

KACHAN SCHOOL OF TUMBLING & PERFORMANCE

MEMBERS HANDBOOK

2017



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WELCOME

Welcome to Kachan School of Tumbling and Performance, we are delighted you have chosen KSTP for your family.

Please take the time to read through this handbook, as it contains important information regarding everything from our programs and philosophies to our policies and procedures.

At KSTP we have an open door policy. Your feedback is very important to us so please speak to us at any time if you have any questions, concerns or comments so we can address them.

Once again, thank you for choosing KSTP. We hope you find fulfilment and enjoyment through being a member of our club.

Dima & Rebecca Kachan

OUR PHILOSOPHY

- To provide effective programs that encourages participation from all members.
- To maintain clear pathways for all streams promoting progression be it recreationally or competitively.
- To build a strong foundation for all our members, instilling discipline and respect through the principles of sport and training.
- Promote and encourage a healthy lifestyle.
- Support our coaches through providing ongoing education and clinics to stay pro-active in the development of the sport and our services.
- To actively listen to our families and provide clear lines of open communication.

ABOUT KSTP

Kachan School of Tumbling & Performance is a family owned and operated business. Owners Dzmityr and Rebecca Kachan opened KSTP in 2009 in a small school hall in Penrith before moving in 2010 to our current location in the community hall in Windsor District Baptist Church.

KSTP provides a safe, fun environment with accredited coaches dedicated to the development of general gymnastics skills and furthermore the disciplines of Tumbling (also known as Power Tumbling), Double Mini Tramp (DMT) and Trampolining.

We aim to provide a unique sporting experience which not only focuses on skill and safety, but builds a sense of confidence and achievement in your child. The sport of tumbling and trampolining

is ideal for boys and girls alike, the focus being on fitness and strength, rather than body image, is a healthy attitude for the development of your child.

KSTP is equipped with accredited coaches (via Gymnastics Australia) and the latest in equipment including Olympic trampolines, 2 competition rod floors and air floors. For our competitive and development programs the gym has many unique bungy systems that assist the athletes to gain the confidence required when learning new skills. Training aids such as these are essential in the development of the athlete and are designed especially for trampoline and tumbling.

KSTP is actively involved in working with Gymnastics Australia to improve and develop courses for coaches in the area of Tumbling. Our equipment is the most sophisticated in the country and therefore is hired by Gymnastics Australia and Gymnastics NSW for competitions and events. Kachan School of Tumbling and Performance is honoured to play a role in the reputation of tumbling not only in Australia but the World.

We are proud to be accredited providers of Gymnastics Australia's LaunchPad Initiative and The Australian Sports Commission's Sporting Schools Program. For more information on LaunchPad or Sporting Schools programs follow the links:

<http://www.launch-pad.org.au/> <https://www.sportingschools.gov.au/>

AT KSTP WE ARE COMMITTED TO:

- Providing a safe environment for athletes and staff ensuring equipment and practises meet the Work Health & Safety Standards (WHS).
- Ensuring our staff (coaches) share our vision and passion and are willing to work with our philosophy of developing all student's strengths and abilities.
- Holding regular training clinics for our staff and coaches to ensure they are pro-active in their own development as teachers.
- Evaluating programs of all classes and adapting them when needed so that we continue to cater to the needs of the athletes.
- Ensuring each athlete participates in a class that is suited to their ability.
- Knowing the goals for each athlete and their family and working with each individual to achieve their goals.
- Recognising that not everyone wants to take part in competitions or become an Elite Athlete, therefore providing a wide range of classes suited for those who are looking for some fun and fitness.
- Providing open two-way communication with our families.
- Providing clear pathways for all streams be it recreation, levels or elite.
- As an affiliated member of Gymnastics Australia we are required to instil policies and codes of conduct, these can be found on our website as well as the front desk.

