

Trampoline Gymnastics

NSW Tumbling High Performance Program

2019 Squad Manual

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INTRODUCTION

In 2017, Gymnastics NSW exclusively partnered with Kachan School of Tumbling & Performance (KSTP) to form Tumbling High Performance Squads. The program is designed to improve Australia's international reputation in the sport. Having led the way for a number of years with continued success both nationally and internationally, the purpose of the partnership is to work closely together to support continued success, ensuring a strong underpinning program by finding the most agile, strong and coordinated six-nine year olds via talent identification days and squad tryouts, whilst backing the top tier of Elite athletes.

This booklet contains information on the program including the high performance pathway, expectations of being a member, who to communicate with and the policies in place.

AIMS & OBJECTIVES

- Build the states capacity to achieve at an international level by developing and maintaining a talent identification program and junior squads to support athletes for the future.
- Increase the performance level of elite athletes by providing a range of support services.
- Produce athletes achieving podium finished at international benchmark events.
- Contribute to Gymnastics Australia High performance outcomes by producing athletes that are competitive at an international standard.

GYMNASTICS NSW

Gymnastics NSW is a not for profit incorporated association that was formed in 1948. It is the peak body for the development and regulation of:

- Men's Artistic
- Women's Artistic
- Rhythmic Gymnastics
- Aerobics Gymnastics
- Acrobatics Gymnastics
- Trampoline Sports
- Cheerleading
- Team Gym
- Gymnastics for All
- Rebound Therapy

Gymnastics NSW comprises 70,000 participant members, 3,000 coaches and officials and 220 affiliated clubs. It employs approximately thirty four employees and has up to thirty five volunteer committees comprising up to two hundred participants. Gymnastics NSW is funded through member fees and charges, with a modest amount of government funding which makes up approximately 3.5% of total revenues.

CENTRE OF EXCELLENCE

KSTP is the country's most prominent Tumbling school. As a centralized program, the high performance squad is leading the way not just in Australia but around the world, recording some very strong results at World Age Group Championships. (WAGC)

From 2013 when they began competing at WAGC, they have brought medals home each time. A silver in 2013, gold in 2015, gold in Tumbling and silver in Double Mini Trampoline (DMT) in 2017 and in 2018 they brought home the top four medals for the country, gold & 2 silvers in Tumbling and gold in DMT.

KSTP is actively involved in working with Gymnastics Australia to improve and develop courses for coaches in the area of Tumbling. Their equipment is the most sophisticated in the country and has been hired by Gymnastics Australia and Gymnastics NSW for competitions and events. KSTP is honored to play a role in the reputation of tumbling not only in Australia but the World.

The club is family owned, located in the community hall at Windsor District Baptist Church, 739 George Street, Windsor.

KSTP Philosophy

- 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.

HIGH PERFORMANCE PROGRAM PERSONNEL

HIGH PERFORMANCE PROGRAM MANAGER

Sam Palmer

Having worked at GNSW for over 7 years, Sam manages the Trampoline & Tumbling Gymnastics High Performance Programs. After competing Tumbling on the International circuit for 9 years, gaining 3 Individual World titles, 2 Individual European titles, 7 World Cup Medals and leading teams to 3 medal placing's on the world stage, Sam migrated to Australia in 2009. She has since worked to assist with the development of Tumbling in Australia. Sam will liaise with the High Performance Coach and KSTP Management to support the program.

Email: trphpmgymnsw.org.au

HIGH PERFORMANCE COACH

Dzmitry Kachan

Dima began tumbling and trampoline at the age of 6 when he was scouted from a playground in his home town of Gomel in Belarus. He began attending one of the country's best full time sport schools and by the age of 13 he had attained his 'Master of Sport' in Tumbling.

At 16 Dima chose to further his skills and joined the world renowned 'Great Moscow Circus'. For the next 5 years Dima toured all over Russia and Europe performing in a variety of acrobatic numbers such as Russian Bar, Russian Swing and other Tumbling Troupes.

Dima has been coaching Gymnastics and Tumbling in Australia since 2008. In 2009 he worked hard on his own training as well and became both State and National Champion in Senior Men's International Tumbling (Level 10).

