

CHILTERN CHEETAHS MONTHLY NEWSLETTER

MAY/JUNE- 2020



NEWS ON PAGE 2

CHEETAHS: ASSEMBLE!
Avengers competition
week during half term!

ATHLETE OF THE MONTH

Lucy J is our first
athlete of the month
for her dedication,
determined attitude &
truly pushing herself!

TOP NEWS: THEATRE NIGHT FOR CHEETAHS

On Friday May 15th, we streamed David Walliams' latest book "The Midnight Gang" adapted for theatre (courtesy of Chichester Theatre Festival) with our athletes, for a lovely 'night at the theatre' together!

Our athletes had their favourite theatre snacks (mostly popcorn and sweets!) and snuggled up with their family and a blanket to enjoy the show from the comfort of their own home.

We caught up on zoom beforehand and afterwards to share our comments on the play- and we all loved it!

"A Bang on the head has landed 12 year old tom in the children's ward of the spooky Lord Funt Hospital. Luckily, he's not on his own- George, Amber, Sally & Robin are there too. When the clock strikes 12, they're off. But will they let new boy Tom join in their forbidden midnight adventures through the hospitals labyrinth?"

ATHLETE OF THE MONTH

Twins Daisy and Emily are also our choice for athletes of the month, as they have a fantastic work ethic, haven't missed a single session and put in huge amounts of hard work outside of training!

CHEETAHS: ASSEMBLE!

Half term saw our 'Avengers' challenge week!

Athletes were put into team colours, and could win points for their team by winning challenges set during their training sessions and entering the Instagram challenges.

We are pleased to say that after a lot of hard work by all, the winning team was: **BLACK TEAM: BLACK WIDOW**
Congratulations! All athletes in this team colour have won a free hour of tumble in the gym during summer!



NEW TEAM FOR 2020-2021:

SENIOR LEVEL 3 NON TUMBLE!

We are excited to add this team to our growing programme and enter this division for the first time next season!



HOW ARE WE SUPPORTING OUR ATHLETES?

01

Virtual coaching at usual training times

02

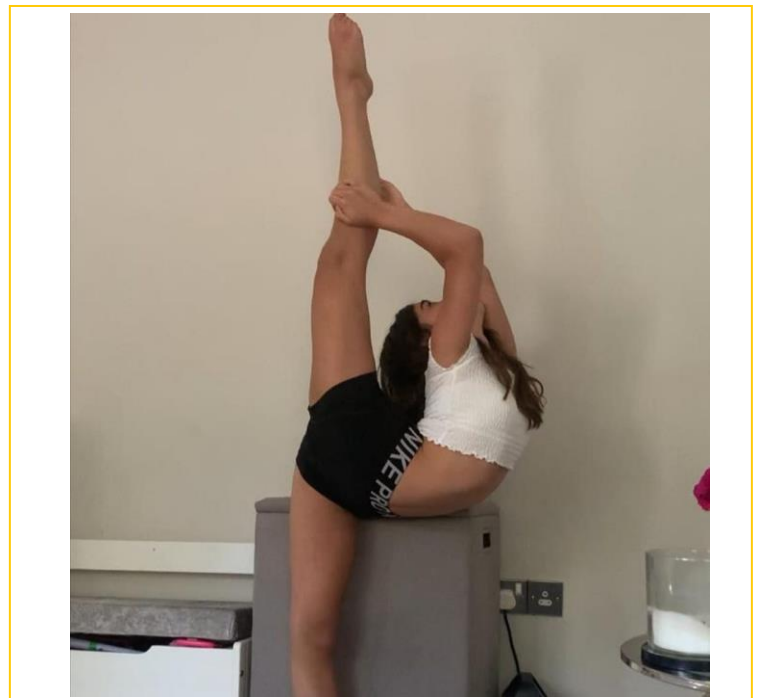
Fun extra challenges set online per week

03

Sessions covering wellbeing and goals

04

Weekly free stretch classes



Training with Kenny from Spring CDT

In May, our athletes enjoyed online training from worldwide respected coach and technique advisor: Kenny Feeley.

