

# KACHAN SCHOOL OF TUMBLING & PERFORMANCE

MEMBERS HANDBOOK

2019



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## WELCOME

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Welcome to Kachan School of Tumbling and Performance, we are delighted you have chosen KSTP for your family.

Please take the time to read through this handbook, as it contains important information regarding everything from our programs and philosophies to our policies and procedures.

At KSTP we have an open door policy. Your feedback is very important to us so please speak to us at any time if you have any questions, concerns or comments so we can address them.



Once again, thank you for choosing KSTP. We hope you find fulfilment and enjoyment through being a member of our club.

*Dima & Rebecca Kachan*

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## OUR PHILOSOPHY

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- To provide effective programs that encourages participation from all members.
- To maintain clear pathways for all streams promoting progression be it recreationally or competitively.
- To build a strong foundation for all our members, instilling discipline and respect through the principles of sport and training.
- Promote and encourage a healthy lifestyle and growth mindset.
- Support our coaches through providing ongoing education and clinics to stay pro-active in the development of the sport and our services.
- To actively listen to our families and provide clear lines of open communication.

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## ABOUT KSTP

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Kachan School of Tumbling & Performance is a family owned and operated business. Owners Dzmityr and Rebecca Kachan opened KSTP in 2009 in a small school hall in Penrith before moving in 2010 to our current location in the community hall in Windsor District Baptist Church.

KSTP provides a safe, fun environment with accredited coaches dedicated to the development of general gymnastics skills and furthermore the disciplines of Tumbling (also known as Power Tumbling), Double Mini Tramp (DMT) and Trampolining.

We aim to provide a unique sporting experience which not only focuses on skill and safety, but builds a sense of confidence and achievement in your child. The sport of tumbling and trampolining is ideal for boys and girls

alike, the focus being on fitness and strength, rather than body image, is a healthy attitude for the development of your child.

KSTP is equipped with accredited coaches (via Gymnastics Australia) and latest in state of the art equipment including Olympic trampolines, 2 competition rod floors and air floors. For our competitive and development programs the gym has many unique bungy systems that assist the athletes to gain the confidence required when learning new skills. Training aids such as these are essential in the development of tumbling and have been custom designed specifically for KSTP.

KSTP is actively involved in working with Gymnastics Australia to improve and develop courses for coaches in the area of Tumbling. Our equipment is the most sophisticated in the country and therefore is hired by Gymnastics Australia and Gymnastics NSW for competitions and events. Kachan School of Tumbling and Performance is honoured to play a role in the reputation of tumbling not only in Australia but the World.

## GYMNASTICS NSW TUMBLING HIGH PERFORMANCE CENTRE

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In 2017, the New South Wales Tumbling High Performance Program was successfully launched in partnership between Gymnastics NSW and Kachan School of Tumbling & Performance. Having led the way for a number of years with a continuous flow of development athletes and results throughout all levels and international competition, the aim of the partnership is to work closely together to support the continued success, ensuring a strong underpinning development pathway and backing of the elite athletes. [Click here for further information on the High Performance Program](#)

## SELECTION PROCESS

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Athletes are selected for the High Performance team, having worked their way through the High Performance pathway as shown further in this document. Athletes must compete in the age appropriate international stream or be working towards international level.

## HIGH PERFORMANCE SUPPORT SERVICES

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Athletes who are part of the High Performance Program are directed to O'Neill Physiotherapy. KSTP have worked hard on a partnership with Jenny O'Neill to provide the best service and ongoing, open communication between both parties; a critical part to ensuring the best recovery plan for athletes. Jenny often visits the gym and has great knowledge of the mechanisms of injuries in tumbling.

Upon accepting a position into the squad, families agree to use Jenny O'Neill for all injuries and treatment.

Jenny O'Neill  
*B.App Sc. (Physio)*  
*M.Hlth.Sc. (Sports Physio)*  
 APA Sports Physiotherapist

O'Neill Physiotherapy  
 A: 9 Kentucky Drive, Glossodia, NSW, 2756  
 P: 4576 7501  
 E: [reception@oneillphysio.com.au](mailto:reception@oneillphysio.com.au)  
 W: [www.oneillphysio.com.au](http://www.oneillphysio.com.au)

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## AT KSTP WE ARE COMMITTED TO:

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- Supporting the rights of all children and acting to ensure a child safe environment is maintained at all times.
- Providing a safe environment for athletes and staff ensuring equipment and practises meet the Work Health & Safety Standards (WHS).
- Ensuring our team (coaches) share our vision and passion and are willing to work with our philosophy of developing all student's strengths and abilities.
- Holding regular training clinics for our team members to ensure they are pro-active in their own development as coaches.
- Evaluating programs of all classes and adapting them when needed so that we continue to cater to the needs of the students.
- Ensuring each student participates in a class that is suited to their ability.
- Knowing the goals for each student and their family and working with each individual to achieve them.
- Recognising that not everyone wants to take part in competitions or become an Elite Athlete, therefore providing a wide range of classes suited for those who are looking for some fun and fitness.
- Providing open two-way communication with our families.
- Providing clear pathways for all streams be it recreation, levels or elite.
- Ensuring our policies and procedures are clear and concise and in line with the expectations by Gymnastics Australia, of whom we are affiliated with. These policies can be found in this handbook.

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## KSTP TEAM

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We pride ourselves on employing staff that have a genuine love for tumbling and trampolining, most of whom have trained in our programs previously or are current athletes. Together we work tirelessly ensuring all goals and targets for both the program and the individual are being met.

