Dance Exhibition – June 9, 2018

**Sokol Baltimore BOI Report for 2017-2018 Gym Year**

The 2017- 2018 gym year ran from September 11 through May 17. We changed registration formats this year. In prior years, we had the format of four 8-week sessions, with breaks in between for make up classes and to give the instructors a rest. We changed to a full gym year for the 2017-2018 registration, with weeklong breaks during the year for make ups and holidays. Each class met 32 times during the gym year; the same as under the old session format. Parents generally liked the new format because they do not need to re-register their children every 8 weeks, and we collect tuition 1 month ahead instead of 2 months ahead. Recreational gymnastics was the sole physical activity. On average, we had 20 tots, 15 boys, 120 girls, no junior boys, and 10 junior girls. Adult open gym averaged 10 per night.

Our single biggest challenge is keeping and finding gymnastics coaches. Between January and February, we hired 2 new coaches and added 6 hours of instruction to each week. After the end the session in May, 3 coaches moved out of state and 1 chose not to return. Combined they coached 20 classes per week. Replacing that many lost hours has been difficult. Our gym program is starting the 2018 year with fewer enrolled than what we had at the end of May. While we continue to seek gymnastics coaches, we are searching for coaches to lead other physical activities in order to diversify away from gymnastics.

We sent 3 adult competitors (3 of our coaches) to the United Sokols of the East meet in April at Sokol New York. During that same weekend, we had 8 gymnasts perform at a Gym Exchange with 3 other area gyms. This was a non-competitive exhibition where area gyms perform for fun. We always run a limited summer program as some instructors take the summer off, and this year we also had fewer coaches to ask to coach. The summer program ran for 6 weeks starting July 9. We held 10 classes on Mondays and Tuesdays only.

In the coming year we seek to diversify our physical activities, so we will be less dependent on gymnastics instructors. Also, we have an adult member who is interested in grant writing. She lead our recent effort to apply for a grant from the new City of Baltimore Childrens and Youth Fund. We were not awarded a grant, but we have our sights on other local charities. We want to expand our program to help low income families, and we need to replace much of our aging equipment.

Joseph Ehrenberger

Sokol Baltimore

**SOKOL LITTLE FERRY 2017-2018 REPORT**

There are 35 Youth Gymnasts in their unit. It only runs a gymnastics program no other activities. They do not run their own competition but are invited to the Sokol's of the East competition in 2019. Their annual exhibition was held last year. All children participated, medals were presented to all.

6 participants attended the slet in Prague and walked in the parade.

They currently have 10 meetings a year plus the district meeting.

New goals for the year: Start a new chair yoga program.

Main objective for the year is to conduct safe gymnastics classes and to be able to maintain their building.

There is currently a skills clinic scheduled for Sunday Jan. 6th, 2019 at Sokol NY for their 7 of their young students plus some of SNY's instructors.

Little Ferry also sent 1 girl to the ASO instructor's course in July, 2018.

As reported by Nikki Loayza on 12/31/18 per the letter sent by Joyce Nasta