

CHILTERN CHEETAHS MONTHLY NEWSLETTER

SEPTEMBER- 2020



TOP NEWS: TRAINING IN TEAMS

Trials week at the start of September was busy, with all full sessions (in keeping with covid restrictions). Like every year, teams decisions were tough and the level of talent was exceptional- our athletes clearly worked hard throughout lockdown!

We've enjoyed seeing our athletes train together in their new teams, getting to know each other better with team ice-breakers and some silly talent shows!

Routine choreography has already begun for teams, alongside a strong focus on tumble, timing, technique, motions, jumps and stamina (while we are not stunting). This is a fantastic use of our time right now, and will put us in a strong position to simply slot stunts in to the routines once we are able to stunt again.

Even with covid restrictions, we are all loving being back in the gym!

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What are we doing while we are not able to stunt?

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New merchandise and extras available to book

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Our growing club! How can you help?

SEPTEMBER 2020

NO STUNTING? NO PROBLEM!

As you are probably aware, we are currently not able to stunt due to covid restrictions by Sport England.

But this isn't a problem- just a different challenge!

We have been using mats to 'stunt', where bases are further apart and flyers remain on top of the mat, having to practice staying tight so that they don't wobble.

We have also been practicing flyers stretches on blocks on the floor, and learning new stunts and basing technique using shoes and weights.



Jess attended the Spring Conference Training (virtually) from industry leaders around the world, and shared what she had learnt with the coaches at our annual coaching meeting. The conference was fantastic for continuing to develop the talent at our club, as well as many innovative ways to keep training engaging while we are not able to stunt. We have been able to share some of these video with our athletes, which has been extremely beneficial- especially the stunting ones! We are also proud of coaches Suzie, Anna, Domi and Becky for completing an online course in mental health awareness for sport and physical activity!



HOW ARE WE SUPPORTING OUR ATHLETES?

01

Teams do not crossover

02

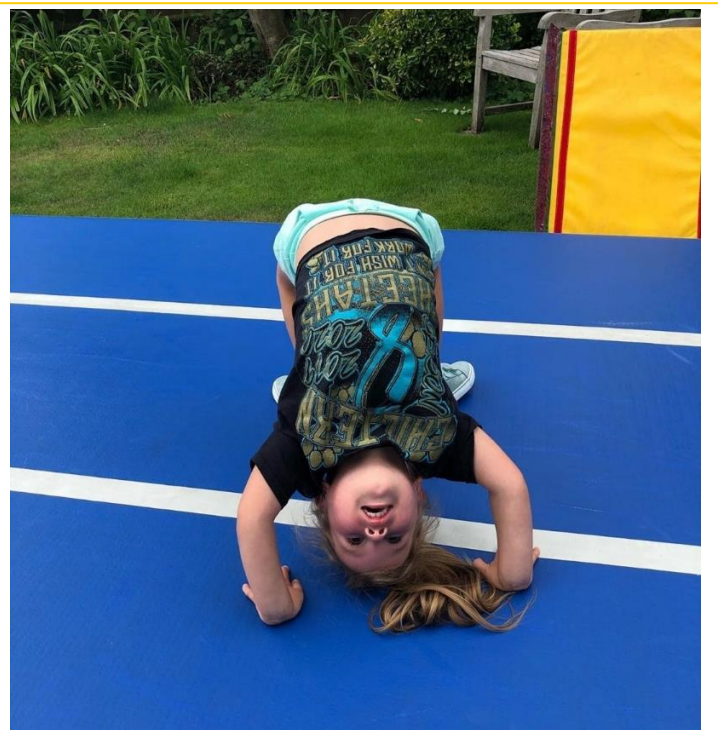
Procedures in place for safety of all

03

Wellbeing remains a priority

04

Private tumbling still available to book



MERCHANDISE AND EXTRAS

Have you seen our new Merchandise? All items can be viewed under 'orders' on our website.

We will be taking the next batch of orders to arrive in time for Christmas. Many of our items would make great gifts for Christmas, to be worn in the new year!

We also have tumble privates available with Jane and Alex- these can be booked via the website under 'sign up' and 'classes'.



We want to keep Cheetahs growing!

How can you help?



Following the pandemic, we want to keep Cheetahs growing.

We love introducing cheer into people's lives, and we love having new athletes with us!

What can you do to help?

- Please feel free to share our online posters with your friends and family.
- Know anyone that might be interested? Let them know that we always welcome new athletes, aged 3+ (including adults!)
- If your child is attending open gym, ask if they want to bring a friend- Friday night open gym is a lot of fun and a great way to get into tumbling/ the cheer atmosphere in a relaxed way.
- We run birthday parties too! Once the rule of 6 is relaxed, consider choosing a Cheetahs birthday party for your child!
- We also have development classes in Great Missenden at The Misbourne school on Wednesdays.

Keeping Cheetahs Covid safe: A few reminders

- Please don't send your athlete to training if they or anyone in the household has Covid symptoms.
- If your athlete can't attend training due to isolating, they should video call in to the training session so that they don't miss any new choreography or counts.
- If your athlete has a high temperature on arrival, they will need to immediately be picked up.
- Please make sure your athlete brings a bottle of water to training as they cannot use the water fountain at present.

