

The Coconut Connection

Week of July 24th 2023

[Online Master Calendar](#)

NEW/UPDATE! Choreography Payment Schedule

- We are hoping to finalize choreography dates with our choreographer this week! They could be any two - three consecutive days between August 15 and 31st!
- The choreography and professional/licensed music fees have been split equally among all athletes. The payment schedule is \$225 due August 15th, \$125 due September 15th, and \$112.50 due October 15th. Payment in full is required by the choreographer up front - but I am collecting choreography & music over three months to help our families. I am sensitive to the increased costs and will be personally covering a portion of the total choreography up front cost to help lower the first installment for families. It is imperative that the remaining two payments are paid on time and we will assess a \$25 late fee per installment if installments are paid late.
- Expect invoices to be emailed to all families on August 5th. Payment will be via credit card only, thank you!

NEW! OAPA - Fundraising Committee

- Please join the OAPA Board of Directors on Tuesday August 1st on the playground during practice to discuss all things fundraising.
- Bring any ideas you may have as well as a folding chair!

NEW! August Family Social - Popsicles on the Playground

- Please join us on Tuesday August 1st at 6:30pm on the playground for our first Monthly Family Social!

- We will provide the popsicles – you bring the fun!
- Future monthly family socials are planned for the 2nd Monday of the month at 7pm – hope to see you there!

NEW! Cheer 101

- To help with the education and development of our athletes and families, we are going to introduce Cheer 101 topics via our newsletter and/or monthly family/OAPA meetings.
- Our first topic is Level 1 Tumbling Skills. Important to note is that All Star Competitive Cheerleading Levels DO NOT correlate or equal to tumbling levels for gymnasts or even the Beginner/Intermediate/Advanced tumbling classes offered at Elite Tumbling Factory. It is also important to note that in order to score accurately at competitions, these skills must be performed “competition ready” with the correct entry/approach into and out of the skill as well as the correct technique (straight legs, locked out knees, pointed toes, arms up by ears, etc). For example, a standing backbend kickover starts with the feet together and arms up by ears, bend backward into bridge, then kick over with locked legs and pointed toes. Stay tuned for a video library of these skills performed with “competition ready” technique and execution.
- Tumbling skills are split into Standing Tumbling and Running Tumbling. They are then further split by Level Appropriate, Advanced Level Appropriate, and Elite Level Appropriate.
- Level 1 Standing Tumbling Skills
 - Level Appropriate:
 - Forward Roll
 - Straddle Roll
 - Pushup to Back Bend
 - Backward Roll (BWR)
 - Handstand
 - Backbend Kick Over

- Standing Backbend
 - Front Limber, Back Limber
 - Advanced Level Appropriate
 - Handstand Forward Roll
 - Back Walkover (BWO)
 - BWO - BWR - BWO combination
 - Elite Level Appropriate
 - Back Walkover series
 - Back Walkover Switch Leg
 - Back Extension Roll
 - Back Extension Roll - BWO/BWO Series combination
 - Valdez
- Level 1 Running Tumbling Skills
 - Level Appropriate
 - Cartwheel (CW) on both sides
 - Cartwheel - Backward Roll combination
 - Advanced Level Appropriate
 - Round Off (RO)
 - Front Walkover (FWO)/Front Walkover Series
 - Cartwheel - BWO
 - Elite Level Appropriate
 - Cartwheel - BWO Series
 - FWO - Cartwheel/Round Off
 - FWO - CW - BWO/BWO Series combination
 - FWO - CW - BWO Switch Leg combination
- Our is important for ALL ATHLETES to have ALL ELITE LEVEL APPROPRIATE SKILLS as they level up. Elite Level Skills typically become the next level's level appropriate skills in some sort of combination so it is important that our athletes do not skip any Level 1 skills and ensure they are truly mastered as "competition ready" - they will still need to do Level 1 skills in some sort of combination with Level 2 skills!

