

The Coconut Connection

Week of October 30th, 2023

[Online Master Calendar](#)

NEW INFORMATION

Halloween Week Practice Schedule

- Monday, October 30th - No Jump & Flex
- Tuesday, October 31st - No Practice due to Trick or Treating per Parent Request
- Thursday, November 2nd - Juniors will practice from 7 - 9pm!

CSG Peoria Challenge

- [Competition Information](#) - this is a LIVE document so you will see updates as they are made.
- Once all information has been finalized, the LIVE link will be replaced with a PDF link.
- If you are having issues viewing the LIVE document on a mobile device, please view from a tablet, laptop, or desktop.

Building Access for Practices

- Due to last week's event at a Germantown WI school, the Elmbrook School District has instructed all schools to remain secure buildings for after-hours activities.
- What does this mean for our practices at Tonawanda? The middle door will be unlocked from 5:20 - 5:35pm for Tiny, Mini and Youth, then again from 6:50 - 7:05pm for Junior, Senior, and Open. The door will be locked outside of these times.
- PLEASE NOTE - let us know ASAP if your athlete will be late and her approximate arrival time so we can be on standby to let her in. You can text Coach Michelle at 262-327-9221 when you arrive but know that Coach Michelle only checks her cell phone during water breaks. She does not check email whatsoever during scheduled practice times.

- This means if you are late, you may be standing outside for a bit until there is a natural break or a water break in practice for Coach Michelle to check her phone.
- **DO NOT pound on the doors, ring the doorbell, etc when you arrive late. There is no one in the office to let you in.**

REMINDERS FROM LAST WEEK'S NEWSLETTER

Competition Music Links for Practicing at Home

- NEW for 2023-24, we are excited to announce that all team competition music is available for streaming on SoundCloud.com. You must create a SoundCloud.com account in order to stream our music. There is no cost to create a SoundCloud.com account.
- Please create a SoundCloud.com account, then visit our [Profile](#). Click "follow" in the upper right corner. When we receive notification that you are following us on SoundCloud.com, you will receive an email with a unique link to stream your team's music.
- Please note - our playlist is private and the link must not be shared or posted on social media.

'Ohana Athletics Warm-Ups!

- You asked - we finally answered! We will have two versions of Warm-Ups for our athletes in 2023-24! We are excited to partner with Champion to elevate our athlete and fan gear this season.



Option 1 - Full Zip, Fitted, Womens/Girls Cut
Available in Girls XS - L and Womens XS - 2X
Soft and sleek fabric, thumbholes
Fitted



Option 2 - Full Zip, Hooded, Mens/Youth Cut
Available in Youth S - L and Men's XS - 3X
Water resistant outside, fleece lined inside
Roomy fit

- The same design will be on both jacket styles. All jackets will have name personalization on the front pocket and a full twill & rhinestone back design.
- Online store will go live in November. Stay tuned!

OAPA UPDATES & ANNOUNCEMENTS

OAPA SAVE THE DATES

- OAPA Association Meeting & Potluck
 - Date: November 20, 2023
 - Time: Association Meeting: 6:00pm; Thanksgiving Themed Potluck: 7:00pm
- 2023-2024 End of Season Banquet
 - Date: May 7, 2024
 - More information to follow