

COMPETITIVE CLASSES

*For the child who wants to become part of a team
and work towards being the best they can be.*

State Levels Stream

Stage 1 Squad
Stage 2 Squad
Open Intermediate
Open Advanced



739 George St. South Windsor

0435 155 834

www.kstp.com.au

Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) has been operating since 2009. KSTP is a family run business with owners Dzmityr and Rebecca Kachan continually developing the club ensuring the gym has the latest equipment and training aids to assist the athletes.

KSTP are committed to our family base, to teach children about the benefits of a lifestyle focused on sport and training. Our aim is to deliver quality services and education to enrich the lives of children, providing them with an environment where they can thrive, excel and achieve through dedication, commitment and hard work

KSTP has been recognized as one of the most sophisticated training clubs in Australia for the sport of Tumbling and in 2017 became the home of the Gymnastics NSW High Performance Tumbling Program. Follow link to see Gymnastics NSW / KSTP High Performance highlight package; <https://youtu.be/klfFlmY4TeY>

Our head coach is the NSW and Australian tumbling coach. He has developed National tumbling and trampoline competitors who have gone on to win many titles. Internationally we have a good reputation in tumbling, competing at the World Age Group Competition in 2013, 2015, 2017, 2018 each year having many finalists and bringing home medals;

2013 Silver medal 13 year men tumbling, 2015 Gold 15 year men tumbling, 2017 Silver 11 year women DMT and Gold medal under 13 year old women tumbling, 2018 Gold medal under 13 women tumbling, Gold medal under 22 women DMT, Silver medal under 13 women tumbling, Silver under 22 male tumbling.

Our team is dedicated to the disciplines of Tumbling, Double Mini Tramp and Trampolining, most of whom are current or past athletes of the club. All our coaches have a current working with children check as well as their appropriate coaching and judging accreditation through Gymnastics Australia.

We look forward to welcoming you to our centre and will be happy to discuss class options with you.

Dima & Rebecca Kachan

Competitive Classes

Stage 1 State Squad

Stage 1 State Squad, is a first-year squad for children from our recreational classes aged 6 or 7 years old, who show readiness for the next stage of learning.

This program focuses on tumbling, trampoline and dmt. Competition squads use the base of what has already been cultured and begin to turn focus towards execution and technique. Basic skills across all disciplines will be established in order to learn the skills required to begin competing in the State Stream Levels System.

Stage 2 State Squad

Stage 2 State Squad, is a squad for athletes already accomplished in basic skills and processes, generally aged 7 or 8 years old. These selected children show a readiness to take their learning further to continue along the State Stream Levels System. A greater focus will be placed on strength, and flexibility which will deliver quality in the execution of their skills.

Open Intermediate Levels

Open Intermediate Levels, is based on ability for athletes of any age who wish to begin competing and become part of a team. We take the skills already practiced and begin putting them together into routines.

Greater emphasis is put on technique and execution of basic skills across all disciplines, in order to learn the routines and combinations required for the State Stream Levels System.

Open Advanced Levels

Open Advanced Levels, is a competitive squad for children who have been working well and progressing nicely through the lower levels system. Selected athletes show the right strength, form and skills to carry them forward to Levels 4 and above.

Competition squads use the base what has already been cultured and turn focus towards execution, technique and the development of higher level skills. We hope to equip these athletes with the skills and practices necessary to be successful State Stream competitors.



What is expected when your child is in a competitive program.

Being chosen for the competitive stream means your child shows potential in the areas we specialise in.

To enable athletes to learn and improve on the skills required for competition, these programs require a great deal of commitment from the athlete as well as their family.

Athletes in our competitive programs are expected to maintain a high attendance record, this includes holiday periods unless families have a booked vacation.

Competitions

Once an athlete has the requirements for the appropriate level to compete, the athletes will be required to purchase full club uniform for competitions, including leotard, track-suit, polo shirt. Athletes can compete from the age of 6.

KSTP hold club competitions, attend State Championships and National Clubs Carnival.

Competitive Program Timetable

| PROGRAM | MON | TUES | WED | THUR | SAT |
|------------------------|------------------|--------------------|--------------------|------------------|--------------------|
| Stage 1 State Squad | 4.00 - 6.00pm | | 4.00pm - 6.00pm | | 8.00 - 10.00am |
| Stage 2 State Squad | | 4.30pm - 6.30pm | | 4.30 - 6.30pm | 8.00 - 10.00am |
| Open Intermediate | 5.30 - 8.00pm | | 5.30 - 8.00pm | 4.30 - 7.00pm | 10.00 - 12.30pm |
| Open Advanced | | 4.00 - 8.00pm | 4.00 - 8.00pm | | 10.00 - 2.30pm |



Competitive Program Fee Structure

| PROGRAM | HOURS REQUIRED | HOURLY RATE |
|---------------------|-------------------|-------------|
| Stage 1 State Squad | 2 days (4 hours) | \$11.50 |
| Stage 2 State Squad | 2 days (4 hours) | \$11.50 |
| Open Intermediate | 2 days (5 hours) | \$11.00 |
| Open Advanced | 3 days (12 hours) | \$7.50 |

Gymnastics NSW Annual Registration/Affiliation

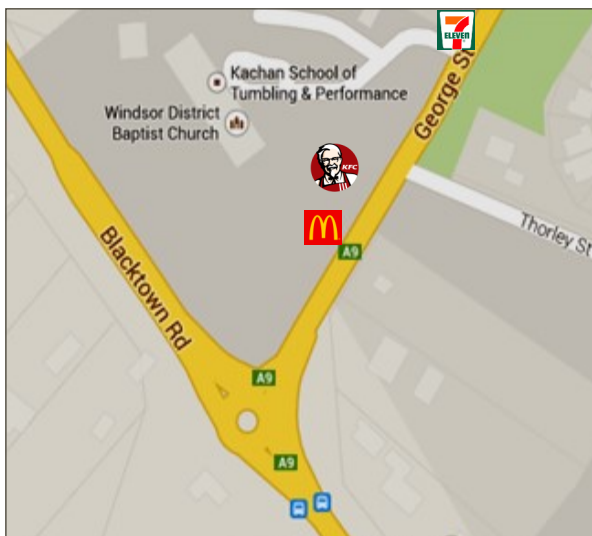
KSTP is proudly an affiliated member of Gymnastics NSW as such each member at KSTP must become an affiliated member and required to pay the annual affiliation/insurance fee.

Athletes pay the Competitive Registration which is \$97 and is payable on your first paid class. Athletes who have joined pre levels and not previously will pay recreation registration, until the first competition where they will be moved over to the competitive rate.

Additional Information

A one off club registration fee of \$38 is payable on joining KSTP. Fees are payable by the invoice due date, however in consultation with our team, a payment plan can be arranged. Early bird discounts apply to competitive programs term invoices. Sibling discounts are available. Make-up classes are offered in Levels only as the program runs each day, they must be done within the term. There are no make-up classes for Pre Levels or Advanced, missed classes are forfeited.

Class times and fees are subject to change without notice.



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(Grounds of Windsor District Baptist Church)

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NSW TUMBLING HIGH PERFORMANCE PROGRAM

**KSTP is proud to be recognised as a
Gymnastics NSW Tumbling Centre of Excellence**