



2022 American Sokol BOI Development Conference
Sokol Tabor, 1602 Clarence Ave, Berwyn, IL 60402
October 22-23

This interactive conference consists of training sessions to stimulate the brain and the body for Directors, Coaches, Instructors and just interested parties of all ages! Join us for a fun weekend and connect with other leaders from the ASO.

- Sessions on Saturday (all day & early evening) Snacks, Lunch & Dinner provided
- Sessions on Sunday (1/2 day) Lunch provided

Registration fee:

\$60 / 1 attendee, \$50 each / 2-5 attendees, \$45 each / 6+ attendees from a single unit
Conference registration deadline: October 7



******EARLY BIRD SPECIAL DISCOUNT******

Registration fee: (by October 1st)

\$55 / 1st attendee, \$45 each / 2-5 attendees, \$40 each / 6+ attendees from a single unit

Make Checks payable to **AMERICAN SOKOL**.

Send payment to the American Sokol Office - 9126 Ogden Ave, Brookfield, IL 60513

Accommodations: Best Western Countryside Plus 6251 Joliet Road Countryside, IL 60525
(p) 708-354-5200

Room Rate \$119 per night plus 12% tax

Reservations must be made by midnight on 10/3/22. Note "American Sokol" when making reservations.

Complimentary breakfast.

Reservation link: https://www.bestwestern.com/en_US/book/hotel-rooms.14182.html?groupId=217UL6C0

We are going paperless!

Register yourself and your group here: [2022 American Sokol BOI Development Conference Registration](#)

Let us know your travel plans here: [2022 American Sokol BOI Development Travel Form](#)

Apply for a travel stipend here: [Travel Stipend Application](#)

Preliminary Session Conference Topics

Spotting Refresher Course
Pound Exercise/Drum Aerobics
How to conduct a gymnastic meet
Effectively teaching a class
What's new with Instructor's School

Thinking outside the box for Class Ideas
Youth Director Initiatives
Circuit workouts
Want money? Grant funding opportunities

Questions? Contact Mary Cushing marycsokol@charter.net