



KSTP Club News

Term 1 2016

Inside this issue:

Welcome	1
World Age Group Championships	1
Gym NSW Awards	2
Information Session - Our Vision	3
General News	4
Fundraising	4
Affiliation	4
Uniform Orders	5
Club Competition	6
Important Dates	7
International Club Tour Sponsors	8



Ellie Smith placing 7th in under 15's and Ethan McGuinness winning Gold and gaining the title of World Champion in the under 15's age group, the first Australian Tumbler to win Gold.

The other results impressive nonetheless were; Sophie Wilson 9th in under 11's, Henry Clark 23rd in under 15's and Blake Grainger 10th in under 17's.

As a club we couldn't be more proud of our athletes who work so hard day after day to achieve these results.

Welcome to 2016 at KSTP!

To our returning families we hope you all had a wonderful Christmas break and enjoyed your holidays. We are already in full swing planning for the year so we hope you're all well rested and revived ready for another big year at KSTP.

To our new members, Welcome! We would like to thank you for choosing KSTP for your child's sport provider. Whether you have joined us for our KinderGym programs, our recreation GymFun and GymSkills or for our competitive programs we want to assure you that at KSTP we aim to ensure all children continually strive to learn, to improve their fitness and skills whilst having fun.

We extend to all our members that should you ever have concerns, comments or suggestions on your child's program or any other area within the gym that you please see Bec in the first instance. Feedback can only improve our business so we are always interested in what our members have to say.

There is always so much to communicate and share with our members and these newsletters cover it all so please read on for all the important news and club information.

Tumble on and Up!

Bec, Dima Alexsa, Timofei, Ivan and Isaac

KSTP ATHLETES PRODUCE REMARKABLE RESULTS AT THE WORLD AGE CHAMPIONSHIPS IN DENMARK

Eight athletes from KSTP along with Dima travelled to Denmark for what was our first International Club Tour. The athletes, six of which were preparing to represent their country at the World Age Group Championships spent a week at one of Denmark's most impressive gymnasiums. The athletes trained amongst Denmark's best tumblers, and lived a gym life residing at the gym itself, immersing themselves fully within the Danish culture.

The results were outstanding for not only our club but for Australia, showing the sport of Tumbling is providing world class athletes all trained by National Tumbling Coach Dima.

The most impressive results were from three of our athletes who qualified for the finals; Jack Hemmings finishing 4th competing in under 17's, missing out on a medal by .5,



2015 Gymnastics News South Wales Annual Awards

Saturday 6th February was the night of nights for the Gymnastics community in New South Wales. KSTP were nominated in 5 different categories with a total of 8 nominations. They were Trampoline Sports Club of the Year, Levels Coaching Team of the Year, Elite Coach of the Year for Dima, National Stream Athlete of the Year for Damon, and then Jack, Blake, Ellie and Ethan making up the Elite Tumbler of the Year category. These nominations along with all the outstanding results of last year both here at home and abroad gave us the perfect opportunity to swap our training gear and dress up for the night and celebrate.

We are thrilled to have walked away with the 2015 Trampoline Gymnastics Levels Coaching Team of the Year. A huge congratulations to all our levels coaches and of course our fantastic athletes for their outstanding efforts throughout the year. Levels competitions are for everyone and we are so happy that we can all share in this award, especially as we are just about to get stuck into another competition year. Well done to all!!

A special congratulations to Ethan McGuinness who won the award for Elite Tumbler of the year. A well deserved reward for an amazing year. Congratulations to all our nominees and International representatives. Here's to another big year in 2016!



Do you know someone looking to try a new sport?

We offer free trials.

A great way for children to
have a go!



KinderGym
Tiny Tumblers
Gym Fun
Gym Skills



Did you know we have a website
and Facebook page?



For all the latest news head to:
www.kstp.com.au
@ Kachan School of Tumbling & Performance

KSTP Members Information Session - Our Vision

The past year for KSTP was exciting in so many ways, when we reflect back on the clubs success we realize what an integral part KSTP plays in the development of Tumbling in Australia. We know there are families who have chosen KSTP based on our success, to have that respect and reputation is something we take seriously and are very proud of..

Of course it is not only at our High Performance level that is exceeding or should be singled out as achieving remarkable results, it is the athletes throughout our club that continue to improve and grow in the sport we all clearly work so hard toward. This was proven last week when KSTP took out Levels Coaching Team of the Year award for our results in Levels competitions, this competition excludes our elite athletes so it is a true testament that we are on the right path for all competitive programs.

Dima and Rebecca both feel very strongly about their vision for their club and of course the athletes. In saying this they would love to take the opportunity to share their vision with their members.

