

SOKOL KHB

Ennis, Texas

Registration Packet for Gymnastic Classes

For the 2016 – 2017 School Year





Sept 2016 - June 2017

2016 - 2017
FEES FOR ENROLLMENT
SOKOL KAREL HAVLICEK
BOROVSKY, ENNIS

SOKOL MEMBERSHIP. At least one parent is required to be a Sokol member. The annual fee is \$65 January through December. The membership fee for new incoming members who join for the gymnastics program in the Fall is adjusted to \$40 plus a one-time initiation fee of \$15, making it \$55.

NEW MEMBERS: Two choices in paying your membership fee:

- 1) Pay the \$55.00 prorated fee at class registration time, then pay the \$65.00 annual membership by January 1.
- 2) Pay the entire \$120.00 for the remainder of 2016 and for 2017 at class registration.

(Membership dues for 2017 will be required for your child to remain in gym classes after January 1, 2017. Your 2017 membership will include all swimming pool privileges next summer, and allow you to rent the hall facilities for private social events, such as weddings, showers, reunions, etc.)

EXISTING MEMBERS: Current Sokol KHB members will be receiving their 2017 dues notices within the next two months.

REGISTRATION FEE per participant, for the season, is \$50. This is a one-time fee per student per season and is non-refundable. This fee is due at the time of registration.

TUITION MONTHLY DUE DATE: In order to reserve your child's spot in their class, tuition is due by the 15th of each month. After the 15th, a \$10 late fee will be assessed. If tuition is not paid by the 30th of the month, your child will be considered dropped and will not be allowed on the floor to participate in class until the tuition is paid in full. There is no guarantee that their spot will still be available once they are dropped. Payments made by check or money order should be payable to American Sokol of Ennis. Cash will only be accepted if placed in an envelope with the child's name on it. Tuition may also be paid monthly via PayPal on our website www.sokolennis.com under the Payments/Donations link in the left side column.

UNIFORM: Each Sokol gymnastics class will have a required uniform that the student is responsible for purchasing. The required uniform will be worn for performances and may be worn for class. Gymnasts must wear proper workout attire.



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TUITION RATES
MONTHLY / SEASONALLY

45 minute class 1x week **Beginner Tots**
Mighty Tots
\$50.00 per month
\$400.00 for the season if paid during the first month

1 hour class 1x week **Girls Levels I & II**
\$60.00 per month
\$480.00 for the season if paid during the first month

1 hour class 1x week **Boys**
\$60.00 per month
\$480.00 for the season if paid during the first month

1-1/2 hour class 1x a week **Girls Levels 3, 4 & 5**
\$70.00 per month
\$560.00 for the season if paid during the first month

1-1/2 hour class 2x a week **Girls Competitive Gymnastics Levels 3, 4 & 5**
\$95.00 per month
\$760.00 for the season if paid during the first month

Seniors **Adults Low-Impact Exercise and Calisthenics**
\$110.00 for the whole year plus \$50.00 registration

Families having more than one child enrolled in our program will receive a tuition adjustment of \$5 per child after full payment of the first child.

*Those paying for the entire year have the option of paying with a credit card or PayPal. Using PayPal includes a 3% fee that is added to the payment option.



CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDN'DAY	THURSDAY	FRIDAY
8:00 am					
10:00 am		Adults/Seniors (1 hr)			
5:00 pm		Beginner Tots (5:15 pm: 45 min)			
5:30 pm	Girls Level I (1 hr)	Mighty Tots (6:00 pm: 45 min)	Girls Level I (1 hr)	Cheer-Tumbling (6:00 pm) <i>(Spring semester only)</i>	
6:30 pm	Girls Level 2 (1hr) Boys (1 hr)	Girls Level I (7:00 pm: 1 hr)	Girls Level 3-5 (1.5 hours)		
7:30 pm	Girls Level 3-5 (1.5 hours)				
8:30 pm					

DATES TO REMEMBER

- Sept 12 5:30 pm Gymnastics classes begin for the season
- Oct 16 all day State Fair of Texas Heritage Day – gymnastics exhibition
- Nov 21-25 Thanksgiving Break – no classes
- Dec 1 7:00 pm Ennis Christmas Parade – float and marchers
- Dec 4 4:00 pm Sokol Ennis Christmas party / Pot Luck Supper
- Dec 19 - Jan 1, 2016. Winter Break – no classes
- Jan 2, 2016 5:00 pm Gymnastics classes resume
- March TBD 11:00 am Annual Exhibition / Pot Luck Lunch
- May 27 9:30 am Polka Festival Parade – float and marchers
- June TBD all day Southern District Slet
- June TBD pm Pool Party for all gymnastics students