KSTP TEAM

Kachan School of Tumbling & Performance cater to all levels, interests and abilities of children, from our recreation programs through to our high performance team. We pride ourselves on employing staff that have a genuine love for tumbling and trampolining, most of whom have trained in our programs previously. All coaches at KSTP over 18 have had their Working with Children Check.

Team Member	Details
Dzmitry Kachan	<p>Role: Owner, Director, Head Coach and Program Manager (all programs)</p> <p>Coaching Accreditation: Advanced Silver in Tumbling and Trampoline</p> <p>Judging Accreditation: Advanced tumbling</p> <p>Programs: High performance team, development squads, elite</p>
Rebecca Kachan	<p>Role: Owner, Club Manager, Program Coordinator, Performance Coach.</p>
Vanessa Catto	<p>Role: Trampoline/DMT Coordinator and Senior Trampoline Coach</p> <p>Coaching Accreditation: Advanced Trampoline, Intermediate Tumbling</p> <p>Programs: Advanced Trampoline/DMT and Trampoline Advanced, Levels, Trampoline Development</p>
Georgie Hemmings	<p>Role: Tumbling Coach, KinderGym and School Holiday Coordinator</p> <p>Coaching Accreditation: Advanced Tumbling, Intermediate Trampoline</p> <p>Judges Accreditation: Intermediate</p> <p>Programs: KinderGym, Tiny Tumblers, Pre-School Development Squad (Joeys), Junior Development Squad (Tigers), GymFun, School holidays, Parties, Sporting Schools</p>
Shannon Usher	<p>Role: Tumbling Coach</p> <p>Coaching Accreditation: Advanced Tumbling</p> <p>Judges Accreditation: Intermediate</p> <p>Programs: Junior Tumbling Development Squad (Tigers), Pre Levels Development Squad (Monkeys), Birthday Parties, Holiday Program</p>
Vikki Sieders	<p>Role: Tumbling and Trampoline Coach</p> <p>Coaching Accreditation: Intermediate Tumbling, Advanced Trampoline</p> <p>Programs: Swing coach</p>

Team Member	Details
Jack Hemmings	Role: Tumbling Coach, High Performance Athlete Coaching Accreditation: Advanced Tumbling Judges Accreditation: Intermediate Programs: Levels, Advanced Tumbling Squad, Birthday Parties, Holiday Program
Brenda Louwen	Role: Tumbling Coach Coaching Accreditation: Intermediate Tumbling Programs: Pre-Junior Development Squads (Bilbies)
Zachariah Salameh	Role: Tumbling Coach, High Performance Athlete Coaching Accreditation: Men's Gymnastics Level 1, Intermediate Trampoline and Tumbling Judges Accreditation: Intermediate Judge Programs: GymSkills, Levels, Private Lessons, Birthday Parties, Holiday Program
Cheyanna Robinson	Role: Trampoline Assistant Coach, Elite Trampoline Athlete Coaching Accreditation: Intermediate trampoline Judges Accreditation: Levels 1-3 Programs: GymFun, Assistant trampoline coach
Blake Grainger	Role: Tumbling Coach, High Performance Athlete Coaching Accreditation: Intermediate Tumbling Judges Accreditation: Intermediate Programs: Assistant coach, School Holiday Program
Ethan McGuinness	Role: Tumbling Coach, High Performance Athlete Coaching Accreditation: Intermediate Tumbling Judges Accreditation: Intermediate Programs: Assistant coach, School Holiday Program

WHAT IS TRAMPOLINE SPORTS

The programs we provide fall under the Gymnastics Australia Trampoline Sports category;

Tumbling

Gymnasts who excel in this discipline combine a high degree of spatial awareness with power, strength, coordination and courage. The gymnast has a 25 metre track on which to perform a series of somersaults and twists. High scoring runs include no less than two double somersaults with additional twisting elements.

Trampoline

Gymnasts perform routines, which contain a variety of twists, bounces and somersaults. Precise technique and perfect body control are the hallmarks of a good routine, with judges evaluating gymnasts on degree of difficulty, execution and flight time.

