

KACHAN SCHOOL OF TUMBLING & PERFORMANCE

MEMBERS HANDBOOK

2018



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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 and growth mindset.
- 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 bungee 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.

GYMNASTICS NSW TUMBLING HIGH PERFORMANCE CENTRE

In 2017, the New South Wales Tumbling High Performance Program was successfully launched in partnership between Gymnastics NSW and Kachan School of Tumbling & Performance. Having led the way for a number of years with a continuous flow of development athletes and results throughout all levels and international competition, the aim of the partnership is to work closely together to support the continued success, ensuring a strong underpinning development pathway and backing of the elite athletes. [Click here for further information on the High Performance Program](#)



SELECTION PROCESS

Athletes are selected for the High Performance team, having worked their way through the High Performance pathway as shown further in this document. Athletes must compete in the age appropriate international stream or be working towards international level.

HIGH PERFORMANCE SUPPORT SERVICES

Athletes who are part of the High Performance Program are directed to O'Neill Physiotherapy. KSTP have worked hard on a partnership with Jenny O'Neill to provide the best service and ongoing, open communication between both parties; a critical part to ensuring the best recovery plan for athletes. Jenny often visits the gym and has great knowledge of the mechanisms of injuries in tumbling.

Upon accepting a position into the squad, families agree to use Jennifer O'Neill for all injuries and treatment.

Jenny O'Neill
B.App Sc. (Physio)
M.Hlth.Sc. (Sports Physio)
APA Sports Physiotherapist

O'Neill Physiotherapy
 A: 9 Kentucky Drive, Glossodia, NSW, 2756
 P: 4576 7501
 E: reception@oneillphysio.com.au
 W: www.oneillphysio.com.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 team (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 team members 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.
- Ensuring our policies and procedures are clear and concise and in line with the expectations by Gymnastics Australia, of whom we are affiliated with. These documents can be found on our website, Club Handbook as well as a copy on 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 their Working with Children Check, hold their current First Aid along with the appropriate level accreditation for the classes they teach.

Team Member	Details
Dzmitry Kachan	<p>Role: Owner, Director, Head Coach and Club Program Manager</p> <p>Coaching Accreditation: Advanced Silver in Tumbling, Advanced 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>

Team Member	Details
Georgie Hemmings	Role: Tumbling Coach, KinderGym Coach and School Holiday Coordinator Coaching Accreditation: Advanced Tumbling, Intermediate Trampoline Judges Accreditation: Advanced Programs: KinderGym, Tiny Tumblers, Pre-School Development Squad (Beez, Joeys), Junior Development Squad (Tiger Cubs)
Shannon Usher	Role: Tumbling Coach Coaching Accreditation: Advanced Tumbling Judges Accreditation: Intermediate Programs: Junior Tumbling Development Squad (Tiger Cubs,) Pre Levels Development Squad (Possums)
Brenda Louwen	Role: Tumbling Coach Coaching Accreditation: Intermediate Tumbling Programs: Pre-Junior Development Squads (Bilbies)
Jack Hemmings	Role: Tumbling Coach, High Performance Athlete Coaching Accreditation: Advanced Tumbling Judges Accreditation: Advanced Programs: Pre Levels Development Squad (Dingos), Levels, Advanced
Zachariah Salameh	Role: Tumbling Coach Coaching Accreditation: Advanced Trampoline and Tumbling Judges Accreditation: Advanced Programs: GymSkills, Development Squad (Pre Levels Monkeys, Tigers, Triple Ts)
Cheyanna Robinson	Role: Trampoline Coach, Elite Trampoline Athlete Coaching Accreditation: Intermediate trampoline Judges Accreditation: Beginners Programs: GymFun, Levels, Assistant trampoline coach
Blake Grainger	Role: Tumbling Coach, High Performance Athlete Coaching Accreditation: Intermediate Tumbling Judges Accreditation: Advanced Programs: GymSkills, Levels
Ethan McGuinness	Role: Tumbling Coach, High Performance Athlete Coaching Accreditation: Intermediate Tumbling Judges Accreditation: Advanced Programs: Assistant coach

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.