Sept 2016 - June 2017

CLASS RULES

1. Participants are to stay in designated sitting area until their class is called to the floor.
2. Gymnasts **MUST** wear proper attire.
Girls: Leotards are required. **NO** t-shirts will be allowed.
The official Sokol uniform may be purchased and worn to class.
Boys: Stretch shorts and T-shirts. **NO** baggy shirts or jeans shorts will be allowed.
3. Hair must be secured back from the face. Ornamental clips/bows are not acceptable. No jewelry (Stud earrings will be allowed).
4. Parents are not allowed on the floor and should sit in designated seating area.
 - Parents should not interact with children in class as such distractions can result in injuries.
 - Children not participating in class should be seated with their parents and should not play on apparatus.**THESE ARE IMPORTANT SAFETY REQUIREMENTS WHICH WILL BE ENFORCED.**
5. Food and drinks are allowed only in designated area. Trash should be placed in a waste basket.
6. Children should be picked up promptly after class
7. Children must wait for their ride inside the building.
8. Tuition payments are due on the first of each month.
9. Failure to pay by the 15th of the month will result in a \$10 late fee being assessed. If tuition is not paid by the 30th of the month, your child will be considered dropped and will not be allowed on the floor to participate in class until the tuition is paid in full.
10. No chewing gum allowed.

PARENT OR GUARDIAN SIGNATURE

DATE



FREQUENTLY ASKED QUESTIONS ABOUT SOKOL

The name Sokol: Sokol is the Czech word for Falcon, a courageous, agile bird; fast and high flying.

KHB: The initials of Karel Havlicek Borovsky [October 31, 1821 - July 29, 1856], a Czech writer, poet, political journalist, publisher. He advocated ideas like universal suffrage (right to vote) and Czech national independence. Our Ennis unit is named for him.

The Sokol motto: A healthy mind in a strong body.

How Sokol started: Dr. Miroslav Tyrš [August 17, 1832 –August 8, 1884] (*whose name is on our swimming pool*) and Jindřich Fügner founded the Sokol organization in 1862 in Bohemia. Tyrš was a Czech art historian and educator. His bad physical condition in earlier life gave him an interest in sports to strengthen himself, and he came to create a system of physical training based on the Greek ideal of harmony between physical and mental values.

What we say at the end of every class: The instructor calls out, “Nazdar!” which is the Czech word for “To Success!” The students then answer, “Zdar!” which means simply, “Success!”

Slet: A Sokol gymnastics meet. Our Southern District (Texas and Oklahoma) has a slet every June. The American Sokol hosts a national slet every 4 years.

Texas cities with Sokol units:

- Ennis
- Dallas
- Fort Worth
- West
- Houston
- Corpus Christi

The Sokol philosophy: While there are plenty of competitive opportunities, Sokol equally serves those who don't strive for a top sport performance, but simply like to exercise, be fit and healthy, and want to enjoy the experience. A fundamental part of the Sokol program is our general fitness program for people of all ages to improve health, fitness level and overall well-being. Sokol was founded on the philosophy that physically fit, mentally alert and culturally well-developed people make a strong community. That's Sokol Strong.

Websites to learn more about Sokol:

www.czechgallery.com/sokol
www.american-sokol.org
www.sokolennis.com/





2016 - 2017 REGISTRATION FORM

CHILD'S NAME _____ M or F

FORMER STUDENT: Y or N LAST SKILL LEVEL _____

AGE: _____ BIRTHDAY: _____

ADDRESS: _____

HOME PHONE: _____ ALTERNATE PHONE: _____

E-MAIL: _____

FATHER'S FULL NAME: _____ SOKOL MBR: Y or N

ADDRESS (if different) _____

MOTHER'S FULL NAME: _____ SOKOL MBR: Y or N

ADDRESS (if different) _____

I wish to register my child for the following class(es): _____

In so doing, I understand that my child will engage in a program of physical education and discipline. I certify that my child is in the physical condition that assures a healthy, safe participation in all required activities and agree that I will bring no claim, legal action, suit or proceedings of any kind or character against the American Sokol or any of its members, associated clubs, because of damages, losses, or injury to person or property or both while participating in and enjoying the privilege of the Sokol program.

