

CHILTERN CHEETAHS MONTHLY NEWSLETTER

JUNE/JULY - 2020



NEWS ON PAGE 2

Athlete improvement throughout lockdown: we're so proud of our Cheetahs!

ATHLETE OF THE MONTH

Jane! For infectious positivity, huge amounts of hard work and always being happy and smiling!

ATHLETE OF THE MONTH

Lois! For always working incredibly hard, being kind to others, rooting for the success of everyone around her and remaining humble at all times. Well done Lois!

TOP NEWS: OLYMPICS WEEK

During the final week of June, we were incredibly excited to host another competition week. A lot of things have been cancelled or postponed this year- including the Olympics- and so we brought the Olympics to our sessions instead!

Similarly to last time, athletes were put into teams by 'countries' across the programme, and encouraged to dress up in the colours of their countries flag.

We wanted this to be an educational opportunity also, and so we set additional challenges (for points rewards) to create a poster about their country or learn to say "I love cheerleading" in the language of their country.

What was the prize? The winning team got to choose a charity together to donate £100 to (kindly donated by a friend of the club).

And the winning team was:
SWEDEN

ATHLETE IMPROVEMENT THROUGHOUT LOCKDOWN

As we come to the end of the 2019-2020 season, we've taken this time to reflect. Although this wasn't the year that anyone hoped it would be, we took the opportunity to learn and develop as club to be able to continue coaching online.

We have seen incredible improvement from our incredible athletes across flexibility, tumbling, strength and (importantly) resilience. Although it's been a difficult time, our athletes have shone and we are so proud of them.



DRESSING UP IN SESSIONS:

It's been a lot of fun having dress up training sessions: so far we have seen (several) Disney themes, neon & beach- what else will the girls come up with?!



HOW ARE WE SUPPORTING OUR ATHLETES?

01

Virtual coaching at usual training times

02

Fun extra challenges set online

03

Sessions covering wellbeing and goals

04

Weekly free stretch classes

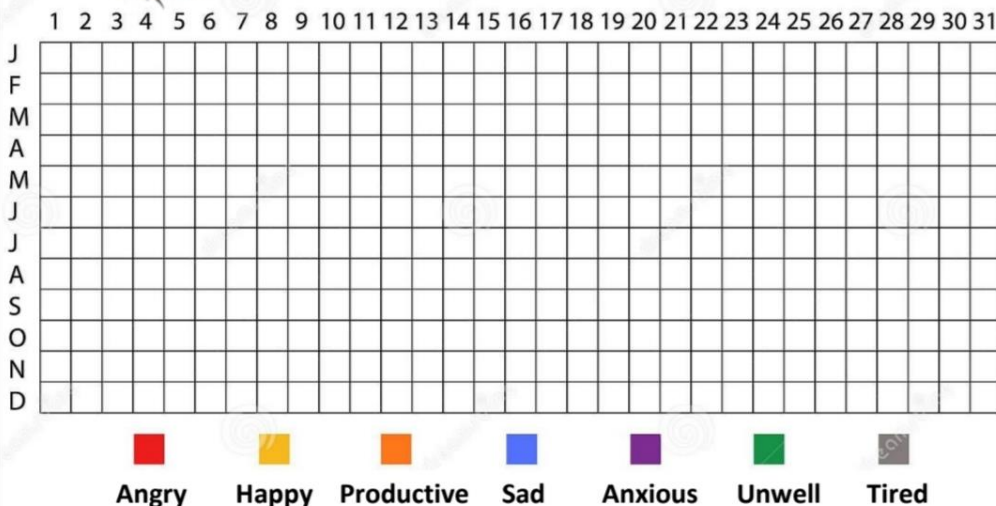


Wellbeing in sessions

As you are hopefully aware, we have been running wellbeing sessions throughout lockdown training. We have covered discussions on resilience, managing mental health, nutrition and staying motivated. Most recently we have been encouraging our athletes to use a mood tracker to recognise any patterns in how they're feeling. We have a Cheetah mood tracker that can be downloaded and printed, or athletes can create their own. If you'd like to download the mood tracker, please [click here](#)



MOOD Tracker



What else have we been doing in June?

Free stretch class each week

On Friday afternoons we have been running free stretch classes open to all athletes (not just flyers!) Those getting involved are seeing the benefits already, with huge improvements made in just a few weeks! Flexibility is not only good for 'flyers stretches', put to prevent injury, improve tumble shapes and jumps positions in the air!

