S4C

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Erthygl i'r Wasg **Press Release**

Anelu am y sêr gyda merched tîm Cheer Rebellion

Bydd cyfres newydd sbon gan Hansh ar S4C yn rhoi cipolwg ar fywydau merched y byd 'Cheer'.

Mae **Cheer Am Byth** yn dilyn tîm 'Rebellion' - criw unigryw o *cheerleaders* - wrth iddyn nhw baratoi i gystadlu mewn cystadleuaeth genedlaethol yn Birmingham, tra'n ceisio dod o hyd i gydbwysedd rhwng y byd 'Cheer' a bywyd pob dydd oedolion ifanc.

Byddwn yn dilyn Ellie Glastonbury, arweinydd a sefydlydd Rebellion ynghyd â dwy aelod arall o'r tîm, Siân Boudreaux a Bethany Hawkins wrth iddynt baratoi am y digwyddiad yn Birmingham - cystadleuaeth bwysig i'r tîm.

Bydd y gyfres ar gael fel bocs set ar S4C Clic, BBC iPlayer a You Tube ac yn cael ei darlledu ar S4C ar 8 Gorffennaf.

Mae'r dair yn hyfforddi'n galed mewn campfa yn Nhrelai, Caerdydd - ond maen nhw hefyd yn ceisio peidio â throi eu cefnau ar fywyd go iawn (cariadon, teulu, gwaith) ond mae'n anodd - maen nhw'n caru "Cheer" bron yn fwy na dim byd arall.

Yn ystod y gyfres dair pennod cawn ddod i adnabod y merched yn well - ac edrych ar yr heriau maent yn wynebu ar y mat ac yn eu bywydau personol.

Ym mhennod un cawn glywed stori Siân, pennod dau, stori Bethany ac yn y drydedd bennod, dilynwn Ellie sy'n gwireddu ei breuddwyd o gystadlu yn mhencampwriaethau Cheer y byd yn Florida gyda thîm Cheer Cymru.

Rhai blynyddoedd yn ôl cafodd Ellie ei derbyn fel rhan o dîm cenedlaethol Cheer Cymru - ond wnaeth hi ddarganfod ei bod hi'n disgwyl babi.

"Babi neu Cheer - roedd e'n benderfyniad anodd," meddai Ellie. "Un peth oni moyn neud yn fy ngyrfa oedd cynrychioli Cymru."

Mae gan Siân o Abertawe sawl peth yn mynd ymlaen yn ei bywyd - mae hi'n gweithio yn y diwydiant harddwch a hefyd yn gofalu am ei mam ar ôl iddi fod mewn damwain car difrifol.

Mae Siân hefyd yn wynebu heriau ar y mat - mae'n rhaid iddi berffeithio ei symudiad 'tymbl' er mwyn bod yn rhan o'r tîm sy'n perfformio o flaen cynulleidfa fyw mewn gêm bêl-droed rhwng Dinas Caerdydd a Dinas Stoke cyn iddyn nhw gystadlu yn Birmingham - a fydd hi'n llwyddo tybed?

Mae Bethany yn gweithio fel athrawes ysgol gynradd ac yn cael modd i fyw gyda Cheer - mae’r merched i gyd yn ffrindiau da.

“I fi un o’r pethau gorau am Cheer yw’r gymuned sydd gennym ni o fewn ein clwb. Mae pawb mor gefnogol o’i gilydd ac ar ddiwedd y dydd chi’n cystadlu fel tîm.”

Dros y gyfres, bydd **Cheer am Byth** yn dangos pobl gyffredin yn gwneud pethau anhygoel wrth i rai o ferched Rebellion baratoi ar gyfer pencampwriaethau Cheer y byd yn Florida.

Bydd y gyfres yn cynnwys drama , pwysedd ac emosiynau uchel wrth i ni ddilyn y goleuadau llachar a champfeydd agored a chlywed am y brwydrau beunyddiol - perthnasoedd, teulu, ffitrwydd, pryderon Covid, i gyd trwy lygaid grŵp arbennig o fenywod ifanc sy’n ceisio dod o hyd i'w traed fel oedolion ifanc.

Cheer Am Byth
Bocs Set ar gael 8 Gorffennaf ar S4C Clic, iPlayer a YouTube ac ar S4C am 9.00yh.
Isdeitlau Saesneg
Cynhyrchiad Little Bird Films ar gyfer S4C

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Three cheers for team Rebellion as they reach for the stars!

A brand new series by Hansh on S4C takes a look at the lives of a group of young women in the world of Cheer.

Cheer Am Byth (Cheer Forever) follows team 'Rebellion' – an unique group of cheerleaders who are also close friends, as they prepare to compete in the national competition in Birmingham, while trying to maintain a balance between the world of Cheer and the everyday life of young adults.

We will be following Ellie Glastonbury, leader and founder of Rebellion as well as two other members of the team, Siân Boudreaux and Bethany Hawkins as they prepare for the event in Birmingham – an important competition for the group.

The series will be available as a box set on S4C Clic, BBC iPlayer, You tube and broadcast on S4C on 8 July.

The three train hard at a gym in Ely, Cardiff – but they also have to try not to turn their backs on their everyday lives (partners, family, work) but it's difficult – they love Cheer more than almost anything else in the world!

During the three-part series we get to know the girls better – and take a look at the challenges they face on the mat and in their personal lives.

In the first episode we hear Siân's story, Bethany's in the second episode while in the third episode we follow Ellie who sees her dream come true as she competes in the world Cheer championships in Florida as part of the Wales Cheer team. At one point this didn't seem possible.

A couple of years ago, Ellie was accepted into Wales's national Cheer team – but soon after, she discovered that she was expecting a baby. Now the baby is two years old and Ellie gets her chance at last.

"Baby or cheer – it was a difficult choice," said Ellie. "The one thing I really wanted to do in my career was to represent Wales."

Siân from Swansea has loads going on in her life – she works as a beautician and also cares for her mother who was seriously injured in a car crash.

Siân also faces challenges on the mat. She has to perfect the 'tumble' move in order to be part of the team who will perform in front of a live audience in a football game between Cardiff City and Stoke City before they compete in Birmingham – but will she succeed?

Bethany works as a primary school teacher and absolutely loves Cheer – the young women are all good friends.

"For me, one of the best things about Cheer is the sense of community we have in our club. Everybody is so supportive of each other and at the end of the day you perform as a team," said Bethany.

Over the series, the documentary **Cheer am Byth** will be showing ordinary people doing amazing things as some of the Rebellion girls go on to prepare for the world Cheer championships in Florida.

This series offers drama, pressure, and high emotions as we follow them from the bright lights to training at the gym and hear of their daily battles – relationships, family, fitness, fears over Covid and all through the eyes of a special group of young women who are trying to find their feet as young adults.

Cheer Am Byth
Box set available on Friday 8 July on S4C Clic and You Tube and at 9.00pm on S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Little Bird production for S4C