Now he chooses to focus on the training and progression of the athletes at KSTP. He is a full time coach and along with his squad dedicates up to 30 hours each week in the gym. Due to the results of his athletes he has been granted his advanced coaching accreditation, which is the highest level for tumbling in Australia. He is the National Tumbling Coach and is a Level 2 Tumbling Judge. Dima's goal at the club is not to only to produce tumbling champions at KSTP, but tumbling champions in Australia's future. Dima strives to help the children find the best in themselves. He believes that once a child has reached their full potential they can become champions.

HIGH PERFORMANCE PATHWAY

The high performance pathway has been developed by the Coaches and Management at KSTP, it creates a solid underpinning program along with the opportunity for athletes to either excel at the highest sporting level or continue training in a safe environment at a desired pace.

Athletes who work through the rising development stages have the opportunity to be selected onto the NSW & KSTP High Performance Squad.

RISING DEVELOPMENT SQUADS

- **Stage 1, National Age (5-6 years)**
4 Hours per week
2 days x 2hour sessions

- **Stage 2, National Age (7-8 years)**
5 Hours per week
2 days x 2.5 hour sessions

The Stage 1 & 2 National Age Squads are for athletes that have been talent identified. Athletes will develop a strong foundation for ideal skill acquisition in tumbling.

- **Junior Age (9-10 years)**
10.5 Hours per week
3 days x 3.5 hours

- **Int' Age Development (11-12 years)**
18 Hours per week
3 days x 4 hour sessions
6 hours Saturday

The Junior Age Squad and Int' Age Squad are for athletes that have progressed through KSTP's Stage 1 and/or Stage 2 Nat Age Squads or have been talent identified through a talent ID day. These athletes establish good sportsmanship qualities and are monitored closely to ensure targets and requirements are being met.

HIGH PERFORMANCE SQUAD

- **Youth, Junior & Senior Athletes**
Up to 30 Hours per week
3 x 2hour AM sessions,
4 x 4hour PM sessions
6 hours Saturday

The high performance squad is a select group of athletes currently competing in the international stream who are meeting performance targets as well as quarterly strength & skill based testing benchmarks. The program requires a great deal of dedication from both the athletes and families with their schedule involving up to 30 hours of training a week.

SELECTION PROCESS

RISING DEVELOPMENT

Athletes may be invited to trial in and join the rising development squads through a number of different channels.

- Talent Identification Days (held quarterly)
- Assessment request
- Progression from recreational programs

To be eligible for invitation, athletes will have the physical attributes required for an elite tumbler, be able to commit to the squad hours, and meet the program targets and requirements.

HIGH PERFORMANCE

To be selected onto and maintain a position in the NSW High Performance Squad, athletes must meet the following criteria:

- a. Athletes will have worked through the Rising Development pathway, as shown under the 'High Performance Pathway' section of this booklet.
- b. Must compete in the age appropriate International Stream.
- c. Meet the minimum testing benchmarks on both physical conditioning and skill acquisition for the relevant level (i.e. Youth, Junior, and Senior) at each quarterly testing session.
- d. Commit to and attend all squad training sessions.

Note: Athletes, external from KSTP may be added to the squad by written appeal by the athlete's personal coach to the State Program Manager & KSTP Management for consideration by the Squad Coach.

BENEFITS OF BECOMING A SQUAD MEMBER

RISING DEVELOPMENT SQUADS

RECOGNITION

Each member of the squad will have an athlete profile on the Gym New South Wales website.

HIGH PERFORMANCE SQUADS

RECOGNITION

Each member of the squad will have an athlete profile on the Gym New South Wales website.

ATHLETE DEVELOPMENT

- Individual athlete plans

To monitor athlete progression, the High Performance Program Manager shall work with the Squad Coach to develop individual athlete plans. The plans will be used as a part of the ongoing review of the success of the High Performance Plan and the athlete's skill progression against international benchmarks.

- Athlete travel assistance

Members of the squad will be eligible for international travel assistance provided by GNSW to selected international events.

- Support services

Athletes in the program will have access to a number of services at no cost such as strength and conditioning and nutrition.