Plans and program goals are addressed at our fortnightly coaches meetings, assessing these plans regularly ensures continual improvement. As such is the way of our gym all coaches learn from and support each other as we all try and bring the best out of our students.

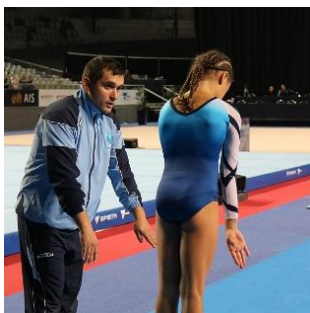
Staff and volunteers are required to make a firm and open commitment to child protection and adopt procedures and practices in accordance with the child protection legislation. Therefore, all staff have their current Working with Children Check, First Aid along with the appropriate level accreditation for the classes they teach.

As part of our affiliation with Gymnastics Australia, KSTP complies with our State/Territory Association and Gymnastics Australia's Constitution, Regulations and Policies, ensuring we have a trained and registered Member Protection Officer (MPIO) available to assist club members. The MPIO's role is to provide families with information about their rights, responsibilities and options in regard to making a complaint or raising a concern. Families are welcome to contact our MPIO at any time, details can be found below.

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**INTRODUCING OUR TEAM**


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**Dima Kachan**

OWNER, DIRECTOR, HEAD COACH, HIGH PERFORMANCE COACH, JUDGE

Dima has been appointed the State and National Tumbling coach for the past five years. He has produced many World Age Champions and many more finalists. His passion for the sport has seen him develop the most sophisticated gym in Australia, his knowledge and expertise are regularly sought out by coaches throughout the world. Dima oversees all development programs and works closely in mentoring all our coaches.


**Rebecca Kachan**

OWNER, CLUB MANAGER, PERFORMANCE DIRECTOR, COACH COORDINATOR

Rebecca has brought her experience in dance into the programs, ballet provides great core strength and technique which is an integral part of the sport. The purpose of ballet and strength is to create strong lines in the athletes. Rebecca works closely with the individual program coaches providing guidance and support to each of their roles within the gym.


**Vanessa Catto**

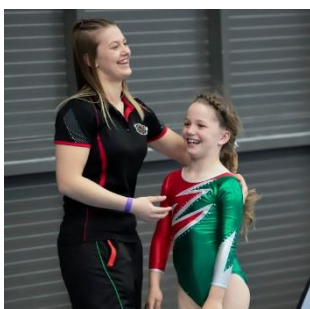
TRAMPOLINE & DMT COORDINATOR

Vanessa has been involved in trampoline sports as an athlete from an early age, her love of the sport has seen her continue on in a coaching role. Vanessa has played an integral role in developing KSTPS's growing reputation in double mini trampoline including a silver medallist at the 2017 World Age Competition and a Gold medallist in the 2018 World Age Competition.


**Georgie Hemmings**

UNDER 5's PROGRAM COORDINATOR, COACH, JUDGE

Georgie has been involved in the sport of gymnastics since the age of 8. Starting in tumbling before moving on to the gym sport of acrobatics. Georgie's focus is with our youngest members building strong foundations in our daytime classes and squads. Georgie enjoys evolving herself in this avenue of gymnastics and development providing a great start for our youngest little tumblers.


**Shannon Usher**

COACH, ATHLETE, JUDGE

Shannon has been with KSTP as an athlete since the beginning, she continues to train and work towards her personal best both as an athlete and a full time coach. She enjoys giving back to the sport in which she's been dedicated to since the age of 4. With tumbling her main focus, Shannon aspires to develop our competitive athletes and instil in them the same love for sport in which she has.



### Brenda Louwen

COACH, HIGH PERFORMANCE TOUR CHAPERONE

Brenda's background in artistic gymnastics led her to enrol her own children at KSTP from a young age. It was at this time her passion for the sport was reignited and she joined our team as a coach and is now our junior development specialist. Brenda's role within the classes she works with is to prepare them for future skills and development within the sport.



### Jack Hemmings

COACH, HIGH PERFORMANCE ATHLETE, JUDGE

Jack came to KSTP at the age of 12 as an accomplished all round athlete within trampoline sports. Soon after he chose to focus on tumbling. Once finishing school, he moved into the role of full time coach, completely immersing himself in all facets of the sport. Jack is a member of the National Squad and KSTP/Gymnastics NSW High Performance Team and continues to compete at an international level.



### Cheyanna Robinson

COACH, ATHLETE

Cheyanna's passion in this sport started with trampoline and double mini trampoline. In 2017 Cheyanna moved from Brisbane to start her life with boyfriend and now team mate Jack at KSTP, where she now concentrates on her training and has established her role as a full time coach. In 2018 Cheyanna represented Australia at the World Age Group Competition in Russia where she became the 17-21 World Age Champion in DMT.



### Blake Grainger

COACH, HIGH PERFORMANCE ATHLETE, JUDGE

Blake's career began in men's artistic gymnastics, his coach quickly identified his strength and power and suggested he come to KSTP and try tumbling. He is a member of the National Squad and KSTP/Gymnastics NSW High Performance team. In 2018 Blake won the Silver Medal at the World Age Group Competition in Russia in the 17-21 tumbling category. Blake is currently studying Graphic Design at University while training and coaching part time.



