

CHILTERN CHEETAHS MONTHLY NEWSLETTER

FEBRUARY 2021



TOP NEWS: Come Dine With Me!

In February, we ran a 'Chiltern Cheetahs Come Dine With Me' competition, where we encouraged athletes to cook a dish and submit it to our virtual competition.

We were wowed by the 28 entries that we received, and it made the coaches decision very difficult to choose a winner for "most interesting" and "best presentation"- there were so many different recipes!

After lots of deliberating, we chose Emma B's three course meal (prawn starter, ragu main and cheesecake dessert) for 'most interesting', and Isla W's "Cheetah biscuits" for 'best presentation'.

We are pleased to say that all recipes have been turned into a 'lockdown cookbook' that will be sent to families in coming weeks. We hope you enjoy trying some new dishes as much as we've enjoyed them too!

NEWS ON PAGE 2:
NIGHT AT THE
THEATRE & ATHLETE
FULL ATTENDANCE!

ATHLETE OF THE
MONTH:
RENEE! FOR ALWAYS
PERFORMING AND
WORKING HARD
DURING TRAINING
ONLINE!

ATHLETE OF THE
MONTH:
POPPY! POPPY HAS
FULL ATTENDANCE &
ATTENDS EVERY EXTRA
SESSION THAT SHE
CAN!

FEBRUARY 2021

Night at the Theatre: Family night in!

On February 29th we hosted a 'Night at the theatre' for our athletes and families, with a stream of Disney Cruise Line's "Frozen on stage"!

We loved seeing everyone's outfits and theatre night set ups at home (with treats, TP's, blanket forts and hot chocolates!), and we are so glad that everyone enjoyed it!

Finding different things to do and creative ways to spend time with our family is so important during lockdown.

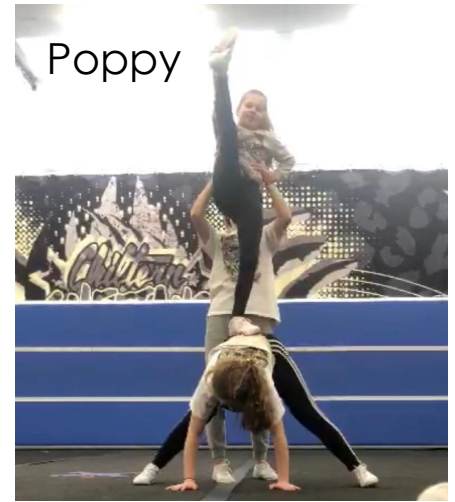


Celebrating our athlete's of the month:

Renee



Poppy



Full attendance online

We are so pleased to say that over 160 of our athletes have had FULL ATTENDANCE to their team's training sessions on zoom- this is an incredible number and we are so proud!

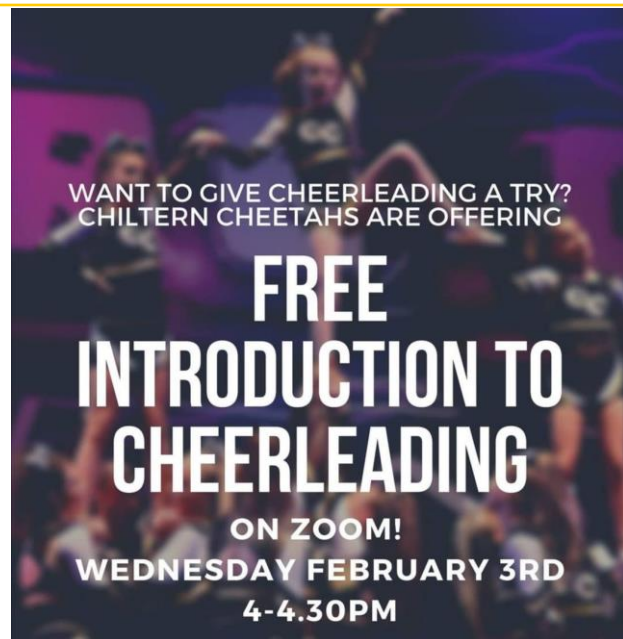
We know that training online is tough, especially after hours online at school/ at work (hence why we are training for less hours), but by committing to training in this way, our athletes are really putting the work in to stay fit and keep up their stamina and flexibility.

By putting the work in now, we will find ourselves in such a fantastic position when we return to the gym (soon!), able to focus on our stunts, tumble and routines as our athletes will be ready to hit the ground running!

FEBRUARY 2021

Free introduction to cheer session

On February 3rd we hosted an 'introduction to cheerleading' session on zoom- which was great fun, but how do you squeeze a whole introduction to cheer into 30 minutes?! We did lots of different elements in 5 minute slots- cardio, flexibility, jumps, stunting, tumble shapes and dance! It was a whirlwind and a lot of fun! We are so pleased to have welcomed 5 new members to the Cheetah family from this session, and we can't wait to show them cheer in the gym!