We enjoyed a session for our levels 1 and 2 athletes, as well as a second session for our level 3+ athletes.

Kenny taught some fantastic drills to rep lifting technique (using a weighted backpack) as well as grips technique using our cheer shoes! These drills are invaluable to help us maintain our stunting technique practice during lockdown.



What else have we been doing in May?



Zumba with Alicia

In April we had our first Zumba session with Alicia (@aliciaszumbafitness), and we loved it so much that we asked for another one! On Wednesday May 20th we had another Zumba dance workout courtesy of Alicia's online zumba classes. We were very excited that we were able to provide this opportunity for our members.

Weekly challenges and prizes

We've been setting weekly challenges on Instagram, and enjoyed seeing everyone's entries! We've seen homemade uniforms, newly designed bows, writing letters to loved ones, posters about athletes love of cheer, doing jobs around the house- and much more! Winners this month have received free sessions to open gym and summer camps. Don't forget to get involved!

Free stretch class each week

On Friday afternoons we have been running free stretch classes open to all athletes (not just flyers!) Those getting involved are seeing the benefits already, with huge improvements made in just a few weeks! Flexibility is not only good for 'flyers stretches', put to prevent injury, improve tumble shapes and jumps positions in the air!

The Cheetah Blog

Did you know that we have a blog on our website? Alongside covering a range of aspects related to wellbeing within sessions (Mental health, managing feelings of anxiety, nutrition, goal setting in both cheer and personal life, focusing on positives etc.), we also have a blog on our website which is updated monthly. Don't forget to check it out!

Birthday video for Programme Director Jess

We were very excited to put together a video for Jess' birthday, with clips from all teams, demonstrating what she would need for a birthday in lockdown. To see the video, click here: [Jess birthday video](#)



"Cheer"- by Annie-Mae, Accelerate captain

"Cheerleading is a sport you can't describe, that feeling you get when you walk into the gym and onto the mat and see your friends. Every time I go to cheer it's like going to my second home as everyone there is like a family. It's the place where you can forget about what's happened at school or at home and just have fun with no stress. During this quarantine it's weird not being at the gym and having so much fun, non-stop laughing with everyone but we have all been doing zoom calls, our coaches have still made it very special for us. During quarantine I got the opportunity to meet Robert Scianna who I thought I would never meet and it was the most amazing experience that our coaches set up for us. Since we have been home it gave me the chance to focus on my tumbling work on my skills and accomplish new ones. I can't wait to get back to the gym and see everyone again, I miss them all so much."



2020-2021 Information Pack Available Now!

Our information pack for the 2020-2021 season has now been released. Please email info@chilterncheetahs.co.uk if you have not received it.

Please fill in the membership form (linked below) as soon as possible, as this will help us gain a better understanding of athletes and families thoughts regarding next season, and what you are planning to do.

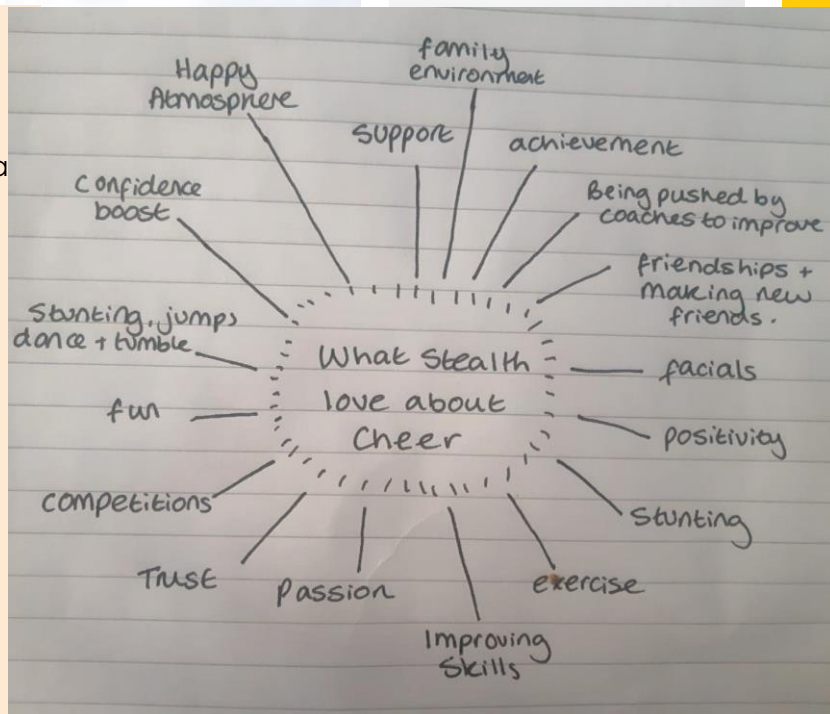
Click [here to fill in membership form](#)



