

# DISTRICT COMPETITION

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And the winners were:

Samantha White from Cedar Rapids won Minnesota's "Game Time"

Gavin Ozmun from Cedar Rapids won the "Sokol Surprise Box"

Ella Baker from Cedar Rapids won Crete's "Day at the Beach"

Michelle Faltin from Crete won South Omaha's "Grilling Basket"

Zach Muff from Crete won Omaha's "Night at the Movies" And Cedar Rapids basket "Czech Hospitality" was won by Lexie Lorenz from Crete

As a treat from the Western District – a fruit covered big cookie was cut and handed out.

It didn't take long for the crowd to thin out as it had been a long day, so after two sessions the band packed up. Most of the chairs and tables were put away and with a quick clean we locked the doors and went home.

SPECIAL THANKS TO:

Tabulating – Shelley Cairns who sat at the computer for over 6 hours.

Awards – Julie Ozmun, Makayla Ozmun and all of the Cedar Rapids students who helped hand them out.

Fitness Challenge – Kevin Sindelar, Eric Stumpf, Benjamin Gibson and Michael Icenbice.

Admissions – Holly Kurth, Sandy Brecke, Amy Icenbice, Todd and Brooke Baker, Mike Papich and Karen Vlasek.

Souvenirs and WD Basket Raffle – Madi Rink, Benjamin Gibson, Jeanne Vogt, Hermina Rigel, Mary Cahill, Dottie McNabb and Barb Edmunds

**Congratulations,**  
**GRADUATE**

## BRIANNA PROHASKA

Brianna stated Sokol gymnastics at the age of 4 as a tot and continued through age 14. At that time Branna stated as an assistant coach and is continuing to assist classes today.

Brianna has participated in the following Sokol functions: Slets, Parades (Houby Days/St. Joseph), Coaches Clinic, Development Conferences.

Brianna plans to attend Wartburg College and continue her high school sports of volleyball and high jump on the track team. As of now, she is undecided for a major.

Concession Stand – Allene Pease, Brad and Jessica Hess, Annie, Mike & Natalie Prohaska, Jamie Love, Dorothy Ditch, Marj Nejd, Marie Webster and Barb Pulkrab. WD Basket for the Raffle was donated by Jeanne Vogt and Irene Hamous.

Goodies put into the competitors gift backpacks were donated by: Chapstick–Sandy Brecke, Magnetic Chip Clips–Dorothy Ditch

Desserts donated by – Marg Pace, Hermina Rigel, Marj Nejd, Marie Webster, Barb Edmunds, Brad Hess, Jeanne Vogt, Annie Prohaska, Dorothy Ditch, Christy Rink and Barb Pulkrab.

And we cannot forget the judges - without you we could not have had a meet:

Mary Cahill from Minnesota

Jolene Dalton from South Omaha

Theresa Vernon from Crete

Deb Allison from Cedar Rapids

Todd Beyer and Carly Mark from CRAG Gymnastics

**THANK YOU ALL**

Allison Gerber & Kevin Sindelar, Physical Directors

## News to Note

*Sokol would like to thank Rick & Cherryl Bartunek for their recent donation of five 50 Year Pins. The Pins will be used to honor our members in the future. Nazdar.*

**Senior Stretch Class have planned 3 events this summer:**

Monday, June 15th - Kernals game at noon

June - date not yet determined - they will visit the Match Stick Museum in Gladbrook, IA

August 27th - Red Skelton Impersonator - Old Creamery Theater. Meet at Hus Church at 11:30. Tickets still available.

**Call Marj Nejd for details - 366-1929 or 389-9509.**

**Senior Stretch Class will be held at the new Sokol Gym in September.**

**Monday, May 25, Memorial Day Services for the Czech National Cemetery** was held at the Glovick Center. Tim Kapucian, Iowa State Senator delivered the keynote message. Brad Hess, President of Sokol read the poem, "The Veteran." Czech Plus Band and the Czech Heritage Singers supplied music. A beautiful violin duet was performed as well. The presentation of flags, honor guard and tap were performed by American Legion Moomey-Vogel Post #727. Mike Papich, Vice President of Sokol was the Master of Ceremonies. This was a wonderful tribute to our fallen soldiers. If you have never attended, you should try to go next year.