The Cheetah Blog

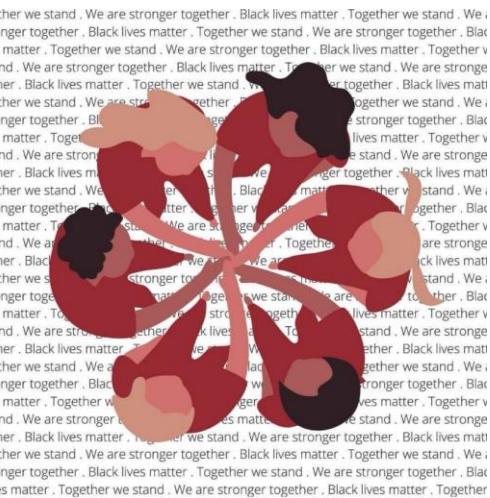
Did you know that we have a blog on our website? Our blog is updated monthly, and so far has covered "The benefits of cheerleading", "What HIIT means and why we do it", "Cheer and nutrition", "What covid-19 means for cheer", "How to raise kids who can overcome anxiety"- and more! Don't forget to check it out! Find a link to it [here](#).

Supporting Black Lives Matter

Covid-19 and lockdown has kept us all very busy, but we cannot ignore the atrocities happening to minority groups around the world- which have come to a head following the tragic death of George Floyd on May 20th 2020, leading to protests around the world.

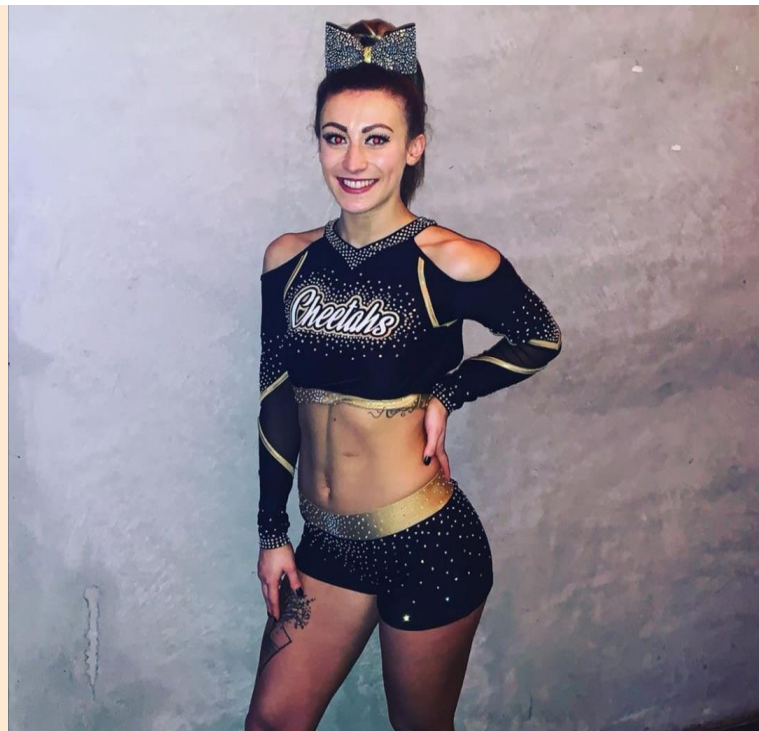
We are proud to have supported the Black Lives Matter protests through our social media, including partaking in "#BlackoutTuesday"- but it doesn't stop there.

We plan to include relevant and age appropriate information during our wellbeing sessions moving forward on the racial and social injustices to minorities throughout history, and in present day- including in the UK. There is plenty that we can all be doing to bring an end to systemic racism, homophobia, transphobia and brutality against minorities, and we would be grateful for your support in our education of our athletes on these matters. If you would like to discuss this further, please email info@chilterncheetahs.co.uk or alex@chilterncheetahs.co.uk.



"Training in lockdown" by Aimee, Velocity captain

"Since March, we have been approaching training in a very differeny way. When we first heard that the country was going into lockdown it was absolutely gutting, and many of us thought "what about cheer?". The thought of not training for a few months was gutting, but the coaches at Cheetahs have managed to get us training on Zoom. Althought it isn't the same, it means we can still see our teammates and drill for stunts, jumps and tumbling. Training in a different way has led to a huge improvement in some aspects which has been amazing- especially jumps for me! Despite really missing the gym, the family spirit and continuous support from our coaches has kept up the positivity and motivation- but the desperation to get back in the gym is huge!"



2020-2021 Information Pack Available Now!

Our information pack for the 2020-2021 season has now been released. Please email info@chilterncheetahs.co.uk if you have not received it.

Please make sure you have filled in the registration/ membership form by **Monday July 6th**

Click [here to fill in membership form](#)

Attendance Chart by team

We are so pleased that our attendance at zoom training has been fantastic with the majority of teams still having all athletes attend and adding to their attendance chart. These sessions really will really keep up the athletes skills and fitness for when they return to the gym. Below is the amount of sessions the team has had a full team since September.

