

CHILTERN CHEETAHS MONTHLY NEWSLETTER

JANUARY 2021



**NEWS ON
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CHEER
GAMES &
FREE ZOOM**

**ATHLETE'S
OF THE
MONTH:
TAHLIA B &
AMY P-B!**

TOP NEWS: RIDDLE TRAIL SUCCESS!

Lockdown is tough, and at Cheetahs we have wanted to help our athletes feel motivated both inside and outside of training. Providing extra 'challenges' and 'activities' for athletes and families is something that we love doing, and we're pleased to say the Riddle Trails were a success!

Over two weekends in January, we put up 10 riddle trail cards around a route at two different parks-

Hughenden park in High Wycombe, and Burnham Beeches near Slough. Each card had a riddle A (easier) and riddle B (harder), to cater to both children and adults.

We are so pleased that lots of families went along- not just for the riddle, but to get outside and enjoy some fresh air! At this tough time when we spend a lot of our time indoors, we want to encourage all our athletes and families to get outside safely, when they can.

**BOTH AMY AND
TAHLIA HAVE HAD
FULL ATTENDANCE ON
ZOOM AND
CONSISTENTLY
ATTENDED NEARLY
EVERY EXTRA ZOOM
SESSION AVAILABLE.
WELL DONE GIRLS!**

JANUARY 2021

Cheer games!

We love seeing our athletes on zoom, and being able to train together virtually- but if we did the same thing every session, every week it would get boring!

We do our best to keep sessions varied and fun, and our latest creation is conditioning based cheer board games!

We've had a lot of fun with cheer monopoly, cheer snakes and ladders and coming soon- cheer ludo! Athlete feedback has been really positive, we're so glad they're enjoying training!

SNAKES & LADDERS!

LUDO!

“Tough times don't last, tough people do”



FREE

Extra zoom sessions

MONDAY, JANUARY 25th
5-5:15: Conditioning for athletes & parents

WEDNESDAY, JANUARY 27th
5.30-5.45: Improving jumps

FRIDAY, JANUARY 29th
5.10-5.30: Tumble drills for all

FREE EXTRA ZOOM SESSIONS

During this lockdown, athlete's are only training in their teams for an hour at a time, especially as we are conscious that everyone is spending a lot of time in front of computers with virtual learning/working.

We still want to give athletes the opportunity to train more (if they want to), which is why we are offering free short, sharp extra sessions each week. These include conditioning, jumps, tumble and drills.

As athlete's are training for less time than they would be in the gym, we would really encourage attending these extra sessions. They're not long AND they're free. Parents are welcome at the conditioning classes too!

ATHLETE 'GLOW UP'

We asked athletes to send us pictures of when they started to cheer, compared to where they are now- and it's been so great to see their pictures and videos!

It's a great reminder of how far everyone has come. Sometimes it's great to reflect on where they came from, where they are now and consider where they want to be in the future. If our athletes all keep up the hard work, we have no doubt they will achieve their goals!



What else is going at Cheetahs?

CHILTERN CHEETAHS

NIGHT AT THE THEATRE!

Join us online to watch
DISNEY'S 'FROZEN' ON STAGE!

Friday January 29th, 7pm

EMAIL OR MESSAGE US TO JOIN IN!

NIGHT AT THE THEATRE

We loved our 'night at the theatre' during the first lockdown, so we wanted to do another one!

This time, it is Disney's "Frozen on Stage", on Friday January 29th. Having a night in with popcorn, blankets and a comfy cosy sofa is a great way to spend time with the family, all together. Plus, it might get you all singing along....!

As always, tag us in your pictures! We love to share them!

CHILTERN CHEETAHS
"COME DINE WITH ME"

STEP ONE

- Decide on a dish
- Shop for the ingredients you will need
- Create the dish yourself (parents may only assist)



STEP TWO

- Give your dish a creative name
- Snap a picture of your dish
- Upload to Instagram and tag us



STEP THREE

- The coaches will vote on the most creative & well presented dish.
- All entries will be put into a Chiltern Cheetahs "lockdown cookbook"

CHEETAHS 'COME DINE WITH ME'

Coming in February is something a bit different- Cheetahs 'come dine with me'! We will be asking athletes to come up with a dish that they want to make (this might be a famil favourite, an international dish or something they love to cook and eat), cook it with their family, and send us a picture.

Coaches will be judging the dishes on presentation and creativity, to choose a winning dish!

As well as this, we would like to turn ALL ENTRIES into a 'Cheetahs lockdown cookbook', with the aim to turn it into a physical book to keep forever. Dishes can be creatively named after the athlete that cooked them!