

# **KACHAN SCHOOL OF TUMBLING & PERFORMANCE**

MEMBERS HANDBOOK

2023



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## WELCOME

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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

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- To provide effective programs that encourage participation and inclusion for 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

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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, 3 competition Skakun Original 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](mailto:reception@oneillphysio.com.au)  
 W: [www.oneillphysio.com.au](http://www.oneillphysio.com.au)

## AT KSTP WE ARE COMMITTED TO:

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- 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.

## COVID-19 GUIDELINES

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Our commitment to our members is to provide assurance that as a club we continue to follow guidelines as set out by, NSW Government, Gymnastics NSW, Sports Australia and Gymnastics Australia. We will continue to update families if changes occur.

## KSTP TEAM

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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 coaches meetings regularly, 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 over 18 have their current Working with Children Check, Police Check, and 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, PROGRAM COORDINATOR, SHOWTEAM DIRECTOR & FIG JUDGE

Dima has been appointed the State and National Tumbling coach since 2013. He has produced many international medallists, World Age Champions and even a World Champion. 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 assists Gymnastics NSW/Gymnastics Australia in the running of Nationals squads, delivery of clinics and workshops as well as accessing coaches seeking a higher level coaching accreditation. Dima oversees all development programs and works closely in mentoring all our coaches.

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### Rebecca Kachan



OWNER, CLUB & FLOOR MANAGER, COACH COORDINATOR, SHOWTEAM COACH, UNDER 5'S COORDINATOR & KINDERGym COACH

Rebecca has brought her experience from dance into KSTP programs. Her knowledge of stretching, movement principles and ballet provides great core strength and technique which is an integral part of this sport. The purpose of ballet and flexibility 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 the club's accredited Child Safe Reporting and Mental Health First Aid officer. Rebecca specialises in KinderGym and loves getting children started on their journey at KSTP

### Jack Hemmings



ELITE DEVELOPMENT & UNDER 5'S 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 and has been competing successfully at World Cups and World Championships ever since. Jack coaches the Open Age squads and works in the junior development space. His athletes have been part of the State Squad and have medalled at the National Championships. Jack also works through the daytime in our under 5's programs and oversees our adults open sessions on Thursdays.



### Cheyanna Robinson



STATE STREAM, UNDER 5'S COACH, HIGH PERFORMANCE 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 and has been competing successfully at World Cups and World Championships ever since. Most recently Cheyanna place 3<sup>rd</sup> at the 2022 World Championships and won GOLD as part of the woman's dmt team. Cheyanna is a member of the National DMT Squad, she works across many programs as a full time coach while concentrating on her own training.

### Ethan McGuinness



JUNIOR DEVELOPMENT 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 moved into the Senior category. He has been competing in World Cups and World Championships ever since. In 2022 Ethan won GOLD twice. First at the Italy World Cup where he set a tumbling difficulty record and then again in Bulgaria where he became the Tumbling World Champion. Ethan coaches our pre junior and junior development squads. He also oversees our adults open sessions.

### Krystal Muscat



STATE STREAM & RECREATION 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 for our club at State and National Clubs Competitions. Retiring from competitions Krystal's love of the sport turned to coaching. Krystal has completed her studies of Bachelor of Exercise and Sports Science at university. Krystal coaches GymSkills Advanced, and works in the state stream space including our stage squads and intermediate levels program. Krystal also enjoys her other part time job which is working at a cake shop.

### Tahlia Kaden



RECREATION COACH, ATHLETE, JUDGE.

Tahlia is a member of our Elite Squad and has represented KSTP at State and National level. In 2022 Tahlia competed at Nationals for the first time and won gold in Level 7 tumbling. She has represented KSTP at State Championships and National Clubs Championships. Helping at our school holiday programs sparked an interest in coaching. Tahlia's goals include qualifying for the Australian team to compete internationally someday. As an intermediate coach Tahlia excels in coaching and coordinating our Gymfun program all while studying at university



and working in the youth space at the WDBC. Her interests include music and singing.

