

CHILTERN CHEETAHS MONTHLY NEWSLETTER

APRIL/MAY- 2020



www.twopointsixchallenge.co.uk

49 of our athletes and coaches have raised
a massive:

£3,771

so far by doing the 26 tumbles in a row!

TOP NEWS: THE 2.6 CHALLENGE!

The Virgin Money London Marathon alone, which should have taken place on Sunday 26 April, is the world's biggest one-day fundraising event, which raised more than £66.4 million for thousands of charities in 2019.

Many of these charities have had to reduce or stop services at a time when vulnerable members of society need them most; thousands of staff have been placed on furlough and many charities will not survive the next

few months.

We as a club wanted to get involved in the 2.6 challenge, and so we tasked our athletes to complete 26 tumbles to raise money for charities that would have otherwise had support from the London marathon.

We're delighted that 49 of our athletes (and coaches) got involved and raised a whopping £3,771! Thank you so much everyone for your support!

NEWS ON PAGE 2

Zumba with Alicia's Zumba fitness class online was a fantastic success!

ATHLETE OF THE MONTH

Tish from Hurricane & Velocity! For giving her all in every element of training, on zoom & in her own time.

FLYER OF THE MONTH

Avery from Strike! For attending every single training session (including since lockdown) and gaining a fantastic new skill- her round off double flick!

Zumba with Alicia:

On Wednesday 22nd April, Zumba fitness instructor Alicia hosted a fantastic zumba class open to Chiltern Cheetahs members.

This was a fantastic opportunity to try out a different way of exercising, and it's safe to say that the session was a success! The feedback from those that took part was extremely positive with a lot of smiles all round!

We are pleased to be able to offer more zumba opportunities with Alicia in the coming month!



"ITS OKAY:

- To make mistakes*
- To have bad days*
- To do what's best for you*
- To be yourself"*



HOW ARE WE SUPPORTING OUR ATHLETES?

01

Virtual coaching at usual training times

02

5 extra challenges set online per week

03

1:1 mental health support upon request

04

Additional optional sessions to attend

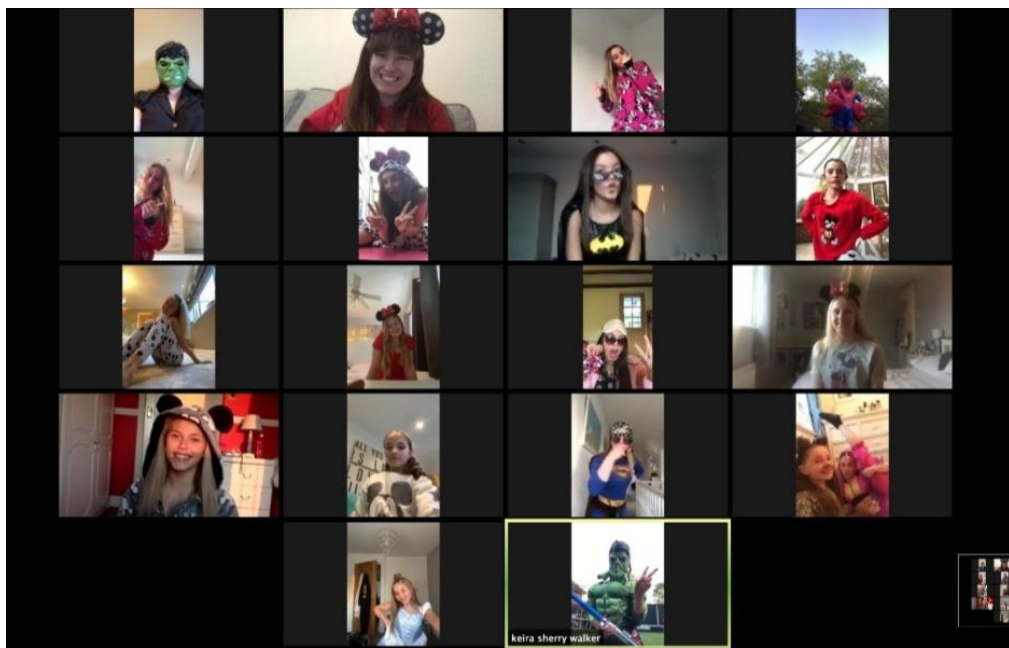


Zoom party for our Summit athletes

April 30th 2020 would have been the day that our fabulous International Junior 3 team Momentum would have competed at The Summit in Florida.

We are grateful that we are all safe and well at home during this worldwide pandemic, but we couldn't miss the opportunity to dress up in Disney Theme and celebrate the year's hard work, and what would have been a fantastic performance in America.

These girls time will come, and this is just a continuation of their journey as we already look forward to The Summit 2021!



How did our extra opportunities in April go down with our athletes?

Zoom session with Robert Sciana:

On April 10th we had a zoom session with NCA Champion, Majors Champion and 2x Worlds Champion Robert Sciana. It was a fantastic session to hear directly from Robert about his journey in cheer, and how he has turned his passion into a career.

Our athletes were given the opportunity to ask Robert questions, such as "how do you deal with your nerves at competitions", "what is more important- talent or attitude", "any advice for tumble drills." Robert answered all of these questions by drawing on his own experience as an athlete and coach, as well as offering lots of other useful advice about lots of aspects of cheer!

Online quiz night for tiny- youth, junior- senior and over 18's

On April 25th, we held three different age appropriate sessions for our quiz night, open to all of our athletes. The quiz involved a kahoot speed quiz about elements of cheer, guessing the young celebrities and cheerleaders, trying to figure out the song from just 5 seconds of music and a Chiltern Cheetah history round!