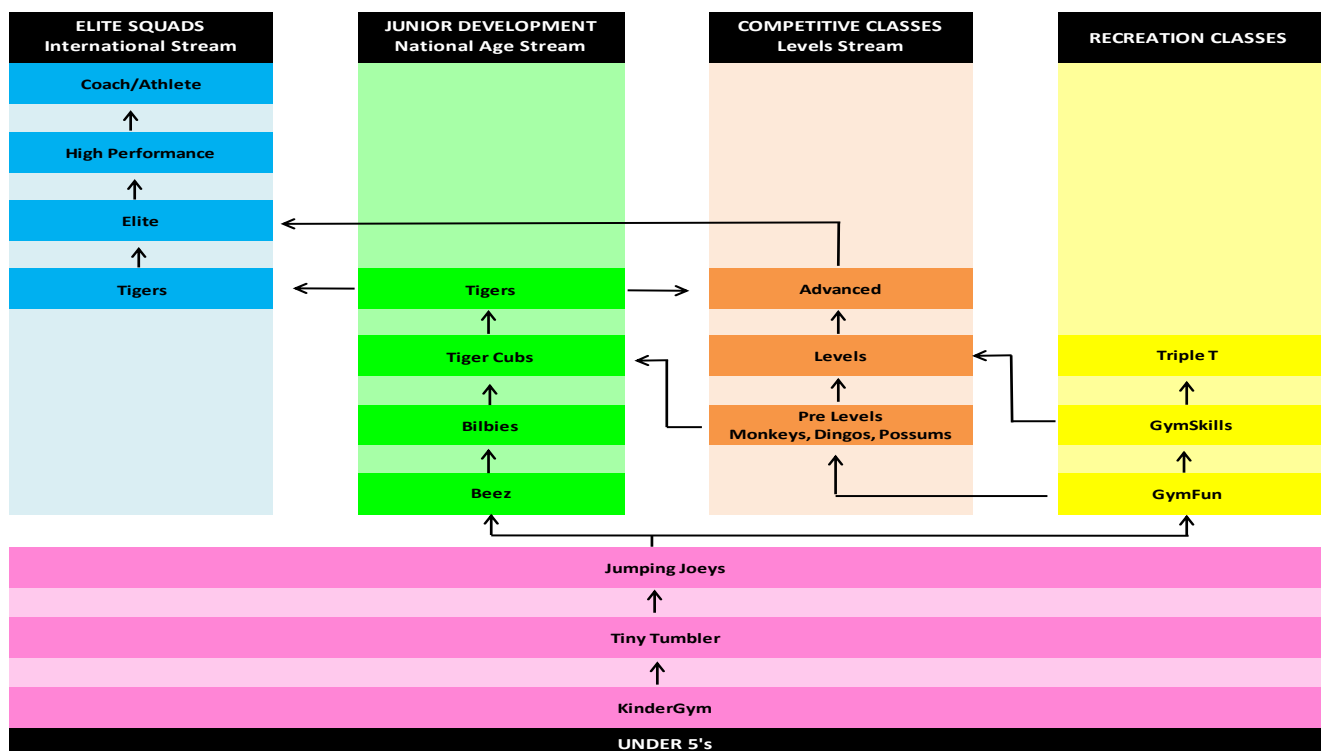
TRAMPOLINE

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 five clear pathways within our structure, Under 5s, Recreational, Competitive, Junior Development and Elite/HP.

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:

UNDER 5s

KSTP under 5s programs are designed to prepare children for life, the programs are professionally developed so that each activity and equipment station serves a purpose. For 18months to 3years we recognise the parent or care giver is the primary educator for children, so we give plenty of instruction and assistance to provide a great learning environment for your child.

Once they are three our independent format means that we move towards working on key learning areas that need repetition for this age. Taking turns, sitting and listening, following instructions is just the start, while we begin to focus on gymnastics specific skills. We cover all fundamental movement patterns through running, jumping. Rolling, balancing climbing and swinging activities sand stations.

By the age of four we aim to have prepared these young children for our introductory stage 1 squad. The Joeys not only teaches the basic shapes and preparation drills for future involvement in this sport, it shows that practice and hard work brings with it confidence and the desire to want to achieve more and in turn builds a genuine love for the sport. This unique pathway provides the ideal development for your child to apply a growth mindset to all activities and exercises through their younger years. We believe such a mindset builds successful children who become successful adults.

KinderGym – Parent assisted (18mths – 4 years)

Ages 18 months – 3.5 years. 1 day a week (1 hours per week).