### Breannah Cauchi

PRE JUNIOR DEVELOPMENT & RECREATION COACH, HIGH PERFORMANCE ATHLETE, JUDGE.

Breannah has been a member of KSTP since we started, moving through our pathways from KinderGym to High Performance. In 2019 she was the Bronze Medallist at the World Age Group Championships in Tumbling. In 2022 Breannah moved into the senior category won bronze twice on the world stage, the first time in Italy at the World Cup and the second at the World Games in Alabama, USA. Breannah is also a member of the National Tumbling squad and competes in the Senior division. Breannah is transferring her love of the sport to coaching as one of our recreation and junior development coaches.



### Alysse Duffy

RECREATION COACH, ATHLETE, JUDGE

Alysse started out as an athlete at KSTP from a very young age. She worked her way through our squad's right up to elite level and is now a senior level representative. She has attended the Australian Championships consecutively since she was 13. Alysse commenced coaching at our school holiday programs and realised how much she enjoyed working with the children, soon after she obtained her coaching accreditation and is now one of our recreation coaches who also balances her own elite training along with university commitments. Alysse has been named on the National Tumbling squad since 2022 and this year is hoping to compete at her very first World Championships.



### Koralee Catlett

PRE JUNIOR DEVELOPMENT COACH, HIGH PERFORMANCE ATHLETE, JUDGE

Koralee found a love for Tumbling following a very successful career in Acrobatics. Success on the competition floor is abundant for Koralee. Winning her two events at the 2019 World Age Group Competition in DMT and Tumbling is a record for an Australian athlete. Koralee manages her time well between university, training and coaching and strives to pass on her passion to the younger athletes. 2022 was a highly successful year for Koralee as she won silver in the senior tumbling event at World Championships, all while completing her HSC. Koralee holds her judges accreditation and is a member of the National Tumbling and DMT squad.





### Lani Gleeson

RECREATION COACH, ATHLETE

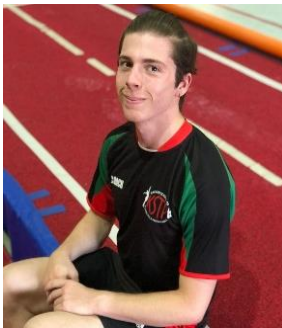
Lani is a naturally sporty person. She has been actively involved in athletics for many years at representative level but has always has a keen interest in trampoline sports. Lani only came over to KSTP in 2020 but has excelled in our disciplines ever since. Now in her senior years at school, Lani has branched out into coaching recreationally at KSTP and loves what she learns through coaching. As an athlete, 2023 is set to be an exciting year for Lani as she moves into the international category in the hopes of qualifying for the World Age Group Competition.



### Rylee McKeon

RECREATION COACH, JUDGE

Rylee began at KSTP as an athlete from a very young age. Moving straight into the development stream, she has been an elite representative for many years. In 2019 Rylee qualified for the Australian team and competed at her first World Age Group Competition and then in 2022 she achieved great success at the competitor, claiming the bronze medal in the under 17's women's tumbling event. Rylee began coaching in our holiday programs and now in her senior years at high school has taken on a more permanent coaching role. She enjoys sharing her love of this sport with the students at KSTP.



### Timothy Di Nucci

RECREATION COACH, HIGH PERFORMANCE ATHLETE

Tim comes to KSTP with a great deal of experience and knowledge. Originally from Western Australia, he has relocated this year and moved to the Hawkesbury in order to train and work at KSTP. Tim started off training in men's gymnastics but after some time found his true place and passion in Tumbling. A highlight in Tim's career so far was representing Australia at the World Age Group Competition in Japan in 2019. Tim is an active competitor and member of the National Tumbling Squad. Now in the senior category his goals are to represent Australia at the World Championships.