The quiz was a great success and a lot of fun for all those that attended, as well as a wonderful chance to virtually spend time together outside of training.

Weekly challenges and prizes

We have been loving all of the entries for our weekly challenges- including 'what to pack for comp', 'stretch with a rainbow to support the NHS', 'design your dream bow', 'create a Tik Tok that describes you as a cheerleader'- and much more! So far we have given out prizes of bows, T Shirts and Jumpers, with more prizes still to come in the coming weeks' challenges! Don't forget to get involved!

Scoresheet meeting

On April 29th we hosted a scoresheet meeting for coaches, athletes and parents. We used this as an opportunity to talk through the latest updates from Varsity, as well as explaining how a routine is structured and judged, using cheer terminology such as "drivers", "range", the difference between "majority and most"- and much more. Definitely a beneficial and informative evening!



What's coming up in May?

Following the success of our zoom Q&A with Robert Sciana, we are pleased to announce that our next opportunity is a stunt technique focused session with Kenny Feeley from Spring CDT!

Spring CDT is a Canadian based company run by Kenny and Lisa Feeley, who have over 25 years of experience in the cheerleading world as athletes, coaches, choreographers and technique advisors. They travel the world delivering clinics and are widely respected and held in high regard by the cheerleading community. Many top international programmes use Spring CDT for choreography or stunt sessions with their programmes, namely the 3x World Champions; Great White Sharks.

Kenny will be providing two sessions with our athletes (levels 1-2 and levels 3-5), demonstrating good technique in stunting and tumbling. This is an opportunity not to be missed!



Stretch and flexibility classes: additional opportunity for FREE

We will be offering free additional stretch and flexibility classes. These will be for flyers and open to all athletes that want to keep up or improve their flexibility.

As we know, we are all out of routine right now, and training a little differently to usual, but keeping up flexibility and core control will aid the return to 'normal' cheer to be as seamless as possible.

Flexibility takes a long time to work on and improve, but a very short time to lose, so we would wholly recommend attending these classes for anyone that is feeling stiff or unable to stretch in a way they have previously managed.

Attendance Chart by team

We are so pleased that our attendance at zoom training has been fantastic with the majority of teams still having all athletes attend and adding to their attendance chart. These sessions really will really keep up the athletes skills and fitness for when they return to the gym. Below is the amount of sessions the team has had a full team since September.

Cubs- 15
Flash- 16
Storm- 16
Strike- 11
Swift- 43
Lightning- 37

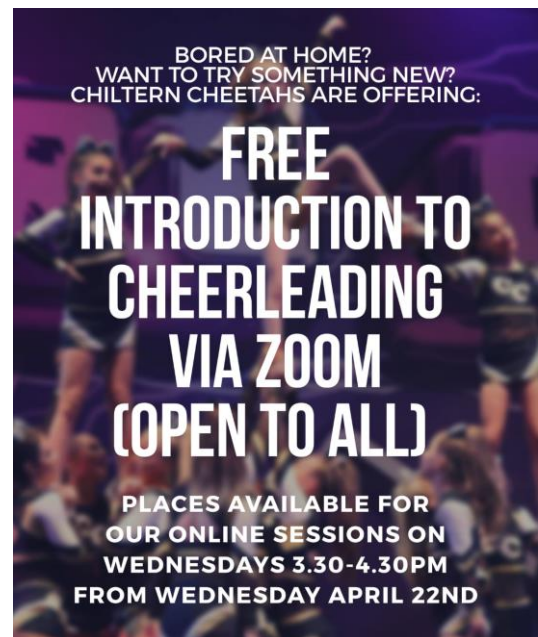
Bolt – 11
Accelerate – 31
Hurricane- 26
Momentum- 28
Stealth- 9
Velocity- 10
Rush- 30
Adrenaline- 18



Introduction to Cheer

We would like to give a warm welcome to Phoebe, Annabelle, Angela, Kaitlyn, Lidyane, Sienna, Yolanda and Jasmine who have been attending our Wednesday “introduction to cheer” sessions via zoom, and loving it!

If you know someone who might be interested in giving cheer a go, do let them know about this free opportunity that we are currently running.



Refunds

We are pleased to be able to confirm that refunds are almost completed for the Paris trip to FC Disneyland, and will be finished by Sunday May 3rd.

We are still waiting on the entry fee refund for The Summit, and will work to completely refund families for this trip to America as soon as possible.

TIMETABLE FOR MAY

We are still working full time to make sure that our athletes are focused and motivated!

MONDAY –

5.30-7 pm – Youth and Junior dancers
5.30-6.30pm – All Development classes
7-8.30pm – Stealth and Swift

TUESDAY -

5.30-7pm – Lightning and Storm
7-8.30pm – Momentum and L3 Stunt group

WEDNESDAY –

3.30-4.30pm – The Misbourne School
6.30-8pm – Hurricane
8-9.30pm – Rush

THURSDAY –

5.30-7pm – Momentum and Velocity
7-8.30pm – Adrenaline

FRIDAY–

5.30-6.30pm – Accelerate

SATURDAY –

9-10am – Tiny's Dance
10-11am –Cubs and Paws
11-12.30pm – Swift
12.30-2pm - Flash
2-3.30pm - Lightning and Hurricane

SUNDAY–

3.30-5pm - Accelerate and Velocity
5 - 6.30pm - Strike and Bolt
6.30-8pm - Adrenaline, Rush