

KACHAN SCHOOL OF TUMBLING & PERFORMANCE

MEMBERS HANDBOOK



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WELCOME

Welcome to Kachan School of Tumbling and Performance, we are delighted you have chosen our gym 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 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

Kachan School of Tumbling & Performance is a family owned and operated business. Owners Dmity 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 of the best "Skakun Original" competition rod floors and air floors. For our competitive and development programs the gym has many unique bungy/travelling harness 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 Focus Physio Co.. KSTP have worked hard on a partnership with Jenny O'Neill/Emily Waugh to provide the best service and ongoing, open communication between both parties; a critical part to ensuring the best recovery plan for athletes. Emily 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 FOCUS for all injuries and treatment.

Emily Waugh
B.App Sc. (Physio)

M.Hlth.Sc. (Sports Physio)

APA Sports Physiotherapist



Focus Physio Co

A: 162 Golden Valley Drive, Glossodia,
NSW, 2756

P: 4576 7501

E: reception@focusphysioco.com.au

W: focusphysioco.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 on our website and in our foyer.

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 coaches meetings on a fortnightly basis, 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 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, NATIONAL COACH & FIG JUDGE

Dima began tumbling at the age of 6 when he was scouted from a playground in his home town of Gomel in Belarus. He began attending one of the country's best full time sport schools and by the age of 13 he had attained his 'Master of Sport' in Tumbling. At 16 Dima chose to further his skills and joined the world renowned 'Great Moscow Circus'. For the next 5 years Dima toured all over Russia and Europe performing in a variety of acrobatic numbers such as Russian Bar, Russian Swing & Tumbling Troupes.

Dima has been appointed the State and National Tumbling coach since 2013. He has produced numerous International finalists as well as World Age Champions and World Games/World Cup & World Championships medallists. Dima is said to have dominated the tumbling world, being one of just a few coaches who can boast World Age, World Cup and World Champions in the same year! His passion for the sport and coaching, has seen him develop the most sophisticated gym in Australia. His knowledge and expertise are regularly sought out by coaches throughout the world. As well as coaching, Dima is a FIG brevet judge in tumbling.

In 2023 following some of his most impressive results to date, Dima was inducted into Gymnastics Australia's Hall of Fame, a huge achievement for him at just 38 years of age. He is a course presenter for Gymnastics Australia and Gymnastics NSW. In recent years he has been brought onto the coaching teams for the MAG & WAG squads at the AIS. He is consulted with as a tumbling specialist, in the hopes of improving upon Australian gymnasts tumbling skills and execution. Dima enjoys collaborating within gymnastics disciplines and working with other high profile programs and coaches. Dima overseas all squad programs at KSTP and works closely in mentoring all our coaches.



Rebecca Kachan

OWNER, CLUB GENERAL MANAGER & ADMIN OFFICER, COACH COORDINATOR, UNDER 5'S COORDINATOR & KINDERGYM COACH.

Rebecca started out as a dancer from the age of 3 and is trained in all genres of dance. Her dancing lead to an interest in Rhythmic Gymnastics and so began her training in the sport at the age of 9. Rebecca became a professional dancer in the year 2000 and began working and performing across Australia. She then booked a job as a dancer on board Costa Cruise ships and for 2 years toured the Baltic, Mediterranean and Caribbean Seas. She has also worked in some of the most famous venues in Europe and Asia, including 2 years in Strasbourg, France at the prestigious Royal Palace Music Hall. Rebecca has brought her experience of dance

into the programs at KSTP specifically ballet, mobility exercises and stretching. These components of training provide great core strength, strong lines and technique, which is an integral part of the sport. Each year the Student Showcase is her project, bringing entertaining performances to our audiences. From coming up with a concept, to choreographing and staging the performances and designing the costumes, she loves putting her entertainer hat back on for this awesome event each year.

Rebecca is the clubs KinderGym instructor and Under 5's coordinator. Her favourite thing is getting families started along their tumbling journey at the gym. As the club manager, she oversees all facets of the business. From data entry, floor plans, parent communication, communiques, events and competitions she is behind it all. She continues to work closely with the coaches in lesson planning and pathways, providing guidance and support to them where it is needed. She holds KSTP's accreditation for Child Safe Reporting and Mental Health First Aid which are Gymnastics Australia initiatives to keep children safe.