The aim of this session is to provide information on KSTP's plan for the future, to explain the pathways. Because success for a athlete can start from the moment they walk through our doors, this information session is open to ALL our members whether in KinderGym or Advanced. We truly believe with commitment the possibilities are endless, it's up to you!

The nights agenda will cover items such as:

- Club structure and pathways - we will explain how our programs flow through the stages.
- The development and research into the sport of Tumbling - Dima will share with you his findings from his constant researching that ensures his programs remain at world standard.
- High Performance centre and what that means for your local club.
- Psychology behind training, why we do what we do and how we do it.
- The future for our athletes within the club and Dima's role in Tumbling Australia

As you can see there is a lot of exciting information we would like to share, by sharing our vision with our members we hope to provide excitement for the sport for parents and their children.

We strongly suggest all parents of our competitive athletes attend but would also like to encourage members from non-competitive programs to come along. Not only will we be sharing our vision but it will be a wonderful opportunity to get to know each other.

Information Session Details

Date : Friday 1st April

Time: 6pm to 7.30pm

Where: Corinthian Room at the Church

General News

Club Handbook

KSTP now has a Club Handbook that includes all our policies and procedures. The handbook has been emailed to all existing members and as a new member commences they will receive an electronic copy. As part of your membership with us we ask that you take the time to read through and see the front desk should you have any questions.

Punctuality

As per our club policy we ask that athletes arrive on time for their class. By arriving late this impacts the rest of the class and can be very disruptive to the program. We understand at times traffic may play a part in running late, but ask you try and allow enough time, we would rather athletes arrive early and be waiting in the foyer than missing the start of class. If you have any concerns please don't hesitate to see the front desk.

Bunnings BBQ Fundraiser

A huge thank you to the parents from our Tigers, Monkeys & Bilbies squads who assisted at our Bunnings BBQ last month. We raised \$1214.20, this money has paid for the fans that were installed last November. Our next Bunnings BBQ will be in March and we hope that our families in Levels & Advanced can assist us.

Parent Program Meetings

Our parent program meetings for our competitive programs will be held in week 4. This meeting will provide information such as the competition dates, both class individual goals and give you the opportunity to get immediate feedback from your child's coach. We consider these meetings highly important for the competitive athletes so that we all get the year started on the same page and have the same expectations for what the program will provide. It is really important that each family has a representative present. Please see the dates listed in the calendar.

NO PARENTS IN THE BACK ROOM!

We would like to remind ALL parents that the back room (party room) is for athletes only. We have noticed over the time that parents are using this room to wait for their children. We don't wish to offend however we ask that you leave this space for athletes only. If you need to use the microwave for their dinner please do so at the end of class and then met your child in the foyer. We do have open gym at the end of each term for you to watch your child train.

Club Attire

While we are not strict on uniform we do ask that athletes wear appropriate clothing to participate in. We do have a range of items, club t-shirt or training leotards that are available to all members. If your child prefers to wear different attire, please ensure it is tight fitting and in club colours ie: red, green, black or white.

Term 1 Fundraising

Fundraising is a necessary part of ensuring our club can purchase and maintain equipment. This term we will be doing the Cadbury chocolates. While we acknowledge they are not the healthiest fundraiser, they are definitely the one that raises the most funds. Each family will be provided with one box, if you really prefer not to take a box, we ask that you assist the fundraiser by making a donation of \$35 the cost of the profit from the box.



Wanted...Energetic Members for A new Fundraising Team

This year we would like to put together a fundraising committee to assist us with raising funds, the goal for every fundraiser is to raise money to purchase new equipment within the gym. Our fundraisers are held each term.

If you are interested please see the front desk.



An athletes Gymnastics NSW affiliation **MUST** be paid by their 3rd class as per the gymnastics NSW policy or they are **NOT INSURED!**

Please ensure your child's affiliation is paid on time. Recreation classes including KinderGym and Tiny Tumblers is \$50, Competitive programs are \$90.

Limited stock of the new uniform has arrived and more will be coming in 2016! Get in quick to be one of the first! All leotards are on special order, see front desk for more details. The new uniform will not be compulsory at this stage. Both the old and new uniforms will be accepted as competition attire in 2016.



**Hoodie Now
Available to
all members**



Compulsory items for competition marked *

Tracksuit Jacket \$60*	Girls Competition Leotard \$180*
Tracksuit Pants \$50*	Boys Competition Leotard \$115*
Hoodie \$65	Girls Training Leotard \$95
Polo \$35*	GK Shorts \$35*
Singlet \$28.50	Club Training T-Shirt \$20

If your child is competing please ensure their uniform fits and an order is placed at the front desk. Leotards are made to order for other pieces we have limited stock. If an item is not in stock an order will be placed, this may take some time to arrive so plenty of time prior to competition is necessary. Please see the front desk for sizing.

