



**Home Training During the COVID-19 Coronavirus Crisis**

Dear Parent/Carer,

As you know, we have had to temporarily suspend training sessions due to the COVID-19 pandemic; however, it is very important to us that we maintain the sense of community that we have built with our participants and we want them all to stay healthy, fit, agile and - most importantly - engaged for the duration of the crisis. We have therefore arranged for your child to participate in online sessions from home if they are able to and hope this will help until we are able to return to training as normal.

We are exploring a range of options but in the meantime are able to offer the following:

- **Red Jets:** participation in the **four-week home training programme** we have developed (parents/carers will be emailed a manual upon completing the [online waiver form](#))
- **NM Jets and All Stars:** participation in online activities via our new private Facebook group, NM Jets & All Stars Home Training Programme (<https://www.facebook.com/groups/219604002458253/> [click on the link, log in to Facebook and request to join])
- **Fly High:** participation in online activities via our new private Facebook group, Fly High Home Training Programme (<https://www.facebook.com/groups/3443240905693107/> [click on the link, log in to Facebook and request to join])

In addition, NM Jets and All Stars participants can join Unity Allstars' Dave live on Instagram at 18.00 daily for Cheer Cardio sessions:

[https://www.instagram.com/unity\\_allstars/?hl=en](https://www.instagram.com/unity_allstars/?hl=en)

**If you would like your child to take part in these recommended sessions it is important that you read our waiver and complete the short online form at: <https://forms.gle/mJdQkFzD17UBk3mz8>. Please also read our [Online Home Training Policy](#).**

In addition, we ask that your child:

- Has your permission to be online and to use the social media channels specified
- Has a safe space to practise in that is sufficiently clear of furniture, valuables, pets and others
- Is suitably dressed (e.g. wears his/her usual cheer training outfit)
- Warms up and cools down even when this is not covered in the posted programme
- Only participates to a level she/he feels confident with and does not try things she/he is not experienced in
- Ensures she/he has water available during participation
- Stops immediately if she/he begins to feel any discomfort

Thank you for bearing with us in these extraordinary times. We wish you all good health.

Regards,

The NM Jets team