

CHILTERN CHEETAHS MONTHLY NEWSLETTER

DECEMBER - 2020



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We take a look back through 2020, including all of the up's and down's!

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Looking ahead to 2021

TOP NEWS: WAVING GOODBYE TO 2020

2020... A year we will all remember, probably for the rest of our lives!

Looking back on 2020, there are a lot of things that were different- school's closed, many more people worked from home, sports stopped running in person, we couldn't see friends or family in the same way that we used to- it was tough.

Cheer was definitely different- moving to zoom was a tough transition for both athletes and

coaches, however we are incredibly impressed with the commitment of our athletes to training from home. The resilience and hard work that they showed was inspiring, and we know that this hard work throughout the long lockdown aided the successful return to the gym. Once we were back, we saw improved tumblers, strength and stamina as a result of committing to training from home. It was great to be back, even if it wasn't for as long as we had hoped.

**WHAT WERE
YOUR
FAVOURITE
MEMORIES OF
2020?**

**TAG US ON
INSTAGRAM!**

2020: A TIMELINE

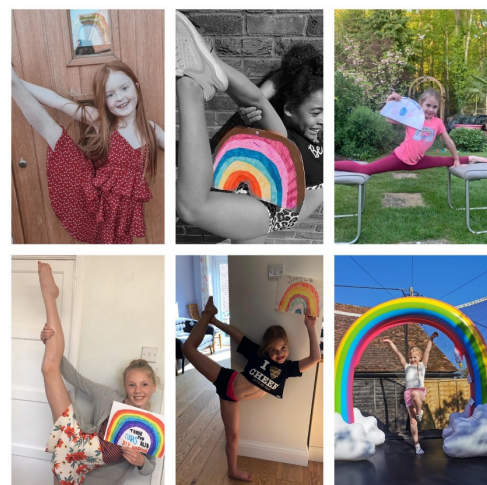
JANUARY-FEBRUARY

At the start of the year, we were full steam ahead with our training. Momentum performed at Wycombe Abbey school, Accelerate attended the Brunel showcase, and several of our cheer and dance teams had a fantastic time at Legacy's first competition in March, with fantastic results. At the end of February, we were gearing up for our first competition in Paris, and first competition that the whole programme would be attending. Little did we know what was around the corner...



MARCH-JUNE

As heartbreaking as it was to close the gym and miss out on the rest of the season, we couldn't dwell on what 'could have been'. Instead, we got straight on zoom and ran nearly all sessions from April to June at their usual training time. Not only did we train together virtually, but we held lots of Instagram challenges and games. In May, we were allowed to train together outside- which was fantastic!



JULY-OCTOBER

Although there was no Bournemouth this year (and awards were held virtually), we were FINALLY allowed back in the gym.

Although we were socially distanced, it was still fantastic to be able to tumble and work on our skills in our Cheetah home. As things developed throughout summer and teams were set, we were able to start putting together routines, work on choreography, practice routine tumblers and stunt using mats/ weights.

The best news came when we were allowed to stunt again- something we had greatly missed! Our stunting remained Covid safe, and we couldn't start putting whole routines together yet, but we were happy and grateful nevertheless!

2020: A TIMELINE

NOVEMBER-DECEMBER

It wasn't what we had been hoping for, but we know that everyone's safety is paramount, and that the November lockdown was necessary. Returning to zoom was much easier the second time around, and our team's could now work on their 20-21 competition routine's at home, as well as drill for their tumbling, stunting and stamina.

December saw just two weeks together back in the gym, but for the safety of all we took the decision not to stunt, but instead focus on the routine's and tumbling.



Looking forward: 2021

If there is anything that 2020 has taught us, it's that we have to stay positive, and roll with whatever is thrown our way. We have to accept the things that we cannot control.

We remain hopeful that 2021 will be a more positive year, with more opportunities than last year. Event Provider's are already putting plans in place for both physical and virtual competitions - and we are sure that at least some of these will go ahead. We have worked hard with the time that we have had together, both online and in person, and we look forward to the opportunity to show this to the world. One option we are considering is a monthly mini virtual showcase to Cheetah families and friends of each team's routine.

However, as we know, training is not just about competing. Forming team bonds, creating friends for life and learning a vast range of life skills are elements of cheerleading and dance that will never change, regardless of whether we are online or in person. The fun that we have at training, the improved and new skills that are consistently gained by our athletes and the positive benefit of sport on mental health will forever be at the forefront of what we do, and why we commit to carrying on training throughout the lockdowns. We feel this is extremely important to help support the athletes during this difficult time and feel they will come out the other end stronger both as athletes and as people. We are very proud of the athletes who have stuck to training through this time although they would rather be in the gym as feel it has taught them so many life skills. We know that we are through the worst and we hope the athletes can look forward to the many opportunities ahead for them at Cheetahs in the year 2021.