Jack Hemmings



ELITE DEVELOPMENT & UNDER 5'S COACH, HIGH PERFORMANCE ATHLETE, JUDGE, REC PROGRAM COORDINATOR, FLOOR MANAGER

Jack came to KSTP at the age of 12 as an accomplished all round athlete within trampoline sports. Soon after he began to focus on the discipline of tumbling. Jack is a full time coach at KSTP, completely immersing himself in all facets of the sport as an athlete, coach and judge. He is a true role model in the gym and works with all age groups and classes. Jack is a member of the National Tumbling Squad. He is a senior representative for Australia and has competed at numerous World Cups and World Championships since 2018. In the 2022 World Cup in Italy he won the bronze medal. Jack now has his own athletes competing for Australia, something he is very proud of and hopes will continue into the future. As a rec program coordinator, Jack is responsible for all rec lesson plans and also design our floor plan each term. Jack has attained his certificate in remedial massage and enjoys assisting athletes of all sports in their recovery and rehabilitation in relation to their sports training.

Timothy Di Nucci



ADVANCED LEVELS COACH, RECREATION COACH, HIGH PERFORMANCE ATHLETE, COMMUNITY COACH EDUCATOR

Tim comes to KSTP with a great deal of experience and knowledge. Originally from Western Australia, he relocated in 2023 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. In 2023 he moved into the senior category and for the first time qualified for the National Team. He competed at the World Championships in Birmingham, UK and completely

enjoyed the experience. Now that he calls Sydney home, he is determined to continue his training further and solidify himself as one of our core coaches. As our club's Community Coach Educator (CCE) Tim is responsible for monitoring our beginner coaches and signing off their bookwork before they can gain their level 1 accreditation. This includes in class training, mentorship and submitting work books to GNSW to be marked.

Scott Little

PRE ELITE & JUNIOR ELITE DEVELOPMENT



Scott is originally from the UK and has recently decided to base himself in Australia. He began gymnastics and acrobatics as a beginner at age 8 and moved into a tumbling squad around age 10. He competed in the UK for his club and at Nationals right up till age 15. Scott made the move from the UK to KSTP because of the reputation we hold in developing world class athletes. He hopes that under the tuition of Dima that he too can become a high performance coach and fulfil his dream of coaching athletes to their first world age group championships. Scott's qualifications include Level 3 diploma in sports coaching and education, Level 1, 2 and 3 Coach under British Gymnastics. He has completed the equivalent courses here in Australia in order for him to coach within our development pathway. Scott is an avid boxer, so much so that he's won several matches in the UK. He has developed his own side business of boxing based training and classes, and runs these in different mobile locations in addition to coaching at KSTP.

Tahlia Kaden

UNDER 5'S COACH, RECREATION COACH, STATE STREAM COACH, ELITE ATHLETE, JUDGE.



Tahlia is a member of our Elite Squad and has represented our club at State, National and International 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 out at our school holiday programs sparked an interest in coaching. After working in our recreational space for several years, she jumped into squad training in 2024 and enjoys the challenge and extra responsibilities. One of Tahlia's goals was to qualify for the National Team and compete Internationally. She did just that in 2023 where she represented Australia at the World Age Group Championships in the UK. As an intermediate coach Tahlia enjoys coaching in our programs all while studying at university and working in the youth space at the WDBC. Her interests include music and singing plus she is also a swim instructor on the weekends.

Breannah Cauchi

UNDER 5'S COACH, PRE ELITE DEVELOPMENT SQUAD COACH, HIGH PERFORMANCE ATHLETE, JUDGE.



Breannah has been a member of KSTP since we started, moving through our pathways from KinderGym to High Performance. As Bree grew up, she became a force within tumbling in NSW and Australia. In 2019 at age 14, 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 time at the World Games in Alabama, USA. This is the Olympics for all the non- Olympic disciplines and was the very first time Australia qualified tumblers for this event. 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 under 5's assistants and junior development coaches. Breannah's hobbies include keeping fit and spending time with her two Chihuahua's.

