

KACHAN SCHOOL OF TUMBLING & PERFORMANCE

MEMBERS HANDBOOK

2020



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WELCOME

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

OUR 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.

ABOUT KSTP

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 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 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



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

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

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
 W: www.oneillphysio.com.au

AT KSTP WE ARE COMMITTED TO:

- 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.

KSTP TEAM

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 has 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.

INTRODUCING OUR TEAM



Dima Kachan

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

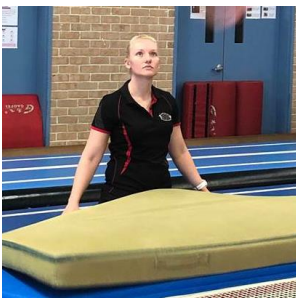
Dima has been appointed the State and National Tumbling coach for the past six years. He has produced many World Age Champions and many more finalists. His passion for the sport has seen him develop the most sophisticated gym in Australia, his knowledge and expertise are regularly sought out by coaches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



Rebecca Kachan

OWNER, CLUB MANAGER, PERFORMANCE DIRECTOR, COACH

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. She is our under 5's program and pre junior development coach.



Vanessa Gunns

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. With great success at the World Age Group Competition; Gold medallist in 2019 and 2018 and silver medallist in 2017 and many finalists.



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. Jack is a member of the National Squad and KSTP/Gymnastics NSW High Performance Team. In 2019 Jack moved into the Senior division competing successfully at the World Championships. Jack coaches the Advanced and Open Age squads, his athletes have been part of the State Squad and even become National Champions.



Cheyanna Robinson

COACH, ATHLETE, JUDGE

Cheyanna's passion in this sport started with trampoline and double mini trampoline when living in Brisbane. In 2018 Cheyanna represented Australia at the World Age Group Competition in Russia where she became the 17-21 World Age Champion in DMT. In 2019 Cheyanna moved into the Senior division competing successfully at the World Championships. Cheyanna works across many programs as a full time coach while concentrating on her own training.



Blake Grainger

COACH, HIGH PERFORMANCE ATHLETE, JUDGE

Blake's career began in men's artistic gymnastics before moving to tumbling. He is a member of the National Squad and KSTP/Gymnastics NSW High Performance team. In 2018 Blake won Silver at the World Age Group Competition in Russia, in 2019 he won Bronze at the Spain World Cup. 2019 saw Blake move into the Senior division, reaching the finals at the World Championships. Blake is currently studying Graphic Design at uni 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, the rest they say is history. A member of the National and KSTP/Gymnastics NSW High Performance Team, he holds a silver and gold medal from World Age Group Competitions, 2013, 2015. In 2019 he competed in the Senior World Championships, reaching the final and competed his HSC. In 2020 he competed at the Senior World Cup winning the Silver Medal. He is now coaching full time while he continues to focus on training and studies.



Tahlia Kaden

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 12 commitments and her interest in music and singing.



Krystal Muscat

COACH, JUDGE

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. Retiring from competitions Krystal's love of the sport turned to coaching, where she holds her intermediate accreditation. Krystal completed her HSC in 2019 and is studying Bachelor of Exercise and Sports Science at university.



Emily Robertson-Hahn

COACH, JUDGE

Emily represented KSTP at all levels of competitions before retiring. 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 now holds her intermediate certificate. She coaches while completing year 12 at school.

Introducing our beginner accredited judges and coaches

Our beginner coaches and judges are athletes who are in our Elite or High Performance program. We are fortunate that our athletes love the sport and take the pathway into judging and coaching when reaching 14 years of age.

Allyse Duffy



Breannah Cauchi



Ella Hamilton



Damon Louwen



Koralee Catlett



Molly Mamo



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

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

TUMBLING

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

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)

