

The Coconut Connection

Week of September 18th, 2023

[Online Master Calendar](#)

ANNOUNCEMENTS & UPDATES

IMPORTANT UPDATE!

Tonawanda Unavailable September 19 - 21st!

- Coach Michelle received a confirmation text from Tonawanda Principal Olson this evening to give us advance notice that Tonawanda's cafeteria is unavailable this week due to urgent repair work that is happening Tuesday - Thursday from 1pm - 8pm each day.
- Coach Michelle is an eternal optimist, and the repair is estimated to take between 2 - 3 days, so she is hopeful that we could potentially still practice at Tonawanda on Thursday (and maybe Wednesday too!) **Be sure you are subscribed to your team Remind classes as that is how Coach Michelle will communicate with Wednesday and Thursday night teams. Expect a text confirmation by 4pm on Wednesday and Thursday if the work has been completed and we are able to resume practice at Tonawanda.**
- Coach Michelle brainstormed with OAPA BOD on Plan B for the week. OAPA VP Kate Ballard reached out to Team Representatives, and Team Reps suggested that teams utilize their ETF memberships and attend tumbling this week to replace their team practice. Classes vary by day and are held earlier afternoon/evening. Open Gyms vary by day and start at 7:30pm.
- We are mindful of our athlete ages and late nights, and after additional discussion with Coaches, please see this week's modified practice schedule:
 - **Beach Babez - Tuesday:** Because Open Gyms start at 7:30pm we realize this is not conducive to having a formal practice with our tiny team on a school night. If your ETF membership includes tumbling classes, we encourage you to take your athlete to a tumbling class to work on their Level 1 tumbling skills (bridge kickover, back walkover, front walkover, handstand forward roll, forward roll stand up with no hands, backward roll)
 - **Shark Bait - Wednesday:** Because Open Gyms start at 7:30pm we realize this is not conducive to having a formal practice with our mini team on a school night. If your ETF membership

includes tumbling classes, we encourage you to take your athlete to a tumbling class to work on their Level 1 tumbling skills (bridge kickover, back walkover, front walkover, handstand forward roll, forward roll stand up with no hands, backward roll)

- **Hang Ten - Thursday:** Coach Emily & Coach Emmi would like to work with athletes/stunt groups during the ETF Open Gym from 7:30 - 8:30pm. We know this is a later timeframe and understand if it is too late of an evening for your athlete. Please email aloha@ohana262.com YES or NO if your athlete can attend the later time for this Thursday only. Depending upon how many athletes say yes vs no, we may have Hang Ten follow Beach Babez and Shark Bait with attending a tumbling class individually on Thursday vs trying to come together as a team. We will make a decision by Wednesday at 4pm if it will be a formal team practice during Thursday night Open Gym so parents are aware of the plan.
- **Surfer Gurlz - Tuesday:** Your practice will relocate to ETF Brookfield during Open Gym. Please arrive at 7:15pm and we will practice until 8:30pm
- **Wipeout - Thursday:** Your practice will relocate to ETF Brookfield during Open Gym. Please arrive at 7:15pm and we will practice until 8:30pm
- **S.P.F. - Wednesday:** check group chat for details on options for the week.
- Please note - with the modified practice schedule for the week, we highly encourage all families to send their athlete to Jump & Flex on Monday September 18th! Elementary aged athletes at 6pm and Middle School/High School athletes at 7pm. Thank you!

Update - Youth Practice

- Coach Emily and Coach Emmi would like to add 30 minutes to Hang Ten's Thursday practice time from 5:30 - 7 to 5:30 - 7:30. Please expect this to be in effect at your next Tonawanda Thursday practice.
- Please let us know ASAP if there are any concerns with the later end time.

Update - Practice Wear

- Practice bows were distributed at practice to Tiny, Mini, Youth and Junior Teams on Thursday 9/14 and/or Sunday 9/17. Each athlete gets one solid color bow as part of their paid annual registration fee.

