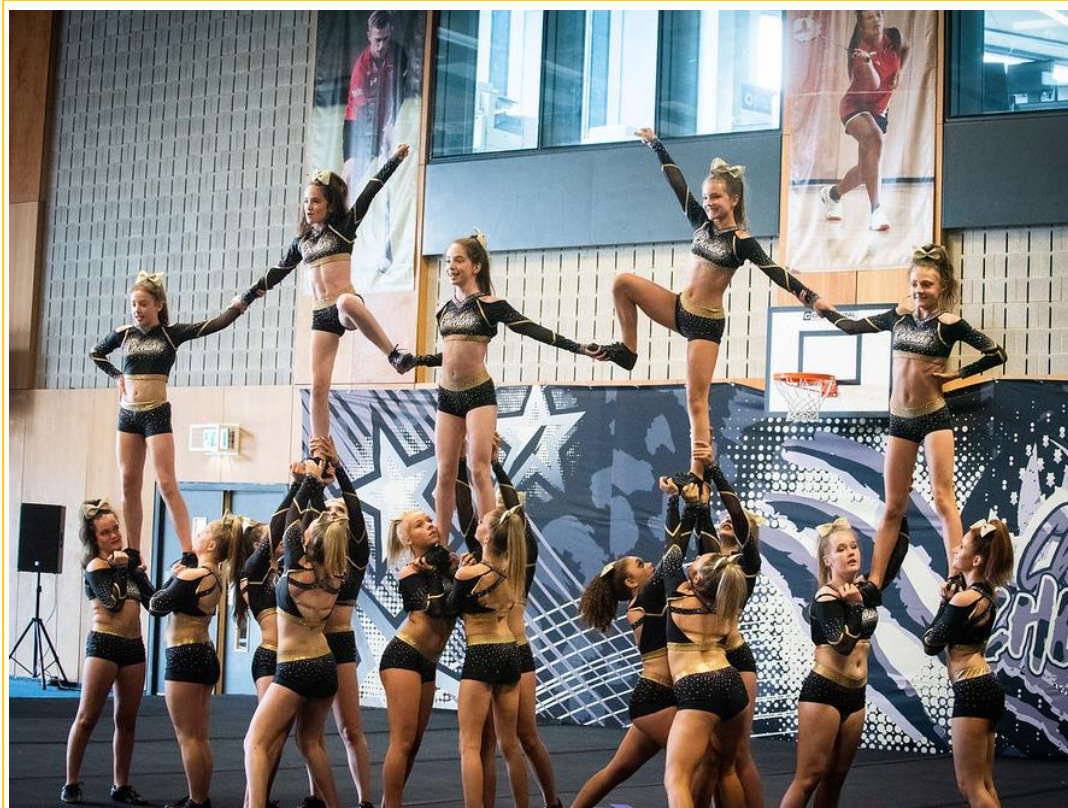


CHILTERN CHEETAHS MONTHLY NEWSLETTER

JUNE 2021



**NEWS ON PAGE 2:
TRAINING IN THE
HOTTEST DAY OF THE
YEAR AND TRIALS
DATES REMINDER**

**ATHLETE OF THE
MONTH:
LOLA T! FOR
WORKING HARD TO
GAIN CONFIDENCE IN
HER FLYING!**

TOP NEWS: THE RETURN OF SHOWCASE!

Although showcase was a different format to usual, we were ECSTATIC to host our first showcase since 2019- and what an incredible success it was!

Due to Covid restrictions not being lifted, we held four separate 'smaller' showcases (with roughly 7 teams in each show), to allow for smaller audiences at each. Athletes had the opportunity to come in earlier, warm up together and show off their routine to the other teams in that show, before spectators arrived.

There were some nerves, and some last minute changes due to isolating athletes, but we're sure you can agree that all teams did FANTASTICALLY- they tried their best and hit solid performances of their routines, we are so proud of them!

Thank you to spectators for following the Covid guidelines in place, wearing masks throughout the performances and not gathering in large groups inside or outside of the building.

**ATHLETE OF THE
MONTH:
IMOGEN H! FOR
QUIETLY WORKING
SO HARD AND
FILLING IN TO HELP!**

Training: hottest day of the year!

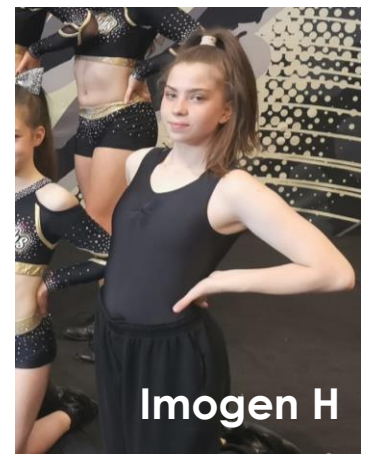
Sunday June 13th was the hottest day of 2021 so far, reaching up to 28 degrees at Heathrow. Training in such heat is TOUGH, we were conscious that athletes needed a lot of water and time to cool down- and then we had the smart idea of water fights! Athletes could choose to spend the end of their training having a water fight with team mates, which became a great social opportunity! Sorry for sending the athletes home so damp that day, but it was worth it!



Celebrating our athlete's of the month:



Lola T



Imogen H

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).

JUNE 2021

Development teams debut

At our showcase on Sunday, our THREE development class teams debuted the routines that they have been working on! These routines were only started following our return after the Easter holidays, and all teams only train for an hour once a week, so we are SUPER proud of what they put out in that short time!

This was the first performance opportunity for all of these new athletes, which can be quite nerve wracking, but they did fantastically!



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

What else is going at Cheetahs?



BOURNEMOUTH FC NATIONALS 2021

This coming weekend (July 3rd and 4th) is FC Nationals in Bournemouth. Please keep in mind travel time when planning your trip to Bournemouth- traffic getting into Bournemouth can become extremely slow when the weather is good, especially when there's a large cheerleading competition going on too!

Please remember also that you must lateral flow test within 36 hours before arriving at Bournemouth, and check in to the NHS test and trace system once you have arrived. These instructions have been put in place by Future Cheer (not Chiltern Cheetahs), and must be followed to allow your child to compete.

AWARDS 2021: DATE CHANGE

Please remember that due to Covid restrictions not yet being lifted, we have postponed our Awards night to Saturday September 11th. If you already brought a ticket, this will be automatically transferred. If, however, you cannot make the new date, please let us know immediately so that we can sell your ticket on.

PRIVATE 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. There are some group tumbling sessions that Jane is running after Bournemouth- see our website for more info.