

# KACHAN SCHOOL OF TUMBLING & PERFORMANCE

2026 MEMBERS HANDBOOK



ONE TEAM, ONE DREAM

# TABLE OF CONTENTS

WELCOME .....	1
OUR PHILOSOPHY .....	1
ABOUT KSTP .....	2
GYMNASTICS NSW TUMBLING HIGH PERFORMANCE CENTRE .....	2
SELECTION PROCESS.....	3
HIGH PERFORMANCE SUPPORT SERVICES.....	3
OUR COMMITMENT .....	3
KSTP TEAM .....	4-11
WHAT ARE TRAMPOLINE SPORTS.....	12
TUMBLING .....	12
TRAMPOLINE.....	12
DOUBLE MINI TRAMPOLINE (DMT) .....	12
KSTP PROGRAMS.....	12
PROGRAM PATHWAY DIAGRAM.....	13
UNDER 5s.....	14
RECREATIONAL PROGRAMS .....	15-16
COMPETITIVE PROGRAMS .....	17
JUNIOR DEVELOPMENT PROGRAMS.....	18-19
ELITE SQUADS.....	20
ADDITIONAL PROGRAMS.....	20
PROGRAM TIMETABLE .....	21
KSTP CLUB AND TRAINING GUIDELINES .....	22
COMMUNICATION .....	23
CONFIDENTIALTY AND REPORTING .....	23
COMPETITION GUIDELINES.....	23
END OF YEAR EVENTS.....	24
KSTP SHOWCASE .....	24
KSTP PRESENTATION .....	24
FEES .....	24
GYMNASTIC NSW AFFILIATION (INSURANCE).....	24
KSTP CLUB REGISTRATION .....	24
INVOICING .....	25
PAYMENTS.....	25
SIBLING DISCOUNT.....	25
FUNDRAISING.....	25
PHOTOGRAPHY .....	25
POLICIES .....	26

GYMNASTICS AUSTRALIA CHILD SAFETY POLICY AND GUIDELINES .....	
BEHAVIOUR MANAGEMENT POLICY .....	
CLUB AND TRAINING GUIDELINIES .....	
COACHES CODE OF BEHAVIOUR POLICY .....	
COMPLAINT MANAGEMENT POLICY AND PROCEDURE .....	
KSTP COMPETITION SELECTION POLICY.....	
MANAGEMENT CODE OF BEHAVIOUR POLICY.....	
MEMBER PROTECTION.....	
PARENT CODE OF BEHAVIOUR POLICY .....	
FEES POLICY .....	
HOT WEATHER POLICY .....	
PRIVACY POLICY .....	
SOCIAL MEDIA POLICY .....	
SCHOOL HOLIDAY TRAINING EXPECTATIONS .....	26
UNIFORMS.....	26
FREQUENTLY ASKED QUESTIONS.....	27-28
WHY CHOOSE TRAMPOLINE GYMNASTICS FOR YOUR CHILD .....	
I HEARD KSTP CONCENTRATES ON TUMBLING, WHAT IS THE DIFFERENCE .....	
WHAT WILL MY CHILD LEARN .....	
WHAT HAPPENS IF I MISS A CLASS .....	
DO YOU OFFER SIBLING DISCOUNTS.....	
CAN I USE MY ACTIVE KIDS OR CREATIVE KIDS VOUCHERS .....	
DO YOU OFFER REFUNDS.....	23
CAN I STAY TO WATCH MY CHILD.....	24
WHAT HAPPENS IF MY CHILD CHOOSES TO LEAVE .....	24
WHY DOESN'T MY CHILD ALWAYS HAVE THE SAME COACH .....	24
WHERE CAN TUMBLING TAKE ME.....	24
MY CHILD LOVES THE SPORT, HOW LONG WILL IT TAKE MY CHILD TO MOVE UP AND HOW WILL I KNOW THEY ARE READY.....	24
WHAT DOES MY GYMNASTICS NSW REGISTRATION FEE COVER .....	24
FURTHER QUESTIONS.....	24

## 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.

*Díma & 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.

*KSTP is a positive sports focused environment who develop children holistically through community, opportunity and teamwork. Building strong confident athletes and shaping them into respectful and successful adults.*

## ABOUT KSTP

---

Kachan School of Tumbling & Performance is a family owned and operated business. Owners Dzmitry 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 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 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 several 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.

