

The Coconut Connection

Week of January 15th, 2024

[Online Master Calendar](#)

Attendance Matters

- Please **ALWAYS** report absences to the [Attendance Reporting Form](#). It is available via mobile phone, tablet, desktop, etc.
- When considering ability of teams to upgrade their routines, to be successful at upcoming competitions, etc please keep in mind the following attendance statistics as of January 15th:
 - Beach Babez - 6 total athletes
 - Athletes with 2 school year absences: 2
 - Athletes with 4 school year absences: 2
 - Athletes with 5+ school year absences: 2
 - Shark Bait - 10 total athletes
 - Athletes with 0 school year absences: 2
 - Athletes with 1 school year absence: 3
 - Athletes with 2 school year absences: 4
 - Athletes with 5+ school year absences: 1
 - Hang Ten - 13 total athletes (including crossovers)
 - Athletes with 0 school year absences: 4
 - Athletes with 1 school year absence: 2
 - Athletes with 2 school year absences: 5
 - Athletes with 3 school year absences: 2
 - Surfer Gurlz - 13 total athletes (including crossovers)
 - Athletes with 0 school year absences: 1
 - Athletes with 1 school year absence: 2
 - Athletes with 2 school year absences: 3
 - Athletes with 3 school year absences: 2
 - Athletes with 4 school year absences: 2
 - Athletes with 5+ school year absences: 2
- We are also looking into pulling data from ETF re: attendance at supplemental tumbling classes and open gyms. Tumbling is an important piece of our competitive scoresheet and athletes absolutely must be working on tumbling outside of their 2x week team practices. Our teams literally will "lose" compared to teams that have full team advanced or elite level appropriate tumbling skills. We have made GREAT progress with tumbling this season! It's time to

really push harder to gain those skills NOW to set the tone for 2024-25!

- Beach Babez of 6 total team members, 5 are needed to have Elite Level Appropriate tumbling skills to max out the tumbling quantity rubric on the Prep scoresheet. There are currently 0 athletes on Beach Babez with Elite Level Appropriate Tumbling Skills.
- Shark Bait: of 10 total team members, 7 are needed to have Elite Level Appropriate tumbling skills to max out the tumbling quantity rubric on the Prep scoresheet. There are currently 6 Shark Bait athletes with Elite Level Appropriate Tumbling Skills.
- Hang Ten: of 13 total team members, 9 are needed to have Elite Level Appropriate tumbling skills to max out the tumbling quantity rubric on the Prep scoresheet. There are currently 6 Hang Ten athletes with Elite Level Appropriate tumbling skills.
- Surfer Gurlz: of 13 total team members, 9 are needed to have Elite Level Appropriate tumbling skills to max out the tumbling quantity rubric on the Prep scoresheet. There are currently 7 Surfer Gurlz athletes with Elite Level Appropriate tumbling skills.

Sunday, February 11th - Practice Schedule Update

- Per parent request due to Super Bowl Sunday, please note the following practice updates:
 - Beach Babez - no change
 - Shark Bait - 12:30 - 2:30pm
 - Hang Ten - 1:30 - 3:30pm
 - Surfer Gurlz - 1 - 3pm
 - Wipeout - 12 - 1pm
 - Sunkissed - 2:30 - 3:30pm
- Dress code will be Super Bowl themed!. We will confirm which teams and colors these are as we get closer to the date.

Sunday February 18th - Practice Schedule Update

- Due to Beach Babez competing at the Kalahari, the following practice schedule updates are necessary:
 - Shark Bait - practice will be 3:30 - 5:30pm
 - Hang Ten - practice will be 2:30 - 4:30pm
 - Surfer Gurlz - no change
 - Wipeout - no change

- Sunkissed - no change

All Star Nationals

- All families and athletes traveling to All Star Nationals, please be aware of the following updates to our channels of communication:
 - REMIND - used as a one way-means of communication from Ohana to all subscribers to share important updates and reminders.
 - Join it here: <https://www.remind.com/join/oo-disney>
 - BAND - We are returning to BAND as a means for all coaches, families, and athletes to communicate and connect with one another while in Orlando.
 - Join the band here: <https://band.us/n/aaac03gcwepdd>
 - This will help ease all families into returning to using BAND for the 2024-25 season as it is no longer a banned website within the School District of Elmbrook.