SEMINARS

Nutrition, drugs in sport, ideal warm up and the 'role of the parent' advice will be provided on an annual basis, for both athletes and parents.

SQUAD SHIRT

Each athlete will receive a squad shirt upon acceptance into the program.

REPRESENTATION

Athletes in the High Performance program will have the opportunity to represent Australia at targeted events.

SUPPORT SERVICES FOR HIGH PERFORMANCE SQUAD MEMBERS

PHYSIOTHERAPY

Athletes who are part of the High Performance Program are directed to O'Neill Physiotherapy.

KSTP has worked hard on a partnership with O'Neill Physiotherapy 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 your position into the squad, you agree to use Jennifer O'Neill for all injuries and treatment.

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

O'Neill Physiotherapy
9 Kentucky Drive, Glossodia, NSW 2756

E: jenny@oneillphysio.com.au

W: www.oneillphysio.com.au

STRENGTH & CONDITIONING

KSTP has formed a partnership with Last Round Enterprises and Aptitude Training and Performance. The programs designed are to best prepare athletes for the physical demands of a tumbler with a structured progressive approach to resistance training and athletic development. Last Round & Aptitude aim to obtain consistent benchmark data from all participants so baselines can be obtained and teach athletes how to operate safely and progressively within the gym environment, so they can effectively perform resistance training exercises.

Matt Hamilton

Matt has been involved in coaching for nearly thirty years, starting as a junior soccer coach at 15 years old. He progressed to co-owning a martial arts school by the age of 18 then spent 16 years in the NSW Police Force as a Defensive Tactics and Physical Fitness instructor. Matt's instructional experience spans a number of different arenas from under sixes soccer, to Elite Tactical Operators, he's coached athletes of all ages from 5 to 70 with varied levels of fitness and ability.

Matt owns and operates the Last Round a training facility in North Richmond NSW; the gym has a wide client base from athletes to general population, with their primary focus on Strength and Conditioning. Last Round seek to provide evidence based training that is designed to efficiently and safely improve performance, allowing individuals to reach their set objectives.

Jayden Bray

Jayden owns and runs Aptitude Training and Performance, which integrates the practices of elite sport systems and exercise science with high performance athletes and grassroots level sports. Jayden's aim is to improve performance, while increasing the knowledge of his clients. Jayden is in his final year of a Sport and Exercise Science degree at University of New England, having also completed a Diploma of Sport and Development and coaching certificates from the Football Federation Australia and the Australian Strength and Conditioning Association.

Last Round
8/26 Terrace Road, North Richmond

0411 115 602

E: lastroundhawkesbury@gmail.com

W: <https://www.lastround.net.au/>

NUTRITION

Seminars will be held annually for parents and athletes of the high performance program. Sports nutrition plays a key role in optimising the beneficial effects of physical activity. Making better decisions with nutrition and hydration can result in improved performance, recovery and injury prevention. The seminars may include topics such as fuelling for training and competition, recovery for tumbling athletes, organisation and planning for success, maintaining healthy immunity and a healthy mind.

Ashleigh Brunner

Ashleigh, a former competitive swimmer is the owner of Body Fusion, a private Sydney based Nutrition and Dietetic practice, she has a Bachelor of Science (Nutrition), Honours in Nutrition (First Class) and Bachelor of Applied Science (Exercise & Sport Science). Ashleigh is an experienced Dietician, who has taught at the Australian Institute of Fitness and Australian College of Physical Education, she has worked extensively in Ballet as well as with a number of sporting team's helping each of them unlock their full potential through adequate hydration and nutrition. Ash is currently the provider for the Trampoline High Performance Squad.

SQUAD INFORMATION

SQUAD EXPECTATIONS

When accepting a position to become a squad member, you agree to follow the intended competition pathway, to attend all training sessions as outlined by the KSTP management and coaching team, and to abide by the squad rules and policies.

Athletes in High Performance Squad will attend international benchmark events, including but not limited to World Championships, World Age Championships, World Cups (over 17's only), High Performance Tours, and at times, other targeted overseas competitions.

In addition to the events above, athletes are required to attend any selection competitions, including but not limited to National Championships and National Clubs.