KinderGym has been founded on child development principles and promotes active involvement of the child's caregiver. Whilst not only encouraging physical growth through endless movement activities, KinderGym promotes cognitive functioning as they create, construct and solve problems with their bodies through a variety of gymnastics related circuits. Our KinderGym program is considered the nursery of development and with engaging themes and exciting movement patterns, it's an enjoyable time for both parent/carer and child. [Click here to be taken to the Gymnastics NSW "Start Here Go Anywhere" video](#)

Tiny Tumblers – Independent program (pre-school age)

Ages 3.5 – 5 years. 1 day a week (1 hours per week).

At KSTP we recognize that as children progress they like to become more independent in their learning and how they go about tasks. KSTP's Tiny Tumblers class follows the same principals as KinderGym with the difference being that the parent/carer is not involved in the class. The program is a great introduction into the specific skills of trampoline and tumbling, and the ideal transition for children who choose to move into one of our pre-junior squads and/or GymFun class.

Joeys - Pre Schooler Development

Suggested for ages 4-5 years. 2 days a week required – 1 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. They also show a good understanding of basics and prove they are ready to further progress within the sport. Joeys can be the ideal start to future squads at KSTP.

RECREATIONAL PROGRAMS

At KSTP our recreation programs are fun and energetic for boys and girls alike, where they will tumble, jump, balance and grow. Each child progresses at their own pace building confidence and social skills as they go. From GymFun through to Triple Ts our programs are engaging and age appropriate with the aim of developing physically well-rounded individuals.

As children learn and attempt new skills within the program they will be encouraged and supported to challenge themselves and achieve new goals. This follows our philosophy of teaching children to adopt a growth mindset in all they do.

Our younger recreation programs, GymFun and GymSkills aim to equip the participants with the necessary skills and qualities they need in order to move into one of our squad or competition classes if they choose to. If not, they will have learnt fundamental skills, built up their strength and developed the coordination which they will carry into any future activities or sports.

KSTP is proud to give every child not just those who will become elite tumblers the right start in life by building healthy bodies and minds and providing a quality experience.

KSTP are pleased to be part of LaunchPad 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.

GymFun – Beginner Recreation (5-7 year olds)

Ages 5-7 years. 1 day a week (1.5 hours per week).

GymFun is just that- FUN! If kids 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 kids progress into more advanced skills or sports. The activities in GymFun are safe and engaging and encourage kids to work with others and build self-esteem. This is a great program to gain understanding about general gymnastics skills.

GymSkills – Intermediate Recreation

Ages 8-11 years. 1 day a week (1.5 hours per week).

As children develop more control of their bodies through fundamental movement, we can start to introduce activities more specific to certain sports, without being too serious or repetitive. Kids involved in GymSkills will improve their fitness while still having fun. The skills learnt are specifically related to trampoline and tumbling along with the safe practices of them.

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

Ages 12-15 years. 1 day a week (2 hours per week).

Our Teens Tumbling & Trampoline class is a noncompetitive program. Triple T focuses on building skills, fitness and strength while enjoying the company of likeminded 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.

COMPETITIVE PROGRAMS

Our Levels Stream classes provide programs that are designed to fully equip children with all the necessary tools to become competent competitors in the levels system. These classes combine development in tumbling, trampoline, single mini and double mini trampoline.

Whilst we nurture and encourage progression through levels and the skills required, there is no pressure or timeframe set to when athlete should be achieving/passing a certain level. Therefore athletes are learning at a pace that works for them allowing achievement to happen when they are most comfortable. In Levels competitions it is common to see athletes of varying ages competing in the same level as we not following the guidelines set for age groups as per the national stream.

Pre Levels – Monkeys, Dingos, Possums

For children aged 5-8 years. 2 days a week required – 2 and 2.5 hour sessions (4 / 5 hours per week).

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 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 & 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 Squad

Ability based. 3 days required – 4 hour sessions (12 hours per week).

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.

JUNIOR DEVELOPMENT

As it suggests this pathway is for the younger age groups to instil strong foundations and qualities that will see them progress to the elite High Performance pathway.

Like most sports the earlier we get started the more likely it is to reach quality performance and in a sport where representative level begins at age 9, where 5 and 8 skill routines are the target, there's a lot of work to do in the early stages.

Shapes, strength, flexibility, basics, self-motivation and building a genuine love to the sport and the training that comes with it are all areas of focus within the junior development pathway. Athletes along with their families should understand the program target and goals and with that in mind adhere to all expectations and requirements. If they can't it is expected they choose an alternate pathway within our structure, one that is more comfortable for all involved.

