

The Coconut Connection

Week of June 19, 2023

Jump & Flex – Check In Procedures

- If your athlete is staying for Jump & Flex, please have them check in with Coach Michelle upon arrival to sign in and pay their \$2. This helps to ensure a smooth transition from practice to Jump & Flex.
- Each athlete was sent home with a copy of our [Jump Flexibility Scale](#) last week. Our goal is for all athletes to have jumps in the “Green Zone” by the end of the season. In order to achieve this goal, athletes should stretch at home daily. Over the next several weeks, they will learn a variety of stretches that can simply and easily be done at home to help them achieve our gym goal!
- Jump & Flex is intended to be a dedicated workout specifically for jumps & flexibility. While Coach Zacarius and Coach Noelle will do their best to make it as fun as possible, please remind your athletes that it is an active workout that will require them to give their best effort.

All About Me Worksheet

- Athletes were sent home with a special All About Me worksheet last week. We would like all athletes to complete this worksheet and return it to practice by July 5th.
- Please print an actual photo of your athlete and paste into the photo section of the worksheet.
- Please feel free to decorate/color the worksheet to let your personality shine! These sheets will be used in the very first ‘Ohana Athletics Yearbook which all families will receive at our end of season banquet in May 2024.

- If your athlete would like another copy of the worksheet, please have them check in with Coach Michelle at their next practice. It will be very helpful if the worksheets are returned unfolded/crumpled, etc 😊

Social Media

- With our first week underway, our social media intern is ready to start sharing posts on our Instagram account @ohana.athletics - be sure you're following us!
- One team will be featured each day!

Call to Action Items

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.