If athletes are unable to commit to the competition calendar, or choose not to attend targeted events, with the exception of being injured, the athlete must forfeit their position on the squad.

ATTENDANCE POLICY

All training, unless otherwise communicated will take place at the tumbling centre of excellence; KSTP.

Athletes are required to attend all scheduled training sessions; if an athlete has a compulsory work or school commitment resulting in them being unable to attend, the high performance manager must receive a written document from the school or employer to confirm this no later than 7 days prior to the scheduled training. If an athlete is sick and unable to attend a scheduled session, a doctor's certificate must be submitted to the program manager no later than 48 hours after the scheduled session date.

Athletes who breach the attendance policy and/or do not maintain an attendance rate of over 90% will at first receive a colour coded status as per the discipline policy, if breaches continue the athlete will be removed from the program.

STRAPPING TAPE

Gymnasts should have a roll of strapping tape at the gym at all times, all strapping tape is to be provided by the athlete.

ROLE MODELS

It is important for all older gymnasts working within our program to understand they are not only training, but they also serve as role models for the younger less experienced gymnasts. Gymnasts are asked to keep in mind some of the following:

- Never belittle or ignore younger gymnasts if they ask a question. Always try to answer positively and maturely. Athletes are encouraged to think of how they would feel in the other gymnasts' situation.
- Do not display poor standards of behavior
- If coaches ask for their opinion in front of younger gymnasts, they should try to answer positively and maturely
- Always use words of encouragement and support when gymnasts around them are having difficulties. Remember that they were once in their position themselves.
- Take initiative and demonstrate their maturity when opportunity presents itself.
- Remember to be aware of their language, especially around the younger gymnasts in the program.

SQUAD RULES

- Always show respect to all coaches in the gym.
- Follow the coach's instructions at all times. Trust in the coach's knowledge and experience.
- If the athlete is injured they should advise their coach before training.
- If there is a matter that a parent would like to raise with the coach in regards to the High Performance Program, they should discuss it with the coach outside of training times.
- No swearing or profanity is allowed in the gym.
- Gymnasts must appreciate and respect the equipment. Do not damage, deface or intentionally destroy the equipment. This includes not handling other people's personal belongings without their consent.
- Gymnasts must control their temper at all times.
- Gymnasts must display proper respect and honesty towards coaches, officials, administrators, parents and fellow competitors. Gymnasts must not distract or annoy other athletes.
- If a gymnast has a concern with another team member they must bring this to attention of their coach.
- One month before competition do not participate in sports of high risk i.e. skateboarding, surfing, rugby etc.
- Maintain a lifestyle that will allow proper sleep, rest and nutrition for maximum performance.
- Eat correctly. Maintain proper nutrition and do not indulge in junk food too often.
- All gymnasts should ensure that they wear appropriate clothing to and from the gym to avoid the risk of catching a cold.

- Before and after training while waiting for the coach or parents, gymnasts must refrain from using the gymnastics equipment.
- Gymnasts must attend all academic classes unless on a scheduled team trip or seriously ill.
- Gymnasts must represent the program in a positive and professional manner.
- The gymnast must always train to the best of their ability.
- Gymnasts are not permitted to play with any electronic devices through the duration of a training session. If an athlete needs to contact parents for any reason, they must do this through either their personal coach, or the program manager.
- All gymnasts will partake in placing equipment back at the end of their training session.
- All gymnasts must refrain from inappropriate or unacceptable behaviour such as:
 - Smoking
 - Drinking any alcoholic beverages
 - Use of any drugs unless medically prescribed
 - Violation of curfew established by their coach
 - Any illegal activities

PUNCTUALITY, ABSENTEEISM AND HOLIDAYS

It is no secret that gymnastics is a demanding sport requiring sacrifice, dedication and commitment from all members of the family. A part of this commitment is the continual punctuality towards training and using absences as an exception, not a norm.

Punctuality

Gymnasts should arrive to training no later than 5 minutes prior to the commencement of the training session. Gymnasts must present themselves at line up at the start of session. It is very important that athletes are not late for this line up as this is the time when formal issues regarding the gymnasts' involvement in the program are discussed with all gymnasts and coaches.

