

The Coconut Connection

Week of August 7th 2023 Version 3

[Online Master Calendar](#)

NEW! August 8th - Practice Updates & Mat Assistance Welcomed

- There will be no Jump & Flex on Tuesday August 8th.
- The Senior Team will practice from 6:30 - 8pm on Tuesday August 8th.
- Help Needed! We need to move the mats from the gym into the hallway at the end of practice on Tuesday as floor work will be done in the gym. Parental assistance will be greatly appreciated. We will move the 6 smaller mats at the end of practice at 6:30pm. The Senior Team will move the 3 larger mats at the end of their practice.

NEW! Shark Bait Team Bonding - August 15th!

- Click for [potluck sign up](#) and details!

NEW! Hang Ten Team Bonding - August 17th!

- Click for [potluck sign up](#) and details!

NEW! Surfer Gurlz Team Bonding - August 15th!

- Click for [details](#) - potluck sign up to come!

NEW! 2023-24 OAPA Family Directory

- If you would like to opt-in to our 2023-24 OAPA Family Directory, please complete this [Google form](#).
- Please be sure to include at least one email address per family - team reps will be communicating via email to their families throughout the season for team bonding events, competition goodie bags, etc. While this information will also be reported in our weekly newsletter, families may miss timely updates if they do not share at least one email address.
- The OAPA Family Directory can be accessed [here](#). Note - it is a restricted access file so you will need to request access to the directory to keep everyone's information confidential. There may also be little to no information at first until everyone enters their information.

NEW! August Practice Schedule

- As we head into our final days of the summer, we thought it would be helpful to share the following dates with all families. They are also included on the master calendar.

- August 10th - no practice, Tonawanda gym unavailable
- August 15th & 17th - no team practices due to Choreography Week
- August 29th - no Jump & Flex, mat help need to move mats from gym to cafeteria
- August 31st - no practice due to holiday weekend and a plethora of absences reported by each team.

UPDATES & REMINDERS FROM LAST WEEK

Choreography Dates

- We understand that these are long days - we will schedule breaks including snack and meal times.
- All choreography will be at Tonawanda.
- Day 1 wear a black top and black bottoms. Day 2 wear a pink top and black bottoms.
- Choreography is TWO DAYS. They are scheduled as such to maximize team attendance. We couldn't accommodate everyone's absences and had to schedule teams on days/times when the majority of the team was available per attendance reporting form. See schedule below:
 - Beach Babez
 - August 17th from 8am - 2pm
 - August 18th from 8am - 2pm
 - Shark Bait
 - Wednesday August 16th from 8am - 2pm
 - Saturday August 19th from 8am - 2pm
 - Hang Ten
 - Friday August 18th from 2:30 - 8:30pm
 - Saturday August 19th from 2:30 - 8:30pm
 - Surfer Gurlz
 - Wednesday August 16th from 2:30 - 8:30pm
 - Thursday August 17th from 2:30 - 8:30pm

Choreography Payment Schedule

- We are hoping to finalize choreography dates with our choreographer this week! They could be any two - three consecutive days between August 15 and 31st!
- The choreography and professional/licensed music fees have been split equally among all athletes. The payment schedule is \$225 due August 15th, \$125 due September 15th, and \$112.50 due October 15th.

Payment in full is required by the choreographer up front - but I am collecting choreography & music over three months to help our families. I am sensitive to the increased costs and will be personally covering a portion of the total choreography up front cost to help lower the first installment for families. It is imperative that the remaining two payments are paid on time and we will assess a \$25 late fee per installment if installments are paid late.

- Expect invoices to be emailed to all families on August 5th. Payment will be via credit card only, thank you!

USASF Membership

- All 2023-24 athletes will need to sign up for a USASF membership. This is new to most families and will be a yearly requirement of all athletes.
- The membership window is now open and our gym profile is approved and ready for athlete assignments. The membership term runs from June 1, 2023 - May 31, 2024.
- Go to www.usasf.net and click the "Join Now" button in the top right corner. Please note that you will need your athlete's birth certificate when you sign up for their membership.
- You must complete the membership process no later than October 1st! Note that signing up late does not extend the membership term. Regardless of when you sign up, your membership will expire on May 31, 2024.
- Athletes 18+ and older - please be aware that there is an additional step required that includes a comprehensive background check. You'll need your driver's license in addition to your birth certificate when you sign up.

Evergreen News

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.

Online Master Calendar

- Several families have contacted us recently regarding access to our online master calendar. The link is in our Parent Portal and is also show here:

<https://calendar.google.com/calendar/u/1?cid=YWxvoGFAb2hhbmEyNjluY29t>

- [Click here](#) for information on how to subscribe to our master online calendar so it merges seamlessly into your personal Google calendars.

Online Pro Shop

- Order your 'Ohana gear from our [Online Pro Shop!](#)
- If you have any items you'd like to see added to our Pro Shop, please email aloha@ohana262.com

Lost & Found

- 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!

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!