What else is going at Cheetahs?



PREPARING TO RETURN TO THE GYM IN APRIL

To keep you up to date with our plans for returning to the gym, and to help you plan for the Easter holidays, below is an outline of dates:

Normal zoom training until **Sunday March 28th**.

Monday 29th March: Dance zoom training, 6.30-7.30pm, Seniors zoom training, 7.30-8.30pm

Tuesday 30th March: Tiny & mini zoom training, 5.30-6.30pm

Wednesday 31st March: Youth & junior zoom training, 5.30-6.30pm

NO TRAINING- ALL TEAMS: Thursday April 1st- Thursday April 8th.

PARK TRAINING, FRIDAY APRIL 9TH -

9-9.45am – Cubs and Lightning

10-10.45am – Claws and Swift

11-11.45am – Velocity and Storm

12-12.45pm – Accelerate and Momentum

1.30-2.15pm – Rush and Bolt

2.30-3.15pm – Adrenaline and Hurricane

3.30pm – 4.15pm – Voltage and Strike

(In case of bad weather, this training day will be moved to Sunday April 11th)

OUTDOOR PRIVATE TUMBLE AVAILABLE TO BOOK: April 1st- 8th, April 10th and 11th (please let us know if you are interested in booking a private tumble slot, spaces are limited on a first come first serve basis).

MONDAY APRIL 12TH: Return to the gym for normal timetable!

Reminder for your diary: Provided the government road map dates go ahead, Sunday June 27th is Showcase, and Saturday July 10th is Awards- both events are going ahead as planned. Competition dates are TBC as soon as we have spoken to event producers.

The following piece of writing was written by junior 3 athlete Holly Grant, as part of her GCSE English. We thought it was fantastic, and wanted to share it with you! We hope you enjoy reading this important topic!

Why cheerleading is a sport

Introduction:

The governing body of cheerleading in the United Kingdom, SportCheer England (SCE) defines Cheerleading as a high energy, team-based performance sport that is athletic, artistic and acrobatic. It's an International Olympic Committee member sport according to SportCheer England (SCE). To many people cheerleading is represented by `pretty` girls in short outfits and dancing with pompoms, cheering for a male team. This cannot be further from the truth, cheerleading is an activity which challenges me both physically and mentally in training and competition but perseverance is key to not let down my fellow teammates, Others may not see it as a sport due to the stereotypes on movies and in America, but how can an activity which requires a certain level of athleticism not be deemed a sport?

Point 1:

Competitive cheerleading is a sport. It is a physically demanding activity that has rules and regulations so that a winner can be declared and shows off each team's talents and abilities. Competitive cheerleaders are more like extreme athletes that are daredevil adrenaline junkies who often perform exhausted or hurt yet love their sport with an addict's devotion. A typical cheerleader will be exposed to more injuries due to the extreme physical nature and more so than other sports. Unlike football players or even gymnasts, cheerleaders have to put up with lack of respect from their peers and frequent mockery from the stereotypes. Is this fair?

Point 2:

Cheerleading started as a way of encouraging other sport teams in 1898, however it changed drastically in the last 100 years. The first cheerleading competition came around in the 1960's.... Then creating a pathway for more competitive cheerleaders. At present there are around 89,000 competitive cheerleaders in the uk and at least 1.5 million competitive cheerleaders in the u.s alone. We train roughly 4-7 hours a week, to perfect every skill that defies gravity. Cheerleaders need to be strong. Cheerleaders need to be hard working. Cheerleaders need to have perseverance. Cheerleaders need to have trust in one another. The cheerleading community has grown exponentially in the last decade or so.

Point 3:

It's not about what place we came last year. It's not about our competition this year. It's about our team. We work all year, just for the one chance to go on stage and show the nation what we can do. We put in the hard work, hundreds and hundreds of repetitions, endless sacrifices, blood, sweat, tears and panic attacks. So don't tell us that our sport isn't a sport, you don't know hard work unless you are a cheerleader. Cheerleading isn't for everyone therefore people don't understand what it means to be a cheerleader.

Point 4:

Other athletes or non-athletes may disagree with me as they believe cheerleaders should just cheer other teams on or do nothing. People think cheerleading isn't physically demanding as they only `throw their pompoms around,` but actually cheerleaders don't use pompoms. I completely understand other people's opinions as they clearly haven't been to a competitive cheerleaders competition they have only watched the movies. The movies are just a stereotype from the older eras, this is a new era so it's time to change your mind and live by the facts.

Conclusion:

Lastly, all I have to say is that I cannot force you on what to believe but I suggest you don't live by movies and stereotypes or what good is that. Do you really think all we do is cheer on others? I also want to emphasise how a sport requires physical exertion and skill. Do you think you can compete in a cheerleading competition, throw people in the air, throw yourself upside down whilst moving, jump in time with everyone?