Name:		Class:							Day:		
Item	6	8	10	12	14	S	M	L	Cost	Qty	Total
Tracksuit Jacket									\$60		
Tracksuit Pants									\$50		
Hoodie									\$65		
Polo									\$35		
GK Shorts									\$35		
Girls Training Stripe Leo									\$95		
Girls Training Swirls Leo									\$95		
Girls Competition Leo									\$180		
Boys Competition Leo									\$115		
Total											

KSTP Twilight Competition - Saturday 7th May



Our club competition for many athletes is their first competition and what better venue than at their own club. With the emphasis on 'friendly' it is a great 'team building' event, in a relaxed atmosphere.

For athletes who participate in a Levels, Advanced, Tigers or Monkeys program, attendance is expected in order for them to prepare for the competition season.

The entry form will be given out to eligible athletes at the end of term 2. Cost to compete is \$20. We are always needing volunteers on this day so it provides a great way to get involved with your child's sport and show your support. It really is a great Club event.

Parent Open Gym Week

Open Week for parents will take place the last week of the term. Parents are welcome to come and watch your children participate in their class.

To ensure a safe environment for all our athletes and families we ask that you avoid moving around once inside the gym, if you have to bring siblings, please ensure they also remain in their seat and definitely stay behind the designated area, do not encourage your children participating in a class to come to you.

Classes will be open for parents to watch on:

Mon 4th, Tues 5th, Wed 6th, Thur 7th* & Sat 9th April.

* Thurs Levels class parents are asked to watch their child's other class in the week.



KSTP Birthday Parties

Parties at KSTP are proving popular not only with our club members but also our local community.

Party package start at \$300 for up to 15 children which includes 2 hours exclusive use of the gym with our coaches who will facilitate the fun.

Our colourful party room is perfect for guests to enjoy their party food and cake that have been bought from home.

Parties are held on Saturday afternoons. For further details visit our website, call us on 0435 155 834 or email us at info@kstp.com.au



Important Dates to Remember

DATE	EVENT	DETAILS	VENUE
March			
Saturday 5th	Bunnings BBQ	Advanced, Levels volunteers	McGraths Hill
Sunday 6th	State Age Trial 2	Times TBC	Rooty Hill
Saturday 26th	Closed for Easter		
Monday 28th	Closed for Easter		
April			
Friday 1st	Parent Information Evening - Our Vision	6pm – 7.30pm	KSTP
Sat 9th & Sun 10th	State Age Championships	TBC	Rooty Hill
Mon 4 th – Sat 9 th	Open Gym for parents		KSTP
Monday 11th	School Holidays	Competitive & Squads continue	KSTP
Monday 25th	Closed for Anzac Day		
Tuesday 26th	First day of term 2	Recreational programs resume	KSTP
May			
Saturday 7th	KSTP Twilight Competition	Warm up 3pm Comp 4pm – 7pm	KSTP
Saturday 14th	State Team Training	Times TBC	TBC
June			
Wed 1 st – Sun 5 th	Australian Gymnastics Championships	TBC	Melbourne
Mon 27 th – Sat 1 st	Open Gym for parents		KSTP
July			
Monday 4 th	School Holidays	Competitive & Squads continue	KSTP
Monday 18 th	First day of term 3	Recreational Classes resume	KSTP
Sat 30 th & Sun 31 st	State Levels Trial 1	TBC	Rooty Hill
August			
Sat 20 th & Sun 21 st	State Levels Trial 2	TBC	Rooty Hill
September			
Saturday 3 rd	State Levels Team Training & Team Building	2.30pm – 5.00pm	KSTP
Sat 10 th , Sun 11 th	State Levels Championships	TBC	Rooty Hill
Mon 12 th – Sat 17 th	Open Gym for parents		KSTP
Saturday 17th	National Clubs Training & Team Building	2.30pm – 5.00pm	KSTP
Thur 22 nd – Mon 26 th	National Clubs Carnival	Details TBC	Bendigo
Monday 26 th	School Holidays	Competitive & Squads continue	KSTP
October			
Monday 10 th	First day of term 4	Recreational classes resume	KSTP
November			
Saturday 12th	Showcase Rehearsal	Details TBC	KSTP
Saturday 26 th	Showcase	Details TBC	KSTP
December			
Saturday 17 th	Presentation and Disco	Details TBC	Panthers Richmond

Thank you to our sponsors for helping our high performance athletes attend their first International Club Training Camp in Denmark!



For more information contact your local branch on

13 40 40



**WHITELEY
ALLCARE**

TRANS VENT
SPIRAL TUBING PTY. LTD.

