

The Coconut Connection

Week of September 4th, 2023

[Online Master Calendar](#)

'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.

Jump & Flex moves to MONDAYS effective September 11th!

- Elementary from 6 - 7pm
- Middle/High School from 7 - 8pm
- Price increases to \$5 as Jump & Flex is now 1 hour each week
- Special combined time once per month due to Monthly 'Ohana Family Meeting & Potluck (see below and master calendar for exact dates).

Save the Date - Monthly 'Ohana Family Meeting & Potluck

- Monthly on the 2nd Monday of each month. First one is September 11th!
- Jump & Flex for all ages in the cafeteria at 6pm. This is a great opportunity for Bigs & Littles to spend time together now that teams are practicing separately.
- Parent Meeting in the library at 6pm. Hear updates from OAPA and learn more about the exciting sport of all star cheerleading. Topics change monthly.
- Family Potluck organized by OAPA in cafeteria at 7pm.

UPDATE - Save the Date for Homecoming (aka Showcase)

- Homecoming has been moved to Saturday October 21st due to conflicts for reported absences for our original date of October 15th.
- Time is TBD but expect later afternoon (~4pm).

REMINDER! Final Call for Uniform Orders

- A few families reached out during choreography to order a new size for their athletes.
- Uniform orders have been placed for: Mariah (skirt), Lyla (skirt), Audrey (both pieces), Gabby (skirt), Arely (both pieces), Kamryn (top), Luisa (both pieces), Sonia (both pieces), Clara (both pieces).

- You can expect an invoice for payment within the next 10-14 days.
- Please email aloha@ohana262.com as soon as possible if your athlete needs a new uniform.

OAPA UPDATES

Hang Ten Team Bonding Event

- Join us for a bonfire with s'mores & hot chocolate on September 15th at 6pm. Location: Mary Knoll Park, 615 S Sunnyslope Rd. Brookfield, WI 53005.
- Team moms will be purchasing all items for this event so please venmo Katie Fischer (@Katie-Fischer40) \$5 per athlete.
- Please bring a chair and a lantern if you have one.
- RSVP at <http://evite.me/ZfFye6t7DM>

Mat Duty - Message from OAPA

Hello 'Ohana Families, We are excited to launch the school year 'Ohana Mat Duty sign up for Sept-Dec. Tiny, Mini and Youth parents will be responsible for mat set up duty each week. Juniors and Seniors will be responsible for mat tear down each week.

We are giving the opportunity to pick your own dates for set up. If you don't choose your dates by Sept 1st. Mat duty will be assigned by OAPA.

New this season - Mini and Youth athletes will help with mat set up prior to practice. Parents are needed to supervise and physically move the mats from their storage area to the cafeteria.

Please be courteous (or fair, or mindful) and spread your mat signups across all months. If you do not sign up for mat duty in a specific month, we reserve the right to reassign one of your selections to a month you did not sign up for mat duty in.

The main entrance will be unlocked at 5:20pm each day (and no earlier due to our facility reservation). Set up begins at 5:20pm, feet in the gym at 5:20pm! If you arrive late or no show you will be invoiced a \$25 fee the following day by OAPA.

[Mini Link](#) [Tiny Link](#) [Youth Link](#)

If you have any questions please reach out to Kate Ballard

Kate Ballard-213-448-8332 or kateballard999@gmail.com

UPDATES & REMINDERS FROM LAST WEEK

Practice Dress Code & Practice Wear Update

- Week Day Practices - all athletes should wear a black top and black bottoms to their week day team practice.
- Sunday Practices - A practice wear top and bottom with solid color bow is included for all athletes as part of their annual registration fee. It is expected to be worn by all athletes to their Sunday practices. We are anxiously awaiting the delivery and it will be distributed at practice as soon as it arrives. In the meantime, athletes should wear a black top and black bottom on Sundays.
- For all practices - Hair is up in a high centered ponytail and all jewelry and piercings must be removed. Anything around the wrist, ankle, and neck must be removed.

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 Gurlz - 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.