

The Coconut Connection

Week of February 19th, 2024

[Online Master Calendar](#)

Attendance Matters

- Please **ALWAYS** report absences to the [Attendance Reporting Form](#). It is available via mobile phone, tablet, desktop, etc.

February/March Practice Reminders

- Beach Babez
 - Sunday, February 25th - normal practice
 - Tuesday, February 27th - normal practice
 - Tuesday, March 5th - normal practice
 - Tuesday, March 12th - no practice due to UCA All Star Nationals
- Shark Bait
 - Wednesday, February 21st - normal practice
 - Sunday, February 25th - 2:30 - 4:30pm
 - Wednesday, February 28th - normal practice
 - Monday, March 4th - 5:30 - 7:15pm with Team Send Off at 7pm
- Hang Ten
 - Thursday, February 22nd - normal practice
 - Sunday, February 25th - 12:30 - 2:30pm
 - Friday, March 1st - 5:30 - 7:15pm
 - Monday, March 4th - 7 - 8:30pm with Team Send Off at 7pm
- Surfer Gurlz
 - Thursday, February 22nd - 7 - 9pm
 - Tuesday, February 27th - normal practice
 - Tuesday, March 5th - 7 - 8:30pm with Team Send Off at 8pm
- Wipeout
 - Friday, February 23rd - 6 - 9pm
 - Friday, March 1st - 7 - 9pm
 - Thursday, March 7th - no practice due to UCA All Star Nationals

Updated Competition Dress Code Requirements

- Glam Squad
 - Many thanks to our all new 'Ohana Glam Squad - Kate Ballard, Katy Patten, and Jennifer Zamora - for volunteering their time to ensure all 'Ohana athletes are representing our gym according to our official competition look.
 - They will be on hand at competitions to make any hair or make-up adjustments or corrections as needed. We highly recommend all families bring their athlete's make-up and a hair brush to competitions if the Glam Squad needs to make an enhancement or adjustment.
 - If the Glam Squad feels that they need to make an adjustment on an athlete - the athlete must comply.
- Competition Hair
 - You must use a strong elastic band in addition to the bow elastic to keep the hair up in a high ponytail.
 - The trick is to not wash your hair the day before or day of the competition. Dirty is better. Use lots of hairspray.
 - If you choose to do a bun for your athlete's hair - it really only works if your athlete already has thick hair. If your athlete has thin hair, there isn't enough hair to fully make a bun and completely cover & tease the remaining hair. Several families have started to add hair pieces. Reach out to one another for recommendations if this is the route you choose. We are looking at making hair pieces a requirement for next season.
- Competition Make-up
 - Please use the official make-palette and jelly glitter products, and follow the video tutorial
 - NEW! All athletes are required to use lipstick, blush, eyeliner, mascara, and eyebrow pencils. Please keep eyeliner "wings" to a minimum.
- Competition Uniform
 - Top is tucked into the skirt. Keep back neck buttons buttoned.
 - When an athlete is in the competition venue, they are in full dress code from hair to toe. They should not walk around with their uniform in street shoes, or hair undone, etc.
 - Athletes are representing our program and we want to look our BEST!
 - It is ok to wear an 'Ohana or cheer hoodie/sweatshirt/jacket over your uniform to stay warm but it must be removed for awards.

OAPA UPDATES & ANNOUNCEMENTS

Next OAPA Monthly Meeting

- Date: Monday, March 18
- Time: 6 - 7pm
- Location: Tonawanda Library

End of Season Banquet - UPDATED DATE!

- Please update your personal calendars to note our 2023-24 Banquet will be Tuesday May 14th at Delafield Brewhaus!
- Stay tuned for details!