



KSTP Club News

Term 3 2016

From our owners...

Term 3 is here and it's a time of year that gets very busy around the club. We're past half way in the year, programs and goals are reset, competition season is underway and this year we have the Olympics to look forward to. We have a fantastic club fundraiser tied in with the Olympics and we can't wait for it!

The Olympics is an awesome event for us to highlight as it promotes all the great things we're about. The 2 weeks of festivities will all come to conclusion with a 'closing ceremony' of our own where we can all come together for a sausage sizzle and party. We look forward to seeing all the athletes embrace this experience and spending time with all our families. Let the games begin!

Our Danish visitors are here till the 29th July and you would be happy to know they are thoroughly enjoying Australia and in particular their time here at our club with all our athletes. Once again we are very proud to be a part of this tour and are enjoying seeing them learn and interact with our athletes as they build new friendships.

As always we hope that you, our members are enjoying your involvement with our club. We invite and welcome all feedback as we aim to provide the highest quality service in every way to our members.

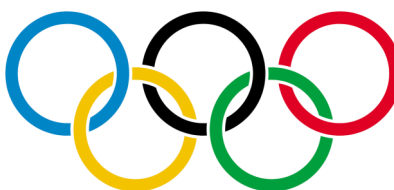
Tumble on and Up!

Bec, Dima Alexsa, Timofei, Ivan and Isaac

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KSTP PROUDLY CELEBRATING THE
RIO OLYMPICS



Announcing the 2016 Showcase theme is..... **Around the World!**

Our annual Showcase and Presentation is for all our athletes at KSTP from KinderGym to our High Performance Team. It's a day where all our classes perform and show case their skills to family and friends.



Save the dates now for our Showcase and Presentation

Showcase Rehearsal: Saturday 12th November time tbc

End of year Showcase: Saturday 26th November time tbc

End of year Presentation: Saturday 10th December time tbc
held at North Richmond Panthers

Be sure to save the dates

These exciting end of year events are for all members at KSTP.

General News

Makeup Lessons

We provide make-up lessons for all our recreational classes and Levels program as this runs each night of the week. We do not provide makeup classes for our Squads as they are specialised classes.

Extra clothing for winter

In the cooler months, athletes may choose to wear extra clothing. Acceptable clothing would be tights, skins, long sleeve tight fitting tops. Please do not wear oversized hoodies, coats or jackets as these pieces of clothing are a hazard.

Hair during training

Please ensure your child's hair is pulled back for training in a sufficient ponytail/plait if needed.

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.

Leaving Early

Please keep in mind that that picking up your child early from their class can be a detriment to their training, for this reason we ask that you avoid collecting them early unless absolutely necessary, (we don't consider a cold night a reason to pick up the children early)

Front Tree

While it's tempting for children to climb the beautiful tree out the front of the gym, the church leaders have asked that we refrain from climbing the tree to ensure the safety of everyone and to preserve the tree. While climbing trees is a fun activity we ask that children keep tree climbing for the park.

Term 2 Fundraiser

Our Term 2 Fundraiser was the Twilight Competition. With funds from entry fees, gold coin spectator fees, raffles and canteen going toward our new airpit. Thank you to all our volunteers who helped make this event a success and to all our families for your support.

Term 3 Fundraiser

We are really excited for our Term 3 fundraiser, it is a compulsory fundraiser that will see ALL children involved in an Olympic style

club event. Please see pages 3 and 4 for more details.

Back Room

We ask that all parents keep the back room/party room for athletes and staff only.

Club Handbook

Please advise the front desk if you have not received your electronic copy of our Club Handbook, this contains our policies and procedures and is an important document.

Mid Year Athlete Progress Assessment

During the second last week of term our coaches completed athletes assessments, as you will understand this is a massive task for our coaches. We hope to have the assessment given out within the first couple of weeks of term.

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

2016 State Levels Championships

The excitement is building for the 2016 State Levels Championships that will be held at the Sydney Gymnastics Aquatic Centre in Rooty Hill on the 10th and 11th September. The athletes and coaches have been working so hard in preparing for this event, with the athletes about to compete at the trials to qualify for the Championships.