Beez – Pre Junior Development Squad

Suggested for ages 4-6 years. 2 days a week required – 1.5 hours sessions (3 hours per week).

Beez is our Stage 2 early learning program. 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

Suggested for ages 5-7 years. 2 days a week required – 2 hour sessions (4 hours per week).

Bilbies is the follow on squad from Beez. Children 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.

Tigers Cubs – Tumbling Development

Ages 7-8 years. 3 days a week required – 3 hour sessions (9 hours per week).

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.

ELITE SQUADS

Our squads in this pathway follow guidelines set out by the International Federation of Gymnastics (FIG) in regards to ages and stages of development.

With the aim of the pathway being to carry athletes right through to an elite level we must be achieving certain skills and routine requirements in order to move through the levels in line with their age. Further to

this our programs and specifically the hours each group trains is directly in relation to what they are expected to achieve.

This pathway leads towards the idea of making this sport the athletes chosen sport to focus on and develop within, right up to an elite level. It is a choice and a commitment from the athlete and their family and with it can bring great achievements and high accolades but most of all our elite athletes are well rounded individuals who choose to do well in all aspects of their life including school, relationships work and in their home.

Tigers – Pre Elite Squad

Ages 9-10 years. 3 days a week required 4 hour sessions (12.5 hours per week).

Tigers is a competitive tumbling development program. Athletes are selected for this class based on experience and performance. Athletes at this stage are already quiet 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

Based on selection. 5 days a week required, morning and afternoon training (24+ hours per week).

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

Based on selection. 5 days a week required, morning and afternoon training (26+ hours per week).

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.

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, cheerleaders and tumblers.
- Birthday parties are held on Saturday afternoons, the party has exclusive use of the gym and the party room.

PROGRAM TIMETABLE

PROGRAM	Details	Hours/ Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
KinderGym	Parent assisted class approx. 2 - 4 years	1 hour (1 day)	10.00 – 11.00am	10.00 – 11.00am	9.30am - 10.30am	10.00 – 11.00am	
Tiny Tumbler	Non parent assisted Pre school aged children	1 hour (1 day)	11.15 - 12.15pm	11.15 - 12.15pm	10.45am - 11.45am	11.15 - 12.15pm	
Joeys	Pre Schooler Development 3 - 5 years	2 hours (2 days)	1.00 – 2.00pm	1.00 – 2.00pm	12.00 - 1.00pm	1.00 – 2.00pm	8.30 - 9.30am
GymFun	Junior Recreation 5 - 7 years	1.5 hours (1 day)	4.00 – 5.30pm	3.45 – 5.15pm	4.00 - 5.30pm	3.45 – 5.15pm	9.00 – 10.30am
GymSkills	Intermediate Recreation 8 - 11 years	1.5 hours (1 day)	4.00 – 5.30pm	4.00 – 5.30pm	3.45 – 5.15pm	3.45 - 5.15pm	9.00 – 10.30am
Triple T - Teens Tum. & Trp	Teen Recreation 12 - 15 years	2 hours (1 day)		6.00 – 8.00pm			
Monkeys	Pre Levels Development 6 - 8 years	2 days (5 hours)			4.00 – 6.30pm		10.30 – 1.00pm
Possums	Pre Levels Development 5 - 7 years	2 days (4 hours)		4.00 – 6.00pm		4.00 – 6.00pm	
Dingos	Pre Levels Development 5 - 7 years	2 days (4 hours)	4.30 - 6.30pm		4.30 – 6.30pm		
Beez	Pre Junior Development 4 - 6 years	3 hours (2 days)		4.00 - 5.30pm		4.00 - 5.30pm	10.00 - 11.30am
Billbies	Junior Development 5 - 7 years	2 days (4 hours)				4.00 – 6.00pm	9.00 - 11.00am
Tigers Cubs	Development Tum. & Trp 7 - 8 years	3 days (9 hours)	4.00 – 7.00pm		4.00 – 7.00pm		11.30 – 2.30pm
Levels	Levels stream 1 - 3 7 years +	2 days (5 hours)	5.00 – 7.30pm	5.00 – 7.30pm	5.00 - 7.30pm	4.00 - 6.30pm	10.30 - 1.00pm
Advanced	Levels stream 4 - 10 based on ability	3 days (12 hours)	4.00 – 8.00pm	4.00 – 8.00pm			10.30 – 2.30pm
Tigers	Devel. Tum. & Trp 9 - 10 years	3 days (12.5 hours)	4.00 – 8.00pm		4.00 – 8.00pm		10.00 – 2.30pm
Elite & HP Tumbling Squad	International Stream based on ability	30 hours a week	6.30 – 8.30am 3.00 – 7.00pm	3.00 – 7.00pm	6.30 – 8.30am 3.00 – 7.00pm	6.30 – 8.30am 3.00 – 7.00pm	8.00 – 2.30pm

Timetable can change at any time.

