



KSTP Outdoor Bootcamp Frequently Asked Questions

Welcome to Week 2

Feedback received from week 1 of our Outdoor Bootcamp was positive. It was so nice to see our families, albeit from a distance. We are pleased to offer our second week of Outdoor Bootcamp, this week we have two sessions for each program, we encourage our families to consider booking two sessions to assist the athletes with their fitness and stretching for when we reopen.

Numbers are required to be capped at 8 athletes per session, and the 1.5metre distancing is essential.

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?

We ask athletes to in the first instance to book into their usual class session. If your session has booked out, please text us 0435155834 and we will suggest another option. If we have vacancies 48hours prior to a session it will be opened for any athlete to attend.

Commencing Saturday 30th May

Sat 30 May	10.00am – 11.00am	Stage 1 & 2 State Squad	Front Fenced Area
Sat 30 May	10.30am – 11.30am	Junior National Age Session 1	Side Oval
Sat 30 May	11.15am – 12.15pm	Intermediate Levels	Front Fenced Area
Sat 30 May	11.45am – 12.45pm	Stage 1 & 2 National Squad	Side Oval
Sat 30 May	12.30pm – 1.30pm	Open Age Squad	Front Fenced Area
Sat 30 May	12.00pm – 1.45pm	High Performance Juniors	Back Grassed Area
Sat 30 May	1.00pm – 2.00pm	Advanced Levels	Side Oval
Sat 30 May	2.15pm – 3.15pm	Junior National Age Session 2	Side Oval
Mon 1 Jun	4.00pm – 5.00pm	Open Age	Side Oval
Mon 1 Jun	4.15pm – 5.15pm	Stage 1 & 2 State Squad	Front Fenced Area
Tue 2 Jun	4.00pm – 5.00pm	Advanced Levels	Side Oval
Tue 2 Jun	4.15pm – 5.15pm	Stage 1 & 2 National Squad	Front Fenced Area
Wed 3 Jun	4.00pm – 5.00pm	Junior National Age Squad	Side Oval
Wed 3 Jun	4.15pm – 5.15pm	Intermediate Levels	Front Fenced Area
Thu 4 Jun	3.30pm – 5.00pm	High Performance	Side Oval
Thu 4 Jun	4.15pm – 5.15pm	GymFun & GymSkills	Front Fenced Area

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/BJTMC>

Where will the session take place?

This is an outdoor bootcamp, as per following the NSW Government restrictions. As we have two sessions running at the same time, we will be using the oval at the side of the church and the gated area at the front of the church, please take note above where your session will be held and park closer to those areas.

What happens when my child arrives?

We ask that athletes remain in the car until 5 minutes 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 should 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 you miss out, we ask that you send us a text 0425 155 834 so we can recommend an option. If we find a session still has availability 48 hours before, we will open it up to any KSTP member.

Can my child attend more than one session?

We have introduced two sessions for each program and highly recommend athletes attend both if possible, this will assist being gym ready when we return.

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?

We are fortunate the church have many outdoor areas that are undercover from verandahs, therefore we can operate rain, hail and shine.

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.