# NOVINY SOKOL CEDAR RAPIDS

JUNE 2015

## LETTER FROM WESTERN DISTRICT PRESIDENT

This year's Western District Slet was held at Sokol Cedar Rapids on April 18, 2015. Each Sokol Slet offers an opportunity for the participants to demonstrate the skills they have developed and perfected over the past year of Sokol Gymnastic classes. And it gives parents, family, and friends a chance to see just how far these gymnasts have come in the past year. This display of teamwork, perseverance, and good sportsmanship is always a special event. Slet is a time for us, as a District, to celebrate the achievements of our gymnasts.

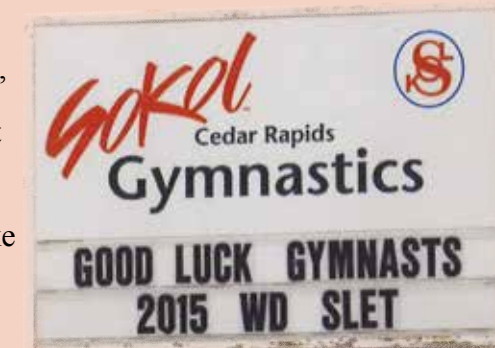
This year was particularly special, as it marked 150 years of Sokol in America. At this year's District Slet we celebrated this milestone with special numbers by each of the Units and a display of Sokol uniforms from the late 1800s and early 1900s. It was a unique way to illustrate our rich history to the gymnasts and the spectators, and I'm sure our junior girls are grateful that they don't have to wear the heavy wool uniforms from a century ago.

Our District is fortunate. We have dedicated instructors leading our gymnastics programs, enthusiastic gymnasts striving to improve, passionate Sokol members who understand the importance of our programs, and devoted parents giving us the opportunity to instruct their children. It is this special combination that has made Sokol successful for the past 150 years, and we cannot flourish without each of these components working together.

I would like to thank each of you for the role you play in helping to make Sokol a success. We couldn't do it without you.

Thank you!

Dan Rannells, Western District President



## Summer Gym Schedule through June 2015

**BEGINNING MAY 5 THRU JUNE 25 • 8 WEEKS**

TUESDAYS		LEAD INSTRUCTORS
5:30 - 6:30	Competitors - Level 1 & 2 girls	Julie & Amanda
6:00 - 7:00	Beginner girls	Annie
6:30 - 8:00	All Boys & Level 3, 4 Girls	Kevin, Eric, Deb, Julie

THURSDAYS	
5:30 - 6:30	Non-competitor Girls - Level 1 Julie & Amanda
6:30 - 8:00	All Boys & Level 3, 4 Girls Kevin, Eric, Deb, Julie

### GYM FEES:

1 Hour Weekly - \$80.00  
 Beginners & Non-Competitors - \$90.00  
 Include \$10.00 Registration Fee  
 1.5 Hours Weekly - \$120.00  
 3.0 Hours Weekly - \$240.00

**UPCOMING EVENTS:**  
 Car Wash Fundraiser



## NEW KITCHEN!



*Sokol On Parade, Houby Days 2015*

# RESULTS OF 2015 WESTERN DISTRICT COMPETITION

HELD APRIL 18, 2015 AT SOKOL CEDAR RAPIDS

GYMNASTICS		SCORE
<b>Girls Level One</b>	<b>6-7 year olds</b>	
Layna DeMoss	2nd Place	33.00
<b>Girls Level One</b>	<b>8-9 year Olds</b>	
Kelsey Aldrich	3rd Place	33.2
Girls Level Two	8 year olds	
Samantha White	4th Place	33.8
Olivia Young	6th Place	31.95
<b>Girls Level Two</b>	<b>10 year olds</b>	
Ella Baker	3rd Place	34.00
Samantha Pinckney	5th Place	33.8
Allison Peshek	6th Place	33.3
Erica Weber	7th Place	33.1
Savannah Williams	8th Place	31.2
<b>Girls Level Two</b>	<b>11 year olds</b>	
Kristen Rosauer	6th Place	32.3
Alyson Rosekrans	7th Place	31.9
<b>Jr Girls Level Three</b>	<b>12 -14 year olds</b>	
Izzie Wilcox	1st Place	34.4
Emma Jenkins	3rd place	32.9
Abby Heims	4th Place	32.3
Makayla Ozmun	6th Place	31.0
<b>Jr Girls Level Three</b>	<b>15-17 year olds</b>	
Andi Fox	1st Place	30.5
<b>1st Place Jr Girls Level Three Team</b>		
"Izzie, Emma, Abby"		99.6
<b>Jr. Girls Level Four</b>	<b>12-14 year old</b>	
Meghan Prohaska	1st Place	34.3
Janelle Colbert	2nd Place	33.0
<b>FITNESS CHALLENGE</b>		<b>SCORE</b>
<b>Female - 6-8 year old</b>		
Samantha White	1st Place	290
Layna DeMoss	2nd Place	285
<b>Female - 9-11 year old</b>		
Kristen Rosauer	1st Place	307
Savannah Williams	2nd Place	304
Allison Peshek	5th Place	281