### Ethan McGuinness

COACH, HIGH PERFORMANCE ATHLETE, JUDGE

Ethan came to KSTP as an 8 year old who wanted to learn to do a backflip when he scored a try in football. He was quickly moved through the pathways and had to choose between football and tumbling, the rest is as they say history. Ethan is a member of the High Performance Team, he holds a silver and gold medal from World Age Group Competitions. Ethan is completing his final year in high school, while training and taking on coaching.





### Caitlin Louwen

JUNIOR COACH

Caitlin started in artistic gymnastics from a young age before commencing at KSTP when she was 8. After taking a break in her own training, she realised she missed being in the gym environment and would come out to the gym with her mum, Brenda and help coach. Enjoying the coaching aspect of Gymnastics, Caitlin is working toward her intermediate accreditation expressing the desire to take on her own squad in the future.



### Tahlia Kaden

JUNIOR COACH, ATHLETE

Tahlia is an active member of our Open Age Squad where she trains four days a week working towards her goals and ambitions. She has represented KSTP at State Championships and National Clubs Championships. Helping at our school holiday programs sparked an interest in coaching. As a beginner coach working towards the next level Tahlia is juggling her training and coaching schedule alongside year 11 commitments and her interest in music and singing.



### Krystal Muscat

JUNIOR COACH

KSTP was Krystal's first introduction to GymSports at the age of 8. She showed great potential and worked her way up from recreation to the Advanced program where she was a representative of our club at State and National Clubs Competitions. Krystal has recently decided to take a break from training to concentrate on year 12, however her love for the sport has seen her stay on as a junior coach now working towards her intermediate accreditation.



### Emily Robertson-Hahn

JUNIOR COACH, ATHLETE

Emily represents KSTP at all levels of competitions. Her highest achievement was competing at World Age Competition in 2017. Having always done some type of gymnastics, Emily is now expanding her love for the sport to coaching. Assisting in holiday programs, Emily sat her beginner accreditation as soon as she could and is now working towards her intermediate certificate while training and completing year 11 at school.



### Vicky Cauchi

CLIENT LIAISON, ACCOUNTS OFFICER

Vicky was one of the founding partners of KSTP, in fact the first classes were run out of her shed before we found a venue. Her children have all trained with KSTP, her youngest Breannah is an international representative within the High Performance squad. While no longer a partner Vicky continued in her role of accounts officer and working the front desk in the afternoons where she enjoys the club atmosphere and getting to know the families.



### Tracey McGuinness

CLIENT LIAISON, ADMINISTRATION OFFICER

Tracey has been involved with KSTP since 2008 initially as a parent before bringing her administration experience to our team in 2013. Tracey's son Ethan started in our recreation program working his way to the High Performance program and becoming World Age Champion at the age of 15. Tracey thrives in her role attending to the front desk during the day and assisting Rebecca and Dima with administration duties such as planning international club tours.



### Paul Mamo

MEMBER PROTECTION INFORMATION OFFICER (MPIO)

Paul was appointed as KSTP's MPIO based on his experience in sport, he has been involved with the rugby league club Windsor Wolves as a coach and team manager for over 20 years. Paul is a parent of High Performance and World Age Champion athlete Molly who has been with KSTP since 2013. KSTP recognise Paul's commitment to our club and appreciate he graciously agreed to taking on this volunteer role. Paul can be contacted by our members on 0425 313 296.

## WHAT ARE TRAMPOLINE SPORTS

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The programs we provide fall under the Gymnastics Australia Trampoline Sports category;

### TUMBLING

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Gymnasts who excel in this discipline combine a high degree of spatial awareness with power, strength, coordination and courage. The gymnast has a 25 metre track on which to perform a series of somersaults and twists. High scoring runs include no less than two double somersaults with additional twisting elements.

### TRAMPOLINE

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Gymnasts perform routines, which contain a variety of twists, bounces and somersaults. Precise technique and perfect body control are the hallmarks of a good routine, with judges evaluating gymnasts on degree of difficulty, execution and flight time.

### DOUBLE MINI TRAMPOLINE (DMT)

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Double Mini is a combination of gymnastics, trampolining and athletics. Similar to the vault apparatus in artistic gymnastics, athletes sprint down a track, before jumping onto the DMT to perform two skills in a row with numerous twists and flips prior to dismounting onto a landing mat.

