



'Ohana Athletics <aloha@ohana262.com>

Practice Starts TODAY!

1 message

'Ohana Athletics <aloha@ohana262.com>

Tue, Jun 13, 2023 at 9:27 AM

We are so excited to see everyone today! Here are a few final reminders to get us off to a good start (sent via email to ensure all families receive it and this will also be saved as a PDF in the Parent Portal) ...

Annual Registration & June Tuition

- Annual registration and June tuition must be paid in order for your athlete to attend practice today! This is a condition of our operating document and liability insurance.
- Please communicate any concerns with us prior to arrival! As our handbook states, we understand situations arise and want to work with our families but communication is of utmost importance!

Arrival Procedures

- 4:45pm - Athlete Arrival! Arriving prior to practice start time allows athletes to change into cheer shoes, remove jewelry, and put their hair into a high centered ponytail. Parents of younger athletes - please come in with them to help them get ready and encourage them to go to the restroom! *Please note - JUNIOR athletes will enter the gym immediately upon arrival as they are setting up the mats all summer!* All other athletes are to wait in the hallway please!
- 4:55pm - Meet Coach at Gym Doors! Tiny & Mini to meet at the south hallway gym doors. Youth to meet at the north hallway gym doors. Athletes can bring their backpacks into the gym with them. Their coaches will show them where they will be lined up inside the gym.
- 5pm - Practice **starts!** Please be on time! Attendance matters!

Dress Code & What to Bring

- Athletic wear - shirt, shorts, socks, indoor cheer shoes (or closed toe shoes if you haven't purchased indoor cheer shoes yet.
- Remove all jewelry - everything around your neck, wrists, ankles is considered jewelry. Remove all piercings. This should be done before entering the gym - parents your assistance is appreciated!
- Hair is up in a high centered ponytail. A high centered ponytail sits on top of the head. It is not a low ponytail at the base of the neck or opposite the ears/eyes - parents your assistance is appreciated!
- Please bring a water bottle! This saves time during water breaks of athletes lining up for the bubbler!
- Your positivity beads! Best if kept on your cheer backpack so you have it at all times. If you missed the Signing Event, you will get yours at your first practice.
- OPTIONAL (highly encouraged) for Mini and older athletes to bring a yoga strap or resistance band (please label with your athletes name). A simple strap (not the one with all the loops) will be the most helpful for younger athletes. With our focus on technique, strength, and flexibility, these will be very helpful!

Missed the Signing Event?

- I will be available starting at 4:30pm this week in the gym hallway and next week to meet with parents and athletes to sign their membership agreements. To save some time, the membership agreement is attached for parents to print out and complete prior to arrival. Please note - original signatures are required, we cannot accept electronic copies of the team contract.
- An OAPA board member will also be present to measure your athlete for a used uniform, potentially fit your athlete into a used uniform, and to talk about their exciting plans for the season - our first fundraiser is here and our first 'Ohana outing is next week June 24th (I'm sorry I am unable to attend as Coachie and I will be at the Taylor Swift concert in Minneapolis).

Jump & Flex Starts Today!

- Our all new Jump & Flex class led by Coach Noelle and Coach Zacarius starts today!
- The class is from 6:30 - 7pm and will be split into two groups: Tiny & Mini and Youth, Junior & Senior.
- Drop in fee is \$2 cash (exact change preferred if possible) and will be collected at the start of the class. There may be options for payment via Venmo coming soon!
- New - PARENTS WELCOME TO PARTICIPATE! *Coach Michelle has always wanted to create a Parent Exhibition Team - this is your chance to start getting in shape!* \$2 drop in fee applies.

Attendance Reporting

- The [attendance reporting form](#) has been updated with our new team names and checkboxes for crossover athletes.
- Please enter absences for Tuesdays & Thursdays, and Fridays - Sundays in August & September.

Have you signed up for your Team Remind yet?

- We will be using Remind (www.remind.com) as our communication platform for the 2023-24 season. Staff and families will be able to communicate with one another within their Remind "class". Per program policy, staff personal contact information is confidential - all communication is done in Remind.

For a robust experience, download the free Remind app. Athletes are also encouraged to download the app to be responsible for their sport. Please be aware that athletes under the age of 13 will need parental permission *in the Remind app* to use Remind.

Tiny - Beach Babez

text @oa-babez to the number 81010 <https://www.remind.com/join/oa-babez>

Mini - Shark Bait

Text @oa-shark to the number 81010

<https://www.remind.com/join/oa-shark>

Youth - Hang Ten

Text @oa-hangten to the number 81010

<https://www.remind.com/join/oa-hangten>

Junior - Surfer Gurlz

Text @oa-surfer to the number 81010

<https://www.remind.com/join/oa-surfer>

Senior - Wipeout

Text @oa-wipeout to the number 81010

<https://www.remind.com/join/oa-wipeout>

Open - S.P.F.

Text @oa-spf to the number 81010

<https://www.remind.com/join/oa-spf>

Please do not hesitate to contact us with any questions or concerns - we are here to help! We can't wait to see everyone!

Cheers!
Coach Michelle



'Ohana Athletics 2023-24 Membership Agreement.pdf

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