Women's Tag Team	
Vault	Annie Prohaska 9.8
Bars	Amanda Crane 9.5
Floor	Allison Gerber 9.7
Beam	Julie Ozmun 9
	<b>38.0</b>
	<b>1st Place</b>

GYMNASTICS		SCORE
<b>Boys Level Two</b>	<b>8 -11 year olds</b>	
Ryan Stumpf	1st Place	54.2
<b>Boys Level Five</b>	<b>8-11 year Olds</b>	
Jared Stumpf	1st Place	43.0
<b>Jr Boys Level Five</b>	<b>12-14 year olds</b>	
Benjamin Gibson	1st Place	52.1
Quintin Gay	2nd Place	44.4
<b>Jr Boys Level Five</b>	<b>15 17 year olds</b>	
Michael Icenbice	2nd Place	41.7
<b>FITNESS CHALLENGE</b>		<b>SCORE</b>
<b>Male - 9-11 Year Olds</b>		
Jared Stumpf	2nd Place	304
Ryan Stumpf	5th Place	268
<b>Male - 12-14 Year Olds</b>		
Benjamin Gibson	1st place	355
<b>Male - 15+ year olds</b>		
Michael Icenbice	2nd Place	330



*The day finally came. Preparations had been a long process – but with EVERYONE'S help – it was a day to remember.*

The gym opened up at 8:45 and it wasn't very long until all the chairs were filled. While the competitors stretched, the coaches and judges had a quick meeting. Then after unit introductions, the competition for female levels – Novice, level 1 and 2 began. After they were done, the Women's Tag Teams warmed-up and competed. Following this, those in this session who were competing in The Fitness Challenge made the circuit to Long Jump, Shuttle Run, Jumping Jacks for 1 min, and Squat-Thrusts (Burpees) for 50 seconds. There wasn't too much of a break between sessions. All the levels of Males and Level 3 and up for Females began right on schedule. Again, when everyone was finished, those in this session proceeded to do their Fitness Challenge tests. Everyone was welcome to leave but had to be back by 5:45 to line up for the Grand March to begin at 6:00. Special guests included Allen and Mary Cushing from the American Sokol. Allen is the Foundation Director and Mary is the Operations Manager. Mary congratulated all on a job well done and thanked the Western District for inviting them to attend. We were very honored to have in attendance Marit Kucera who is the Honorary Consultant Designate of the Czech Republic for Minnesota, Iowa, and North and South Dakota and a member of Sokol Minnesota. Also in attendance were all of the Western District Board President – Dan Rannells  
VP – Allison Gerber  
Secretary – Barb Seefus  
Treasurer/Fin. Secretary – Shelley Cairns  
Educational Director – Deb Allison  
Physical Directors – Theresa Vernon and Mary Cahill  
Bylaws Chairman – Jolene Dalton  
Special Thank you to Cedar Rapids President Brad Hess – for opening the program with a welcoming announcement. During the program awards were handed out, special numbers were presented by the units, depicting pyramid, dance, rhythmic, marching, cal and most were done to birthday based theme songs. Our thanks to Omaha member – Milly Krejci for lending us the old female Sokol uniforms dating back to 1819. These were 'modeled' by Omaha gymnasts.

This year's Ed Pavoucek Award went to South Omaha member, Joe Berka for his dedication and service to the Western District. This year only had one graduating senior among the units. Brianna Prohaska from Cedar Rapids was recognized. It didn't take long for the chairs to be moved and the band – "Cruisin" to startup for the celebrating to begin. During the band's first break, names were drawn for the Western District Basket Raffle.

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Photos by Jeanne Vogt