



KSTP Club News

Term 4 2016

From our owners...

As 2016 is drawing to a close we begin to reflect on the year that was, so much fun and development in the gym, many new families who now too can call KSTP home, huge personal achievements, new club records, our best competition results to date.....pew... what a year!

Inside this issue:

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General News	4	Our new format for seating has been a bit of a challenge but we hope it will provide a better experience for everyone on the day. We really hope to see you all at Showcase to see just how far the children have come in the past 12 months.
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Thank you as always for your ongoing support.

Bec, Dima Alexsa, Timofei, Ivan and Isaac

Help Wanted!

Calling all carpenters and handymen

We are excited to announce the Windsor District Baptist Community have funded the purchase of plywood to cover up all the black plastic in the gym (Roman Hall).

The church community has commenced the instillation and have handed the project to the KSTP community. If you are handy on the tools, we would appreciate your assistance in installing the plywood. Please let the front desk know of your availability.

As the saying goes.....*many hands make light work* :)



Term 4 Events

KSTP Proudly Presents our

2016 Athletes Showcase

**Saturday 26th November
@ KSTP**

11.30am - 2.30pm (approx.)

Doors open at 11am

Tickets on Sale from 9am Monday 24th Oct

Tickets sold in row order.

Adults (14 years above) : \$8 Seniors: \$6 Children (4—13 years) : \$5

Family of four (2 adults 2 children) : \$22

Children under 14 years are required to sit on the carpeted area, no seats are allocated to allow seats for adults.

2016 Presentation & Disco

Saturday 10th December

Panthers North Richmond

4pm to 7pm

arrive 3.30pm for 4pm start

This is a great family event where we celebrate the year in a relaxed atmosphere with our award presentations and disco for the kids.

Each family receives a special gift.

Tickets \$5.00 per person (children under 5 free).

The bar and café will be open for families to purchase snacks and drinks.

2016 Athletes Showcase

Everything you need to know...(well almost)

Rehearsal

The rehearsal for this year's showcase will be held on **Saturday 12th November**. For some classes this is the only opportunity for all athletes to come together as one group therefore this rehearsal is **COMPULSORY** (except KinderGym, Tiny Tumblers & Jumping Joeys who are not required) to ensure we can provide a great showcase event. Please see the schedule below for times, athletes are required to arrive 10 minutes before their scheduled time:

1.00pm – 2.30pm	GymFun, GymSkills, Triple T
2.30pm – 3.30pm	Bilbies and Monkeys
3.30pm – 6.00pm	Levels, Advance, Tigers, Elite, High Performance

Costumes

A note will go out in the next few weeks to advise further details, KSTP provide most of the costumes but will require families to do hair, some makeup and perhaps provide an item of clothing.

Showcase

Performance day is **Saturday 26th November**. The timeline is below:

9am: Athletes are required to arrive (excluding Kindergym, Tiny Tumblers & Jumping Joeys)

10.30am: KinderGym, Tiny Tumblers and Jumping Joeys required to arrive.

11.00am: Doors open for audience

11.30am: Performance commences. There will be an intermission.

2.30pm: Performance concludes (approximate).

Tickets for Showcase

Tickets will go on sale at **9am Monday 24th October**. This year they will be sold in row order prior to the event. Tickets are \$8 per adult, \$6 per senior, \$5 per child (children under 4years free) or \$22 for a family of four (2adults 2 children). Tickets may be purchased at the front desk or over the phone with a credit card (a 2.3% fee will apply). All spectators are required to have a ticket.

Volunteers

As usual, events such as Showcase could not be possible without the help from families. If you would like to volunteer please advise the front desk. Volunteers will be required to purchase a ticket (to assist with allocating seats) but will receive a complimentary bbq lunch and drink. Extra volunteers will not be added on the day unless requested. We will require assistance with, hair, makeup, costumes, canteen, bbq.

Changes to fee structure & policy in 2017



Due to rising costs we will be making adjustments in the fee structure across all programs in 2017. In the coming weeks we will communicate these price changes with our families via email.

In regards to our policy for collecting payments, the new procedure will be:

- Invoice will be sent with 'at least' a minimum of two weeks due date.
- A statement will be sent the week payment is due.
- A reminder note will be sent home the week after the due date, followed by a text message.
- A phone call from accounts will be made the second week after the due

date requesting credit card payment (this will incur a 2.3% fee)

- An option of organizing a payment plan will still be in place although the payment plan is required to be followed or full payment will be required.