## KSTP PROGRAMS

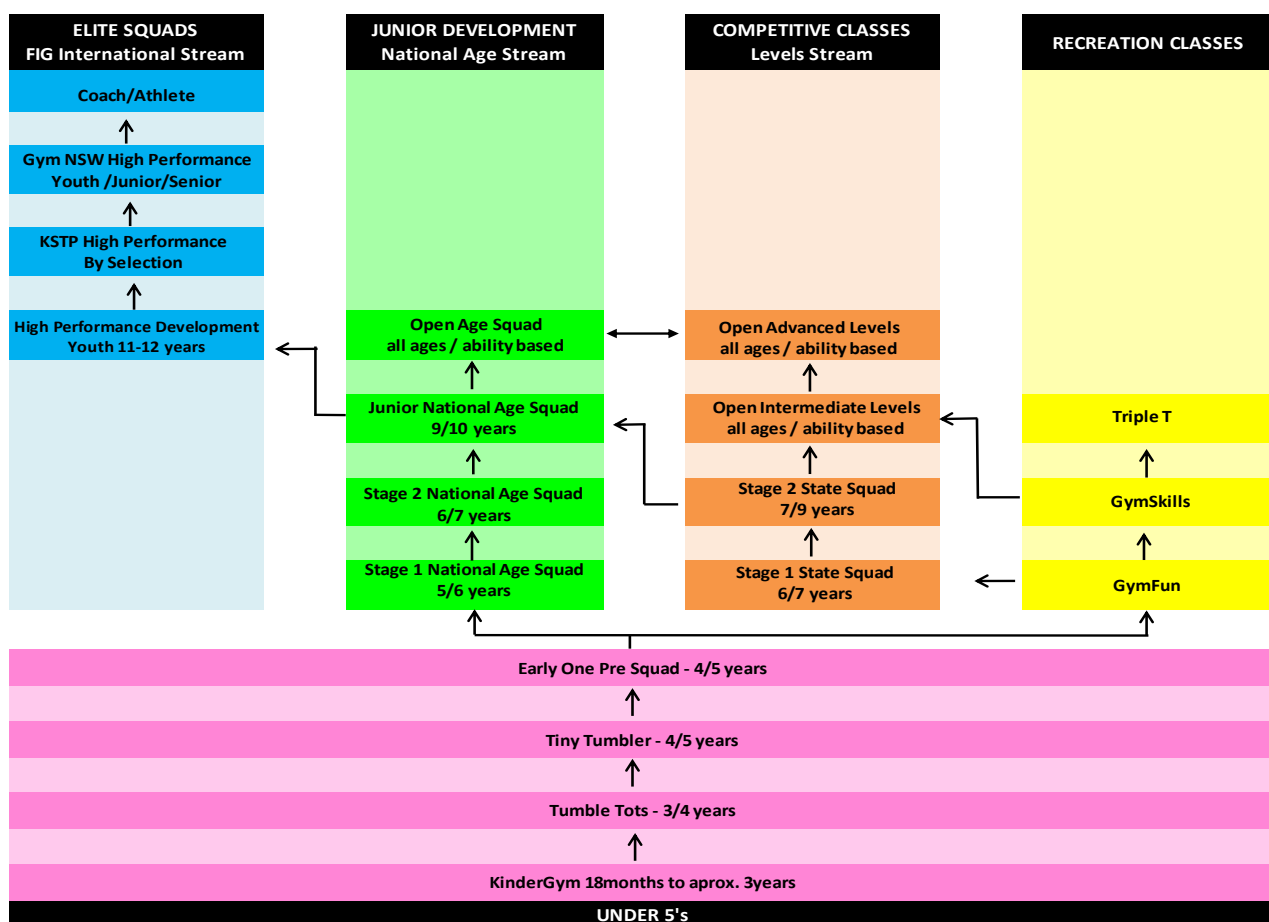
At KSTP we cater to all levels, interests and abilities of children, from our recreation programs through to our high performance team. The clear pathways within our structure have been created to ensure all members have a place where they can grow and develop within their skills and characteristics.

We offer a range of different programs within our gym, each designed specifically to cater to the needs of the individual. There are five clear pathways within our structure a diagram of the pathway can be found on the following pages,

- Under 5s,
- Recreation,
- Competitive Levels Stream,
- Junior Development National Age Stream
- Elite International Stream

From your child’s first trial with us, our coaches will determine the best program for your child to commence. This is done in consultation with the family, by getting to know the family and child’s goals within the sport. Assessments take place at the end of each term to ensure we are meeting the child’s needs. The table below shows our pathways.

## PROGRAM PATHWAY DIAGRAM



## UNDER 5s

KSTP under 5s programs are designed to prepare children for life, the programs are professionally developed so that each activity and equipment station serves a purpose. For 18 months to 3 years we recognise the parent or care giver is the primary educator for children, so we give plenty of instruction and assistance to provide a great learning environment for your child.

Once they are three our independent format means that we move towards working on key learning areas that need repetition for this age. Taking turns, sitting and listening, following instructions is just the start, while we begin to focus on gymnastics specific skills. We cover all fundamental movement patterns through running, jumping, rolling, balancing climbing and swinging activities and stations.

By the age of four we aim to have prepared these young children for our introductory Early 1 Pre Squad. This program not only teaches the basic shapes and preparation drills for future involvement in this sport, it shows that practice and hard work brings with it confidence and the desire to want to achieve more and in turn builds a genuine love for the sport. This unique pathway provides the ideal development for your child to apply a growth mindset to all activities and exercises through their younger years. We believe such a mindset builds successful children who become successful adults. [Click here to be taken to the Gymnastics NSW "Start Here Go Anywhere" video](#)

### **KinderGym – Parent assisted**

Ages 18 months – 3 years. 1 day a week (1 hours per week).

KinderGym has been founded on child development principles and promotes active involvement of the child's caregiver. Whilst not only encouraging physical growth through endless movement activities, KinderGym promotes cognitive functioning as they create, construct and solve problems with their bodies through a variety of gymnastics related circuits. Our KinderGym program is considered the nursery of development and with engaging themes and exciting movement patterns, it's an enjoyable time for both parent/carer and child.



### **Tumble Tots – Independent program**

Ages 3 – 4 years. 1 day a week (1 hours per week).

At KSTP we recognize that as children progress they like to become more independent in their learning and how they go about tasks.

KSTP's Tumble Tots class follows the same principals as KinderGym with the difference being that the parent/carer is not involved in the class. The program is a great introduction into the specific skills of trampoline and tumbling, and the ideal transition for children who choose to move into our Tiny Tumbler or Early 1 Pre Squad program.

### **Tiny Tumblers – Independent program**

Ages 4 – 5 years. 1 day a week (1.5 hours per week).