Coming Soon - Tumbling Skill Report Card

Athletes will be coming home this week with their Tumbling Report Card. We are judged based upon perfection of skills performed on a spring floor. Therefore our "grades" for athlete tumbling are held to these same standards.

- **MASTERED**

- Skills are performed on the spring floor with PERFECT execution and technique on a CONSISTENT basis.

- **ADVANCED**

- Skills are performed on the spring floor without a spot but needs MINOR CLEANING and CONSISTENCY.
- Examples:
 - Forward roll - athlete can come out of forward roll without use of hands, but feet are not together.
 - Back walkover - athlete can lift leg while initiating back walkover, but knees are slightly bent and need to be locked out.
 - Front walkover - athlete can come out of front walkover but both arms are not up by ears when coming out - usually one arm is out to the side..

- **INTERMEDIATE**

- Skills are performed on the spring floor with a light/no spot but needs MAJOR CLEANING and CONSISTENCY.
- Examples:
 - Forward roll - athlete can come out of forward roll without use of hands, but feet are not together.
 - Back walkover - athlete can lift leg while initiating back

walkover, but knees need to be locked out and toes need to be pointed OR athlete can't lift leg while initiating back walkover, but knees are locked out and toes are pointed. Front walkover - athlete can come out of front walkover without touching the ground, but both arms are not up by ears when coming out.

- **BEGINNER**
 - Skills are performed on the air track, tumble track, and/or spring floor with a spot.
 - Examples
 - Forward roll - athlete needs to use hands to stand up out of forward roll
 - Back walkover - athlete performs bridge kickover vs back walkover or legs are very bent.
- **DOES NOT HAVE SKILL**
 - Self explanatory 😊

REMINDERS FROM LAST WEEK

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 :)
- We must have a minimum of 6 pre-registered athletes to hold our Jump & Flex class. A message will be sent via Remind at 4pm each Monday if Jump & Flex will not be held due to low enrollment. Thank you!

Competition & Practice Bow Order

- We will be placing a supplemental competition & practice bow order on January 15th. Please fill out the order form if you would like to be included in our order.

- <https://docs.google.com/forms/d/e/1FAIpQLScu3h7TBaOw6WtnXG2arpbL7UJINVSchxkcBPRdXmdprG6i4g/viewform>

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

Mat Duty Sign Up for the rest of the season!

- Tiny: 3 parents per set up; must sign up for 7 slots
 - [Tiny - Mat Duty Sign Up](#)
- Mini: 3 parents + athlete per set up; must sign up for 4 - 5 slots
 - [Mini - Mat Duty Sign Up](#)
- Youth: 3 parents + athlete per set up; must sign up for 4 - 5 slots
 - [Youth - Mat Duty Sign Up](#)

OAPA Fundraiser Opportunities

- Fundraiser opportunity #1: Super Bowl Poll Fundraiser
 - This fundraiser will benefit the athletes individually as well as support the 'Ohana Athletics Parent Association.
 - How this fundraiser works:
 - Each Square costs \$25; in order to confirm a square you must receive payment within 24hrs.
 - For each square sold, \$10 goes directly back to the

- athlete
 - The fundraiser pays \$200 for 3 quarters and the final
- Fundraiser opportunity #2: Flower Seed Fundraiser
 - This fundraiser will benefit the athletes individually with 40% of sales going directly back to the athlete.
 - How this fundraiser works:
 - Friends & Family will purchase seeds from the link.
 - Buyers will need to enter the athletes name in the “give credit to this sale” field while checking out.
 - The athlete will receive 40% of their sales back to use towards Nationals.
 - This fundraiser will end on January 31, 2024
- For more information on both fundraisers click the link below.
 - [Fundraiser Details Here](#)

OAPA Volunteer Opportunity - Hope House Breakfast

- The ‘Ohana family is honored to partner with Hope House in Waukesha for a volunteer opportunity serving breakfast to approximately 40 Hope House shelter guests. We are looking for volunteers to help prepare & serve breakfast, as well as, donations of the needed food items.
 - Date: January 20, 2024
 - Time: Report at 7:45am
 - Location: Hope House; 502 N. East Ave. Waukesha, WI 53186
 - [Hope House Volunteer & Food Donation Sign Up](#)

OAPA SAVE THE DATES:

- Next OAPA Monthly Meeting:
 - Date: Monday, February 12
 - Time: 6 - 7pm
 - Location: Tonawanda Library
- 2023-2024 End of Season Banquet:
 - Date: May 7, 2024
 - More information to follow