

COMPETITIVE CLASSES

Levels Stream

Pre Levels
Levels
Advanced



739 George St. South Windsor
0435 155 834
www.kstp.com.au

Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) has been operating since 2009. KSTP is a family run business with owners Dzimtry and Rebecca Kachan continually developing the club ensuring the gym has the latest equipment and advantageous programs to assist the athletes.

KSTP has been recognized as one of the most sophisticated training clubs in Australia for the sport of Tumbling and in 2017 became the home of the Gymnastics NSW High Performance Tumbling Program. Follow link to see Gymnastics NSW / KSTP High Performance highlight package; <https://youtu.be/klfFlmY4TeY>.

Dima is head NSW and Australian tumbling coach. He has developed National tumbling and trampoline competitors who have gone on to win many titles. Internationally we have a good reputation in tumbling, competing at the World Age Group Competition in 2013, 2015, 2017, each year having many finalists and bringing home medals; 2013 Silver medal 13 year men tumbling, 2015 Gold 15 year men tumbling, 2017 Silver 11 year women DMT and Gold medal under 11 year old women tumbling.

Our team is dedicated to the disciplines of Tumbling, Double Mini Tramp and Trampolining, most of whom are current or past athletes of the club. All our coaches have a current working with children check as well as their appropriate coaching and judging accreditation through Gymnastics Australia.

At KSTP, our focus is on providing a quality experience for all our members by nurturing each students strengths and building a sense of confidence and achievement.

We look forward to welcoming you to our centre and will be happy to discuss class options with you.

Dima & Rebecca Kachan



Competitive Classes

Pre Levels - Monkeys, Dingos, Possums

Monkeys, Dingos and Possums, make up the Pre Levels Squads and are aimed at children aged around 6-8 years. These programs are for children who are preparing for a competitive pathway within this sport. All three classes combine tumbling, trampoline and double mini tramp covering the basics in all disciplines. Monkeys is our original pre levels squad. With the growth in this age group we have introduced separate boys (Dingos) and girls (Possums) programs. This exciting split is the first of its kind at KSTP and we look at this as a positive move as we know boys and girls learn differently. Children are selected for these pre-age squads having already shown a good understanding of the introductory skills.

Levels

Levels is a program designed for athletes who are wanting to compete in Trampoline, DMT & Tumbling levels stream. The focus of this program includes strength and flexibility exercises, learning new skills as well as the development and practice of the necessary routines. This class is perfect for the child who loves to learn, work hard and be part of a team. Through self-motivation and dedication, athletes work their way through the lower levels system and can progress to the advanced classes if they wish. Athletes participate in an assessment at the end of each term to ensure a certain level of progression and performance is maintained.

Advanced

Advance Tumbling, Trampoline and DMT Levels is a combined competitive class. This class is for athlete's level 4 and above who already have many skills and who aspire to learn and develop their tumbling, trampoline and DMT routines for State and National competition. This program focuses on such skills as flips (multiple), forward and backward somersaults (single and double rotations), twisting, whips (feet to feet), barani's, rudi's and works on varying types of equipment. Athletes make this class through selection only and are expected to maintain a high level of performance and drive.

What is expected when your child is in a competitive program.

Being chosen for the competitive stream means your child shows potential in the areas we specialise in.

To enable athletes to learn and improve on the skills required for competition, these programs require a great deal of commitment from the athlete as well as their family.

Athletes in our competitive programs are expected to maintain a high attendance record, this includes holiday periods unless families have a booked vacation.

Competitions

Once an athlete has the requirements for the appropriate level to compete, the athletes will be required to purchase full club uniform for competitions, including leotard, track-suit, polo shirt. Athletes can compete from the age of 6.

KSTP hold club competitions, attend State Championships and National Clubs Carnival.

Competitive Program Timetable

PROGRAM	MON	TUES	WED	THUR	SAT
Pre Levels - Monkeys			4.00pm - 6.30pm		10.30am - 1.00pm
Pre Levels - Dingos	4.30pm - 6.30pm		4.30pm - 6.30pm		
Pre Levels - Possums		4.00pm - 6.00pm		4.00pm - 6.00pm	
Levels	5.00pm - 7.30pm	5.00pm - 7.30pm	5.00pm - 7.30pm	4.00pm - 6.30pm	10.30am - 1.00pm
Advanced	4.00pm - 8.00pm	4.00pm - 8.00pm			10.30am - 2.30pm

Competitive Program Fee Structure

PROGRAM	HOURS REQUIRED	HOURLY RATE
Pre Levels - Monkeys	2 days (5 hours)	\$9.50
Pre Levels - Dingos & Possums	2 days (4 hours)	\$10.00
Levels	2 days min (5 hours)	\$9.50
Advanced	3 days (12 hours)	\$6.50

Gymnastics NSW Annual Registration/Affiliation

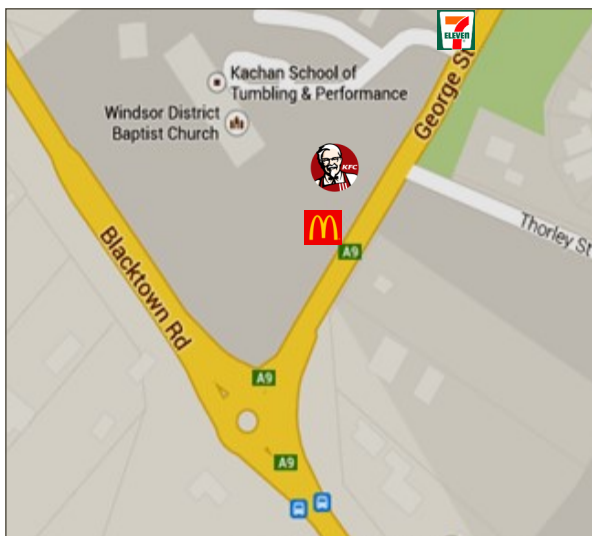
KSTP is proudly an affiliated member of Gymnastics NSW as such each member at KSTP must become an affiliated member and required to pay the annual affiliation/insurance fee.

Athletes pay the Competitive Registration which is \$95 and is payable on your first paid class. Athletes who have joined pre levels and not previously will pay recreation registration, until the first competition where they will be moved over to the competitive rate.

Additional Information

A one off club registration fee of \$35 is payable on joining KSTP. Fees are payable by the invoice due date, however in consultation with our team, a payment plan can be arranged. Early bird discounts apply to competitive programs term invoices. Sibling discounts are available. Make-up classes are offered in Levels only as the program runs each day, they must be done within the term. There are no make-up classes for Pre Levels or Advanced, missed classes are forfeited.

Class times and fees are subject to change without notice.



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(Grounds of Windsor District Baptist Church)

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info@kstp.com.au

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**KSTP is proud to be recognised as a
Gymnastics NSW Tumbling Centre of Excellence**