

**Report of the National Physical Directors**

Sis. Pat Satek & Sis. Kathy Barcal

August 2018 – August 2019

This was our first term as American Sokol National Physical Co-Directors. We would like to thank everyone who served on the 2018-2019 National BOI Board. Thanks to our Assistants: Christina Curran, Nicole Marchluk and Howie Maskill.

Our Board Members are: Jan and Chuck Kalat, Tom and Kandi Pajer, Joe Bajek, Matt Carlozzi, Cassie Croft, Heather Beasley and John Bazata. District Directors are automatically included as part of the National BOI and are encouraged to attend these monthly meetings. Thank you to all the District Directors who continue to assist us in keeping their districts informed about the American Sokol BOI and attending the monthly meetings: Central District–Dan Bajek, Kimberly Elliott; Eastern District–Joseph Ehrenberger, Anne Marie Suchanek; Northeastern District–Howie and Jane Wise; Pacific District–Milos Zivny, Cheri Riddle; Southern District–Rome Milan, Barbara Dillard; Western District–Mary Cahill and Theresa Vernon. Other Board members included: Sue Bares (National Educational Director), Joe Placek (Membership), Jane Wise/Nicole Marchluk (Attendance), Howie and Jane Wise (Fitness Challenge).

Thank you to Juanita LoGiudice, as our Office Secretary, for her commitment to the American Sokol BOI and keeping us on track with our director responsibilities. Thank you to Bev Domzalski for recording all meeting minutes as BOI Secretary every month. Mary Cushing continued as the School Board Director and Dan Bajek as the School Director. Thank you to Maryann Fiordelis who tracked the needs to be handled through our Action Lists. Thank you to Todd Yatchyshyn and Chris Yatchyshyn for continuing to be an active part of our BOI as representatives of Sokol USA. We also invite John Mooney from Sokol DA to attend our monthly meetings.

During this year we attended/participated in the following events:

• National Board of Instructors meetings

• National Executive Board meetings

• National Educational Directors meetings

• School Board Meetings

• Risk Management Committee Meetings

We continue to use the “Action Item List” to track items that need to be handled providing due date, responsible parties, and status of same. Items with current due dates are discussed at BOI meeting to determine status, any needed changes, etc. Maryann Fiordelis tracks the BOI Action List items. Jan Kalat tracks our School Board items under their action list. Our National Educational Director, Sue Bares, continues to provide an educational piece to our meetings with a wide variety of interesting topics. In January 2020, we will begin using the Slet Action Slet to keep us on track for the 2021 Slet in Chicago.

**EVENTS**

* **2018 BOI Development Conference** – This conference was held at Sokol Spirit. We had a total of 90 attendees, with representation Central District, Northeastern District, Western District, and Eastern District, as well as Sokol USA and Sokol Canada. Also in attendance were our assistants: Christina Curran, Nicole Marchluk and Howie Maskill, as well as other board members, some of whom were presenters.
* **2018–2019 Fitness Challenge** – Program Coordinators, Jane and Howie Wise coordinated the American Sokol Fitness Challenge. There were 681 participants with 12 units participating. 38% of the participants received the Achievement Award and six units had participants age 60+. See the Fitness Challenge Annual Report for further information. This is our most successful program.
* **2019** **National Instructors School** – Our School Board Director will submit a complete report. The 2019 National Instructors School was held July 7–21, 2019 at Sokol Spirit in Brookfield, Illinois. A total of 18 students attended this year’s school with 6 American Sokol Units representing 3 of the 6 Districts in addition to students from DA Sokol and Sokol USA. There were 3 students from Northeastern District; 2 students from Western District; 8 students from Central District. There were 2 students from DA Sokol, 2 students from Sokol USA Lodge 103 Farrell, PA, and 1 student from Sokol USA Lodge 306, Chicago, IL. The student body was comprised of 6 Beginners, 11 Intermediate, 0 Advanced, and 1 Advanced II; 5 students were boys and 13 students were girls, ages ranging from 12 to 19 years old.

**IN PROGRESS/ONGOING PROJECTS**

* **Rising Star Articles for the Publication** – We continue to present Rising Star articles for our National Publication. We submitted seven Rising Star articles in 2018(Jan., Feb., Mar/Apr., May/June, July/Aug., Sept./Oct., and Nov./Dec. We submitted four Rising Star articles in 2019 (Jan./Feb., Mar./Apr., May/June and July/Aug.
* **BOI SOPs** – We continue to review, update and accept BOI/School Board SOPs which the Executive Board has approved. Pat is in the process of updating the SOPs so they have the same format. During our tenure we have had 22 BOI SOPs approved by the Executive Board.
* **Uniforms** – Uniform orders continue to run smoothly. While in office, our National BOI changed the design of the adult men and women’s uniform shirt to reduce the price. The change was approved by the Executive Board and they are now available for purchase. We received rebate checks totaling $898.98 for 2018-2019. The total from the beginning is $20,995.64.
* **S.A.L.T.** (Sokol Aspiring Leaders of Tomorrow) – This group is led by Dan Bajek, with Howie Maskill as mentor. The goal of this group is to get more of our youth involved in leadership roles and getting their ideas on events/programs as well as providing them opportunities to lead events. Bro. Tom Pajer has taken the lead on identifying youth to take on small projects. Bro. Pajer has recruited mentors for each of these individuals. This will be an ongoing endeavor. In conjunction with Polish Falcons, Bro. Dan and Joe Bajek attended their leadership camp as counselors. We are continuing to promote more membership in the S.A.L.T. group as well as providing more opportunities for these members to take on assignments with mentors to assist.
* **Collaboration with Other Organizations** – The BOI would like to maintain our collaborations with Sokol USA, Sokol Canada, DA Sokol, and the Polish Falcons. Bro. Dan Bajek and Bro. Joe Bajek attended the Polish Falcons leadership conference and helped at their summer camp. We feel this builds tighter collaboration between us and opens more avenues of sharing/participating with each other. As the BOI, we are continuing to look for other organizations to have collaboration opportunities.

**GENERAL**

* The BOI continues to utilize internet/web technology for communication, emails for agendas, meeting minutes, action lists and other important communication.
* American Sokol Website – As a BOI we would like the National BOI to have its own drop down from the main page of the American Sokol website. We will work with our National PR/Marketing Director Caleb Conrad to see that this happens very soon. We will be able to post announcements for events, registration forms and information about gymnastic routines, fitness challenge and any other information pertinent to the BOI.
* Our National Board of Instructors is a motivated group seizing innovative opportunities to keep our BOI programs, meetings and events successful to continue the growth for our organization. Four focus areas will be diligently worked on and implemented during our 4-year tenure as National Physical Directors. We want to enhance our communication, accountability and recognition within the BOI and the Executive Board to strengthen us as the American Sokol Organization. We want to continue to mentor our young members within our SALT group so that they will be prepared to take over leadership roles.

Respectfully submitted,

Kathy Barcal and Pat Satek

National Co-Physical Directors