

MEMBER-AT-LARGE

Unable to locate a Sokol unit near you? Consider becoming a Member-At-Large.

JOIN ONLINE AT:

<https://american-sokol.org/member-at-large-3/>

or fill in the application to mail in.

I want to join the American Sokol as a Member-At-Large at the following level:

Individual Levels:

☐ Gold \$100.00 ☐ Silver \$ 75.00 ☐ Bronze \$ 50.00

Business/Corporate/Organization Level:

☐ Gold \$250.00

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Make your check payable to: **American Sokol**

MAIL CHECK WITH THIS FORM TO:

American Sokol Member At Large
9126 Ogden Ave. • Brookfield, IL 60513



*"Physical perfection joined
with a noble mind, is not just a
slogan, it is a way of life."*

~ Miroslav Tyrš,
founder of Sokol

We Want You To Join Us!

- You will receive the American Sokol Publication, as well as other notices about national events.
- You will be able to attend national events and trips at member rates.
- You can be connected to local Sokol organizations in your area.
- Most importantly, your support helps to sustain this unique and worthy organization.

For more information go to:

www.american-sokol.org



Our organization's flag is proudly displayed at local, national, and international Sokol events.

American Sokol is a 501(c)3 non-profit organization. Donations are tax-deductible.



- ♦ **Cultural**
- ♦ **Physical**
- ♦ **Educational**
- ♦ **Social**



9126 Ogden Ave.

Brookfield, IL 60513

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**A SOUND MIND
IN A SOUND BODY**

Over 150 years strong and growing!

SOKOL IS...

a multi-generational cultural, physical, educational, and social organization that was established in the United States in 1865. Sokol units quickly formed from coast to coast, each with its own unique schedule of programs.

Sokol is dedicated to the advancement of its members, participants, and the local community, offering—regardless of heritage, age, race, or religion.

Sokol has been promoting positive ideals and values for generations. This unique culture and unity stems from meeting new people and building lifelong relationships with fellow Sokol members.

Check out a Sokol unit near you and see what programs they offer. Find a unit near you online at:

<https://american-sokol.org/find-a-sokol-3/>

...CULTURAL

Sokol was founded in 1862 in what is now the Czech Republic. While our Czech/Slovak roots run deep, individuals of all nationalities and races are helping to shape our modern-day organization. Sokol provides a variety of classes that educate and



cultivate its multi-cultural communities. We are committed to preserving and educating cultural values and awareness. American Sokol was founded by Czech immigrants. The history and value of the Czech culture is still present and preserved in many aspects of the Sokol program and classes today. This, coupled with a truly diverse membership, serves as a foundation for the various programs available. American Sokol has hosted and participated in international Sokol events and festivals in many different countries.

...PHYSICAL

A fundamental aspect of the organization is general fitness for everyone. Whether you are 3 or 90+, Sokol units across the USA offer a variety of activities unique to their communities.

- Volleyball
- Pickleball
- Hiking
- Track & Field
- Archery
- Drumming (shown above right)
- Artistic Gymnastics
- Rhythmic Gymnastics ...and more!



The annual National Fitness Challenge often brings teenagers, senior citizens, and everyone in between to challenge themselves with tests of strength and agility. All exercises are modified by age and gender.



If you simply like to exercise, be fit and healthy, and want to enjoy the experience, Sokol is for you!

...EDUCATIONAL

American Sokol Educational Programs have long been a core of the Sokol ideal in developing a healthy mind and body. Our Units offer diverse programs that enrich and broaden the mind, such as:

- CPR & Life-Saving Techniques
- Health & Nutrition
- National Instructors School
- Leadership Training & Conferences
- American Sokol Merit Award
- Library and Archives
- Educational & Foreign Films
- Czech Language Classes



...SOCIAL

One of Sokol's greatest assets is its belief in the benefits of a social environment for the individual, community and family. Families give Sokol character, unity, culture and promote positive ideals and values. Many families stay involved in Sokol for generations. Lifelong friendships and bonds are formed when joining Sokol.

- Family Movie & Fun Nights
- Picnics & Parties
- Trivia Night
- Family & Friends Camp-Outs
- Community Dances
- Concerts & Parades
- Open Gym Sport Nights