As a high-performance centre, many opportunities and resources become available to our athletes. We have a strong number of representatives on all GNSW and GA squads such as the National Squad, Female Squad, GNSW Team Future and the GNSW HP Trampoline Squad. Several of our coaches are also part of these initiatives. All selection policies for such squads can be found in the Technical Regulations handbook on the GA website.

## SELECTION PROCESS

---

Athletes are selected for the High-Performance team, having worked their way through our development pathway as shown further in this document. Athletes must compete in the age-appropriate international stream or be working towards international level.

## ELITE/ HIGH PERFORMANCE SUPPORT SERVICES

Athletes who are part of the High Performance or representative 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 currently runs onsite visits at the gym every Wednesday, exclusive for club athletes to use.

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](mailto:reception@focusphysioco.com.au)  
 W: [focusphysioco.com.au](http://focusphysioco.com.au)



## AT KSTP WE ARE COMMITTED TO:

- Supporting the rights of all children and acting to ensure a child safe environment is always maintained.
- 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 about 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 CORDINATOR, NATIONAL COACH & FIG JUDGE

Dima began tumbling at the age of 6 when he was scouted from a playground in his hometown 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 oversees 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 led 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 club's 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



#### OPEN AGE, PRE COMPETITION & UNDER 5'S COACH, GYMINFINITY PROGRAM COORDINATOR, FLOOR MANAGER, JUDGE AND HIGH-PERFORMANCE ATHLETE

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. As a rec program coordinator, Jack is responsible for all rec lesson plans and 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.

Jack has also recently completed his presenter course with Gymnastics NSW to allow him to share his knowledge with the next generation of coaches. With this certificate he is now able to present Tumbling Coaches Courses throughout NSW. Jack has also been working with the GYMNSW High Performance and Team Future Tumbling Squads building the next generation of Tumblers. He also works with various coaches across Australia delivering Tumbling Specific Workshops to coaches and clubs.



#### Krystal Muscat

#### PRE ADVANCED LEVELS, DEVELOPING PROGRAM LEVEL 1, GYMINFINITY AND UNDER 5'S COACH, JUDGE AND ADMINISTRATION

Krystal joined KSTP at the age of 8 with a love for sport. 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 a Bachelor of Exercise and Sports Science and now is a full-time coach at KSTP. She works with athletes across all programs in our Pathways from our Under 5's and recreational GYMINFINITY programs to athletes in our competition and representative programs.

Krystal is our Trampoline and DMT levels coordinator. This means she assists our coaches in the trampoline components of the classes to ensure we are meeting the routine requirements. In addition, Krystal assists our administration team, often working behind the scenes in the day to day running of the gym.

Krystal loves baking and often donates cupcakes and slices to our cake stalls.

#### Timothy Di Nucci



### ADVANCED LEVELS AND GYMINFINITY COACH, COMMUNITY COACH EDUCATOR AND HIGH PERFORMANCE ATHLETE

Tim joined KSTP with a great deal of experience and knowledge. Originally from Western Australia, he relocated in 2023 and moved to the Hawkesbury to train and work at KSTP. Tim started off training in Men's Artistic Gymnastics (MAG) but after some time found his true place and passion in Tumbling. Tim's career so far includes representing Australia at the World Age Group Competition in Japan in 2019. 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 fundamental coaches and signing off their bookwork before they can gain their level 1 accreditation. This includes in-class training, mentorship and submitting workbooks to GNSW to be marked.



### Scott Little

#### YOUTH DEVELOPMENT AND NATIONAL DEVELOPMENT COACH

Scott is originally from the UK and in 2023 decided to relocate 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 for him to coach within our development pathway. Working with our Youth Development Squad these athletes represented NSW at the National Championships in 2025 and look to continue along this pathway. Our National Development Program aims to follow in the footsteps of these athletes hoping to also qualify for the NSW team once they meet age requirements. Scott has been boxing for several years, winning numerous matches during his time in the UK. In 2026 he will be making his Professional Debut in Australia.

### Koralee Catlett



### NATIONAL DEVELOPMENT, DEVELOPING PROGRAM LEVEL 3, GYMINFINITY AND UNDER 5'S COACH AND 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. 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.