Double Mini Trampoline (DMT)

Double Mini is a combination of gymnastics, trampolining and athletics. Similar to the vault apparatus in artistic gymnastics, athletes sprint down a track, before jumping onto the DMT to perform two skills in a row with numerous twists and flips prior to dismounting onto a landing mat.

PROGRAM PATHWAY DIAGRAM



KSTP PROGRAMS

We offer a range of different programs within our gym, each designed specifically to cater to the needs of the individual. There are three clear pathways within our structure, recreational, competitive and Elite/IDP (Individual Development Program).

From your child's first trial with us, our coaches will determine the best program for your child to commence. This is done in consultation with the family, by getting to know the family and child's goals within the sport. Assessments take place at the end of each term to ensure we are meeting the child's needs. Our programs include:

COMPETITIVE PROGRAMS

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. This program requires a great deal of dedication and commitment from athletes and their families. Their schedule involves up to 30 hours a week incorporating both morning and afternoon sessions in which they develop their strength, skills and dedication for tumbling.

Elite Tumbling - National Age

The Elite Tumbling Squad is a select group of athletes 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.

Advance Tumbling, Trampoline and DMT Levels

Ability based. 3 days required – 3 and 4 hour sessions (11 hours per week).

Advance Tumbling, Trampoline and DMT Levels is a combined competitive program. This program is for athletes at 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 are selected for this program based on their ability and are expected to maintain a high level of performance and drive.

Levels Squad

From 7 years. Minimum 2 days required – 2.5 hours sessions (5 hours per week).

Levels 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 program 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 program and can progress to the

advanced program 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.

Pre Levels

For children aged 6/8years. 2 days a week required - 2 hour sessions (4 hours per week).

This program is for children who are preparing for competition pathway within this sport. They will develop their skills, strength and flexibility in the aim of moving into our levels program. Generally, these athletes will compete in the levels stream however depending on their ability may move into National Age by the age of 8. Either way they will develop a sound understanding of the lower levels skills and routines and become strong all round young individuals.

DEVELOPMENT PROGRAMS

Jumping Joeys - Pre Schooler Development

Suggested for ages 4/5 years. 2 days a week required – 1.5 hour sessions (2 hours per week). Jumping Joeys is our Stage 1 squad that follows on from the recreation Tiny Tumbler program. Children that are selected for this squad have participated in our Tiny Tumbler program and are familiar with the basic structure of a class. Jumping Joeys is suitable for pre-school children, with the focus on fun and enjoyment while nurturing their development toward independence. The program is ideal for developing vital life skills including listening, following instructions and working in group situations. This class is the perfect introductory program to develop strength, shapes and all the basic skills of general gymnastics, tumbling and trampoline. As children of this age attend pre-school we have two training options, Joeys Red and Joeys Green to assist working parents.

Tumble Beez – Pre-Junior Development Squad

Suggested for ages 4/5 years. 2 days a week required – 1.5 hours sessions (3 hours per week). Tumble Beez is our Stage 2 fun early learning program for children aged 4-6 years who commence kindergarten in school hours. It is ideal for developing vital life skills including listening, following instructions and working in group situations. 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.

Bouncing Bilbies – Junior Development Squad

Suggested for ages 5/6 years. 2 days a week required – 2 hour sessions (4 hours per week). Bouncing Bilbies is the follow-on squad from Tumble Beez. Children who show a sound understanding of the basics are selected for this squad where they will further develop their strength, flexibility and the skills specific to the discipline 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.

Tumbling Tigers – Tumbling Development

Ages 7-9 years. 3 days a week required – 3 & 4.5 hour sessions (10.5 hours per week).

Tumbling Tigers is a competitive tumbling development program. Athletes are selected for this program based on ability, potential and a certain natural flare that they may show towards general gymnastics/tumbling skills. Skills required before becoming a Tiger are rolls (forward and backward) handstands, cartwheels, round offs, assisted somersaults and flips and a higher than average level of

flexibility and strength 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 National (age)/elite stream. Athletes participate in an assessment at the end of each term to ensure a certain level of progression and performance is maintained.