Alysse Duffy

STATE STREAM COACH, ELITE 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, claiming several titles over the years. Alysse commenced coaching in our school holiday programs and realised how much she enjoyed working with the children. Soon after she obtained her coaching accreditation and started off in our recreation programs. This year Alysse has taken on our Stage 1 State squad and is absolutely loving it. She balances this squad along with her own elite training, university and other work commitments. Alysse has been named on the National Tumbling squad since 2022 and hopes to qualify for the Senior team to compete at World Championships in the future.

Koralee Catlett

ADVANCED RECREATION, PRE ELITE DEVELOPMENT, JUNIOR AGE ASSISTANT COACH & JUDGE



Koralee found a love for Tumbling following a very successful career in Acrobatics. Success on the competition floor is abundant for Koralee. In 2019, Just her second year on the National team, she won her two events at the World Age Group Competition in DMT and Tumbling. This is a record for an Australian athlete and was a huge accomplishment at just 14 years old. 2022 was a highly successful year for Koralee as she won silver in the senior tumbling event at World Championships, her first year in the senior division. Koralee holds her Advanced Silver judges accreditation and has been a member of the National Tumbling and DMT squad. Koralee splits her time well between university, where she's studying to be a primary school teacher, and her coaching commitments at KSTP. In 2024 Koralee

made the difficult decision to retire as an athlete and now as a coach, Koralee aspires to instil the same love of tumbling that she had as a child and strives to help all her students reach their fullest potential.

Lani Geeson

RECREATION COACH, ELITE ATHLETE & JUDGE

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 was an exciting year for Lani as she moved into the international category and qualified for the National team. She travelled to the UK and competed in the Under 22 category, which has given her a taste of representing her country. Lani looks forward to wearing the green and gold again in the future. When not in the gym Lani loves camping and going on hikes and adventures in the great outdoors.



Chelsea Micallef

RECREATION COACH, NATIONAL STREAM ATHLETE

Chelsea started off in gymnastics from the age of 5 and quickly moved into a dedicated WAG program. Artistic Gymnastics took her far, competing at State and Country Championships. She decided to switch disciplines when she was 12 and has been an active member of our competition squads ever since. Chelsea decided she wanted to become as a coach so that she could share her passion of gymnastics with our younger students. She loves helping children learn new skills and challenge themselves. When she's not in the gym, Chelsea enjoys dancing and water-skiing. Now that she has completed her final year of high school, she is excited to continue along her athlete and coaching pathways at KSTP as well as furthering her studies.



Alexsa Kachan

RECREATION COACH, STAGE 2 NAT ASSISTANT, HIGH PERFORMANCE ATHLETE

Alexsa is the first born and only daughter of club owners, Bec & Dima. She quite literally has been doing tumbling and trampoline since she was born and has shown a keen interest in all sides of the gym since she could walk. Alexsa excelled in our sport from a young age, training with and competing against athletes much older than her from her first years. After dominating her age groups in tumbling & double mini trampoline at home, 2022 was her first year as part of the National team. She successfully competed in both disciplines, placing 4th in DMT and becoming the 11/12 Tumbling World Champion. She then continued her success in 2023. She moved up an age group and once again represented Australia in Tumbling & DMT at WAGC in Birmingham UK. She placed 3rd in DMT and then won the 13/14 Tumbling category as well as becoming the first ever Junior World Champion in



DMT. Alexsa has been wanting to become a coach for many years and is thoroughly enjoying her new leadership role.

Zak Oatlands

RECREATION COACH, NATIONAL STREAM ATHLETE.



Zak started gymnastics at the age of 3 years old. His first experience was in MAG (men's artistic gymnastics) where he became a very consistent performer, making podium at State competitions year after year. Since moving over to tumbling when he was 14, he has worked his way through the levels and now competes in the National Stream. Zak's hobbies include watching movies, playing video games and basketball. Through his coaching, Zak hopes to pass on his love of this sport to his students, and hopefully encourage them to pursue it as their chosen sport too. Zak is excited to continue along both his athlete and coaching pathways at KSTP and looks forward to one day representing team Australia at the World Age Group Championships.