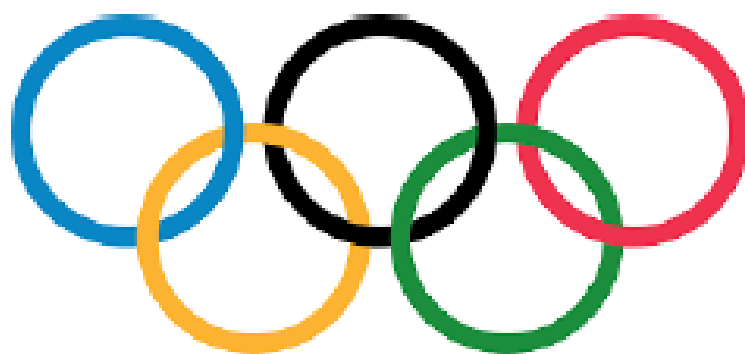
A reminder for families of competing athletes

You will soon be receiving an invoice for the entry fee and team support contribution. The cost based on 2015 is \$71.50 one event, \$82.50 two or more events (subject to change) and \$7 team support. Payment is due no later than the 20th August. Please note Gymnastics NSW do not refund unless a doctors certificate is provided.



Term 3 fundraiser

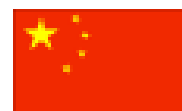
LET THE GAMES BEGIN



KSTP OLYMPICS

Lets join together for the KSTP Inaugural
Olympics games- 6th August - 18th August

Followed by our Closing Ceremony Celebration
Friday 19th August 2016



Term 3 fundraiser

KSTP Term 3 Compulsory Fundraiser to Celebrate



The 2016 Rio Olympics are fast approaching and we are very much looking forward to highlighting this once every four year event at KSTP.

The Olympic Values are 'Excellence', 'Respect' & 'Friendship' and as a sporting club we aim to promote these values through everything we do. So what better way to bring the Olympic Spirit to KSTP..... Run our own Olympics of course!!!

We are so excited to host the inaugural 'KSTP Club Olympics' which will bring all our athletes, coaches and families together as one while raising money to purchase more inflatable equipment that can be used throughout all our classes, including wedges, cylinders and more.

The count down is on!

How it will work

- ♦ The KSTP Club Olympics will run from Saturday 6th to Thursday 18th August.
- ♦ All athletes across all classes will be divided into 'teams', this will be based on a Country and colour:
Team Australia - Yellow Team Brazil - Green Team Russia - Blue
Team USA - Black Team China - Red
- ♦ The cost is \$20 per person, this is a compulsory fundraiser throughout KSTP. Each athlete is required to pay their \$20 in cash at the front desk, to 'register' for the Olympics. At this time the athlete will be allocated their team and given their "athlete pack". Registration will commence Monday 18th July until Thursday 4th August (all athletes must register)
- ♦ Teams are all 'competing' for points for their country. Points will be awarded for sportsmanship, participation, spirit, challenges and creativity. The winning team will be announced at the closing ceremony.
- ♦ Class coaches will organise and run all Olympic activities within their programs.
- ♦ Athletes are encouraged to come dressed in their team colour over the two week period and immerse themselves in the Olympic spirit as much as they can.

Included in the cost

Team Lanyard with athlete accreditation, Participation certificate, Team buff to wear over the two weeks, Ticket to the closing ceremony held on Friday 19th August which will include: Disco, Sausage Sizzle & Drink.

Additional Information

- ♦ The closing ceremony will be held on Friday 19th August from 4.30pm to 7pm. There will be a canteen with snack items and glow sticks for sale.
- ♦ Tickets to the closing ceremony is included in the athletes 'team pack'
- ♦ Spectators entry (mums, dads, grandparent, siblings) to the closing ceremony is \$5 per person, tickets available at the front desk or on the night, this includes a sausage sizzle and drink.
- ♦ During the Olympics there will be a photo booth set up in the foyer with costume dress ups / medals and memorabilia. Photos can be taken for a gold coin donation.