Training Program Completion

It is the program's policy that the athlete must finish the day's program before they are permitted to leave the gym, even if they have arrived late. This may mean that they finish later than the advertised finishing time.

Absence

If a gymnast in the program has a compulsory work or school commitment resulting in them being late or absent from training, the high performance coach & manager must receive written document from the school or employer to confirm this.

Injury

When an athlete is injured, they are still required to attend all training sessions where possible. If an athlete is unable to attend, the High Performance coach must be informed prior to the intended missed session. A modified training plan will be implemented in conjunction with any requirements / rehab plans from physio/doctors.

Sick Leave

Gymnasts who are absent from training because of sickness are required to provide a doctor's certificate to the high performance program manager no later than 3 days after the scheduled session.

The athletes' parents (or athlete themselves if over 18) will be required to notify the high performance program manager prior to any session which will not be attended due to illness.

DISCIPLINE POLICY

The program uses a color-coded system to monitor athletes conduct and behavior. If an athlete commits a breach of the athlete squad rules, they can be allocated a yellow, red or black status. If a red or yellow status is allocated, it cannot be removed for a period of **3 months**, and the athletes' position in the squad will be review, and closely monitored. Black status results in instant dismissal from the program without notice or warning.

- **Yellow Status** Athletes who break minor rules such as swearing, not following instructions, unnecessary comments etc. or any minor breaches of the athlete squad rules.
- **Red Status** Athletes, who break major rules such as fighting, disrespect, questionable conduct etc. breach whilst in yellow status or any major breaches of athlete squad rules.
- **Black Status** If an athlete continually breaches major rules or if an athletes behavior is deemed severe enough to warrant instant dismissal from the program.

CHILD PROTECTION

GNSW is committed to providing a safe and happy experience to all its members and takes child protection seriously, supporting and respecting children, young people, staff, volunteers and participants. All members of the program must abide by the GNSW child protection policies, which can be found on the GNSW website [here](#).

GREIVANCES

Grievances are taken seriously and are treated with confidentiality. If a member of the program has concerns, they should seek advice from a member protection and information officer. The grievance policy is available on the GNSW website [here](#).

COMMUNICATION

HIGH PERFORMANCE PROGRAM

All questions and queries regarding the High Performance Program should at first instance be directed to the High Performance Coach. Where necessary the coach will arrange a meeting date and time between the gymnast, his parents and the high performance coach and manager.

Coach Contact: Dzmitry Kachan
Email: dima@kstp.com.au

Club Contact: Rebecca Kachan

Ph: 0435 155 834

GNSW High Performance Manager: Sam Palmer

Email: tumbling@gymnsw.org.au

AUSTRALIAN SPORTS ANTI-DOPING AGENCY

Gymnastics NSW has a ZERO tolerance to DRUGS. IMMEDIATE dismissal will result if any gymnast records a positive test. Further action with Gymnastics Australia, international and domestic agencies may also occur.

To ensure that your child is not taking a banned substance all gymnasts will be provided with access to the “Drugs in Sport” handbook. Within this book you will find all you need to know about drugs in sport and how it affects you and your gymnastics. For gymnasts competing at national level please be aware of the procedures used and how they are conducted by reading this book. It provides essential information for you to ensure that you don’t take anything that you shouldn’t.

In cases where you are ill and need to take medication, refer to the book for common medications that could be banned. Many common medications contain certain ingredients that could turn a positive test. If you are in doubt please visit <https://checksubstances.asada.gov.au/> to check any substance before using it.

Athletes taking any of the banned medications should visit <http://www.asdmac.gov.au/> and complete a ‘Therapeutic Use Exemption’ Form

DO NOT ASSUME. ALWAYS CHECK MEDICATIONS AS EVEN SOME SEEMINGLY HARMLESS COUGH MEDICINES AND HERBAL REMEDIES MAY CONTAIN BANNED SUBSTANCES

Drug testing is primarily used for senior athletes competing at international level, however it is not uncommon that gymnasts in the junior ranks are also called for testing. If you are approached for random drug testing, please notify your coach ASAP.