

August, 2019



PROUDLY SERVING THE ENNIS COMMUNITY SINCE 1908

Donations and news worthy items to support the Sokol KHB Newsletter should be sent to Sokol KHB Newsletter, P.O. Box 205, Ennis, TX 75120



Sokol KHB Awards Scholarships

President Thomas Betik is flanked by KHB Scholarship winners Madeline MaKovy on the left and Anna Slovak on the right.

Thomas Betik, President of Sokol KHB of Ennis, presented Madeline MaKovy and Anna Slovak scholarships valued at \$250 each. Both are 2019 graduates of Ennis High School.

Madeline MaKovy's, daughter of Andrew and Sara Jakubik will be going to Tarleton State University to study agriculture with a focus in Animal science and agribusiness.

Anna Slovak, daughter of Darren and Debra Slovak, will be going to Texas Tech University in Lubbock, Texas majoring in Mechanical Engineering and minor in Business. Anna has also received the \$1000 American Sokol National Merit Award.

Sokol KHB awards Scholarships to high school graduates who are a member or their parents are members of Sokol KHB. Donations to support the scholarship fund should be sent to Scholarship Fund, c/o Sokol KHB, P.O.Box 205, Ennis, TX 75120.

August, 2019

Sokol Hosts Successful Gymnastics Competition



Sokol Gymnastics in Ennis is preparing for Fall class registration after hosting their “Slet” Competitions for the Southern District of the American Sokol Organization. Competing were 109 Texas gymnasts from Ennis, Dallas, Fort Worth, Houston and West. Ennis last hosted this event in 2014, making it a very special weekend for this local organization.

The three-day event began with a volleyball tournament on Friday evening, when Ennis Sokol fielded two teams that won first and second place. All day Saturday featured the gymnastics competition for both girls and boys from Novice through Level 9. Girls competed in uneven parallel bars, balance beam, vault and floor exercise. Boys competed in parallel bars, horizontal bar, rings, vault, pommel horse and floor exercise. Sunday events began in the early morning with track and field games that included races, frisbee and javelin (pool noodle) tosses. After lunch, the grand finale program featured a concert by the Dallas Czech Concert Orchestra, performance by the Ennis Czech Beseda Dancers, a mass calisthenics performance by all the competing gymnasts, special tumbling numbers prepared by the various Sokol units, concluding with presentation of awards for the previous day’s competition.

Sokol focuses on recreational gymnastics in a wholesome, family friendly environment, where even beginners can enjoy learning the same skills that Olympic gymnasts must master. Their preschool class minimum age is three. Sokol also offers Zumba for active adults and low impact exercise for senior citizens who range well into their 80s.

Pre-registration for fall classes will be held August 5 and 12 at the Sokol gymnasium at 2622 E. Hwy. 34. Gymnastics classes will begin the evening of August 26. Registration packets can be downloaded from the www.sokolennis.com website or picked up at the Sokol swimming pool.

Photos of gymnastics competitors at the recent Sokol Southern District Slet at KHB



August, 2019



Traditional group calisthenics program performed by the gymnasts.

Everyone learns the calisthenics routine in their own gyms, then it all comes together at the big program. This year, the calisthenics was performed to the music, "I'll Tumble 4 Ya" by Culture Club.



GYMNASTICS REPORT

Summer Tumbling Program is being held from July 1 to August 5 at 7pm to 7:45pm tots/beginners and 7:30pm to 9pm older girls/boys.

Pre Registration for gymnastics was on July 29 and will be on August 5 at 7pm in the Sokol gym! Registration for gymnastics new year August 26, 2019 starting at 5:30pm in the Sokol gym. This year's registration packets are on the Sokol website for download. Class schedules for this year are still being worked on but will be finalized by August 26, 2019.

We have a new Gymnastics Director, Mrs. Joanna Wilson. We have two new adult coaches joining our Sokol Family. New Season Starts on August 26.

Coaching/Staff for the 2019-2020 season:

Joanna Wilson: Gymnastic Director

- Associate Degree LSU & Graduate of TexACT Medical Field 12 years
- USA Gymnastics Professional/Instructor License
- CPR/BLS Certified

Kristine Betik: Head Coach Levels 3 -4 & Pre-schooler Girls

- Graduate of Texas A&M, degree in Physical Education and Kinesiology
- On the instructors' staff of the American Sokol Instructors' School
- Graduate of the American Sokol Instructors' School
- Lifelong participant in Sokol gymnastics
- Competitive Gymnastics

Ksenia Marek: Head Coach Levels 1 & 2 Girls & Boys Levels

- Graduate of the American Sokol Instructors' School
- Lifelong participant in Sokol gymnastics
- Lifeguard at Sokol Pool
- Senior at Ennis High School
- CPR/BLS Certified
- Competitive Gymnastics

Katherine Betik: Assistant Coach Pre-schooler Girls & Boy Levels

- Graduates from Texas A&M December 2019, degree in Interdisciplinary Studies with a focus in 4-8 Math/Science Education
- Lifeguard/Assistant Manager at Sokol Pool
- CPR/AED Certified
- USA Gymnastics Certified

Bailey Hardin: Head Coach Tumbling & Assistant Coach Level 1&2 Girls

- Four years Coaching experience
- USA Gymnastics Certified
- Eight years competitive Cheer
- Three year All American Nominee for Tumbling

