



KSTP Outdoor Bootcamp Frequently Asked Questions

We are so excited to commence some sort of face to face training with our athletes. While we can't be back in the gym using equipment the NSW State Guidelines have allowed us to offer Outdoor Bootcamp for a maximum of 10 people. With this in mind, we can have sessions for 8 athletes, and up to 2 coaches.

What are the benefits of coming to a session?

We believe there are so many great benefits in attending a session, and probably the best way for us to ease our way back into classes.

- Preparing us all to return to training.
- Keeping us connected.
- Reuniting teammates and coaches.
- Building morale.
- Quality coaching and guidance.

When will the sessions be held?

Where possible for maximum team building, we hope to have athletes attend their specific program session. If we have vacancies 48hours prior to the session it will be opened for any athlete to attend.

Commencing Saturday 23rd May

<i>Sat 23 May</i>	<i>10.30am – 11.30am</i>	<i>Junior National Age Squad Session</i>
<i>Sat 23 May</i>	<i>11.45am – 12.45pm</i>	<i>Intermediate Levels</i>
<i>Sat 23 May</i>	<i>1.00pm – 2.00pm</i>	<i>Advanced Levels</i>
<i>Sat 23 May</i>	<i>2.15pm – 3.15pm</i>	<i>Open Age Squad Session</i>
<i>Mon 25 May</i>	<i>3.45pm – 4.45pm</i>	<i>Stage 1 & 2 State Squad and GymFun</i>
<i>Tues 26 May</i>	<i>3.45pm – 4.45pm</i>	<i>Stage 1 & 2 National Age Squad</i>
<i>Wed 27 May</i>	<i>3.45pm – 4.45pm</i>	<i>GymSkills & GymSkills Advanced</i>
<i>Thurs 28 May</i>	<i>3.45pm – 4.45pm</i>	<i>GymFun & GymSkills Siblings Session</i>

How do I book?

Bookings are on a first in basis, athletes should book into their usual class program session. Bookings are done through Trybooking <https://www.trybooking.com/BJRIX>

Where will the session take place?

This is an outdoor bootcamp, as per following the NSW Government restrictions. We will be using the oval on the church grounds.

What happens when my child arrives?

We ask that athletes remain in the car until 5minutes before the beginning of their session. They should then make their way to the field. We ask that parents and siblings remain in the car.

What does my child need to wear?

As this is outside, athletes must dress to suit the weather conditions, enclosed shoes should be worn.

What does my child need to bring?

Athletes are required to bring a bag to keep all their items together. The bag should include the following,

- Full drink bottle
- Own Towel or Yoga mat if possible (these can be found affordably at kmart, big w or reject shop)
- Hand sanitizer

Will the bathrooms be open?

We ask athletes to come dressed ready to go as the bathrooms are not permitted for changing. The bathrooms will be open to use the toilet only.

What about the parents?

Parents are required to stay on site as per the guidelines we have been given by Gymnastics Australia. We ask that parents and siblings remain in their car.

What if my session is full?

Unfortunately, due to the restrictions we are only able to take 8 per session. If we find a session still has availability 48hours before, we will open it up to any KSTP member.

Can my child attend more than one session?

In the first instance we ask that athletes book their own session, if there are spots in another session still available 48hours prior athletes are of course welcome to book a second session.

What if I need to cancel?

We will re-open your spot, if we can fill your position, we will provide a credit.

What happens if it rains?

This will depend on the amount of rain, there is a good chance we can move the session under the awnings outside, if we find this is not possible, we will cancel and offer credits.

Will these sessions be ongoing?

As we are living in a continually changing world at the moment and we don't know when we can get back in the gym we are going week by week (if not day by day). We envisage that while we are in this current situation these will be held weekly, based on the interest.

We hope to inform our members next week what the following weeks schedule is. Please don't hesitate to contact us if you have any questions. Email info@kstp.com.au or text 0435155834 for a quicker response back.