

COMPETITIVE CLASSES

*For the child who wants to become part of a team
and work towards being the best they can be.*

State Levels Stream

Stage 1 Squad
Stage 2 Squad
Open Intermediate
Open Advanced



739 George St. South Windsor

0435 155 834

www.kstp.com.au

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, 2019 each year having many finalists and bringing home medals;

2013 Silver u13's men tumbling, 2015 Gold u15's men tumbling, 2017 Silver u11's women DMT & Gold u13's women tumbling, 2018 Gold & Silver u13's women tumbling, Gold u22 women DMT, Silver u22's male tumbling, 2019 Gold u13's tumbling & DMT, bronze u13's tumbling.

For the first year, 2019 saw KSTP have four representatives at the Senior World Championships, this was a highly successful first with two tumblers in the finals and Australia's first men's Tumbling Team.

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



Competitive Classes

Stage 1 State Squad

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 learned 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

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

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

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.

Competition squads use the base what has already been cultured and turn focus towards execution, technique and the development of higher level skills. We hope to equip these athletes with the skills and practices necessary to be successful State Stream competitors.



What is expected when your child is in a competitive program.

Being chosen for the competitive stream means your child shows potential in the areas we specialise in.

To enable athletes to learn and improve on the skills required for competition, these programs require a great deal of commitment from the athlete as well as their family.

Athletes in our competitive programs are expected to maintain a high attendance record, this includes holiday periods unless families notify the office of a planned a holiday.

Competitions

Once an athlete has the requirements for the appropriate level to compete, the athletes will be required to purchase full club uniform for competitions, including leotard, track-suit, polo shirt. Athletes can compete from the age of 6.

KSTP hold club competitions, attend State Championships and National Clubs Carnival.

Competitive Program Timetable

PROGRAM	MON	TUES	WED	THUR	SAT
Stage 1 State Squad	4.00pm - 6.00pm		4.00pm - 6.00pm		8.00am - 10.00am
Stage 2 State Squad	4.00pm - 6.30pm		4.00pm - 6.30pm		8.00am - 10.30am
Open Intermediate	5.30pm - 8.00pm		5.30pm - 8.00pm	4.30pm - 7.00pm	10.30am - 1.00pm
Open Advanced		5.00pm - 8.00pm		4.00pm - 7.00pm	11.00am - 2.30pm

Competitive Program Fee Structure

PROGRAM	HOURS REQUIRED	HOURLY RATE
Stage 1 State Squad	2 days (4 hours)	\$11.75
Stage 2 State Squad	2 days (5 hours)	\$11.25
Open Intermediate	2 days (5 hours)	\$11.25
Open Advanced	3 days (9 hours)	\$8.75

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 required to pay the annual affiliation/insurance fee.

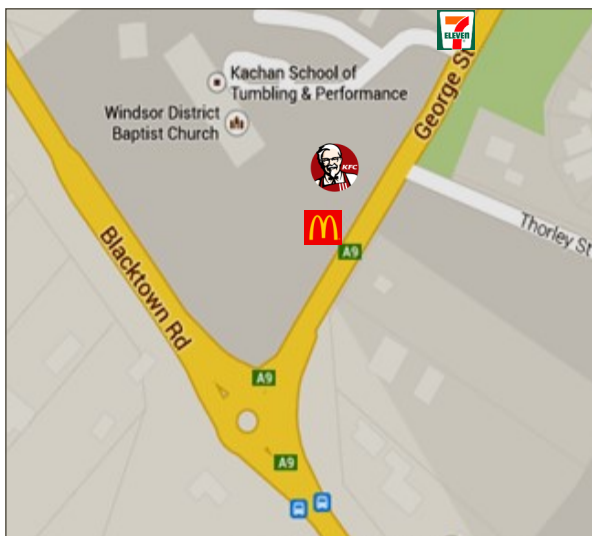
Athletes pay the Competitive Registration which is \$100 and is payable on your first paid class. Athletes who have not reached competition age will pay recreation registration, until the first competition where they will be moved over to the competitive rate.

Additional Information

A one off club registration fee of \$40 is payable on joining KSTP. Fees are payable by the invoice due date, however in consultation with our team, a payment plan can be arranged. Early bird discounts apply to competitive programs term invoices. Sibling discounts are available. Make-up classes are offered, but are required to be done within the term. There are no make-up classes Advanced, missed classes are forfeited.



Class times and fees are subject to change without



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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**