General News

New Faces at KSTP

You may have noticed some new faces inside the gym of late, in the world of global connection we are introduced to passionate people within the tumbling community and are fortunate that they want to visit KSTP to embrace our way of training. We no sooner farewell our four Danish visitors before our new visitors arrived. Natasha is a familiar face around here, she trains at Tea Tree Gully in South Australia and being a school teacher uses her holidays to come and train with Dima. At present we welcome Johan, an athlete and coach from Denmark. Johan is on a working visa and is training with Dima through the day and coaching some classes in the evening. Please don't hesitate speaking with Bec if your child is expressing concerns.

Office Hours

If you need to speak with or do business with the office we ask this is done prior to 7.30pm. The last half an hour of the day allows for backing up the systems and packing up.

Term 3 Fundraiser

Thank you to all our families who embraced our Term 3 fundraiser "KSTP Club Olympics". We were overwhelmed by the support and enthusiasm of the athletes to earn 'points' for their team. We trust all our families enjoyed the experience and your children got a great understanding of the 'Olympic Spirit'. Funds raised totaled \$3619, this has gone into new 'inflatable equipment for the gym, which will hopefully arrive soon.

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.

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.



Please ensure your 2016 fees are finalised prior to the end of year. We do not want to carry old debt into the new year!

To assist you in getting fees paid up to date, please see Vicky at the front desk to arrange a payment plan.

Danish Tumblers share their Aussie experience.

Note: this review was written in Danish and has been translated for the purposes of this article.

(Original Story: <http://gub-gymnastik.dk/?p=2891>)

This summer we took 4 from Outrup Power Tumbling to Australia to become even better at their favourite sport.

It all started back in 2015 at the youth World Age Championships at home in Denmark. Coach Christian who is also Danish coach was obviously participating. Australia were also participating at this World Competition and they came flying, something many probably had not anticipated. They took the gold medal and finals places for nearly all their participants and it woke interest. The common denominator was the club and the coach, the very ambitious tumbling coach from Australia Dima Kachan. On a daily Dima is found at Kachan School of Tumbling & Performance, a club he owns together with his wife Bec.

The contact has been established over a chat; tumbling, this and that. An opportunity arose and the chance was taken. Now we see how to do it by Kachan. A small jump centre with super talents in a remote corner of the world in relation to Tumbling, where the largest part of the World Competitions held in Europe.

Ida: There are no restrictions for them and their mentality is something special.

Victoria: Cool place with a lot of good energy and super happy people.

Oliver: It was great that you could work out things that would not be possible.

Christian: Coach and conditions of class, the right mental attitude and hard work.

Quickly we found out they actually have very similar conditions as us, if you consider attempts earlier in Outrup etc. landing zone is short 4 m. and narrow 2.5 m. The centre is tailored to this particular sport, nothing else. What also really makes this unique centre for world-class level is their bungee system they have developed themselves. An inspiring leaps centre that is set up in an ordinary concrete hall. World class.



L - R: Oliver, Ida, Victoria, Christian

Why does Australia or rather Kachan suddenly have so many exciting gymnasts and jumps well into World Championships? What is the key? Free form very many answers, that I believe is most telling is: Dima and Bec Kachan, the club is vital forces, owners and inspiration to young people. They have made the centre what it is today with their own money and put everything into the centre. It reeks of options and it can be felt throughout the club. The Club as I see it is a huge family here to do everything together: hard work, good times, fun evenings, friends, family. It is a great space for development where you have personal support all the way because your training buddies and coach is so close to you.

Training mentality and the hours are something quite different from what we know of in Denmark. Here you train before you take to school three days of the week. In addition, you train if you are elite every day after school from about 3:00 p.m. to 8:00 p.m. It's certainly something we cannot catch up with.

Kachan School of Tumbling is really sharp in their teaching and there is nothing they do not measure or take notes on. Even the very young gymnasts have small checklists they follow, both for physical, heating, technology and everything else workout. It comes from the start of their tumbling. The centre is built and developed by Dima himself, he builds tools that fit directly to the objectives and work continually in developing new ideas.

We are very proud to say in the future we will be working together with Kachan School of Tumbling and correspond for further regarding tumbling, the development of the sport and the gymnasts. We look forward to more good times and exciting work. This is hopefully to already be seen again next summer and autumn of 2017 where we hopefully will host a visit.

Christian: If you want to do something with his Tumbling in Australia then Kachan School of Tumbling somewhere I would highly recommend. I can widely tell that we all can learn a lot by looking at what they do elsewhere than in Denmark. We are going to see many talents come here in the future. They do something very special here and we are proud we've had the opportunity just to get this experience. Big thanks to family Kachan for making it possible for us!