Attendance Chart by team

We are so pleased that our attendance at zoom training has been fantastic with the majority of teams still having a full team 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.

	Bolt - 11
	Accelerate - 36
	Hurricane- 29
	Momentum- 31
	Stealth- 11
	Velocity- 12
	Rush- 36
	Adrenaline- 20
Cubs- 15	
Flash- 17	
Storm- 19	
Strike- 11	
Swift- 48	
Lightning- 42	



LOOKING AHEAD:



Showcase/Awards evening

Unfortunately, due to the continued government policy on large gatherings, and the latest potential timetable for opening up gyms, catering events etc., we will be unable to run showcase and awards as planned. Refunds have been issued to anyone that bought tickets. We will be looking to hold a virtual awards evening on the same evening (**Saturday 11th July**), and we will still be awarding athletes for this season, and giving attendance awards! The work you put in at home will determine how next season goes...

Classes

Following our established programme, we will be continuing to run our zoom classes in teams up until the weekend before FC Nationals was due to take place. During these classes we will continue to focus on skills that the athletes need to progress; conditioning to maintain strength, flexibility, stamina and well-being by continued connection with their team. During these sessions we are looking at athletes' attendance, attitude and motivation for the following year. **The last session will be on Thursday 2nd July.** These sessions are extremely important to not only build on skills and keep up athletes' fitness for the future, but for their general well-being during these strange times as during sessions when discussing what the athletes love about cheer- a great emphasis in every team was their teammates' support.



Moving forwards

We would normally have a four-week break, however we are going to carry on running classes for July and August as we are grateful to all those that have fully supported the club and are keen, as always, to exceed expectations. During this period, however, rather than signing into team training we will set up classes on zoom focusing on specific skills, which athletes can sign into if they wish. As it is formally the holiday season, these sessions will be more relaxed, and the athletes can pick and choose which ones they wish to attend, and select the ones that interest them. We will also continue to run socials for the athletes to engage them with their teammates. We are also hoping we will be able to get back into the gym in smaller groups to train tumbling alongside bringing in our tiny teams to do some extra sessions. These will be optional for those that wish to attend, but not compulsory if you wish to keep your athlete at home. The athletes will be placed in small groups by tumbling ability/ dance age, and there will be no stunting during these sessions. We will, of course, be following the Government and SCUUK (cheerleading governing body) guidelines, so more information about this will follow when we know whether this can go ahead. If this is allowed, we will also be running private lessons. We are looking to hold trials at the end of August/ beginning of September.

Fees clarification

The fees are paid from **September-July**, with **no payment during August**. We are going to keep this the same as normal although as outlined above, we will be running additional classes in smaller groups in the gym throughout the period when we are normally closed, and will continue with zoom sessions. All direct debits for this season will be automatically cancelled after the July payment date.



A note from Jess

Once again, thank you for your continued support and many kind comments, which have kept me and the coaches motivated during what has been a challenged and very precarious period. I hinted a while back about some very exciting plans that we have for the club which depends on this support, and it is frustrating that these too have suffered slight delay due to the Covid crisis and recent Bucks Council reorganisation. I do however hope to have more to say on this in the next few weeks.

TIMETABLE FOR JUNE

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–

- 4.45-5.15pm – Stretch Class
- 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