Koralee splits her time well between university, where she's studying to be a primary school teacher, and her coaching commitments at KSTP. She is the primary coach of our Developing Program Level 3 guiding our junior athletes who already show great potential in their tumbling abilities. She also works with our National Development Program which is designed for athletes working to qualify for the NSW State team once age permits. Koralee holds her Advanced Silver judging accreditation with understanding the judging process key to athlete success.



### Alysse Duffy

#### DEVELOPING PROGRAM LEVEL 2 COACH, JUDGE AND ELITE ATHLETE

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 has been named on the National Tumbling squad since 2022 and in 2025 had the opportunity to represent Australia at the Senior World Championships in Spain. 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 is coaching our Development Program Level 2 following on from her previous experience with our pre competition class. She balances this squad along with her own elite training, university and other work commitments. At the end of 2025 Alysse completed a Bachelor of Exercise and Sports Science and looks to begin a master's degree this year.

### Hannan Josevski

#### OPEN INTERMIDATE LEVELS COACH AND 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 Rhythmic gymnastics was no longer for her, 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, representing KSTP at state and national clubs competitions. Already having developed an interest in coaching, she continued in that role at KSTP, commencing in holiday programs, then shadowing and now coaches our Open Intermediate Levels Program. Hannan looks forward to continuing along her coaching pathway, helping her athletes reach their goals and grow their confidence and abilities.

## Lani Gleeson

RECREATION COACH, JUDGE AND ELITE 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 came over to KSTP in 2020 and has excelled in our disciplines ever since. In her senior years at school, Lani 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 was fortunate enough to be selected again in 2025 to represent Australia at the World Age Championships in Spain. When not in the gym Lani loves camping and going on hikes and adventures in the great outdoors.



## Chelsea Micallef

GYMINFINITY 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.





## Alexa Kachan

GYMINFINITY COACH, DEVELOPING PROGRAMS ASSISTANT AND HIGH PERFORMANCE ATHLETE

Alexa 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. Alexa 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 4<sup>th</sup> 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 3<sup>rd</sup> in DMT and then won the 13/14 Tumbling category as well as becoming the first ever Junior World Champion in DMT. In 2025 Alexa represented Australia for the third time, competing in the Junior Category for both DMT and Tumbling. Her competition was a great success becoming the Junior World Champion in both DMT and Tumbling.

Alexa has been wanting to become a coach for many years and is thoroughly enjoying her new roles. Alexa shows a keen interest in all aspects of sport and the varying components needed to allow athletes to perform to their best. Whilst still in school Alexa is completing her Certificate 3 and 4 in Fitness as she looks to further her knowledge in all parts of athlete development.



## Zak Oaklands

GYMINFINITY COACH AND NATIONAL STREAM ATHLETE

Zak started gymnastics at the age of 3 years old. His first experience was in Men's Artistic Gymnastics (MAG) 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. Post High -School, Zak is in training to become a fireman and enjoys anything that challenges his limits.

## Charlie Morgan

RECREATIONAL COACH AND NATIONAL STREAM ATHLETE

Charlie has been involved in tumbling since she was one and a half years old. Over the years, the sport has become a huge part of her life, and she loves



everything about it, from training and competing to now starting her journey as a coach. Charlie says that tumbling has taught her dedication, confidence, and resilience, and she enjoys being able to pass those skills on to younger athletes. She has recently begun coaching and really loves working with children, helping them learn new skills, build confidence, and enjoy the sport as much as I do. Charlie loves being a part of KSTP and is excited to keep improving both as an athlete and as a coach.

## Vicky Cauchi

CLIENT LIASON, ACOUNTS OFFICE, ADMINISTATION

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 represented Australia numerous times at World Age Competitions, World Championships and the World Games. 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.



## Trainee Coaches

Alyssa McDonald



Timofei Kachan



Xylia Davidson



## WHAT IS TRAMPOLINE GYMNASTICS

---

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, horizontal displacement and flight time. Athletes can also compete in synchronised events.

### DOUBLE MINI TRAMPOLINE (DMT)

---

Double Mini is a combination of gymnastics, trampolining and athletics. Like 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, the second skill dismounts the trampoline onto a landing area.