- Replacement bows are \$6.68 including sales tax and shipping. We will place a 2nd order on 10/1 for those wishing to have an extra bow - [click here](#) to order extra bows.
- FYI - practice wear top and bottom are in production and will be distributed as soon as it arrives.

Reminder - Required Dress Code

- Consequences for failure to be in dress code starts this week!
- Black top and bottom every practice.
- Any bow during week day, solid color practice bow on Sundays.
- All jewelry and piercings must be removed - no exceptions whatsoever. This is a USASF safety rule and athletes cannot participate if they are wearing jewelry or refuse to remove their piercings.
- Consequences will be issued to those not following the dress code.

Update - Orlando Travel Dates

- Required Florida Dates are March 8 & 9 instead of March 9 & 10!
- Hotel check in is March 7th as we could perform early on March 8th!
- We will discuss FL travel at November monthly meeting! Email aloha@ohana262.com with questions in the meantime.

Save the Date - Competition Hair Tutorial

- Monday October 2nd.
- All ages Jump & Flex at 6pm
- Hands-on practice for parents & athletes in doing our competition hair look. More details to follow!

Looking ahead - Schedule Updates

- Shark Bait
 - Wednesday December 13th practice rescheduled to Thursday December 14th from 5:30 - 7pm due to Tonawanda school event.
- Hang Ten
 - Thursday December 14th practice rescheduled to Tuesday December 12th from 7 - 8:30pm due to Tonawanda school event.
- Surfer Gurlz
 - Tuesday October 24th practice rescheduled to Thursday October 26th from 7 - 9pm due to Coach conflict.
 - Tuesday December 12th practice rescheduled to Thursday December 14th from 7 - 9pm due to Tonawanda school event.
- SPF

- Wednesday December 13th practice rescheduled to Thursday December 14th ETF Open Gym due to to Tonawanda school event.

OAPA UPDATES

'Ohana Family Bonding Event - Schuett Farms

- Please join OAPA for an ALL GYM bonding event on Saturday, October 7th. There will be pumpkins, hayrides, a corn maze, & more.
- Location: Schuett Farms, W299 S6370 WI-83, Mukwonago, WI 53149
- Time: 1:30pm - ?
- Cost: General Admission to the farm is free
 - Additional Cost (optional):
 - Pumpkins (varies based on size)
 - Corn Maze: \$8/person (2 & younger free)
 - Hayrides: \$6/person (2 & younger free)
 - RSVP: ['Ohana Family Bonding Event RSVP](#)

Shark Bait (Mini) Team Bonding Event - Taco Dinner

- Date: October 16, 2023
- Time: 5:30pm - 7pm
- Location: Brandsma's House
 - 15230 Carpenter Rd. Brookfield, WI 53005
- [Mini Team Bonding Sign Up](#)

OAPA Holiday Party - Save the Date

- Monday, December 11th - 'Ohana Family Holiday Party
- Details to follow

Hang Ten (Youth) Team Bonding - Save the Dates:

- October 27th - Halloween Party
- January 15th - TBD
- February 15th - Valentine's Party/Movie Night
- April 27th - End of Season Party

Reminders from Last Week

'Ohana Athletics Contact Information

- In an effort to streamline 'Ohana processes within USASF guidelines, we would like to inform all families of the following:
 - ONE EMAIL FOR ALL 'OHANA BUSINESS: In order to streamline communication, please update your address books to reflect aloha@ohana262.com for ALL 'Ohana related items.
 - 'OHANA ATHLETICS BUSINESS HOURS
 - Emails, phone calls, and text messages will be monitored during our business hours of:
 - Sunday: 11am - 6pm
 - Monday - Thursdays: 5 - 10pm
 - Closed: Friday, Saturday, holidays. Additionally, replies will be delayed on days listed as "No Practice" on our master calendar.

School Year Schedule, Dress Code and Attendance Policy Begins!

