

The Coconut Connection  
Week of October 16th, 2023  
Online Master Calendar

ANNOUNCEMENTS & UPDATES

**IMPORTANT!! Volunteer Needed!!**

- We are in need of a non-Shark Bait parent (or high-school aged sibling) volunteer to run the music for Shark Bait at Xtreme Spirit competitions this season. Mrs. Zamora and Mrs. Schuh will play the music for all other teams this season.
- The process may seem intimidating but is actually really easy. You literally just connect your phone to the receiver (the emcee will help with this) and then push play when you see the coach give a thumbs up.
- Please email Coach Michelle at [aloha@ohana262.com](mailto:aloha@ohana262.com) if you are willing to help!

**REMINDER! CSG Peoria Registration due October 20th!**

- Please note that this invoice must be manually paid - automatic payments are only applicable to monthly tuition payments.
- YOUR CHILD WILL NOT COMPETE IN PEORIA IF YOUR PAYMENT IS NOT MADE ON OR BEFORE OCTOBER 20TH!

**IMPORTANT! 'Ohana Athletics Homecoming (aka Showcase) - October 21st!**

- NEW LOCATION: Elite Tumbling Factory Menomonee Falls
  - ETF Menomonee Falls is a VERY cozy/small location - considerably smaller than ETF Brookfield. Viewing will be standing room only - no seating will be available.
  - We will rotate "VIP Viewing" immediately in front of the performance floor for families of the team currently performing.
- All athletes to wear their PRACTICE WEAR (crop tank top, bottoms, and white competition bow). Full competition hair required! Competition make-up optional for Tiny, Mini & Youth; required for Juniors.
- Schedule:
  - 2pm: Surfer Gurlz arrival (athletes only)
  - 2:30pm: Hang Ten arrival (athletes only)
  - 3pm: Shark Bait arrival (athletes only)

- 3:30pm: Beach Babez arrival (athletes only)
- 4pm: Doors open to spectators
- 4:10pm: Beach Babez Performance
- 4:20pm: Shark Bait Performance
- 4:30pm: Hang Ten Performance
- 4:40pm: Surfer Gurlz Performance
- 4:50pm: S.P.F. Performance
- Click [here](#) to purchase your spectator ticket. 100% of proceeds to benefit ABCD: After Breast Cancer Diagnosis. **While you can pay cash at the door, we are unable to make change. Please save time by pre-purchasing admission prior to arrival.**

### NEW! Xtreme Spirit Chicago Showcase Championship - October 22nd

- Dress code
  - Tiny, Mini and Youth will wear their competition uniform top and skirt, no-show socks, cheer shoes, and competition hair with the white competition bow. Make-up is highly encouraged but optional for this competition.
  - Juniors will wear their practice wear top and bottom, no-show socks, cheer shoes, and competition hair with the white competition bow. Make-up is required for Surfer Gurlz. Please check in with a friend if your eyeshadow palette hasn't arrived yet!
- Location: College of Lake County - Grayslake Campus Building F  
19351 W. Washington Street, Grayslake IL 60030
- Admission \$20 CASH ONLY
- Arrival and Report Times
  - **PLEASE BE ON TIME! BEING LATE STRESSES EVERYONE OUT! A GOOD RULE THAT WE FOLLOW IS "BEING EARLY IS BEING ON TIME!" ALSO NOTE - IF YOU MISS WARM-UP YOUR ATHLETE CANNOT COMPETE!**
  - Arrival Time - 1:45pm.
    - This is the time you should be entering the venue to pay for your admission fee, enter the performance gym, help your daughter change out of her street shoes into her cheer shoes, remove jackets, etc.
    - Coaches will not help with hair and make-up. Please make arrangements with another family if you need help and have this completed prior to our Arrival Time..
  - Report Time - 2:00pm.

- This is the time coaches will take their teams to prepare for their performance. Meet your coach by the official warm-up area (which is on the right just as you enter the gym after you pay admission).
    - Your athlete is 100% ready to go from head to toe at her Report Time with her hair and make-up set, jackets removed, and cheer shoes on. Parents should hold onto cheer backpacks, jackets, etc. during this time.
  - Arrival Time and Report Time are separate times. Be courteous and respectful to your coach and team. Being late really adds unnecessary stress to the situation and is terribly unfair to our coaches and athletes.
  - Parents/spectators are not permitted in warm-up! Please give your goodbye hugs/good luck wishes to your athlete when you drop them off at Report Time with their coach.
- This is a smaller competition as it is early in the season so our teams are very close to one another in the performance order:
  - 2:51pm Beach Babez
  - 3:05pm Shark Bait
  - 3:19pm Hang Ten
  - 3:33pm Surfer Gurlz
  - 4:15pm Awards
    - Crossovers - don't worry or stress out about the close timeframe. Xtreme Spirit is aware of our crossovers and each team is going to be given the time they need at the competition.
- Let's have all 'Ohana fans form a tunnel for the kids to run through as they are announced and take to the competition floor. Let's also have all parents/families sit up front for all teams. Once a team has competed, we will have those athletes also join the tunnel and sit up front to support the competing team. Many parents will bring their metallic pink poms to competitions to cheer on our kids.
- For this competition, all of our teams are in the same session with the same awards, so they will all sit together on the mats during awards. We will take one large all gym photo and then break into teams for team photos after awards.
- Respect and good sportsmanship is required of all athletes and spectators at all times. We will be issued sportsmanship deductions if our athletes or fans show disrespect toward event workers (admissions, security, warm-up, concessions, judges, emcee, etc). At

no time should any athlete or spectator approach the judges stand. This can result in an automatic disqualification for that team.