- It is important to work bilateral skills - so working cartwheels on both sides AND learning back and front walkovers with entry on the left and the right.
- Coach Gianna will be adding private tumbling lesson availability on Mondays starting in September during Jump & Flex. We are excited to offer this opportunity for our athletes!

REMINDERS FROM LAST WEEK

Save the Date - 2023 'Ohana Athletics Homecoming

- Formerly known as our Annual Showcase, our 2023 Homecoming is scheduled for Sunday October 15th!
- Time is TBD, event location will be Elite Tumbling Factory - Brookfield.
- Tickets will go on sale in September!

Xtreme Spirit Competition Fees

- Invoices for our Xtreme Spirit competitions have been sent and must be paid by July 28th in order to qualify for the 50% early bird registration discount offered by Xtreme Spirit.
- Crossover athletes will receive an additional 50% discount on their 2nd routine registration.
- To expedite payment to Xtreme Spirit, the payment method for this invoice will be debit/credit card only.
- We cannot extend the early bird registration fee discount to payments made after July 28th as it is a firm deadline by Xtreme Spirit!
- Please note - Varsity competition registration fees will be sent at a later date - registration is not yet open on the Varsity portal.

Competition Schedule

- Xtreme Spirit and Varsity have amended a few of their competition dates - please be sure to check our online master calendar to ensure you have the correct dates on your personal calendars!
- <https://calendar.google.com/calendar/u/1?cid=YWxvaGFAb2hhbmEyNjluY29t>

USASF Membership

- All 2023-24 athletes will need to sign up for a USASF membership. This is new to most families and will be a yearly requirement of all athletes.
- The membership window is now open and our gym profile is approved and ready for athlete assignments. The membership term runs from June 1, 2023 - May 31, 2024.
- Go to www.usasf.net and click the "Join Now" button in the top right corner. Please note that you will need your athlete's birth certificate when you sign up for their membership.
- You must complete the membership process no later than October 1st! Note that signing up late does not extend the membership term. Regardless of when you sign up, your membership will expire on May 31, 2024.
- Athletes 18+ and older - please be aware that there is an additional step required that includes a comprehensive background check. You'll need your driver's license in addition to your birth certificate when you sign up.

Evergreen News

Attendance Reporting

- Please remember to report all athlete absences via our Attendance Reporting form. We had numerous absences last week that were not entered into the attendance reporting form.
- It is [linked here](#) for your quick reference.

Online Master Calendar

- Several families have contacted us recently regarding access to our online master calendar. The link is in our Parent Portal and is also show here:
<https://calendar.google.com/calendar/u/1?cid=YWxvaGFAb2hhbmEyNjluY29t>
- [Click here](#) for information on how to subscribe to our master online calendar so it merges seamlessly into your personal Google calendars.

Online Pro Shop

- Order your 'Ohana gear from our [Online Pro Shop!](#)
- If you have any items you'd like to see added to our Pro Shop, please email aloha@ohana262.com

Lost & Found

- Any item left behind is placed into our Lost & Found.
- Items are in a teal laundry basket to the left of the wooden crates in the gym lobby.
- Be sure to check Lost & Found regularly - all items will be donated to Goodwill every six weeks, with our first Goodwill drop off on August 1st!

Practice Reminders

- Practice STARTS at 5pm. Please have your athletes arrive a few minutes early to change into their cheer shoes and be on the mats ready to go at 5pm.
- Our practice dress code is hair in a high centered ponytail that sits atop the athlete's head with all hair pulled away from the face. If an athlete has short hair, they need to do a "half-up half-down" style pulling their hair away from their face and into a high ponytail.

- All jewelry must be removed – this includes all piercings and anything around the neck, wrists, and ankles.
- Athletes must be in appropriate dress code when they hit the mats. It is important that these dress code requirements are followed. We have begun stunt progressions and our philosophy is that if we cannot count on our athletes (and families) to follow the simple things (being prepared for practice by having their hair in a high ponytail, jewelry removed, etc) then we cannot count on them to follow the hard things (such as having another human being in their hands for stunting). These requirements are to keep your athlete and their teammates safe!
- Thank you for your help!