Tiny Tumblers follows on from the Tumble Tots program and is a pathway to our Early 1 Pre Squad. A natural progression that will continue working on the basic fundamental movements that carry children through all types of sports. For children who love our sport, we recommend when the time is right to move into our Early 1 Pre Squad.

### Early 1 Pre Squad

Suggested for ages 4 – 5 years. 2 days a week (3 hours per week).

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.

## RECREATIONAL PROGRAMS



At KSTP our recreation programs are fun and energetic for boys and girls alike, where they will tumble, jump, balance and grow. Each child progresses at their own pace building confidence and social skills as they go. From GymFun through to Triple Ts our programs are engaging and age appropriate with the aim of developing physically well-rounded individuals.

As children learn and attempt new skills within the program they will be encouraged and supported to challenge themselves and achieve new goals. This follows our philosophy of teaching children to adopt a growth mindset in all they do.

Our younger recreation programs, GymFun and GymSkills aim to equip the participants with the necessary skills and qualities they need in order to move into one of our squad or competition classes if they choose to. If not, they will have learnt fundamental skills, built up their strength and developed the coordination which they will carry into any future activities or sports.

KSTP is proud to give every child not just those who will become elite tumblers the right start in life by building healthy bodies and minds and providing a quality experience.

We are pleased to be part of LaunchPad an initiative of Gymnastics Australia. LaunchPad's programs have been expertly designed to cater for all stages of physical, social and cognitive development. KSTP follow the programs for our GymFun and GymSkills classes.

### GymFun – Beginner Recreation

Ages 5 – 7 years. 1 day a week (1.5 hours per week).

GymFun is just that- FUN! If kids are enjoying what they're doing, they're more likely to want to do it again. In GymFun, we focus on fundamental movement patterns that help kids progress into more advanced skills or sports. The activities in GymFun are safe and engaging and encourage kids to work with others and build self-esteem. This is a great program to gain understanding about general gymnastics skills.

### GymSkills – Intermediate Recreation

Ages 8 – 11 years. 1 day a week (1.5 hours per week).

As children develop more control of their bodies through fundamental movement, we can start to introduce activities more specific to certain sports, without being too serious or repetitive. Kids involved in GymSkills will improve their fitness while still having fun. The skills learnt are specifically related to trampoline and tumbling along with the safe practices of them.

**Triple T – Teens Recreation**

Ages 12 – 15 years. 1 day a week (2 hours per week).

Our Teens Tumbling & Trampoline class is a noncompetitive program. Triple T focuses on building skills, fitness and strength while enjoying the company of likeminded teens. Participants will use some of the most sophisticated equipment in Australia to assist with learning some new tricks and exciting skills on the trampolines & tumbling air floors.

**COMPETITIVE PROGRAMS**

Our Levels Stream classes provide programs that are designed to fully equip children with all the necessary tools to become competent competitors in the levels system. These classes combine development in tumbling, trampoline, single mini and double mini trampoline.



**Gymnastics**  
New South Wales

Whilst we nurture and encourage progression through levels and the skills required, there is no pressure or timeframe set to when athlete should be achieving/passing a certain level. Therefore, athletes are learning at a pace that works for them allowing achievement to happen when they are most comfortable. In Levels competitions it is common to see athletes of varying ages competing in the same level as we not following the guidelines set for age groups as per the national stream.

**Stage 1 State Squad**

Ages 6 – 7 years. 2 days a week required. (4 hours a week).

Stage 1 State Squad is a first-year squad for children from our recreational classes, 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**

Ages 7 – 8 years. Minimum 2 days a week required (4 hours per week).

Stage 2 State Squad is a squad for athletes already accomplished in basic skills and processes. 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**

Ability based. Minimum 2 days a week required (5 hours per week).

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**

Ability based. Minimum 3 days a week required (12 hours per week).

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.

## JUNIOR DEVELOPMENT

As it suggests this pathway is for the younger age groups to instil strong foundations and qualities that will see them progress to the elite High Performance pathway.



**Gymnastics Australia**  
Trampoline Sports

Like most sports the earlier we get started the more likely it is to reach quality performance and, in a sport where representative level begins at age 9, where 5 and 8 skill routines are the target, there's a lot of work to do in the early stages.

Shapes, strength, flexibility, basics, self-motivation and building a genuine love to the sport and the training that comes with it are all areas of focus within the junior development pathway. Athletes along with their families should understand the program target and goals and with that in mind adhere to all expectations and requirements. If they can't it is expected they choose an alternate pathway within our structure, one that is more comfortable for all involved.

### Early 1 Pre Squad

Suggested for ages 4 – 5 years. 2 days a week (3 hours per week).

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

Suggested for ages 5-6 years. 2 days a week required – 2 hour sessions (4 hours per week).

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

We aim to take what they have already learned and build further confidence and excitement toward future skills. This program prepares children for long term participation in sport and as the beginning of our High Performance pathway can lead to some great achievements in this sport.

### Stage 2 National Age Squad

Suggested for ages 6-7 years. 2 days a week required – 2.5 hour sessions (5 hours per week).

Stage 2 National Age Squad is a second-year squad. These children are a collective group who have been specially selected based on above average level of strength, agility and understanding within their program.

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

Ages 9-10 years. 3 days a week required – 11 hours per week.

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. Considered Pre-Elite and on the direct pathway to High Performance, this squad requires a great deal of commitment from gymnasts and families.