I further understand that each participant is expected to:

- (a) purchase the required uniform for his or her class;
- (b) participate in all Sokol programs and competitions;
- (c) attend classes regularly;
- (d) abide by rules set forth by the Board of Instructors and be courteous to all instructors and fellow gymnasts;
- (e) be clean and wear appropriate attire;
- (f) help support the activities and projects of Sokol;
- (g) be picked up by parents at the end of class and/or are instructed to remain off the gym floor following their class if another class follows.

PARENT OR GUARDIAN SIGNATURE

DATE

[THIS PAGE FOR USE OF THE SOKOL BOARD OF INSTRUCTORS]



EMERGENCY MEDICAL DATA

CHILD'S NAME _____

Does this child have any food allergies? Yes or No

If yes, please explain: _____

EMERGENCY NAME AND PHONE CONTACT DURING CLASS TIME

NAME: _____ PHONE: _____

In case our child becomes ill at Sokol or is injured and we cannot be reached by telephone, use the following method we have checked:

PLEASE NOTIFY:

NAME: _____ PHONE: _____

TAKE TO EMERGENCY ROOM AND CONTACT DOCTOR:

NAME: _____ PHONE: _____

MEDICAL INSURANCE INFORMATION

INSURER: _____ POLICY #: _____

Pertinent medical information regarding my child that instructors should know:

I fully realize that failing to complete this form in detail automatically gives Sokol instructors absolute authority to act in the best interest of my child.

PARENT OR GUARDIAN SIGNATURE

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MINOR CONSENT AND ASSUMPTION OF RISK STATEMENT

In consideration of participation in activities of Sokol Karel Havlicek Borovsky - Ennis, the Parent and/or legal guardians(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) consent(s) to and will instruct the minor participating in any Sokol activity or event and regularly thereafter, that he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the instructor of such condition and refuse to participate.
2. Participant shall be instructed to and shall carefully review and follow all safety rules.
3. I / we fully understand and will instruct the minor participant that:
 - A. There are risks and dangers associated with participation in our activities and programs including but not limited to those of bodily injury, partial and/or total disability, paralysis and death;
 - B. The social and economic losses and/or damages, which could result from those risks and dangers described above could be severe;
 - C. These risks and dangers may be caused by negligence of the participant or the negligence of others, and
 - D. There may be other risks not known to us or not reasonably foreseeable at this time.
4. I / we accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused or alleged to be caused in whole or in part by the negligence of the American Sokol, its member clubs, event hosts, other participants, coaches, instructors, officials, sponsors, advertisers, owners and lessees of the premises used to conduct the event or activity and each of them, their officers, directors agents, and employees.
5. I / we agree that this Consent and Assumption of Risk Statement covers each and every event or activity sponsored by the American Sokol and/or its member clubs.

Photo Release for Children Under 18 Years of Age

I hereby grant to Sokol KHB and any of its subsidiaries and to its employees, agents and assigns the right to photograph my dependent in any and all classes, events and competitions and to use the photo and or other digital reproduction of him/her or other reproduction of his/her physical likeness for publication processes, whether electronic, print, digital or electronic publishing via the internet.

I / WE HAVE READ THE ABOVE WAIVER AND SIGN IT VOLUNTARILY

PARENT OR GUARDIAN SIGNATURE

DATE

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SOKOL KHB GYM REGISTRATION FEE SUMMARY

CHILD'S NAME _____

CLASS _____

NOTE: If you are paying by check, please pay for Membership Dues by a separate check.

Registration Fee (\$50) _____

Tuition Payment: Monthly / Annual (circle) _____

Uniform order / in stock (circle)

Leotard color _____ Size ____ Price _____

Shorts color _____ Size ____ Price _____

Boys T-shirt Size ____ Price _____

Total Uniform Price _____

Other _____

Other _____

TOTAL FEES _____

Special Notes: _____

MEMBERSHIP DUES:

New Member 2016 (complete registration form) \$55 Paid

New Member 2016 - 17 (complete registration form) \$120 Paid

Existing Member 2017 Dues \$65 Paid