State Levels Championships Wrap Up

KSTP Crowned State Champion Club

The Gymnastics NSW State Levels Championships were held over the weekend, 10th and 11th September at Rooty Hill. The State Levels competition is an event that KSTP plan and work toward throughout the year, it's a competition that sees all our competitive athletes able to participate in from age of 6 years.

This year our athletes turned up in force, with a goal of achieving their personal best and they did not disappoint. For a second consecutive year Kachan School of Tumbling & Performance was crowned the Overall Club Champions in the State for Trampoline sports, a huge 100 points ahead of the second placed club. Congratulations to all our athletes for an outstanding achievement. Our 2016 State Levels Champions are:

Lauren Clarke Level 2 Tumbling
 Mackenzie Lewis Level 3 Tumbling
 Alexsa Kachan Level 4 Tumbling
 Neil Tausili Level 4 Tumbling
 Soraiah Jones Level 5 Tumbling
 Scott Adam Level 5 Tumbling
 Breannah Cauchi Level 6 Tumbling & Level 6 DMT
 Damon Louwen Level 6 Tumbling, Level 6 DMT & Tramp Level 6
 Justin Fokes Level 7 DMT
 Ethan McGuinness Level 8 Tumbling & Level 8 DMT
 Blake Grainger Level 9/10 Tumbling



For full results head to:

http://www.gymnsw.org.au/NSW/Events/Calendar/2016/09_Sep/TRP_State_Levels_Championships.aspx

National Clubs Carnival Wrap Up

The 2015 National Clubs Carnival was held again in Bendigo Victoria, a favourite event for Kachan School of Tumbling & Performance. This year we had 21 athletes represent our club, the combined effort from each and every one saw us with our strongest club results to date. Our young but mighty team were announced as the:

- **Champion Club in Levels 6 and 7,**
- **Champion Tumbling Club (for the 2nd year in a row),**
- **3rd Overall Club in DMT and**
- **2nd Overall Club for trampolining gymnastics.**

To top it off our very own Justin Fokes was awarded the Champion all round athlete for 2016, acknowledging his strong performances across all disciplines being 1st in trampoline and dmt and 3rd in tumbling.

All in all it was an amazing weekend filled with fun, great team support, personal bests and new records. Thank you to all the parents and siblings for being the best cheer squad ever, to our coaches, judges and volunteers for your dedication and tireless work and to Gymnastics Australia for putting on yet another successful National Clubs Carnival. Well done to all our athletes, we are so proud of you all and happy for your personal achievements. We love Bendigo and are already looking forward to next year! **KSTP's 2016 National**

Clubs Squad: Abby Edwards, Ailey Hamilton, Alexsa Kachan, Alyssa Bremner, Alyssa Moxham-Anderson, Alysse Duffy, Amelia Smith, Blake Grainger, Breannah Cauchi, Brianna Cassin, Damon Louwen, Ella Hamilton, Emily Robertson-Hahn, Ethan McGuinness, Henry Clark, Justin Fokes, Krystal Muscat, Madison Rodd, Molly Mamo, Rebecca Twomey, Rylee McKeon, Scott Adam. For full results follow the link below:

http://gymnastics.org.au/Ga/Events/2015_National_Clubs_Carnival/Results_NCC_2016.aspx



Important Dates to Remember

DATE	EVENT	DETAILS	VENUE
October			
Monday 10 th	First day of term 4	Recreational classes resume	KSTP
November			
Saturday 12 th	Showcase Rehearsal	See times on page 3	KSTP
Saturday 26 th	Showcase	11am for 11.30 start	KSTP
December			
Mon 5 th - Sat 10 th	Open Week	Parents invited to watch the class	KSTP
Saturday 10 th	Presentation and Disco	4pm to 7pm	Panthers Richmond
Saturday 17 th	Last day of term for 2016	Excluding elite	KSTP
January			
Thursday 12 th - 14 th	National Summer Tumbling Camp/Clinic	On selection	KSTP
Monday 17 th	Competitive/ Squads return	Billbies, Monkeys, Levels, Tigers, Advanced	KSTP
Monday 30 th	Recreation classes return	Kindergym, Tiny Tumblers, Jumping Joeys, GymFun, GymSkills	KSTP

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

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



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 5th, Tues 6th, Wed 7th, Thur 8th, Sat 10th December