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

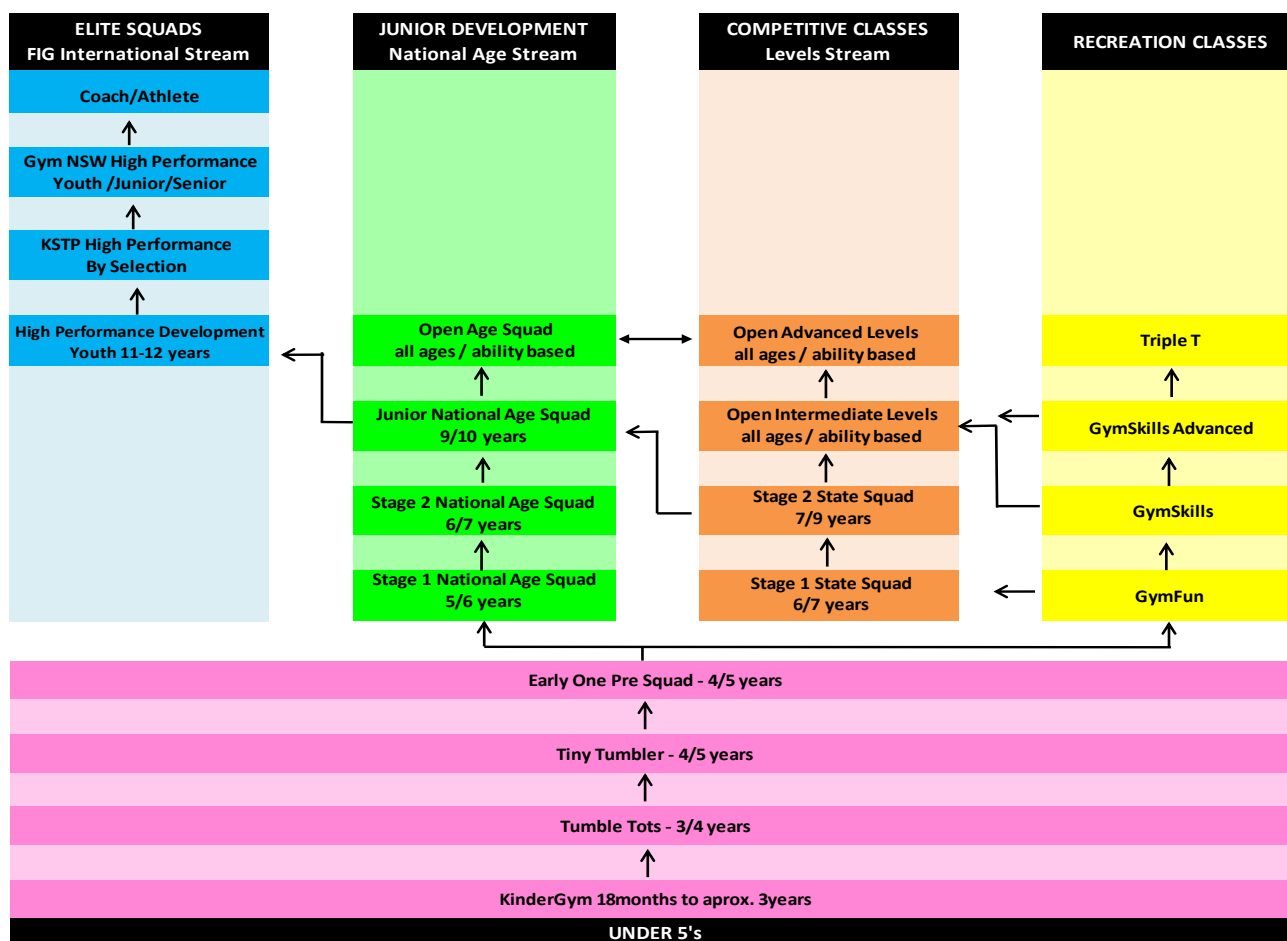
At KSTP we cater to all levels, interests, and abilities of children, from our recreation programs through to our high performance team. The clear pathways within our structure have been created to ensure all members have a place where they can grow and develop within their skills and characteristics.

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 – 5 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.

GymSkills Advanced – Intermediate Recreation

Ages 8 – 11 years. 1 day a week (2 hours per week).

GymSkills Advanced will take what has already been learned in GymSkills and work in a more focused program to improve technique and execution. This can become an important step in the pathway towards our Open Intermediate Levels program as it will adopt a competition class format. For those that don't wish to compete this class will allow them a chance to progress further in a program that will encourage all participants to improve.

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.

Adults Only – Recreation

Ages 17+ 1 day a week (1.5 hours per week).

Why should the kids have all the fun! This program is specifically for adults to come to KSTP and use the space and equipment for individual goals and enjoyment. We are offering the use of all equipment exclusively in a relaxed environment. Equipment of course includes the Olympic size trampolines, the airpit, double mini tramps, airfloors, tumbling tracks as well as exercise bike, walking machine and weights.

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.

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

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

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



Gymnastics Australia
Trampoline Sports

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. 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 4 – 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 – 8 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

Suggested for ages 9 – 11 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.

ADDITIONAL PROGRAMS

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.