RECREATIONAL PROGRAMS

Launchpad Time to Move

KSTP are pleased to be part of LaunchPad being an initiative of Gymnastics Australia. LaunchPad's programs have been expertly designed to cater for all stages of physical, social and cognitive development. KSTP follow the programs for our GymFun and GymSkills classes. For further information click on the link <http://www.launch-pad.org.au/>

KinderGym – Parent assisted (18mths – 4 years)

Children learn best through exploring and discovering their abilities through physical activity. KinderGym ensures that pre-school-aged children can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their bodies. KinderGym equipment is safe, colourful and provides endless movement opportunities. Kindergym has been founded on child development principals and promotes active involvement of the child's caregiver.

Tiny Tumblers – Independent program (pre-school age)

At KSTP we recognize that as children progress they like to become more independent during their participation. KSTP's Tiny Tumblers program follows the same principals as KinderGym with the difference being that the parent/carer is not involved in the program. Tiny Tumblers is a transition for children to move into one of our pre-junior squads and/or GymFun program.

GymFun – Beginner Recreation (5-7 year olds)

GymFun is just that- FUN! If children are enjoying what they're doing, they're more likely to want to do it again. In GymFun, we focus on fundamental movement patterns that help children progress into more advanced skills or sports. The games and activities in GymFun are safe and encourage children to work with others and build self-esteem.

GymSkills – Intermediate Recreation (8-11 year olds)

As children develop more control of their bodies through fundamental movement, we can start to introduce activities more specific to trampoline sports, without being too serious or repetitive. Children involved in GymSkills will improve their fitness while still having fun, and the skills learnt can be applied to a wide range of sports and physical activities.

Triple T – Teens Recreation (12-15 year olds)

Our Teens Tumbling & Trampoline class is a non competitive program. Triple T focuses on building skills, fitness and strength while enjoying the company of like minded teens. Participants will use some of the most sophisticated equipment in Australia to assist with learning some new tricks and exciting skills on the trampolines & tumbling air floors.

The timetable for our programs is available on our website, follow this link:

<http://www.kstp.com.au/hours-fees/>

Additional programs:

In addition to our programs, we hold:

- Open holiday training for Competitive Athletes.
- Recreational holiday programs.
- Vacation Care via “Fun Day Out”.
- Clinics’ targeting specific groups such as cheerleaders and dancers.
- Private lessons for dancers or cheerleaders.
- Birthday parties are held on Saturday afternoons, the party has exclusive use of the gym and the party room.

For further information please contact us on 0435 155 834 or info@kstp.com.au

KSTP CLUB AND TRAINING GUIDELINES

We ask all members to read through the club and training guidelines.

- All gymnasts must arrive at least 10 minutes before their training starts in order to be prepared for their class.
- Gymnasts are required to wait quietly in the foyer for a coach to direct you into the gym.
- Gymnasts only are allowed inside the gym. There are seats in the foyer for parents and siblings.
- Swearing, running through corridors and yelling will not be tolerated anywhere at any time.
- Parents are responsible for children not participating in classes and should ensure they are behaving in an appropriate manner.
- KSTP expects complete respect for the Church from all members whilst on the Church grounds.
- The car park, gardens, bathrooms and kitchen area must be kept clean at all times.
- Club shirts are to be worn to and from training. If club shirt is not preferred whilst training, leotards, crop tops or other tight fitting clothing in club colours is allowed for girls, boys may wear no shirt. Black shorts or tights should be worn.
- Hair that is shoulder length or longer must be tied back and off the face.
- No jewellery to be worn to training. (Studs acceptable)
- Drink bottles are permitted in gym.
- No bags or shoes permitted in the gym.
- No food or chewing gum in the gym at any time.
- Mobile phones and iPods must be switched off in the gym.
- Gymnasts with an ongoing injury or condition must provide their own basic first aid, ie tape.
- Gymnasts must always tell their coach when they need to leave the floor.
- No talking on the tumbling and DMT runs. If you need to talk about something, do it somewhere else so as not to disturb other gymnasts training.
- When a class has finished the athlete will be dismissed from their coach. Parents please collect gymnasts from the foyer area.
- Parents/gymnasts are requested to read the notice board in the foyer weekly.