Age group requirements become the new targets in hopes of reaching level 5 by the age of 11/12. Age groups are aligned with the National Levels System (NLS) as determined by Gymnastics Australia. 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**

Ability based. 4 days a week required (14 hours per week).

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.

## **ELITE SQUADS**



Our squads in this pathway follow guidelines set out by the International Federation of Gymnastics (FIG) in regard to ages and stages of development.

With the aim of the pathway being to carry athletes right through to an elite level we must be achieving certain skills and routine requirements to move through the levels in line with their age. Further to this our programs and specifically the hours each group trains is directly in relation to what they are expected to achieve.

This pathway leads towards the idea of making this sport the athletes chosen sport to focus on and develop within, right up to an elite level. It is a choice and a commitment from the athlete and their family and with it can bring great achievements and high accolades but most of all our elite athletes are well rounded individuals who choose to do well in all aspects of their life including school, relationships work and in their home.

### **High Performance Development Squad**

Youth 11-12 years. 5 days a week required. (16+ hours per week).

Athletes in the High Performance Development Squad are selected based on their potential to compete at an international level. The idea of this squad is to prepare these athletes for international representation in the Youth category when they are turning 11 or 12.

Before being named in this squad athletes will go through sports specific testing to show future skill development can be achieved, performance and personality attributes are also taken into consideration.

This program requires a great deal of dedication and commitment from athletes and their families with the hopes that these squad members will move through the High Performance Pathway and become strong representatives for their country.

### **KSTP High Performance**

Based on selection. 5 days a week required, morning and afternoon training (24+ hours per week).

Athletes in the KSTP High Performance Squad are a select group that are competing within the International Age Stream. Being part of this squad brings with it the opportunity to be selected as part of Gymnastics NSW High Performance program, Gymnastics Australia National Squad and international training camps and competitions.



Athletes and families in this program work directly with Dima and must continue to meet the, guidelines relating to performance and self-management including reporting, testing and treatment of injuries. Athletes are required to maintain an exceptional work ethic and attendance rate. This program requires a great deal of dedication and commitment from athletes and their families.

### Gymnastics NSW High Performance

Based on selection. 5 days a week required, morning and afternoon training (26+ hours per week).

The High Performance program is a partnership program between KSTP and Gymnastics NSW. Athletes are selected by Head Coach Dima and the Gymnastics NSW High Performance Manager. Athletes and families in this program work directly with Dima and must continue to meet the, guidelines relating to performance and self-management including reporting, testing and treatment of injuries. The guidelines are set in conjunction with the High Performance Manager at GymNSW. Athletes are required to maintain an exceptional work ethic and attendance rate.

## PROGRAM TIMETABLE

As of 19<sup>th</sup> February 2019.

PROGRAM	Details	Hours/ Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Under 5's</b>							
KinderGym	Parent assisted class 18mths - 3years	1 hour (1 day)	10.00 - 11.00am	10.00 - 11.00am	9.30 - 10.30am	10.00 - 11.00am	
Tumble Tots	Independent program 3 - 4years	1 hour (1 day)	11.15 - 12.15pm	11.15 - 12.15pm	10.45 - 11.45am	11.15 - 12.15pm	
Tiny Tumblers	Preschooler preparation 4 - 5 years	1.5 hours (1 day)	11.15 - 12.45pm	11.15 - 12.45pm	10.45 - 12.15pm	11.15 - 12.45pm	
<b>Recreation Programs</b>							
GymFun	Junior Recreation 5 - 7 years	1.5 hours (1 day)	4.00 - 5.30pm	3.45 - 5.15pm	4.00 - 5.30pm	3.45 - 5.15pm	9.00 - 10.30am
GymSkills	Intermediate Recreation 8 - 11 years	1.5 hours (1 day)	4.00 - 5.30pm	4.00 - 5.30pm	3.45 - 5.15pm	3.45 - 5.15pm	9.00 - 10.30am
Triple T - Teens Tumbling & Trampoline	Teen Recreation 12 - 15 years	2 hours (1 day)		6.00 - 8.00pm			
<b>Competition Classes - Levels Stream</b>							
Stage 1 State Squad	Stage 1 Levels 6/7 years	2 days (4 hours)	4.00 - 6.00pm		4.00 - 6.00pm		8.00 - 10.00am
Stage 2 State Squad	Stage 2 Levels 7/8 years	2 days (4 hours)		4.30 - 6.30pm		4.30 - 6.30pm	8.00 - 10.00am
Open Intermediate Levels	Ability based All ages	5 hours (2 days)	5.30 - 8.00pm		5.30 - 8.00pm	4.30 - 7.00pm	10.00 - 12.30pm
Open Advanced Levels	Ability based All ages	3 days (12 hours)		4.00 - 8.00pm	4.00 - 8.00pm		10.00 - 2.30pm
<b>Junior Development Squads - National Stream</b>							
Early 1 Pre-Squad	Pre Schooler 4 - 5 years	2 days (3 hours)	12.30 - 2.00pm	12.30 - 2.00pm		12.30 - 2.00pm	8.30 - 10.00am
Stage 1 National Age Squad	Pre junior development 5/6 years	2 days (4 hours)		4.00 - 6.00pm		4.00 - 6.00pm	10.00 - 12.00pm
Stage 2 National Age Squad	Junior development 6/7 years years	2 days (5 hours)		4.00 - 6.30pm		4.00 - 6.30pm	9.30 - 12.00pm
Junior National Age Squad	Age development 9-10 years	3 days (11 hours)	4.00 - 7.30pm		4.00 - 7.30pm		10.00 - 2.30pm
Open Age Squad	Ability based All ages	4 days (14 hours)	5.00 - 8.00pm	4.00 - 8.00pm		4.00 - 7.00pm	10.00 - 2.30pm
National Age Development Squad	Devel. Tum. & Trp 11+ years	4 days (16 hours)	3.00 - 7.00pm	3.00 - 7.00pm	3.00 - 7.00pm		8.00 - 2.00pm
<b>International Stream</b>							
Elite HP Tumbling Squad	International Stream based on ability	28 + hours a week	6.30 - 8.30am 3.00 - 7.00pm	3.00 - 7.00pm	6.30 - 8.30am 3.00 - 7.00pm	6.30 - 8.30am 3.00 - 7.00pm	8.00 - 2.00pm