PROGRAM TIMETABLE

The program is changed when required. To ensure you have the most up to date timetable, it is always best to check the website www.kstp.com.au or contact the office by email info@kstp.com.au

KSTP CLUB AND TRAINING GUIDELINES

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

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 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:

- 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/
- Website - 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

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 do not hesitate to ask at the front desk.

COMPETITION GUIDELINES

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](#)

END OF YEAR EVENTS

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.

KSTP SHOWCASE

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.

KSTP PRESENTATION

This is a special time to celebrate the year and recognise all our active 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.

FEES POLICY

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.

GYMNASTIC NSW AFFILIATION (INSURANCE)

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'.

KSTP CLUB REGISTRATION

On commencement with KSTP new members are charged a one off joining fee of \$40 this includes a training shirt. Thereafter a renewal fee of \$10 will be charged at the commencement of the year.

INVOICING

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

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

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

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

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

At KSTP we use social media to promote our business. On commencement and year renewal 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

KSTP follows the [Child Safety policy and recommendations](#) as set out by Gymnastics Australia. These policies and guidelines can be found in the link above or going to the Gymnastics Australia Website. 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 named 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

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

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 Singlet	\$32
GK Shorts	\$36.50	Team KSTP Hoodie	\$68
Polo Shirt	\$38	Backpack	\$50

FREQUENTLY ASKED QUESTIONS

Why choose Trampoline Gymnastics for your child?

Trampoline gymnastics is one of the seven gym sports under Gymnastics Australia. The disciplines under trampoline gymnastics are tumbling (also known as power tumbling), double mini trampoline and individual and synchronized trampoline. You can find more information on these disciplines in the 'about' section of our website. The fundamentals of trampoline gymnastics promote coordination, aerial awareness, control and focus

I heard KSTP concentrates on Tumbling, what is the difference?

Tumbling is gymnastics but without the apparatus ie: bars, beams etc, instead we use competition rod floors, airfloors, double/single mini trampolines and trampolines. Typically, a child who enjoys the power elements of gymnastics as opposed to the dance elements will love trampoline gymnastics.

What will my child learn?

Gymnastics teaches the foundations for all sports including coordination, flexibility, strength and balance. The Gymnastics NSW motto is 'Start Here, Go Anywhere' and we can't agree more. At an introductory level your child will learn forward and backward rolls, handstands and cartwheels. From here they can move through our pathways and learn somersaults, handsprings, flips and twists. When they move into our competitive pathway, they will learn combinations of these skills on all apparatus.

What happens if I miss a class?

We offer make-up classes in our recreation programs; the make-up class needs to be done within the term.

Do you offer sibling discounts?

Being a family business, families are particularly important to us. Sibling discounts are; eldest child pays full fee, 20% off second child, 40% third child, 60% fourth child. The discounts are off the fees only and does not include club registration or affiliation.

Can I use my Active Kids Voucher?

Absolutely, we are an Active Kids Provider.

Do you offer refunds?

KSTP has a no refund policy for change of mind. We do however offer a refund with a doctor's certificate when two or more weeks needs to be missed due to a serious illness or injury. We may credit classes for family vacations of two weeks or more if notice is given.

Can I stay to watch my child?

We invite parents to watch the first trial class, thereafter due to room we ask parents to drop and go. In our daytime under 5 classes, parents have the option of sitting in the foyer or drop and go. We invite parents and grandparents of our under 5's to watch the last class of term.

Why doesn't my child always have the same coach?

Our coaches are allocated to an ongoing roster to ensure consistency for the students, however there are

times when your child may have another coach. This could be if a coach is off sick or when competitions are on and the coach either is competing themselves, coaching at the venue or judging. In these times we strive to allocate a coach with the same accreditation to cover the class.

Where can Tumbling take me?

Tumbling is currently not on Olympic event, however it is a sport with international competitions so there is certainly some room for growth within it. KSTP is actively involved with State and National teams, with many National titles and World Age titles and even Senior World Championships representatives. With such impressive results you are at the club that can see your child become a strong representative for their State and Country.

My child loves the sport, how long will it take my child to move up and how will I know they're ready?

There is no set timeline in any sport as to when a child achieves a benchmark in which to move to the next phase however at KSTP we aim to build confidence and a sense of achievement within every child no matter their skill level or ability. Our programs are designed to cover a wide span of physical activities so they will always be learning new things. At KSTP we continually monitor the students and when we feel they are ready to move up we approach the parents. In addition to this, we undertake reviews at the end of each term. Should a child see that this is the sport for them, having a parent communicate this with us assists us with their goal.

FURTHER QUESTIONS

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.