

CHILTERN CHEETAHS MONTHLY NEWSLETTER

MAY 2021



**NEWS ON PAGE 2:
VISITING SCHOOLS
IN THE COMMUNITY
ACROSS
BUCKINGHAMSHIRE**

**ATHLETE OF THE
MONTH:
ELLA E! FOR HER
CONSISTENT HARD
WORK, & STEPPING IN
TO ANOTHER TEAM**

TOP NEWS: THE WORK IS ON!

It's been an absolute joy to be back in the gym, and we have been impressed with the hard work that athletes have been pouring into their routines while they're in the gym. We've had a number of athletes asking to come in before/stay after their training session to put more time into practicing their stunts (as we lost so much time in lockdown), and we are so proud of them for their work ethic and determination.

Many of our athletes tumbling is

only getting stronger and better, with improved technique. Again, this is from their hard work and willingness to put it in lots of reps. Equally, the time spent training and conditioning on zoom has helped us to stay at the level that we are working at now. Hopefully you saw the piece about conditioning in last month's newsletter, and we can't encourage it enough- conditioning outside of training will help athletes to have the strength and stamina needed to be the best athlete that they can be!

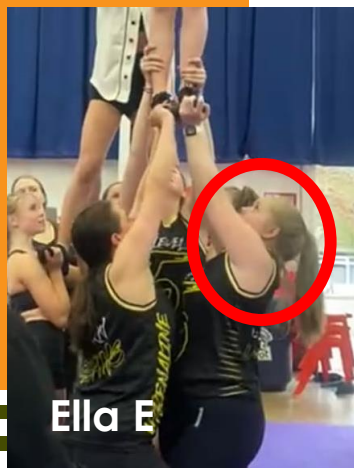
**ATHLETE OF THE
MONTH:
KATYA T!
FOR ALSO STEPPING
UP TO ANOTHER TEAM
TO HELP REPLACE AN
INJURED ATHLETE**

Visiting schools in the community

During May, we have greatly enjoyed visiting a number of schools in the community to provide cheerleading workshops to students. We have worked in schools across Great Kingshill, Great Missenden and Aylesbury. The feedback from students has been extremely positive, with many signing up to join the Cheetah family! We are looking forward to the rest of our booked visits during the final summer half term. If you think Cheetahs should come to your/your child's school, let us know!



Celebrating
our athlete's of
the month:



Ella E



Katya T

WANT TO BE PART OF BUCKINGHAMSHIRE'S LARGEST CHEERLEADING, TUMBLE AND DANCE PROGRAMME?



TUESDAY JULY 6TH

5-7.30pm: Youth (years 5-7)

7-9.30pm: Senior (year 11+)

WEDNESDAY JULY 7TH

5.30-9pm: Junior (years 8-10)

SUNDAY JULY 11TH

10am-12pm: Tiny (years 1-2)

11.30am-1.30pm: Mini (years 3-4)

2-5pm: International trials

MONDAY JULY 12TH

5-7.30pm: Dance teams (year 5+)



Trials

Although we are focusing on showcase and Bournemouth, we are also looking ahead to next season! We are so excited to have released our trial dates- year groups are based on the year that your child will be going into in September. Please note that trials are nothing to be scared about, and that coaches take into account an athlete's skills, attitude and behaviour throughout the year, not just what is shown on the day at trials. Non-members are welcome to trial also, so if you know someone that you think would love cheer, bring them along!

Don't forget- registration forms for the new season are available on our website, and should be filled in as soon as possible (sign up>forms> membership forms 2021-2022).

Dealing with performance nerves

We haven't competed or performed our routines in front of a large audience for a long time! So it's only natural that athletes might be feeling nervous- and that's okay! But how do we cope with nerves? Nerves are good for us, as adrenaline helps our mind to stay sharp and focused, however too much adrenaline can cause us to make mistakes. Most 'bad' nerves come from athletes putting pressure on themselves, or others putting pressure on them. We want athletes to enjoy being on the performance floor alongside their teammates, and in front of an audience, rather than the mindset of "we have to win". Please support us with this by discussing this with your athlete at home.



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

What else is going at Cheetahs?



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 MISBOURNE

Hopefully you know that The Misbourne in Great Missenden is our second location gym, where we run tumbling and cheerleading classes on Wednesdays. If The Misbourne is a closer location to you, consider signing up to the tumble or recreational cheer class that we host there for the new season!

AWARDS NIGHT

This year, Awards Night is being held at Hazlemere Golf Club in High Wycombe (Tiny, Mini, Youth- 7.30pm, Junior and Senior- 8.30pm). Make sure you order your tickets by June 13th, as tickets are limited and sold on a first come, first serve basis. We can't wait to celebrate our athletes success and hard work throughout what has been a pretty tough year!

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.