

COMPETITIVE CLASSES

Levels
Advanced
Elite
High Performance



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 Dzmityr and Rebecca Kachan continually developing the club ensuring the gym has the latest equipment and training aids to assist the athletes.

KSTP has been recognized as one of the most sophisticated training clubs in Australia for the sport of Tumbling.

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, with athletes making the finals and even winning medals including the 2015 World Age Group Champion in under 15 men.

Our coaches are dedicated to the sports of Tumbling, Double Mini Tramp and Trampolining, most of whom are current or past athletes of the club. All our coaches have their accreditation through Gymnastics Australia with many also holding their judges accreditation.

At KSTP, our focus is on providing a quality experience for all our members by nurturing each student's 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

High Performance - International Stream


The High Performance Tumbling Squad is a select group of elite level athletes who are accomplished national competitors. They are international representatives and members of the Australian tumbling team. This is the only elite tumbling squad in Australia.

Elite - National Age

Athletes in the Elite Tumbling Squad are a select group that are competing within the National Age Stream and who are working toward the high performance team. This program requires a great deal of dedication and commitment from athletes and their families. Their schedule can involve up to 30 hours a week incorporating both morning and afternoon sessions in which they develop their strength, skills and dedication for tumbling.

Advanced Tumbling, Trampoline & DMT

Advanced 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. The option is available to choose either a tumbling program or a trampoline/DMT program, in this case an individual training schedule will be put in place. 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.



Levels Squad

The Levels Squad is a program designed for athletes who are wanting to compete in Trampoline, DMT and 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 that 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.

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

If your child is chosen for a competitive program, there is an expectation that they will train the hours required, this includes holiday periods unless otherwise notified.

Fees are charged by the term. Makeup classes are available for our Levels Squad athletes only as these classes run daily.

Where an athlete does not meet the programs training requirements, the fees will be based on the hourly fee schedule rather than the classes rate.



Competitive Program Timetable

PROGRAM	MON	TUES	WED	THUR	SAT
Levels Squad	5.00pm - 7.30pm	5.00pm - 7.30pm	5.00pm - 7.30pm	5.00pm - 7.30pm	12.00pm - 2.30pm
Advanced	4.00pm - 8.00pm	4.00pm - 8.00pm			11.30am - 2.30pm
HP / Elite	6.30am - 8.30am 3.00pm - 7.00pm	6.30am - 8.30am 3.00pm - 7.00pm	3.00pm - 7.00pm	6.30am - 8.30am 3.00pm - 7.00pm	9.00am - 2.00pm

Competitive Program Fee Structure

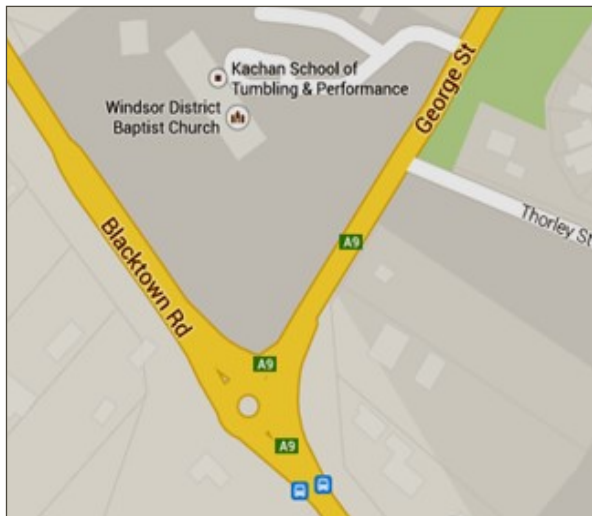
PROGRAM	HOURS REQUIRED	HOURLY RATE	COMPETITIVE GYM NSW REGISTRATION FEE
Levels Squad	Min 2 days (5 hours)	\$9.00	\$90
Advanced	3 days (11 hours)	\$6.00	\$90
HP / Elite	30 hours per week	tba	\$90

Additional Information

The above fee structure is based on an athlete committing to the programs training hours. Should an athlete NOT meet the programs training requirements the fees will be based on the hourly fee schedule.

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 the front desk, a payment plan can be arranged. Early bird discounts apply to competitive and squad programs term invoices. Sibling discounts are available.

Training 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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