### Joshua Blench

RECREATION COACH, HIGH PERFORMANCE ATHLETE, JUDGE

Josh began as an athlete at KSTP from the young age of six. Moving into the development pathway from early on, Josh took to the skills and training right away. Josh first represented NSW at the Australian Championships and has been a representative athlete ever since. He has several National titles to his name in Tumbling and Dmt. Josh has competed for Australia in Tumbling at the World Age Group Competition in Russia in 2018 and Japan in 2019 and Bulgaria in 2022. Josh is a member of the National Tumbling and Dmt squads and is also a beginner judge.



### Vicky Cauchi

CLIENT LIAISON, ACCOUNTS OFFICER, ADMINISTRATION

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.



### Mary Cottee

MEMBER PROTECTION INFORMATION OFFICER (MPIO)

Mary's 45 years of experience working within the early childhood field puts her in good stead to be KSTP's MPIO. Her roles in the industry includes being the director of an occasional care centre for Parramatta Council, working with children with special needs, being the WHS officer at each centre she worked. Mary was the President of the occasional childcare association National and State from 2000 to 2014. Her interest in protecting children saw her move into the Department of Children's Services where she was the secretary from 2007 to 2018.

Mary's hobbies include gardening and netball where she actively plays games twice a week. Mary looks forward to her annual trip to play in the Masters Tournament where she is the gun goal shooter. Mary enjoys doting over her 6 grandchildren.

KSTP recognise Mary's commitment to our club and appreciate she graciously agreed to taking on this volunteer role. Mary can be contacted by our members on 0405 149 500.

## WHAT IS TRAMPOLINE SPORTS

The programs we provide fall under the Gym sport known as Trampoline Sports under Gymnastics Australia. There are three main disciplines;

### 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

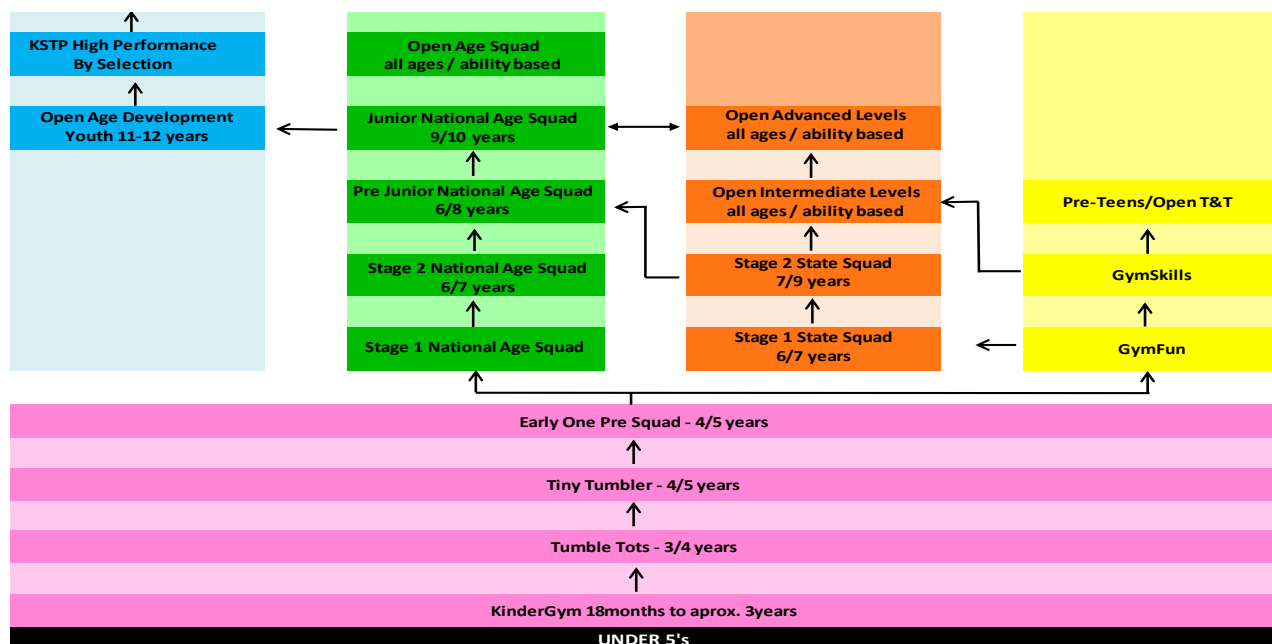
At KSTP we cater to all levels, interests, and abilities of children, from our recreation programs through to our high performance team. The clear pathways within our structure have been created to ensure all members have a place where they can grow and develop within their skills and characteristics.