Hannan Josevski

RECREATION COACH, STAGE 2 STATE ASSISTANT, ADVANCED LEVELS ATHLETE



Hannan has always been involved in all kinds of gymnastics and training. She commenced training with KSTP in tramp & tumbling from an early age but quickly developed a love of Rhythmic Gymnastics, so she moved to focus on her training in that field. RG saw Hannan become an accomplished competitor. It's also where she began her career in coaching. When she decided she didn't want to do Rhythmic anymore, she returned to KSTP to join her siblings. Hannan's love of training and commitment to being her best self, saw her move right into our state competition pathway. Already having developed an interest in coaching, she continued on in that role at KSTP, commencing in holiday programs, then shadowing and now with her own classes. Hannan looks forward to continuing along her coaching pathway with us and looks forward to taking on more classes in the future.

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. Vicky handles all things accounts at KSTP but with a keen interest in health and wellness, she loves being around the upbeat, lively atmosphere of the gym.



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 that she has graciously agreed to take 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

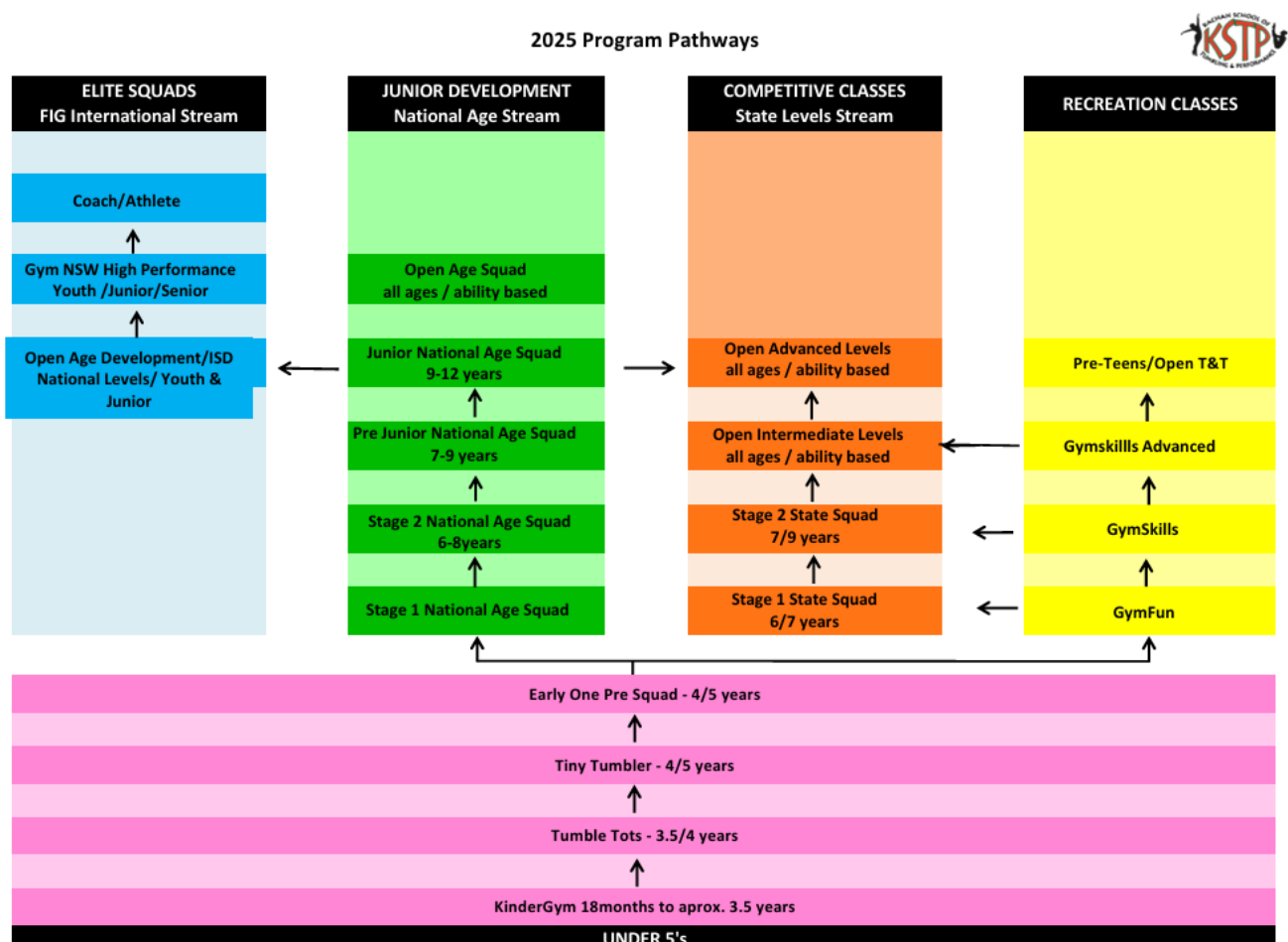
At KSTP we cater to all levels, interests, and abilities of children, from our recreation programs through to our high performance team. The clear pathways within our structure have been created to ensure all members have a place where they can grow and develop within their skills and characteristics.

