

CHILTERN CHEETAHS MONTHLY NEWSLETTER

APRIL 2021



**NEWS ON PAGE 2:
GROWING THE
CHEETAH FAMILY- A
WEDDING AND A
BABY!**

**ATHLETE OF THE
MONTH:
DARCY C! FOR HER
FANTASTIC WORK
ETHIC ON ZOOM AND
BACK IN THE GYM!**

TOP NEWS: We are back in our gym!

It's difficult to describe the feeling of that first step back into the cheer gym, after 3 long months of training online.

But from April 12th, our athletes have been enjoying being back in our home at both our Beaconsfield and Great Missenden gyms.

We have encouraged athletes to manage expectations- cheerleading is a high intensity sport, and although we have continued to train at home, it's difficult on our bodies to walk straight back into the same level of

tumbling and stunting that we were at before Christmas. That being said- we have been blown away by the incredible skills and positive attitudes in all teams! Athletes are still hitting tumblers and stunts that they were working on in the past, and we couldn't be more proud! This easy return to 'normal' training has all been achievable by the commitment hard work during training on zoom- well done everybody! It's going to be a fantastic rest of the season!

**ATHLETE OF THE
MONTH:
MILLIE M! FOR HER
DETERMINATION AND
INCREDIBLE
PROGRESSION SINCE
RETURNING TO THE
GYM**

APRIL 2021

Exciting coach news: A wedding AND a baby!

April has been a huge month at Cheetahs for our coaching team. On April 15th coach Alex married her fiancée George! Due to Covid, it was a very small ceremony with just family and best man/ maid of honour present.

THEN, coach Kerri had a bit of a surprise when her baby girl Ruby Little was born two weeks early, on April 20th! Welcome to the world Ruby, we can't wait to all meet you!

It's so exciting to see our collective family growing!



Celebrating our athlete's of the month:



Darcy C



Millie M

WAYS TO SAVE THE EARTH EVERY DAY

www.naturalbeachliving.com

1. TURN SCRAPS INTO COMPOST
2. USE REUSEABLE SHOPPING BAGS
3. RECYCLE ELECTRONICS
4. USE A COMPACT FLUORESCENT BULB
5. CONSERVE ENERGY BY TURNING OFF LIGHTS
6. WALK, BIKE, OR CARPOOL
7. PICK UP TRASH
8. UNPLUG ITEMS WHEN THEY'RE NOT IN USE
9. USE A REUSABLE WATER BOTTLE
10. RECYCLE
11. TURN OFF WATER WHILE BRUSHING TEETH
12. USE A DRYING RACK INSTEAD OF DRYER
13. TAKE SHORTER SHOWERS
14. GO MEATLESS A FEW TIMES A WEEK
15. BUY SECONDHAND
16. MAKE YOUR OWN CLEANING SUPPLIES
17. SUPPORT GREEN BUSINESSES

Cycling to cheer: what can we do for the planet?

Last week we posted on our Instagram that one of our coaches had swapped her car for her bike to cycle to training, and although the journey was harder- it was worth it! We know that some athletes car share or walk to training, which is fab! We wanted to get our Cheetah families thinking about small changes that we can all make to help save the planet and heal the earth. With emissions higher than ever before, and ice caps melting at their fastest rate yet (leading to rising sea levels among many other issues)- we all have to play our part if we want to keep the world, and subsequently our families safe. There are lots of ideas on the left- although quite small- you may have to zoom in!

APRIL 2021

"Conditioning at home" by Velocity captain & cheer coach, Aimee

"I've been cheering for roughly 5 years, and cheer has been a big part of my fitness journey. I'm passionate about health, exercise and nutrition, and I do some form of conditioning at least 5-6 times a week, varying between cardio, building muscle and stretching. Conditioning outside of cheer has definitely helped me as an athlete- I've been able to quickly work up the cheer levels as my strength and fitness has improved my stunting and tumbling ability, as well as my stamina. I co-run an Instagram account (@cheerfitness) where I post my workouts, if you would like some help with ideas!"



Reminder: We run a 30 minute virtual conditioning class on Tuesdays. Please email us to join this class!

What else is going at Cheetahs?



THE RETURN OF FRIDAY NIGHT OPEN GYM!

Friday night Open Gym has returned- we run a 'pay as you go' open tumbling/stunting class at our Beaconsfield Gym on Fridays, 7-8.30pm (with 7-8pm slots available too). This is a great chance for athletes to work on their skills/level above skills in a relaxed and friendly atmosphere, with coach feedback and support available. Due to Covid, places are limited, so please make sure you sign up via our website!

PRIVATES WITH JANE

If your athlete would like 1:1 tumbling privates with our tumble coach Jane (British Gymnastics qualified), these are available to book via our website under 'classes'. Many athletes have had huge success working with Jane, she is particularly good at helping with mental blocks in tumbling.

THE COUNTDOWN TO SHOWCASE & BOURNEMOUTH!

It is roughly 8 weeks until our Cheetah showcase, and 9 weeks until Bournemouth- which we think will come round quick! Therefore, please make sure that your athlete is not missing any training, as absences affect entire stunt groups and pyramid practice, and then that is a whole training session missed!



Reminder for your diary: Provided the government road map dates go ahead, **Sunday June 27th** is Showcase, and **Friday July 9th** is Awards- both events are going ahead as planned.