

# *The Coconut Connection*

Week of July 1st 2023

## **NEW! UPDATES FROM OAPA**

- URGENT NEED NEED FOR TRUCK W/ HITCH
  - We are looking for a family with a truck and hitch to pull our float in the Brookfield 4th of July Parade!
  - Please call/text Jennifer Zamora at 831-601-8414 if you are able to help!
- FAMILY FEST OUTING ON JULY 4th!
  - OAPA will be grilling hot dogs and burgers at the Brookfield Family Fest on July 4th at Mitchell Park! Come and join the 'Ohana to have fun and watch the fireworks together!
  - Text Jennifer Zamora at 831-601-8414 with the count of hot dogs and/or burgers for your family - the total cost will be divided among all who participate.
  - Please also sign up to bring a side or dessert!  
<https://m.signupgenius.com/#!/showSignUp/30e0b4dabac22a4fa7-family>

## **UPDATED! July 4th Parade - Day-of Instructions**

- On July 4th - all attendees should arrive in the back parking lot of Brookfield Central High School at 9am and look for the PURPLE flag. We are entry #52!
- Note - there are no restrooms so it is important for all athletes to use the restroom before they report to the parade.
- Athletes should wear their red/white/blue 'Ohana tie dye with black shorts, hair in a high centered ponytail with the red/white/blue cheer bow, and closed toe athletic shoes.
- All attendees to bring their [pink metallic poms](#) and a water bottle that is labeled with their name.

- Parent walkers to wear their finest red/white/blue – we need helpers to pull wagons to hold the athlete’s water bottles.
- The parade starts at Brookfield Central High School, goes west on Gebhardt Road, north on Calhoun, west on North Avenue, then south on Norhardt Drive. **We will meet all families on the west side of the post office on Civic Drive.**
- Additional needs: We’d love to borrow two or three battery-operated bubble machines (like [these](#)). Thank you!

### **NEW! 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!

## **NEW! State Fair Corn Roast Fundraiser**

- Our popular State Fair Corn Roast fundraiser is back! We have partnered with the New Berlin Lions Club to help our families raise money for their cheer fees.
- Workers must be at least 13 years of age. The Lions Club provides transportation from the New Berlin Ale House to and from State Fair Park, and also includes park admission.
- Each worker receives a share of the total donation made by the New Berlin Lion's Club to 'Ohana Athletics. Funds are disbursed approximately 6-8 weeks after the completion of State Fair.
- When you sign up for a shift, you are agreeing to work the full shift. Leaving early will be documented and result in less than a full share for that shift's work.
- Sign up for a shift here:  
<https://www.signupgenius.com/go/60b0445abad22a2f85-state1#/>

## **REMINDER! July Tuition due July 1st!**

- Monthly tuition invoices have been sent!
- Families have the ability to set up recurring payments via the invoice - please note that you must sign up for the recurring payment with the JULY invoice as the recurring series started in JULY.
- Payment must be made no later than the 1st of each month. A \$25 late fee is automatically added to late payments.

## **REMINDER! Practicewear & Uniform Orders**

- Please complete this [Google form](#) to submit your athlete's sizes for their practice wear (and uniform if needed).
- You will also need to refer to the [official GlitterStarz Sizing Chart](#) to select your athlete's size. It is important to note this is not a traditional sizing chart. Your order will be based upon the size you enter into the Google

form. *Measurements are used to determine what size the clothing is – the sets are not made to your athlete's specific measurements.*

- Our practicewear set and uniforms are custom dye-sublimated, therefore they are non-refundable, non-exchangeable. If in doubt as to your athlete's size, it is a good rule of thumb to order up so you can have alterations made if needed.

### **More New Items in our Online Pro Shop!**

- Even more new items have been added to our [Online Pro Shop!](#)
- Backpacks are in stock and are ready for quick pick-up!
- Items coming soon are cropped windbreaker quarter-zip jackets, full button black satin bomber jacket, bucket hats, and due to popular demand – baseball jerseys for all athletes!
- If you have any items you'd like to see added to our Pro Shop, please email [aloha@ohana262.com](mailto:aloha@ohana262.com)
- The rhinestone car decal can be purchased online [here](#).

### **Lost & Found**

- With our first two weeks of practice underway, our Lost & Found is growing! 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!

### **Jump & Flex – Check In Procedures**

- If your athlete is staying for Jump & Flex, please have them check in with Coach Michelle upon arrival to sign in and pay their \$2. This helps to ensure a smooth transition from practice to Jump & Flex.
- Each athlete was sent home with a copy of our [Jump Flexibility Scale](#) last week. Our goal is for all athletes to have jumps in the “Green Zone” by

the end of the season. In order to achieve this goal, athletes should stretch at home daily. Over the next several weeks, they will learn a variety of stretches that can simply and easily be done at home to help them achieve our gym goal!

- Jump & Flex is intended to be a dedicated workout specifically for jumps & flexibility. While Coach Zacarius and Coach Noelle will do their best to make it as fun as possible, please remind your athletes that it is an active workout that will require them to give their best effort.

### **All About Me Worksheet**

- Athletes were sent home with a special All About Me worksheet last week. We would like all athletes to complete this worksheet and return it to practice by July 5th.
- Please print an actual photo of your athlete and paste into the photo section of the worksheet.
- Please feel free to decorate/color the worksheet to let your personality shine! These sheets will be used in the very first 'Ohana Athletics Yearbook which all families will receive at our end of season banquet in May 2024.
- If your athlete would like another copy of the worksheet, please have them check in with Coach Michelle at their next practice. It will be very helpful if the worksheets are returned unfolded/crumpled, etc 😊

### **Social Media**

- With our first week underway, our social media intern is ready to start sharing posts on our Instagram account @ohana.athletics - be sure you're following us!
- One team will be featured each day!

### **'Ohana Athletics Phone Number**

- Our phone number 262-327-9221 is our official business phone line.

- Please be aware that it is turned off during non-business hours, primarily Friday through Sunday.
- It is capable of sending and receiving text messages, but responses may be delayed.

## Call to Action Items

### **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.