

The Coconut Connection

Week of October 23rd, 2023

[Online Master Calendar](#)

NEW INFORMATION

Xtreme Spirit Chicago Championship Wrap-Up

- What an amazing weekend to be 'Ohana! I am very proud of all of our athletes for their double performance/two-day weekend!
 - Beach Babez - 1st Place with a score of 76.22/100 and HIT ZERO! Head judge commented, "Great job cuties!"
 - Shark Bait - 1st Place with a score of 76.88/100 and HIT ZERO! Tumbling judge noted good body control and synchronization of Standing & Running Tumbling!
 - Hang Ten - 2nd Place with a score of 76.0/100 and HIT ZERO! Jumps judge noted good body control on your jumps!
 - Surfer Gurlz - 1st Place with a score of 88.0/100, HIT ZERO, and were Prep Team Grand Champion! Head judge commented, "WOW!" on routine mastery "visual, engaging and entertaining" and the tumbling judge awarded full drivers for Standing Tumbling!
- All teams earned a popsicle party at their next week day practice for hitting zero! Well done all!
- This is just the beginning of an amazing season, and I'm looking forward to getting back on the practice mats this week with our athletes to prepare for our next competition - CSG Peoria for Shark Bait, Hang Ten, and Surfer Gurlz on November 4th.

'Ohana Athletics Closed October 23 & 24

- Monday, October 23rd - No Jump & Flex
- Tuesday, October 24th - No Practice due to Coach Michelle & Meghan out of state
- Thursday, October 26th - Juniors will practice from 7 - 9pm
- Also - Youth Team returns to 5:30 - 7pm schedule on Thursdays!

Halloween 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!

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 link will go live November 1st! Stay tuned!

OAPA UPDATES & ANNOUNCEMENTS

'Ohana Athletics 3rd Annual Trunk or Treat

- Gymwide event for all teams on Sunday, October 29th from 1:30pm - 2:00pm in the ETF Brookfield parking lot
- All families are invited to host a "trunk" with all athletes/siblings dressed up in their costumes to trunk or treat
- Sign up to let us know if you will be decorating a trunk for the event
 - [Trunk Decorating Sign up](#)
- SPECIAL PRACTICE SCHEDULE
 - Beach Babez: 12:00pm - 1:30pm (normal time)
 - Shark Bait: 2:00pm - 4:00pm
 - Hang Ten: 3:00pm - 5:00pm
 - Surfer Gurlz: 12:30pm - 1:45pm; break for Trunk or Treat; 2:00pm - 3:30pm
 - Sunkissed: 1:00pm - 1:30pm; break for Trunk or Treat; 2:00pm - 2:30pm

OAPA October Team Bonding Events

- Hang Ten (Youth) Team Bonding Event - Halloween Party
 - Date: October 27, 2023
 - More Information: [Youth Team Bonding Sign Up](#)
- Surfer Gurlz (Junior) Team Bonding Event - Halloween Party
 - Date: October 27, 2023
 - More Information: [Junior Team Bonding Sign Up](#)

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

OAPA SAVE THE DATES

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