Chuck Kalat & Jan Kalat: Head Coaches Adults/Seniors

- Chuck and Jan each served two terms of office as National Directors for the American Sokol leading the national Board of Instructors and serving the gymnastics community.
- CPR/AED Certified
- USA Gymnastics Certified / Professional/Instructor Members
- Served in Sokol for over 50 years
- American Sokol Distinguished Service Award

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Presenting the 2019-20 Gymnastics Program Staff:

Top row; left to right – Joanna Wilson, Kristine Betik, Ksenia Marek

Bottom row; left to right -- Katherine Betik, Bailey Hardin, Jan & Chuck Kalat





Sokol KHB Receives Grant

Sokol KHB of Ennis, Texas received a \$1,300 grant from American Sokol for new ovens in the kitchen. "One of our two ovens was broke and parts were not available," said kitchen manager Mayfair Mullican.

"The grant allowed us to purchase the two used ovens," said President Thomas Betik. "These are newer and parts are available should need repairs." The replacement ovens are manufactured by Bakers Pride cost \$4,100.

Sokol KHB would like to thank American Sokol for their generous grant.

Quick Note / Reminder

If anyone has any personal items in the Sokol Storage Building, please remove them immediately. We will be cleaning out the building and keeping only what Sokol needs. Personal items will be discarded.

**IF INTERESTED IN BECOMING A MEMBER,
APPLICATIONS AVAILABLE AT SOKOLENNIS.COM**



August, 2019

Creative Quilters Guild of Ellis County Quilt Show

The 2-day quilt show presented at the Sokol KHB facility featured 90 quilts and 15 venders.



Throughout the show, the Ennis Ladies Sewing Circle demonstrated hand quilting.



Sokol KHB National Senior Health and Fitness Day



August, 2019



BACK TO SCHOOL & BACK IN SHAPE



Mon 7/29 5:30pm	Tues 7/30 5:30pm	Wed 7/31 530 pm	Thurs 8/1 NO CLASS	Sat-NO CLASS
Mon 8/5 5:30pm	Tues 8/6 NO CLASS	Wed 8/7 5:30pm	Thurs 8/8 5:30pm	Sat-NO CLASS
Mon 8/12 NO CLASS	Tues 8/13 5:30pm	Wed 8/14 530	Thus 8/15 NO CLASS	Sat-NO CLASS
Mon 8/19 5:30	Tues 8/20 5:30pm	Wed 8/21 5:30	Thus 8/22 NO CLASS	Sat-NO CLASS
Mon 8/26 5:30	Tues 8/27 NO CLASS	Wed 8/28 5:30	Thurs 8/29 5:30pm	

Punch cards \$30 for 8 classes or \$5 per class
****SOKOL members \$5 discount on punch cards & \$3 drop in class**

Join our free Remind 101 by texting 81010 and @jaksxumva

Sara Jakubik

Jakubiksara4@gmail.com

Work hard for what you want because it won't come to you without a fight. You have to be strong and courageous and know that you can do anything you put your mind to. If somebody puts you down or criticizes you, just keep on believing in yourself and turn it into something positive.

Leah LaBelle

August, 2019

Calendar of Upcoming Events for 2019

- August 5 – Gymnastic Class Registration
- August 26 -- First Day of Gymnastic Classes / New Registration
- December 7 – Annual Member Day (annual membership meeting, gymnastic exhibition, membership awards & dinner, Christmas Party)

Clubroom regular business hours are 5pm to 11pm Mondays & Wednesdays

Zumba – See Schedule

Museum & Library open for special events and by appointment

Member Meetings take place every 3rd Wednesday of the month
in the Dining Room at 7pm

Annual Member Day will be Saturday, December 7th(time TBD)
(Consists of annual meeting, gymnastics exhibition, member awards
program, & Christmas party)

Sokol Ennis www.sokolennis.com

Fireworks Stand Takes a Hit

You may have noticed the fireworks stand in front of Sokol KHB has been involuntarily relocated. Sometime during the night of Thursday July 18, a red Chevy pickup left the road striking the fireworks stand.

About 1 am on Friday July 19, Sokol Elite Bartender Jessica Trojacek was passing by the hall and noticed the damaged fireworks stand. The vehicle had been moved closer to the all Hall but the driver was nowhere to be found. Jessica called the Sheriff's office who responded to the scene and impounded the pickup.

As it turned out, the Chevy pickup and another vehicle were stolen by two or more bad guys who had burglarized a home in Ennis. It's speculated that the driver was picked up by his partners in crime and escaped the scene.

The power to building has been discounted by Oncor and the area is safe. As of press time the incident is still under investigation and perpetrators have not been captured.

Picture 1 – Damaged Fireworks Stand

Picture 2 – Damaged stolen Chevy pickup

Picture 3 - The stolen pickup left the road clearing the utility pole on the left and the bollard on the right. The same can't be said for the utility pole on the right.



2019 Sokol KHB Sponsors - Thank you for your support!

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August, 2019



Sokol KHB – Ennis

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“The mission of the American Sokol is to provide fitness and community for individuals and families through physical, educational, cultural, and social programs.”

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