- Gymnasts are asked to wear their colours and uniforms proudly and always carry themselves in a respectable manor.

COMMUNICATION

Open, two way communication is important to us at KSTP, we believe that actively listening to our families assists us in providing a better gym environment for our athletes. We therefore encourage families to discuss any issues or concerns with us or alternatively pass on any positive feedback or suggestions.

Should you wish to speak to your child's coach we ask that arrange a time with the front desk. As some of our coaches run classes back to back they don't always have the time after class. By pre-arranging a time to speak with the coach, we can ensure our class timetable to run on time. We can be contacted on our office number 0435 155 834, emailed at info@kstp.com.au or please feel free to see one of our team members at the front desk.

KSTP use many different aspects of communication within our club and our community. This includes:

- Club App - www.teamapp.com/app down load the app then search for KSTP and register.
- Facebook – <https://www.facebook.com/kstp09/> please "like" our page to see all the latest news as it happens
- Instagram – follow us at @kachan_school_of_tumbling
- Website - www.kstp.com.au
- Newsletters – we provide a newsletter each term.
- Text messages – we use this method as a reminder for different events or changes within the gym.
- Email – your term invoice will be emailed to you each term via email.
- Noticeboard – we have a notice board in the foyer, this is updated weekly.
- Notes – are given out to the athletes at the end of class.
- Parent meetings – our coaches hold parent meetings for our competitive/development programs, these generally occur at the beginning of each year and prior to a competition. We ask that a representative from each family attends these meetings.

CONFIDENTIALTY AND REPORTING

All information that is kept by KSTP is confidential. Each member of KSTP is required to become an active affiliated member of Gymnastics NSW. The information that you provide is entered onto the Gymnastics Australia secure database. It is necessary for your insurance and for entry to competitions. If you would like further information, please don't hesitate to ask at the front desk.

COMPETITION GUIDELINES

Athletes representing KSTP at performances or competitions are required to wear the full club uniform, (see details under uniform below). Leotards are made to measure and orders are required 6 weeks prior to competition.

All athletes must arrive at any competition in their Club Tracksuit. Hair is to be pulled back, no glitter is to be used and jewellery is not to be worn. White socks without any markings are required for competing.

END OF YEAR EVENTS

At the end of each year we hold our Showcase and Presentation as a way to finish of the year. This involves all athletes/children.

KSTP SHOWCASE

Our end of year performance is a great opportunity to showcase the children/athletes. We keep the costs for this special event affordable and encourage friends and family to come along to watch.

KSTP PRESENTATION

This is a special time to celebrate the year and recognise the athletes who have worked hard throughout the year. We aim to keep the cost of this as low as we can and encourage all our families to come along.

FEES

Below is a summary of our fees including invoicing, payments and sibling discounts. For full details see our Fees Policy at the end of this document.

GYMNASTIC NSW AFFILIATION (INSURANCE)

KSTP is an affiliated member of Gymnastics New South Wales. Each member at KSTP is required to pay an annual insurance fee either recreational or competitive dependent on your program. The fee is required by the first 'paid' class when joining KSTP. For ongoing members KSTP issue an invoice at the end of each year ready for the 'new affiliation year'.

KSTP CLUB REGISTRATION

On commencement with KSTP new members are charged a one off joining fee of \$35, this includes a training shirt. Thereafter a renewal fee of \$10 will be added to your annual Gymnastics NSW Affiliation/Insurance fee.