## ADDITIONAL PROGRAMS

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In addition to our programs, we hold:

- Open holiday training for Competitive Athletes
- Recreational holiday programs
- Vacation Care
- Clinics' targeting specific groups such as cheerleaders and dancers
- Private lessons for dancers, cheerleaders and tumblers.
- Birthday parties are held on Saturday afternoons, the party has exclusive use of the gym and the party room.

## KSTP CLUB AND TRAINING GUIDELINES

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We ask all members to read through the club and training guidelines.

- All students must arrive at least 10 minutes before their training starts in order to be prepared for their class.
- Students are required to wait quietly in the foyer for a coach to direct you into the gym. Swearing, running through corridors and yelling will not be tolerated anywhere at any time.
- Students only, are allowed inside the gym. Parents are welcome to sit in the foyer, or drop the children off and come back.
- Parents are responsible for siblings not participating in classes and should ensure they are behaving in an appropriate manner.
- Respect for the Church from all members whilst on the Church grounds is expected.
- The car park, gardens, bathrooms and kitchen area must be kept clean at all times.
- Club shirts are to be worn to and from training. If club shirt is not preferred whilst training, leotards, crop tops or other tight fitting clothing in club colours is allowed for girls, boys may wear no shirt. Black shorts or tights should be worn.
- Hair that is shoulder length or longer must be tied back and off the face.
- No jewellery or tracking devices are to be worn to training. (Studs acceptable)
- Drink bottles filled with water only are permitted in gym.
- No bags or shoes permitted in the gym.
- No food or chewing gum in the gym at any time.
- Mobile phones and iPods must be switched off in the gym.
- Athletes in a competitive program or squad are required to train throughout school holidays. KSTP accept that family vacations are taken, for this reason only missed classes due to a booked holiday out over a week will be credited.
- Athletes with an ongoing injury or condition must provide their own basic first aid, ie tape.
- Students must always tell their coach when they need to leave the floor.
- When a class has finished the class will be dismissed from their coach. Parents are required to collect their child from the foyer area.
- Parents/students are requested to read the notice board in the foyer weekly.
- Students are asked to wear their colours and uniforms proudly and always carry themselves in a respectable manor.

## COMMUNICATION

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Open, two way communication is important to us at KSTP, we believe that actively listening to our families assists us in providing a better gym environment for our athletes. We therefore encourage families to discuss any issues or concerns with us or alternatively pass on any positive feedback or suggestions.

Should you wish to speak to your child's coach we ask that arrange a time with the front desk. As some of our coaches run classes back to back they don't always have the time after class. By pre-arranging a time to speak with the coach, we can ensure our class timetable to run on time. We can be contacted on our office number 0435 155 834, emailed at [info@kstp.com.au](mailto:info@kstp.com.au) or please feel free to see one of our team members at the front desk.

KSTP use many different aspects of communication within our club and our community. This includes:

- Club App - [www.teamapp.com/app](http://www.teamapp.com/app) download the app from Apple or Google Play Store then search for KSTP and register.
- Facebook – <https://www.facebook.com/kstp09/> please “like” our page to see all the latest news as it happens
- Instagram – [https://www.instagram.com/kachan\\_school\\_of\\_tumbling/](https://www.instagram.com/kachan_school_of_tumbling/)
- Website - [www.kstp.com.au](http://www.kstp.com.au)
- Newsletters – we provide a newsletter each term.
- Text messages – we use this method as a reminder for different events or changes within the gym.
- Email – your term invoice will be emailed to you each term via email.
- Noticeboard – we have a notice board in the foyer, this is updated weekly.
- Notes – are given out to the athletes at the end of class.
- Parent meetings – our coaches hold parent meetings for our competitive/development programs, these generally occur at the beginning of each year and prior to a competition. We ask that a representative from each family attends these meetings.

## CONFIDENTIALITY AND REPORTING

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All information that is kept by KSTP is confidential. Each member of KSTP is required to become an active affiliated member of Gymnastics NSW. The information that you provide is entered onto the Gymnastics Australia secure database. It is necessary for your insurance and for entry to competitions. If you would like further information, please don't hesitate to ask at the front desk.

## COMPETITION GUIDELINES

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Athletes representing KSTP at performances or competitions are required to wear the full club uniform, (see details under uniform below). Leotards are made to measure, and orders are required 6 weeks prior to competition.

All athletes must arrive at any competition in their Club Tracksuit. Hair is to be pulled back, no glitter is to be used and jewellery is not to be worn. White socks without any markings are required for competing.

KSTP have a buy and sell page for members to sell items that no longer fit. [Click here to be taken to the Facebook group to buy or sell a pre-loved uniform](#)

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## END OF YEAR EVENTS

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At the end of each year we hold our Showcase and Presentation as a way to finish of the year. These are wonderful occasions that we can come together.

