

ELITE SQUADS

International Stream

**Tigers
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 Dzmitry 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 and in 2017 became the home of the Gymnastics NSW High Performance Tumbling Program.

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 medal 15 year men tumbling, 2017 Silver medal 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



International Stream Programs

Tigers - Pre Elite

Tigers is a competitive tumbling development program. Athletes are selected for this class based on experience and performance. Athletes at this stage are already quite experienced competitors and show potential in moving towards the requirements of the elite squad. This program requires dedication, hard work and discipline. We aim to prepare athletes for long term participation in all disciplines with the focus on being competitive within their age group, this should ensure a smooth transition to elite.

Elite

Athletes in the Elite Squad are a select group that are competing within the National Age Stream. Being part of this squad brings with it the opportunity to be selected as part of Gymnastics NSW High Performance program, Gymnastics Australia National Squad and international training camps and competitions. This program requires a great deal of dedication and commitment from athletes and their families. Their schedule can involve a minimum of 18 hours per week and can incorporate both morning and afternoon sessions in which they develop their strength, skills and dedication for tumbling.

High Performance

The High Performance program is a partnership program between KSTP and Gymnastics NSW. Athletes are selected by Dima and the Gymnastics NSW High Performance Manager. Athletes and families in this program work directly with Dima and must continue to meet the, guidelines relating to performance and self management including reporting, testing and treatment of injuries. The guidelines are set in conjunction with the High Performance Manager at GymNSW. Athletes are required to maintain an exceptional work ethic and attendance rate. Follow the link at Gymnastics NSW High Performance Tumbling for more information.



Elite Stream Aim and Outcomes

The aim of the Elite International Stream pathway is to produce athletes both now and in the future, who are competitive at a national and international level. The chance to represent your state or country is a huge honor for an athlete and their families.

KSTP aim to increase the performance level of athletes by providing the best support services and training environment. These programs are designed to equip the athletes with all they need to make this goal achievable.

Expectations of the Elite Squad

Upon commencing training within one of these programs, athletes and their families are expected to abide by the KSTP athlete/parent contract and HP/Elite Competition Selection policy. A copy of both documents will be provided upon commencement and must be signed and returned.

Athletes are expected to make themselves available to compete when selected by the coach, this may include Club, State, National and International Competitions.

A high attendance record is expected, including school holiday periods unless families have a booked holiday.

International Stream Programs Timetable

PROGRAM	MON	TUES	WED	THUR	SAT
Tigers	4.00 - 8.00pm		4.00 - 8.00pm		10.00 - 2.30pm
Elite	6.30 - 8.30am 3.00 - 7.30pm	3.00 - 7.30pm	6.30 - 8.30am 3.00 - 7.30pm	6.30 - 8.30am 3.00 - 7.30pm	8.00 - 2.30pm
HP	6.30 - 8.30am 3.00 - 7.30pm	3.00 - 7.30pm	6.30am - 8.30am 3.00pm - 7.30pm	6.30 - 8.30am 3.00 - 7.30pm	8.00 - 2.30pm

International Stream Programs Fee Structure

PROGRAM	HOURS REQUIRED	HOURLY RATE
Tigers	3 days (12.5 hours)	\$6.50
Elite	5 days (25 hours)	Capped rate
High Performance	5 days (25+ hours)	Capped rate

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.

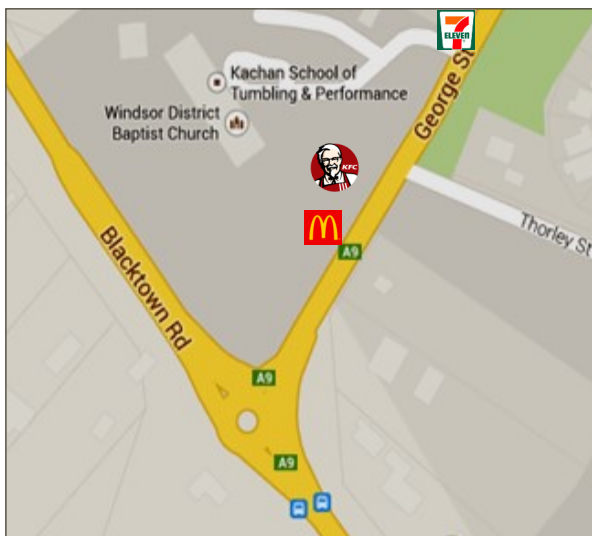
Athletes pay the Competitive Registration which is \$95 and is payable on your first paid class

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 our team, a payment plan can be arranged. Early bird and sibling discounts do not apply to the capped rate programs.

Class times and fees are subject to change without notice.



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(Grounds of Windsor District Baptist Church)

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