

CHILTERN CHEETAHS MONTHLY NEWSLETTER

OCTOBER- 2020



TOP NEWS: MERCHANDISE!

We are OBSESSED with our amazing range of merchandise- some fantastic new items are available this year, as well as some old favourites.

Some of the latest additions to our collection include rhinestone jackets and hoodies as well as American style basketball vests- alongside clothes we also stock accessories such as headbands, bumbags, blankets, water bottles, lunch boxes and more!

All of our items can be found under "orders" on the top menu of the website. When placing your order, please make sure you have chosen the correct size, and that you pay for your items via bank transfer to the Cheetah account.

The last date for orders in time for Christmas is **November 1st**- after this date, the shop will be CLOSED until 2021.

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THE RETURN TO STUNTING!

The UK cheerleading industry has been waiting a long time to be able to return to stunting, and had to watch other sports (such as acro gymnastics) return to 'normality', while we waited.

Finally, at the end of October, our return to play document (created by Sport Cheer England) was approved by the government, and we are finally allowed to return to what we love most- stunting!

We are only stunting for 15 minutes at a time, we wear masks and wash hands before and after every stunt.



FREE Parent fitness classes- from the comfort of your own home!

If you are interested in improving or working on your fitness, but struggle to find the motivation, why not join our FREE parents fitness class?

Coach Alex will be running these via zoom on Tuesdays, from 6.30-7pm, and will cover a variety of different exercise and workout styles each week.

If you are interested in joining, please just drop us an email!

**PARENT
FITNESS**

A 30 minute varied
fitness class

**TUESDAYS
6.30-7PM
VIA ZOOM
NO COMMITMENT**

HOW ARE WE SUPPORTING OUR ATHLETES?

01

Temperature checks & masks

02

Handwashing throughout training

03

Monthly wellbeing sessions

04

Private tumbling still available to book



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Monthly wellbeing sessions

Each month, we are covering different aspects of wellbeing and personal development during our training sessions. Topics include mental strength, stress, nutrition, Black Lives Matter, competition anxiety, bullying and more.

Why do we do this?

At Cheetahs, we are committed not only to developing our athlete's physical skills, but also aid them in broadening their personal skills and help them think about the world around them, as well as their impact on it as an individual.



Parental involvement:

How can you help?



Cheerleading is a full on, exhilarating sport, and taking an active interest in what your child does at cheerleading can really help develop their passion. Some things you could do with them at home include encouraging them to stretch and condition (do exercise)- we encourage this of all of our athletes as regardless of the position of the athlete (base or flyer), flexibility and strength is paramount for good tumbling, jumps and stunting.

We also ask our athletes to practise their routine at home- 'marking' their counts and where they walk on the cheer floor. We are happy to send your child's routine music to you via Whatsapp, so that they can practise with their music as well. Learning the words and getting used to their music really helps with athlete performance.

Athlete friendships are also very important, as a team's bond can greatly help the 'family' aspect that we strive for. If your child has friends on their team, maybe encourage them to socialise with their cheer friends outside of training.

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.