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### KSTP SHOWCASE

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Our end of year performance is a great opportunity to showcase what the athletes have learnt over the year. Due to our membership increasing, we now have a separate Showcase for our under 5s programs. We keep the costs for this special event affordable by providing the costumes, family and their friends are encouraged to come along and watch.

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### KSTP PRESENTATION

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This is a special time to celebrate the year and recognise all the athletes for their hard work throughout the year. We aim to keep the cost of this as low as we can and encourage all our families to come along.

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## FEES POLICY

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Below is a summary of our fees policy including invoicing, payments and sibling discounts. For full details see our Fees Policy at the end of this document.

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### GYMNASTIC NSW AFFILIATION (INSURANCE)

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KSTP is an affiliated member of Gymnastics New South Wales. Each member at KSTP is required to pay an annual affiliation/insurance fee either recreational or competitive dependent on the participating program. The fee is required by the first 'paid' class when joining KSTP. For ongoing members KSTP issue an invoice at the end of each year ready for the 'new affiliation year'.

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### KSTP CLUB REGISTRATION

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On commencement with KSTP new members are charged a one off joining fee of \$38, this includes a training shirt. Thereafter a renewal fee of \$10 will be charged at the commencement of the year.

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## INVOICING

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KSTP fees are paid by the term with exception of KinderGym. Term fees are invoiced prior to the end of the previous term and emailed. Competitive and Squad Classes train during school holidays, it is an expectation that athletes continue training unless there is a booked and paid family vacation. In the event of paid

vacations, families are asked to advise the front desk prior to the holidays so missed classes can be taken off the invoice. Credits and refunds are not given for reasons such as 'taking a break'.

## PAYMENTS

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Payments are due by the first class of the term for all recreation classes and the date stated on the invoice for competitive and squad programs, payments can be made by eftpos, cash, cheque or electronic funds transfer.

## SIBLING DISCOUNT

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KSTP offers families a sibling discount on class fees. The discount operates by the eldest child paying full fee, 20% discount for second child, 40% discount for third child and so on. The discount only applies to class fees; it does not include affiliation or club registration. The sibling discount does not include KinderGym.

## FUNDRAISING

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Fundraising is an important aspect of any community organisation. While fees cover general operations of business including rent, insurance, staff it does not fund areas such as new equipment and resources. This is where fundraising becomes an important asset which assists us to have the latest equipment and maintain it.

We encourage all families to get behind these fundraisers. KSTP have a fundraiser each term, which may be an event to bring us all together or may be special one off events. We are extremely grateful for the support of our families.

## PARTIES

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KSTP birthday parties are a popular choice for not only our members but the wider community. With a dedicated party room, our parties are held on a Saturday afternoon with exclusive use of the gym. Our coaches facilitate all the fun on the day. Further information can be found on our website or don't hesitate to speak to one of our team at the front desk.

## PHOTOGRAPHY

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At KSTP we use social media to promote our business. On commencement with KSTP you are asked in your child's enrolment form if you are happy for photographs or video to be used by our club. If at anytime you do not want your child photographed and used for promotional use, please advise our team at the front desk.

We ask families that when taking their own photos of their child, please be mindful not to capture other children in the gym, this will assist the families that do not give consent for photographs.

## POLICIES

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Our policies are put in place in conjunction with the recommendations from Gymnastics NSW, these are updated annually or when deemed necessary.

Click the heading below to open the policy;

[Behaviour Management Policy](#)

[KSTP Competition Selection Policy](#)

[Club and Training Guidelines](#)

[Management Code of Behaviour](#)

[Coach Code of Behaviour](#)

[Member Protection](#)

[Complaint Management Procedure](#)

[Parent Code of Behaviour](#)

[Fees Policy](#)

[Privacy Policy](#)

[Hot Weather Policy](#)

[Social Media Policy](#)

## SCHOOL HOLIDAY TRAINING EXPECTATIONS

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Our recreation programs including KinderGym, Tumble Tots, Tiny Tumblers, Early 1 Pre Squad, GymFun, GymSkills, Triple Ts do not train in the holidays. We hold optional school holiday workshops and fun and fitness days that school aged children may like to attend

Athletes in competitive programs and squads are required to continue training during all school holidays, excluding the Christmas/New Year period which is our major break. We also close on Australia Day, Easter Weekend, Anzac Day.

## UNIFORMS

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Athletes are given their club t-shirt on payment of their registration fee, which they can wear to class. For recreational classes, this is the preferred uniform if the optional training leotard is not purchased. If the club shirt is not preferred by the athlete whilst training, leotards, crop tops or other tight fitting clothing in club colours (red, green, white or black) for girls or no shirt for boys is allowed. Black shorts or tights should be worn.

KSTP have tracksuits available for purchase; the tracksuit is optional for athletes who are not competing, it is a requirement for athletes who represent KSTP at competition or performances. Please note that prices for uniforms and merchandise, can change at any time.

Girls Competition Leotard	\$180	Tracksuit Jacket	\$65
Girls Training Leotard	\$95	Tracksuit Pants	\$55
Boys Leotard	\$115	Team Singlete	32
GK Shorts	\$36.50	Team KSTP Hoodie	\$68
Polo Shirt	\$38	Backpack	\$50

## FURTHER QUESTIONS

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If you have any further questions, concerns, suggestions or would like to make any comments regarding the club handbook please don't hesitate to speak to Rebecca.