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 – 3/3.5 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– 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 1 & 2 – Beginner Recreation

Ages 5 – 7 years. 1 day a week (1 hour/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 trampolining 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 focussed 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.

### **Pre-Teens & Open T & T**

Ages 10 – 12 Pre-Teens, Ages 13-16 Open T & T 1 day a week (2 hours per week).

Our Open Tumbling & Trampoline classes for Pre-Teens and Teens is a non-competitive program designed for dancers, cheerleaders and trickers. It's a fun program for kids from 10 years up to 16 years so that they can benefit from our equipment to learn and practice skills. Participants can bring with them their tumbling based skills with the aim of improving on their technique and execution. This coach led class will see Pre-Teens and Teens learn skills, get fit and have fun in a supervised and safe way.

### **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.

**Gymnastics**  
New South Wales

### **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 (5 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 (9 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**



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 4.5 – 7 years. 2 days a week required – 1.5 hour sessions (3 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.

### Pre Junior National Age Squad

Suggested for ages 7 - 9 years. 3 days a week required, 2.5 hour sessions.– 7.5 hours per week.

Pre Juniors is the bridge between Stage 2 and the Junior National Age Squad. Students follow a similar program with lesser hours to assist them with the transition. Pre Juniors is on the direct pathway to elite development.

### Junior National Age Squad

Suggested for ages 9 – 12 years. 4 days a week required – 12 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 athlete's 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
- Clinics' targeting specific groups such as cheerleaders and dancers
- Private lessons for dancers, cheerleaders and tumblers.
- Recreational holiday programs
- Vacation Care

## 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](http://www.kstp.com.au) or contact the office by email [info@kstp.com.au](mailto:info@kstp.com.au)

## KSTP CLUB AND TRAINING GUIDELINES

We ask all members to read through the club and training guidelines.

- Students must arrive at least 10 minutes before their training starts in order to be prepared for their class.
- Students should make their way to the designated area in the Corinthian Room, once dropped off by their parent using 'Kiss and Drop'.
- Only students are permitted inside the gym. There are seats in the foyer for parents and siblings, however where possible we ask parents to use 'Kiss and Drop'.
- 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. Girls are to wear crop tops under tshirts.
- Hair that is shoulder length or longer must be tied back and off the face.
- No jewellery to be worn to training. (Studs acceptable)
- Exercise tracking devices are not to be worn in the gym.
- Drink bottles with water only are permitted in gym.
- No bags, shoes or other clothing permitted in the gym.
- No food or chewing gum in the gym at any time.
- Mobile phones should not be used in the gym, unless recording for training purposes.
- No social media platforms are to be used during class.
- Students 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.
- No talking on the tumbling and DMT runs. If you need to talk about something, do it somewhere else so as not to disturb other students training.
- Students are asked to wear their colours and uniforms proudly and always carry themselves in a respectable manor.
- Students are to be mindful of physical interaction with their teammates within the gym and during training.
- Students are not permitted to 'friend' a coach on social media, except for a dedicated athlete page.
- No McDonalds, KFC or 7Eleven slushies are permitted inside.
- KSTP requires complete respect for the Church from all members whilst on the Church grounds.
- The car park, gardens, bathrooms and kitchen area must be kept clean at all times.
- When a class has finished the student will be dismissed from their coach. The preferred method of pick up is using 'Kiss and Drop'.
- Swearing, running through corridors and yelling will not be tolerated anywhere at any time.
- Parents are responsible for children not participating in classes and should ensure they are behaving in an appropriate manner.

- Only administration staff or management are to enter the office.
- All Parents and Students are to abide by these rules made by Management of KSTP.

