

JNR DEVELOPMENT SQUADS

National Age Stream

**Beez
Bilbies
Tiger Cubs**



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. 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



Squads

Beez - Pre Junior Development

Beez is our Stage 2 early learning program for children aged 4-7. Children begin training in the Beez squad generally when they start school and have previously been training in our daytime squad. This class is the perfect introductory program to develop strength, shapes and all the basic skills of general gymnastics, tumbling and trampoline. This program prepares children for long term participation in sport and is a pathway for those who may choose to move through to our competitive squads.

Bilbies - Junior Development Squad

Bilbies is the follow on squad from Beez. Children aged 6-8 who show a sound understanding of the basics can be selected for this squad where they further develop their strength, flexibility and the skills specific to the disciplines of tumbling and trampoline. The purpose of this program is to prepare the children who show a great deal of enthusiasm for the sport and will follow the competitive pathway.

Tiger Cubs - Age Development Squad

Tiger Cubs is a competitive development program. Athletes are selected for this class based on ability, potential and adaptation shown towards our programs. Skills required before becoming a Tiger Cub are rolls (forward and backward) handstands, cartwheels, round offs, assisted somersaults and flips and a higher than average level of flexibility, strength and understanding for this age group. This program requires dedication, hard work and discipline. The aim of this program is to prepare athletes for competition in the age/elite stream.



What is expected when your child has been selected for a development program.

A child being selected for a development squad indicates the child shows great potential in the sport of Tumbling and Trampoline. As these squads are where the High Performance pathway begins, the programs are designed to take dedicated athletes to the highest levels, and become members of the High Performance Team.

The decision to take on the program should be carefully considered by the family as there is a higher level of commitment required. All athletes in our development squads are expected to maintain a good attendance record, this includes holiday periods unless otherwise notified. There is no refund, credit or makeup class for missed classes except for illness where the child is off two weeks or more with a doctors certificate.

Families are expected to block out competition dates to ensure the child is available for competitions, once a child turns 6 and have the requirements for the necessary level it is anticipated they will represent KSTP in State Competitions.

Development Squads Timetable

PRO-GRAM	Mon	Tue	Wed	Thur	Sat
Beez		4.00pm - 5.30pm		4.00pm - 5.30pm	10.00am - 11.30am
Bilbies				4.00pm - 6.00pm	9.00am - 11.00am
Tigers Cubs	4.00pm - 7.00pm		4.00pm - 7.00pm		11.30am - 2.30pm



Development Squad Fee Structure

PROGRAM	HOURS REQUIRED	HOURLY RATE
Beez	2 days (3 hours)	\$11.50
Bilbies	2 days (4 hours)	\$10.00
Tiger Cubs	3 days (9 hours)	\$7.50

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 is required to pay the annual affiliation/insurance fee. Athletes will be required to join either as a recreational or competitive athlete dependent on the program. As our development squad athletes compete at different times dependent on their age and level the fee you pay for your child will be based on them competing within the calendar year or not. KSTP Management together with the coach will determine when the athlete is ready to compete. The fee is required by the first 'paid' class when joining KSTP.

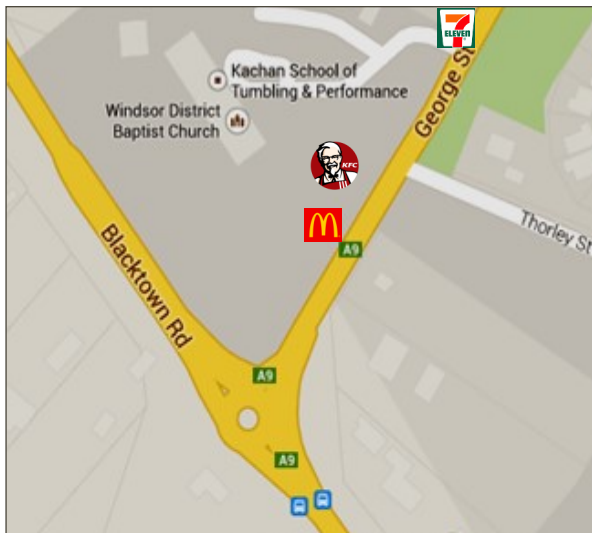
Recreation Registration: \$55 - this is for athletes under 6 or those over 6 who are not ready to compete at a State Representative level within the calendar year.

Competitive Registration: \$95 - this is for athletes 6 years and over who will compete at a State competition in the calendar year.

Additional information

KSTP's one off club registration fee of \$35 is payable on joining. Fees are payable by the invoice due date, however a payment plan can be arranged. Sibling discounts are available.

Class times and fees are subject to change without notice.



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(Grounds of Windsor District Baptist Church)

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NSW TUMBLING HIGH PERFORMANCE PROGRAM

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