- MEDIA BLACKOUT: we have a media blackout of posting any portion of our routines on social media until the end of the season. Photos are perfectly fine - but NO VIDEOS!

### NEW! 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.

### NEW! '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.
- We will have samples and sizes of non-decorated warm-ups at Homecoming on October 20th. Please take a look and make note of which jacket and size you'd like to order for your athlete.
- The design is being finalized and will be available for viewing electronically at Homecoming.

## REMINDER! COMPETITION HAIR & MAKE-UP

- Competition Hair Links
  - For correct ponytail placement, place three fingers (or four fingers if your fingers are smaller) along hairline at the forehead - where the third finger stops is where the ponytail should be.
  - [Click here](#) for the hair tutorial video.
  - Coach Ireland's recommended tools:
    - [Teasing comb & brush combo](#)
    - [Tangle Teezer](#) (to help brush out hair after a competition)
- Competition Make Up Links
  - NEW this season all female athletes are expected to follow our competition make-up dress code.
  - We would like to kick off our make-up competition look at CSG Peoria in November for Junior, Youth and Mini Teams, and at the Chicago Christmas Classic for the Tiny Team in December. *By December, all teams must be in full competition make-up for all performances. Athletes can follow our competition make-up look for October events if they wish!*
    - Light mascara and blush complimentary to your athlete's skin tone.
    - [Colour Pop Sweet Talk Eyeshadow Palette](#)
      - [Click here](#) for video tutorial of the exact look - fast forward or scroll to 27:45 for "Look 3"
      - Note - the "Jelly Much" eyeshadow used in the tutorial video is not required to complete our eye look (and they no longer make it in Whistlin' Pixie)

but if you wish to use it, former athletes purchased Jelly Much in Mystical and found it to be a nice base to hold the glitter eyeshadow in place. [Click here](#) to purchase for Jelly Much in Mystical. The eyeliner is also not required but if you wish to use it, please choose black/brown.

- Any complimentary pink/blush lip color. PLEASE choose something that will not bleed onto another athlete's uniform. Highly Recommended/most purchased by older athletes is "[Mauve Ice](#)" by LipSense because it will not smudge.

### SAVE THE DATE: 'Ohana Athletics 3RD Annual Trunk or Treat

- Gymwide event for all teams on Sunday, October 29th from 1:30 - 2pm in the ETF Brookfield parking lot
- All families invited to host a "trunk" (google trunk or treat for ideas) with all athletes dressed up to "trunk" or treat
- SPECIAL PRACTICE SCHEDULE!
  - Beach Babez: 12-130pm (normal time)
  - Shark Bait: 2 - 4pm
  - Hang Ten: 3 - 5pm
  - Surfer Gurlz: 12:30-1:45 - break for Trunk or Treat - 2-3:30pm
  - Sunkissed: 1-1:30 - break for Trunk or Treat - 2-2:30
- [Please RSVP your trunk here!](#)

### OAPA UPDATES & ANNOUNCEMENTS

#### OAPA October Fundraiser - City Tins

- Link with more information: [City Tins Fundraiser](#)
  - Your athlete will receive \$10 from every \$30 tin sold
- Date: October 10th through October 24th
- Your athlete can either share the link created specifically for Ohana or you can fill out the paper order forms
  - Paper Order Forms:
    - Fill out the order form as instructed
    - Collect the money
    - Once the fundraiser is over, Jane (Mini Mom) will send you your total owed.

*\*Jane Duerkop will have copies of these available at practice on Sunday October 8th.*

- Online Instructions:
  - Send out the link: <https://citytins.com/discount/OHANA>
    - If someone does not use this link they will need to add “ohana” into the discount code at checkout.
  - Make sure to tell them they need to include your athlete’s name into the “gift message” area

### Competition Schedule Printable Version

- Mahalo nui loa to OAPA Secretary Catie Schuh for creating a [printable gymwide competition schedule!](#)

### OAPA October Events

- Shark Bait (Mini) Team Bonding Event - Taco Dinner
  - Date: October 16, 2023
  - [Mini Team Bonding Sign Up](#)
- Hang Ten (Youth) Team Bonding Event - Halloween Party
  - Date: October 27, 2023
  - [Youth Team Bonding Sign Up](#)
- Surfer Gurlz (Junior) Team Bonding Event - Halloween Party
  - Date: October 27, 2023
  - [Junior Team Bonding Sign Up](#)