

The Coconut Connection

Week of December 17th, 2023

[Online Master Calendar](#)

Christmas Cheer & Dance Classic Wrap Up

- What a great weekend for the 'Ohana!
 - Beach Babez
 - 2nd Place Overall with 71.6 out of 100 points, Hit Zero Champion
 - Day 1 - 35.6 points, Hit Zero
 - Day 2 - 36 points, Hit Zero
 - Way to go increasing your score from Day 1 to Day 2!
 - Shark Bait
 - 3rd Place Overall with 76.75 out of 100 points, Hit Zero Champion
 - Day 1 - 38.85 points, Hit Zero
 - Day 2 - 37.9 points, Hit Zero
 - Way to go hitting zero on both days!
 - Hang Ten
 - 2nd Place Overall with 77.05 out of 100 points
 - Day 1 - 38.2 points
 - Day 2 - 38.75 points, Hit Zero
 - Way to go increasing your score from Day 1 to Day 2!
 - Surfer Gurlz
 - 1st Place 79.95 out of 100 points
 - Day 1 - 39.15 points
 - Day 2 - 40.8 points, Hit Zero
 - Way to go increasing your score from Day 1 to Day 2!
- The biggest area of improvement that will impact our scoresheets tremendously for all teams is our stunt technique. Stunt technique is worked on and drilled at every practice but can only improve with the regular attendance of a stunt group. As a team sport, one stunt group not meeting stunt technique standards affects the entire team's score. Coaches will be reviewing school year attendance over winter break and if it is determined that an athlete's absence has hampering her stunt group and team's opportunity to succeed, changes will be made when practices resume in January.
- The second area of improvement that will impact our scoresheets is elite level appropriate full team tumbling. Shark Bait saw an increase in score due to the addition of the 2nd backwalkover in two sections of their routine this weekend (way to go ladies!) With our goal of moving teams from the Prep to Elite divisions next season, it is important for our athletes to ensure

they are hitting all tumbling skills listed in their level. Level 1 skills never truly go away - they just get added to tumbling sequences in higher levels. As an example, the elite level appropriate Level 2 standing tumbling pass is a two step back handspring step out back swichover scoop back handspring. Generally all Level 2 elite level appropriate running tumbling passes begin with a front walkover. If you have any questions, please don't hesitate to reach out!

Jump & Flex resumes in January with NEW RSVP System!

- Please reserve your daughter's spot for Jump & Flex via [this link](#). All ages are now combined into one class from 6 - 7pm.
- Jump & Flex coaches request that if your daughter is staying for the monthly potluck to please officially register them for Jump & Flex. They initially sit on the tables but invariably want to join in the class but then do not pay for the class. December's monthly potluck day saw only 2 athletes pay for the class but by the end of the class many more had girls joined in (and didn't pay). Thank you :)

Champion Team Store

- Open now through December 20th
- Items will ship within 3 - 4 weeks
- <http://coachsassistant.gtmsportswear.com/oa2324>
- PRICES WILL INCREASE IF YOU MISS THIS ORDERING DEADLINE!

REMINDERS FROM LAST WEEK

December Schedule Updates

- December 24th - January 1st - 'Ohana Athletics closed for Winter Break. Please utilize your ETF memberships and attend tumbling classes!

Save the Date - 2023-24 Season Photos

- Monday January 29th at Tonawanda Elementary
 - Sunkissed 6:30 - 6:45pm
 - Beach Babez 6:45 - 7pm
 - Shark Bait 7 - 7:20pm
 - Hang Ten 7:20 - 7:40pm
 - Surfer Gurlz 7:40 - 8pm
 - Wipeout 8 - 8:15pm
 - SPF 8:15 - 8:30pm
- Team and Individual photos will be taken.
- Ordering will be online - you will view proofs of various poses and choose your package. Orders are then shipped directly to your home.

January Schedule Update

- Due to Incoming K4/K4 Night, Tiny & Junior practice originally scheduled for Tuesday January 23rd will be held on Monday January 22nd.
- This is a competition week so we are hopeful the advance notice will allow all athletes to accommodate this update.
- Thank you for your continued support!

Beach Babez - Battle Royale Kalahari Room Block

- Optional room block for the Battle Royale at the Kalahari on February 17 & 18
- <https://book.passkey.com/event/50543480/owner/49796246/home>

OAPA UPDATES & ANNOUNCEMENTS

OAPA SAVE THE DATES:

- 'Ohana Family Night Out: Milwaukee Admirals Game
 - Join us for a family night out at the Milwaukee Admirals game. The athletes will be given the chance to join the high five tunnel before the game.
 - Date: Friday, January 5, 2023
 - Time: 6:30pm for tunnel; game starts at 7:00pm
 - Location: Panther Arena; 510 W Kilbourn Ave #B, Milwaukee, WI 53202
 - Any questions reach out to Catie Schuh (262) 765-1165 or Melissa Brandsma (262) 933-0783
 - Buy Tickets: ['Ohana Family Night Out - Milwaukee Admirals](#)
- 2023-2024 End of Season Banquet:
 - Date: May 7, 2024
 - More information to follow