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 Open T&T, 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 1 & 2 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 trampoline and tumbling along with the safe practices of them.

GymSkills Advanced – Advanced 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.



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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 (pre-competition)

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 smt and dmt. Competition squads use the base of what has already been mastered 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 (Level 1-2 state comp levels)

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 (Levels 2-3 state comp 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 (Levels 4-7 state comp 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 (pre-competition)

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 (Levels 1-3 state comp levels)

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 (Levels 2-4 state comp levels)

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 (Levels 4/5 state comp levels/ 5 National comp level)

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 (National & International levels)

Ability based. 4 days a week required (13 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.

International Development Squad- ISD (National & International levels)

Youth 11-12 and 13-14 years, 5 days a week required. (16+ hours per week).

Athletes in ISD 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.

Open Age Development Squad

Youth 13-14 years, Junior 15-16 and Under 22 years. 4 days a week required. (16+ hours per week).

Athletes in the Open Age 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 at the World Age Group Championships.

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/GNSW High Performance



Based on selection. 5 days a week required, morning and afternoon training (24+ hours per week).

Athletes in the KSTP/NSW 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.

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
- Pre Competition Team Training days
- National Tumbling Camps

- Workshops 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 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.

- Students must arrive at least 5 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' or in the foyer.
- 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 t-shirts.
- 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

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 electronically each term using mailchimp.
- 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 as required.
- 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 for.

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 END OF YEAR PRESENTATION

This is a special time to celebrate the year and recognise all our competitive 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 competitive families to come along. Under 5's and Recreational presentation are done in the last weeks of classes, where everyone receives a participation award.

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/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

On commencement with KSTP new members are charged a one off joining fee of \$50 this includes a training shirt. Thereafter a renewal fee of \$12 will be charged at the commencement of the year.

RE-ENROLLING

Members of KSTP are considered ongoing members until notified in writing via email or text. 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'.

INVOICING

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'.

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, 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.

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.

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 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/videos of their child, please be mindful not to capture other children in the gym, this respects 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, on our website 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, Pre-Teens & 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 Leotards (long sleeved/Age and International)	\$165	Club Singlet	\$35

Sleeveless (State Levels)	\$125		
Boys Leotard	\$100	Club Shorts	\$35
Sylvia P Black Shorts (girls optional)	\$48	Girls Training Leotards	\$125
Sylvia P comp Shorts Boys	\$48	Girls KSTP SP Tights	\$72
Tracksuit Pants	\$65	Girls KSTP Crop Top (red)	\$48
Tracksuit Jacket	\$80	Girls KSTP SP Shorts (red)	\$48
Polo Shirt	\$45	Squad Shirt	\$30
		KSTP Backpack	\$70
		Club grip socks	\$20
		Club scrunchie/ribbon ties	\$15

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, 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 wants to leave mid-term?

If a child chooses to leave mid-term, we suggest you encourage your child to see out the term. If you can't, a two week cancellation fee is held from the time of notification.

If a child chooses to not return at any time, notice in writing is required before the term starts otherwise a two week cancellation fee is charged, for 'holding your child's spot' and preventing us from filling your child's spot with someone from our 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 OPEN GYM in the last class of term to watch.

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.

