

# CHILTERN CHEETAHS MONTHLY NEWSLETTER

MARCH 2021



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WELLBEING, AND  
STAYING  
MOTIVATED!**

**ATHLETE OF THE  
MONTH:  
HANNAH H! FOR HER  
HARD WORK ON HER  
STRETCHES AND  
POSITIVE ATTITUDE!**

## TOP NEWS: Countdown to gym return!

You may have seen on our social media that we have been counting down to the return to our gym... it's safe to say that we are all incredibly excited! We've missed being in our cheer home, and seeing our athletes there too.

When we return, Covid procedures will be similar to last time- athletes will be temperature checked and given hand sanitizer on their way in, there will be regular hand washing between stunting, and hand

sanitizer will be given again on the way out. All equipment used will be cleaned between training sessions. Teams will be physically kept apart to avoid too much mixing. Wearing a face mask for stunting is optional, and absolutely the athlete/athletes family's decision.

With the sun shining, Covid numbers decreasing and vaccine numbers increasing, we are hopeful for a fairly normal, long awaited final few months of this year's cheer season.

**ATHLETE OF THE  
MONTH:  
BEAU R! FOR  
COMMITTING TO  
ZOOM, WORKING  
REALLY HARD  
MAKING GREAT  
IMPROVEMENTS!**

## MARCH 2021

### Wellbeing at Cheetahs

If you're new to the programme, or not already aware, at Cheetahs we run a comprehensive wellbeing programme, consisting of monthly sessions (covering a range of topics), weekly wellbeing team check ins, 1:1 support available, and adjustments that can be made during training for any athlete that needs it. If you have any questions or would like to discuss our wellbeing programme, please do contact us. We also have a short video on our YouTube channel if you would like to know more.



Celebrating  
our athlete's of  
the month:



Staying motivated as we come out of lockdown  
Although we have spent a long time online, the end is in sight! As of April 1<sup>st</sup>, zoom training has now finished!

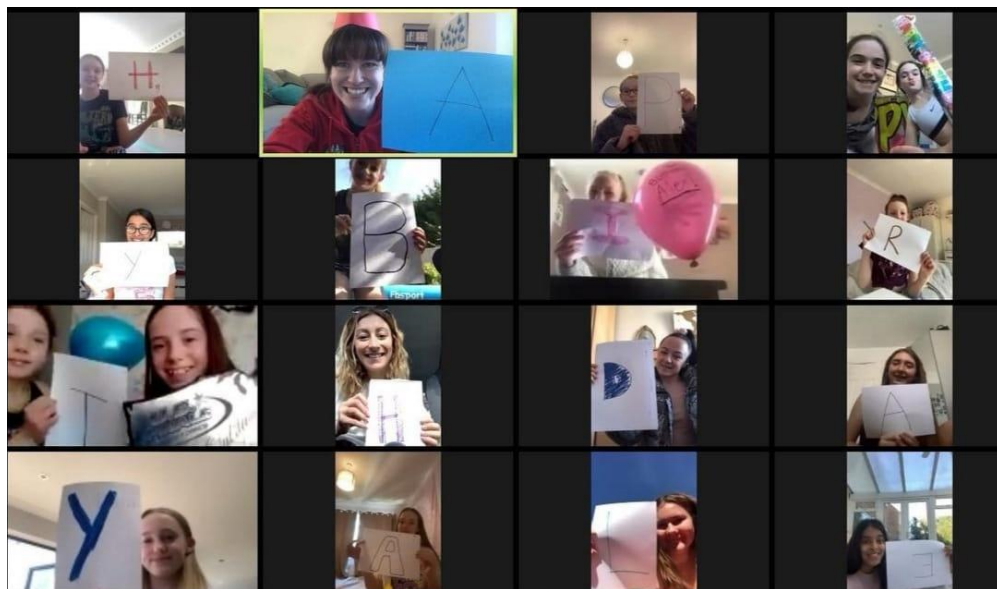
Motivating ourselves, our athletes, and each other has been tough- but we hope that with the longer days, warmer weather, and easing of lockdown restrictions that we can keep up the momentum of all of our hard work, and have a fairly seamless transition back to gym training.

Athletes should not expect to be hitting the same level of tumblers or stunts immediately when we get back, but we don't want them to feel deflated- please help us manage their expectations and chat to your athlete about the gym return, and how they might be feeling.

## MARCH 2021

### Saying goodbye to zoom!

This cheer season, we spent 4 weeks in November training online, and 13 weeks online during the January-March lockdown; a total of 17 weeks. That's 17 training sessions for a team that trains once a week, and 34 for teams that train twice. We are in awe of the resilience and hard work of our athletes to commit to so long online. Equally, we are all very ready to say goodbye to zoom! Well done and thank you to everyone that persevered, returning to the gym will be so much easier!



### What else is going at Cheetahs?



#### PREPARING TO RETURN TO THE GYM IN APRIL

To keep you up to date with our plans for returning to the gym, and to help you plan for the Easter holidays, below is an outline of dates:

**NO TRAINING- ALL TEAMS:** Thursday April 1<sup>st</sup>- Saturday April 10<sup>th</sup>.

#### **PARK TRAINING, SUNDAY APRIL 11<sup>TH</sup> -**

9-9.45am – Cubs and Lightning

10-10.45am – Claws and Swift

11-11.45am – Velocity and Storm

12-12.45pm – Accelerate and Momentum

1.30-2.15pm – Rush and Bolt

2.30-3.15pm – Adrenaline and Hurricane

3.30pm – 4.15pm – Voltage and Strike

**OUTDOOR PRIVATE TUMBLE AVAILABLE TO BOOK:** April 1<sup>st</sup>- 8<sup>th</sup>, April 10<sup>th</sup> and 11<sup>th</sup> (please let us know if you are interested in booking a private tumble slot, spaces are limited on a first come first serve basis). There are spaces in some group sessions if you want to be paired up with someone.

**MONDAY APRIL 12<sup>TH</sup>:** Return to the gym for normal timetable!

**Reminder for your diary:** Provided the government road map dates go ahead, **Sunday June 27<sup>th</sup>** is Showcase, and **Friday July 9<sup>th</sup> OR Saturday July 10<sup>th</sup>** is Awards- both events are going ahead as planned. Competition dates are TBC as soon as we have spoken to event producers.