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. Parents are welcome to sit in the foyer, or drop the children off and come back.
- 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.
- Respect for the Church from all members whilst on the Church grounds is expected.

- 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 or tracking devices are to be worn to training. (Studs acceptable)
- Drink bottles filled with water only 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 in a competitive program or squad are required to train throughout school holidays. KSTP accept that family vacations are taken, for this reason only missed classes due to a booked holiday out over a week will be credited.
- 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.
- Gymnasts are not permitted to talk on the tumbling and DMT runs, this is to ensure there is no distraction for the athlete preparing to do their routine.
- When a class has finished the class will be dismissed from their coach. Parents are required to collect their child 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 download the app from Apple or Google Play Store 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 – https://www.instagram.com/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.

CONFIDENTIALITY 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.

KSTP have a buy and sell page for members to sell items that no longer fit. [Click here to be taken to the Facebook group to buy or sell a pre-loved uniform](#)

END OF YEAR EVENTS

At the end of each year we hold our Showcase and Presentation as a way to finish of the year. These are wonderful occasions that we can come together.

KSTP SHOWCASE

Our end of year performance is a great opportunity to showcase what the athletes have learnt over the year.

Due to our membership increasing, we now have a separate Showcase for our under 5s programs.

We keep the costs for this special event affordable by providing the costumes, family and their friends are encouraged to come along and watch.

KSTP PRESENTATION

This is a special time to celebrate the year and recognise all the athletes for their hard work 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 POLICY

Below is a summary of our fees policy 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 affiliation/insurance fee either recreational or competitive dependent on the participating 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 charged at the commencement of the year.

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, it is an expectation that athletes continue training unless there is a booked and paid family vacation. In the event of paid vacations, families are asked to advise the front desk prior to the holidays so missed classes can be taken off the invoice. Credits and refunds are not given for reasons such as 'taking a break'.

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. While fees cover general operations of business including rent, insurance, staff it does not fund areas such as new equipment and resources. This is where fundraising becomes an important asset which assists us to have the latest equipment and maintain it.

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. We are extremely grateful for the support of our families.

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 are put in place in conjunction with the recommendations from Gymnastics NSW, these are updated annually or when deemed necessary.

Click the heading below to open the policy;

[Athlete Code of Behaviour Policy](#)

[KSTP Competition Selection Policy](#)

[Behaviour Management Policy](#)

[Management Code of Behaviour Policy](#)

[Club and Training Guidelines](#)

[Member Protection Policy](#)

[Coach Code of Behaviour Policy](#)

[Parent Code of Behaviour Policy](#)

[Complaint Management Policy & Procedure](#)

[Privacy Policy](#)

[Fees Policy](#)

[Social Media Policy](#)

[Hot Weather Policy](#)

SCHOOL HOLIDAY TRAINING EXPECTATIONS

Our recreation programs including KinderGym, Tiny Tumblers, Jumping Joeys, GymFun, GymSkills, Triple Ts do not train in the holidays. We hold optional school holiday workshops and fun and fitness days that school aged children may like to attend

Athletes in competitive programs and squads are required to continue training during all school holidays, excluding the Christmas/New Year period which is our major break. We also close on Australia Day, Easter Weekend, Anzac Day. Programs includes; Beez, Bilbies, Monkeys, Dingos, Possums, Tiger Cubs, Tigers, Levels, Advanced, Elite and High Performance.

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, can change at any time.

Girls Leotard	\$180
Girls GK Shorts	\$36.50
Boys Leotard	\$115
Boys GK Shorts	\$36.50
Tracksuit Jacket	\$62
Tracksuit Pants	\$50
Polo Shirt	\$36.50
Team Singlet	\$30
Team KSTP Hoodie	\$66.50
Girls training leotard	\$95
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.