KSTP Welcomes Danish Tumblers

Kachan School of Tumbling & Performance are excited to be hosting 3 tumblers and their coach who are travelling from Denmark for a three week stay to immerse themselves in the Australian culture and KSTP's coaching methods.

The opportunity has come about through connections Dima (club director/head coach/State coach/National coach) made during the World Age Group Competition in Odense, Denmark in 2015, where he was the Head Tumbling Coach.

During their time abroad, Dima had five of his six athletes finish in the top ten, three of which competed in the finals with one becoming the World Age Group Champion in under 15 Men's. These results have not been seen by Australian tumblers before, and it is from these results that KSTP is gaining worldwide interest from tumbling schools alike.

During the three weeks, the athletes and coach will train alongside our high performance athletes, attending morning and afternoon sessions and holiday club clinics. The athletes will have the opportunity to compete at the State Levels Trial in August, which will provide an opportunity for the athletes to showcase their skills. And of course we are very keen to show them around beautiful Sydney.

While the Danish are here to gain knowledge from Dima and his team, we are just as eager to learn techniques from the Danish team. This is a wonderful opportunity for our coaches and athletes to make new friendships and learn from each other, we are all looking forward to embracing the experience.



Exciting New Teens Program at KSTP

Our new Triple T program is a non competitive program designed specifically for teens. Triple T is our Teens Tumbling and Trampoline program which will run on Tuesdays from 6pm to 8pm. The focus will be on fitness, flexibility, strength and learning new fun skills.

Do you know someone looking to try a new sport?
Our Free Trials are a great way for children to
have a go!



KinderGym
Tiny Tumblers
Gym Fun
Gym Skills
Triple T



Term 2 Fees are now overdue, please see Vicky at the front desk to arrange payment or discuss a payment plan to avoid this debt being sent to our collection agency.

Australian Gymnastics Championships Wrap Up

The 2016 Australian Gymnastics Championships were held at Melbourne's Hisense Arena with the Trampoline sports competing from Wednesday 1st to Saturday 4th June.

KSTP were well represented on the NSW State Team, with 13 athletes competing across Tumbling, Trampoline, Double Mini Trampoline (DMT) with our club director Dima the State coach for Tumbling.

Congratulations to our National Champions for 2016!

Joshua Blench - U11 Tumbling Champion (first nationals)

Breannah Cauchi - U13 Tumbling Champion

Damon Louwen - U13 Tumbling Champion

Molly Mamo - U13 DMT Champion

Justin Fokes - U17 DMT Champion

Justin Fokes and partner - 17+ Sync Champions

Other podium finishes were:

Soraiah Jones - Bronze in U11 Tumbling

Damon Louwen - Silver in U13 DMT

Henry Clark - Silver in Junior International Tumbling.

A special mention to Madison Rodd, Rylee McKeon, Shaely Campbell and Rebecca Twomey who all made the finals for their respective events in their first National Championships. Justin also went into the finals in 2nd place for trampoline but in a personal best routine had a crash at the end and missed out on a medal.

Amelia Smith (first nationals) and Alexa Collins tumbled very strong also with some beautiful passes but just missed out on a finals spot. We are so proud of you all.

It was such a great week of hard work, friendship and growth from everyone. Including the very special people who were in our gym all week training, coaching and doing whatever was needed in order to keep KSTP operating for all our athletes. A huge thank you to Georgie, Zac, Jack, Shannon, Blake, Ethan, Ellie and of course Tracey. You all stepped up in your roles and we are so grateful for time and efforts. You show true dedication to your sport and our club. Thank you!!



Important Dates to Remember

DATE	EVENT	DETAILS	VENUE
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 17 th	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 12 th	Showcase Rehearsal	TBC	KSTP
Saturday 26 th	Showcase	TBC	KSTP
December			
Saturday 10 th	Presentation and Disco	5pm to 7pm	Panthers Richmond
Saturday 17 th	Last day of term		KSTP

Parent Open Gym Week

Open Week for parents will take place the second 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 12th, Tues 13th, Wed 14th, Thur 15th, Sat 17th September



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



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