

# JUNIOR DEVELOPMENT

*For the child who wants to become a representative athlete.*

## National Age Stream

Stage 1 Squad  
Stage 2 Squad  
Junior Age Squad  
Open Age Squad

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739 George St. South Windsor

**0435 155 834**

[www.kstp.com.au](http://www.kstp.com.au)

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# Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) has been operating since 2009. KSTP is a family run business with owners Dzmitry 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*



# Squads

## **Early 1 Pre Squad - Approx. 4 - 5 years**

Early 1 Pre Squad is ideal for children who have taken to our sport and want to continue to progress, providing the chance to train 2 days a week. Children that are selected for this squad have generally 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. This program can be the ideal start to future squads at KSTP.

## **Stage 1 National Age Squad**

Stage 1 National Age Squad is a first-year squad for children turning 5 or 6 years who have previously been in our Early 1 Pre Squad twice a week or show great potential during the assessment phase. These children are usually first year at school.

These children are already used to our format, we aim to take what they have already learned and build further confidence and excitement toward future skills.

## **Stage 2 National Age Squad**

Stage 2 National Age Squad is a second-year squad for children aged 6 or 7 years. We aim to instill quality in these gymnast's technique and execution to provide a strong foundation for the future.

The purpose of this program is to prepare the children for a competitive pathway in Tumbling & Trampoline who will one day wish to represent their club and State at competitions.

## **Junior National Age Squad**

Junior National Age Squad is for children turning 9 or 10 years of age. This squad will work towards National Age Stream requirements in all 3 disciplines.

Age group requirements become the new targets in hopes of reaching level 5 by the age of 11/12. This program requires dedication, hard work and discipline. The aim of this program is to prepare athletes for competition in the age/elite stream and can be where the dream of representing their country is conceived.

## **Open Age Squad**

Open Age Squad is for athletes who have moved through the levels system and are working towards the age group/skill requirements in order to attend National Level Competitions

Usually by this stage, as their chosen sport the athletes along with their families are committed to the program, training times and additional expectations such as nominated competitions which will usually require travel.



## What is expected when your child has been selected for a development program.

A child being selected for a development squad indicates the child shows great potential in the sport of Tumbling and Trampoline. As these squads are where the High Performance pathway begins, the programs are designed to take dedicated athletes to the highest levels, and become members of the High Performance Team.

The decision to take on the program should be carefully considered by the family as there is a higher level of commitment required. All athletes in our development squads are expected to maintain a good attendance record, this includes holiday periods unless otherwise notified. There is no refund, credit or makeup class for missed classes except for illness where the child is off two weeks or more with a doctors certificate.

Families are expected to block out competition dates to ensure the child is available for competitions, once a child turns 6 and have the requirements for the necessary level it is anticipated they will represent KSTP in State Competitions.

## National Age Stream Squads Timetable

PRO-GRAM	Mon	Tue	Wed	Thurs	Sat
Stage 1		4.00pm – 6.00pm		4.00pm – 6.00pm	10.00am - 12.00pm
Stage 2		4.00pm – 6.30pm		4.00pm – 6.30pm	9.30am - 12.00pm
Junior Squad	4.00pm - 7.30pm		4.00pm - 7.30pm		10.00am - 2.30pm
Open Age	5.00pm – 8.00pm	4.00pm - 8.00pm		4.00pm - 7.00pm	10.00am - 2.30pm

## National Age Stream Squads Fee Structure

PROGRAM	HOURS REQUIRED	HOURLY RATE
Stage 1	2 days (4 hours)	\$11.00
Stage 2	2 days (5 hours)	\$10.00
Junior Squad	3 days (11 hours)	\$7.50
Open Age	4 days (14 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 is required to pay the annual affiliation/insurance fee. Athletes will be required to join either as a recreational or competitive athlete dependent on the program. As our development squad athletes compete at different times dependent on their age and level the fee you pay for your child will be based on them competing within the calendar year or not. KSTP Management together with the coach will determine when the athlete is ready to compete. The fee is required by the first 'paid' class when joining KSTP.

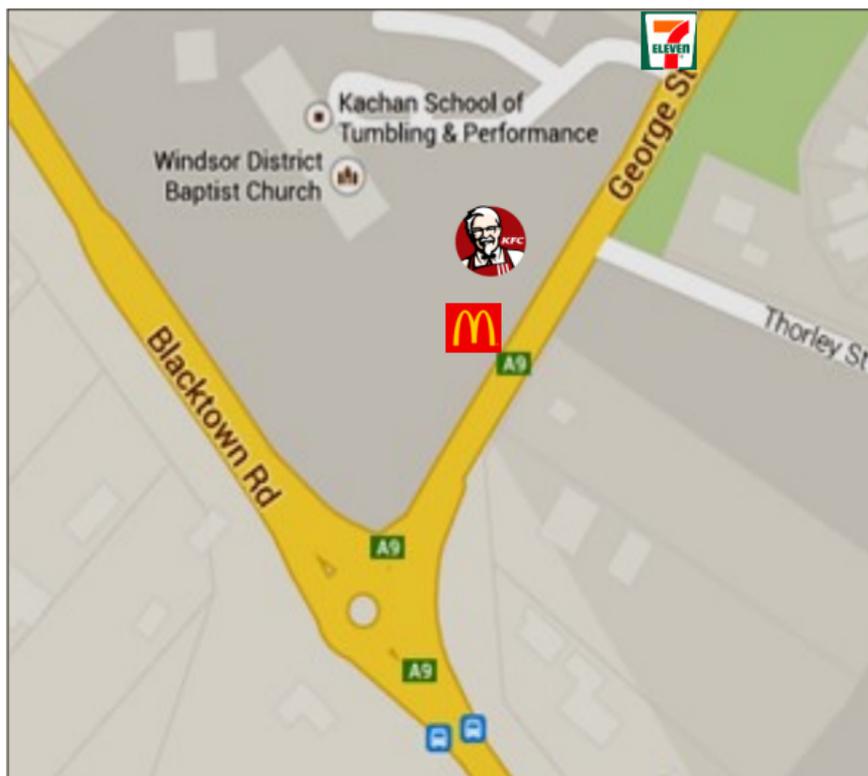
**Recreation Registration:** \$57 - this is for athletes under 6 or those over 6 who are not ready to compete at a State Representative level within the calendar year.

**Competitive Registration:** \$97 - this is for athletes 6 years and over who will compete at a State competition in the calendar year.

#### Additional information

KSTP's one off club registration fee of \$38 is payable on joining. Fees are payable by the invoice due date, however a payment plan can be arranged. Sibling discounts are available.

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.**