## COMMUNICATION

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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](mailto: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/](https://www.instagram.com/kachan_school_of_tumbling/)
- Website - [www.kstp.com.au](http://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

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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

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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

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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

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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

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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

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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)

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KSTP is an affiliated member of Gymnastics New South Wales. Each member at KSTP is required to pay an annual affiliation/registration 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'. This fee includes personal injury insurance when participating in a class or competition.

### KSTP CLUB REGISTRATION

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On commencement with KSTP new members are charged a one off joining fee of \$45 this includes a training shirt. Thereafter a renewal fee of \$12 will be charged at the commencement of the year.

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## RE-ENROLLING

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Members of KSTP are considered ongoing members until notified in writing. If a student is not returning for a new term, it is a requirement that notification is given prior to the commencement of the term otherwise a two week cancellation fee is charged for 'holding your spot'.

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## INVOICING

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KSTP fees are paid by the term with exception of KinderGym who have the choice of a casual pass or pay by the term option. 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'.

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## PAYMENTS

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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.

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## SIBLING DISCOUNT

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KSTP offers families a sibling discount on class fees. The discount operates by the eldest child paying full fee, 20% discount for second child, 30% 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.

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## FUNDRAISING

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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.

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## PHOTOGRAPHY

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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 any time 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. All policies can be found in our Club Handbook as emailed upon joining, or in the folder displayed in our foyer.

## SCHOOL HOLIDAY TRAINING EXPECTATIONS

Our recreation programs including KinderGym, Tumble Tots, Tiny Tumblers, Early 1 Pre Squad, GymFun, GymSkills, Open T&T 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 public holidays, 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.

Compulsory Competition Items		Optional Training Items	
Girls Competition Leotard (long sleeved/Age and International)	\$200	Club Singlet	\$40
Sleeveless (State Levels)	\$125		
Boys Leotard	\$125	Club Shorts	\$35
Sylvia P Black Shorts (girls optional)	\$48	Girls Training Leotards	\$125
Sylvia P Shorts Boys	\$48	Girls KSTP SP Tights	\$72
Tracksuit Pants	\$65	Girls KSTP Crop Top (red)	\$48
Tracksuit Jacket	\$85	Girls KSTP SP Shorts (red)	\$48
Polo Shirt	\$45	Squad Shirt	\$30
		KSTP Backpack	\$70
		KSTP Scrunchie Bag	\$35

## FREQUENTLY ASKED QUESTIONS

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### **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, 30% third child, 40% fourth child. The discounts are off the fees only and does not include club registration or affiliation.

### **Can I use my Active Kids or Creative Kids Voucher?**

Absolutely, we are an Active Kids & Creative Kids Provider. Following the guidelines by Services NSW only one voucher is to be used each term, therefore we cannot put a Creative Kids with a Active Kids or two Active Kids for one term.

### **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.

### **What happens if my child chooses to leave?**

If a child chooses to leave mid-term, we suggest you encourage your child to see out the term as there are no refunds.

If a child chooses to not return the following term, notice in writing is required before the term starts otherwise a two week cancelation fee is charged, for 'holding your child's spot' and preventing us from taking someone on the waitlist.

### **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.

**What does my Gymnastics NSW Registration fee cover?**

Becoming a registered member of Gymnastics NSW has many benefits.

- Personal injury insurance cover throughout your participation
- Eligibility to participate in Regional, State and National competitions and events.
- Free spectator entry to GymNSW events.
- Fully accredited coaching tuition
- Internationally recognised gymnastics programs
- Member App
- Newsletters from Gymnastics NSW

Members can also feel secure that as a registered member of an affiliated gymnastics club, their clubs has:

- Comprehensive Child Safe and Member Protection Policies
- Coaches and Officials who hold valid WWCC participate in mandatory Child Safe Training annually
- Regular screening of all coaches, administrators and judges
- Gymnastics Australia's member insurance enables the participant to claim back Non-Medicare expenses up to a maximum of \$5,000 per claim.

**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.