INVOICING

KSTP fees are paid by the term with exception of KinderGym. Term fees are invoiced prior to the end of the previous term and emailed. Competitive and Squad Classes train during school holidays, we highly recommend athletes in these classes continue their training, as even two weeks off can put an athlete back. Families are asked to advise prior to the holidays if their child is not training, these classes will then be taken off the invoice.

PAYMENTS

Payments are due by the first class of the term for all recreation classes and the date stated on the invoice for competitive and squad programs, payments can be made by eftpos, cash, cheque or electronic funds transfer.

SIBLING DISCOUNT

KSTP offers families a sibling discount on class fees. The discount operates by the eldest child paying full fee, 20% discount for second child, 40% discount for third child and so on. The discount only applies to class fees; it does not include affiliation or club registration. The sibling discount does not include KinderGym.

FUNDRAISING

Fundraising is an important aspect of any community organisation. Fundraising ensures we can continue to build on our equipment in the gym and maintain what we have. We encourage all families to get behind these fundraisers. KSTP have a fundraiser each term, which may be an event to bring us all together or may be special one off events.

PARTIES

KSTP birthday parties are a popular choice for not only our members but the wider community. With a dedicated party room, our parties are held on a Saturday afternoon with exclusive use of the gym. Our coaches facilitate all the fun on the day. Further information can be found on our website or don't hesitate to speak to one of our team at the front desk.

PHOTOGRAPHY

At KSTP we use social media to promote our business. On commencement with KSTP you are asked in your child's enrolment form if you are happy for photographs or video to be used by our club. If at anytime you do not want your child photographed and used for promotional use, please advise our team at the front desk.

We ask families that when taking their own photos of their child, please be mindful not to capture other children in the gym, this will assist the families that do not give consent for photographs.

POLICIES

Our policies and procedures can be found on our website, or in the folder at the front desk. The policies include:

Athlete Code of Behaviour:

[Click here for the Athlete Code of Behaviour Policy](#)

Behaviour Management:

[Click here for the Behaviour Management Policy](#)

Coach Code of Behaviour:

[Click here for the Behaviour Management Policy](#)

Complaint Management Procedure:

[Click here for the Complaint Management Procedure](#)

Fees Policy:

[Click here for the KSTP Fees Policy](#)

KSTP Competition Selection Policy:

[Click here for the KSTP Competition Selection Policy](#)

KSTP International Competition Policy:

[Click here for the KSTP International Competition Policy](#)

Management Code of Behaviour:

[Click here for the Management Code of Behaviour](#)

Members Protection Policy:

[Click here for the Members Protection Policy](#)

Parent Code of Behaviour:

[Click here for the Parent Code of Behaviour Policy](#)

Privacy Policy:

[Click here for the Privacy Policy](#)

UNIFORMS

Athletes are given their club t-shirt on payment of their registration fee, which they can wear to class. For recreational classes, this is the preferred uniform if the optional training leotard is not purchased. If the club shirt is not preferred by the athlete whilst training, leotards, crop tops or other tight fitting clothing in club colours (red, green, white or black) for girls or no shirt for boys is allowed. Black shorts or tights should be worn.

KSTP have tracksuits available for purchase; the tracksuit is optional for athletes who are not competing, it is a requirement for athletes who represent KSTP at competition or performances.

Price List for Uniform and Merchandise

Girls Leotard	\$180
Girls GK Shorts	\$36.50
Boys Leotard	\$115
Boys GK Shorts	\$36.50
Boys Longs	\$80
Tracksuit Jacket	\$62
Tracksuit Pants	\$50
Polo Shirt	\$36.50
Team Singlet	\$30
Team KSTP Hoodie	\$66.50
Girls training leotard	\$95
Girls training crop top	\$15
Backpack	\$46.50
Sports Bag	\$62

FURTHER QUESTIONS

If you have any further questions, concerns, suggestions or would like to make any comments regarding the club handbook please don't hesitate to speak to Rebecca.