- All teams have switched to our School Year Schedule effective September 1st.
- **The start times listed below are the times instruction actively begins.** Athletes should already be in the building with cheer shoes on, hair set, and jewelry removed so they are fully ready to start practice at their designated start time.
 - Beach Babez: Tuesday 5:30 - 7pm at Tonawanda and Sunday 12-1:30pm at Elite
 - Shark Bait: Wednesday 5:30 - 7pm at Tonawanda and Sunday 1:30 - 3:30pm
 - Hang Ten: Thursday 5:30 - 7pm at Tonawanda and Sunday 2:30 - 4:30pm at Elite
 - Surfer Gurlz: Tuesday 7 - 9pm at Tonawanda and Sunday 12:30 - 2:30pm at Elite
 - Wipeout: Thursday 7 - 9pm at Tonawanda and Sunday 1:30 - 3:30pm at Elite
 - S.P.F.: Wednesday 7 - 9pm at Tonawanda
 - Crossover Schedules
 - Weekdays
 - attend each team's weekday practices
 - Sundays
 - Shark Bait & Hang Ten: 1:30 - 4:30pm
 - Hang Ten & Surfer Gurlz: 12:30 - 4:30pm with one hour break at 1:30pm
 - Surfer Gurlz & Wipeout: 12:30 - 3:30pm
- Arrival and pick up times at Tonawanda

- Practices move to the cafeteria in the school year. Car drop off moves to the north parking lot off of Underwood River Parkway.
- Arrival
 - Enter via door E1
 - The middle door will be unlocked at 5:50pm on Monday and 5:20pm on Tuesday, Wednesday and Thursday.
- Dismissal
 - Beach Babez - please meet your athlete in the main hallway after practice.
 - Shark Bait - coaches will walk athletes to door E1. Please remain in your car pulled along the sidewalk - we will release athletes out of E1 as they see your car pull up to the covered awning.
 - Hang Ten and older - athletes are released from practice to meet their parents outside. Be sure you have communicated your pick-up instructions with your athlete.
- Dress Code
 - All jewelry must be removed before arriving at practice. All piercings and anything around the neck, wrists, and ankles are considered jewelry.
 - Hair is up in a high centered ponytail with a cheer bow. We practice how we perform and the high centered ponytail keeps hair out of the athlete's face for stunting and tumbling.
 - FYI - [this is the specific look](#) with regards to hair that all female athletes will do this competition season and should be reviewed to see exactly what we mean by a "high centered ponytail" for practice purposes.
 - Use a strong pony elastic to secure the ponytail then add the cheer bow. You should never just rely on the cheer bow to hold the ponytail in place.
 - Weekdays - any black top, black bottoms, any cheer bow.
 - Sundays - practicewear once it arrives. In the meantime, black 'Ohana top, black bottoms, and any cheer bow.
 - Coaches will issue age appropriate consequences for not being in dress code effective the week of September 18th.
- Attendance Policy
 - Per our program handbook and membership agreement, athletes are permitted three absences during the school year. Absences can be any reason and all times athletes are not

present for the full practice. If the athlete is not at practice, they are considered absent.

- Refer to program handbook for how excessive absences are handled.

EVERGREEN UPDATES

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=YWxvaGFAb2hhbmEyNjluY29t>
- [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

Family Directory Reminder

- You must add at least one email in order to receive updates/info from parent association and team reps
- Complete this [Google form](#) to be included in the directory.

UCA All Star Nationals - Mini, Youth, Junior Teams

- For your planning purposes, please be aware of the following information
 - Final WI practice ***REQUIRED FOR ALL ATHLETES*** and Nationals Team Send Off
 - Surfer Gurtz - March 4
 - Shark Bait & Hang Ten - March 5
 - Preferred travel dates to Orlando, FL - March 6&7

- FL required practice date - March 8 in the AM
- Teams will compete March 9&10 - two days!
- If families want to add extra play time, highly recommend to extend trip AFTER we compete. No WI team practices March 11-16 to accommodate families wishing to stay and play in Orlando. We will have team practices on March 17th.

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.