- | | |
|----------------------|------------------------|
| Cubs- 15 | Bolt – 11 |
| Flash- 17 | Accelerate – 42 |
| Storm- 21 | Hurricane- 30 |
| Strike- 12 | Momentum- 33 |
| Swift- 53 | Stealth- 13 |
| Lightning- 45 | Velocity- 14 |
| | Rush- 41 |
| | Adrenaline- 24 |



REOPENING PLAN



Covid-19 has affected us all, and information about how we plan to reopen and run summer sessions can be found in this poster.

July/ Online training/ Outdoor training

Normally we would shut for 4 weeks from July and 1 week in August following FC Nationals but we are planning to keep sessions/activities running online for the athletes at no extra cost for those that have continued to pay fees throughout.

We will be hoping to return to **training in smaller groups** practising social distancing alongside running **private lessons for those that wish to book one**. We would like to offer training in open spaces until we are allowed back into the gym. We have been working hard to develop new ways of how we will work the classes over the summer whilst prioritising the safety of the athletes, coaches and yourself as parents.



Plans once allowed back in the gym

All athletes who wish to return will be placed in a group based on their tumble ability and all dancers will be based on their age group. There will only be one group in the gym at a time and these groups will not mix with any other groups. There will be time allocated in between each group so there is no crossing over of the groups. The maximum size of each group will be dependent on Government guidelines when released. We will not be taking any requests to 'swap groups' as our prime priority is the safety of the athletes and coaches however we aim (after tumble ability) to place the athletes in groups according to friendship as we understand that part of cheer is their close connection they have with their team which they have all missed.

Those that have paid for tumble class throughout the whole closure period will be allocated extra coaching time.



Membership forms

The membership forms for the new season are on the website and can be accessed following the link below. Please ensure you have filled these in before **Monday 6th July**. This will help us with plans moving forwards and groups. If you do not wish to return for the new season but want to carry on classes for a few months then please contact us. Some parents have expressed concerns about athletes being unsure about next season but we do think it is best they come and do a few sessions then make a decision rather than basing it on lockdown sessions as Zoom is not the same as being in the gym!

[MEMBERSHIP FORM LINK](#)

"After the high of an amazingly successful first (and only, as it turned out) comp of the season in February, it was hard to predict how cheer would go in COVID times and whether the team spirit and morale could be kept up virtually. However we needn't have worried. The coaches have gone above and beyond, worked extremely hard to ensure the resounding success of lockdown cheer. It has given my daughter routine and shape to her week and provided a great focus. She has been able to keep fit and continue to build strength and conditioning and still feel part of a team. The quality of the Zoom sessions has been so good that she has actually been able to progress her tumbling while at home- something we didn't foresee being able to happen. In addition to all of this, the coaches continue to focus on mental wellbeing and the physical side of things. This has meant the girls have been provided with some great talks and really fun group activities along the way. The sense of camaraderie and family that is inherent in Chiltern Cheetahs has still been felt. I really don't think we could have asked for more and we will always be grateful!"

Rachel Guthrie, Parent

Risk reduction measures in place

Hand sanitizer used regularly	Hand Washing – regularly	Athletes remain in the gym and no walking round the building.	Cleaning of equipment done in between every session with tick lists of what has been done.	Catch it, bin it, kill it – message reinforced regularly
Ventilate – doors open at all times	2m distancing at all times and regularly reminded by all coaches.	Time allocated in between each session so no crossing over.	No food	Waterbottles MUST be NAMED and brought to training and no use of the fountain.
Spots in the gym for social distancing.	All adults on site to remain in cars.	No rucksacks on the site	Temperature checks of athletes and coaches upon entry	

Safety precautions in place

- Athletes will remain 2 meters apart. Special markers will be placed on the floor to help the athletes understand spacing, especially the younger athletes.
- Athletes will enter/exit through the main doors and the changing rooms will be out of bounds.
- Temperature checks will be taken on arrival.
- Athletes will be collected by a coach from the car park at their training time and should not enter the building any earlier. Parents need to remain in their cars when they drop off/collect.
- Athletes need to wash their hands immediately on arrival and leaving the gym.
- All equipment that will be used will be cleaned in between every new group who attends the gym. Any equipment that cannot be cleaned will not be used.
- At all times the doors will be propped open including outside doors and fire exits to allow the air to circulate and avoid touching of door handles.
- No stunting will be performed in the gym throughout July to ensure 2 meters is kept at all times. This is likely to be August as well but will review this based on Government guidelines.
- Athletes can wear any training kit and it must be clean kit but hair must be tied back at all times before entering the gym.