## KSTP PROGRAMS

---

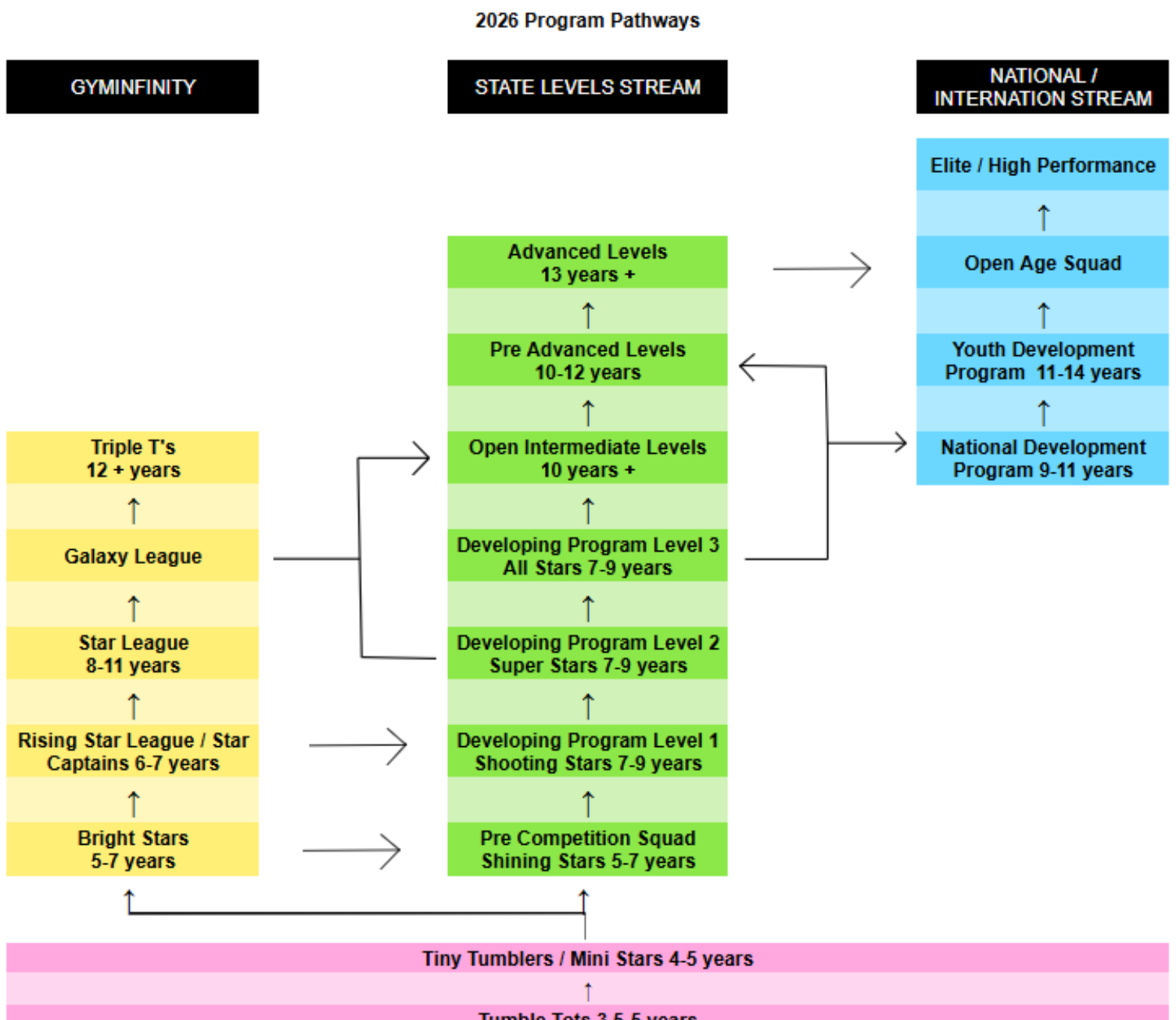
At KSTP we cater to all levels, interests, and abilities of children, from our recreation programs through to our high-performance team. The clear pathways within our structure have been created to ensure all members have a place where they can grow and develop within their skills and characteristics.

We offer a range of different programs within our gym, each designed specifically to cater to the needs of the individual. There are four clear pathways within our structure a diagram of the pathway can be found on the following pages,

- Under 5s,
- GymInfinity,
- State Levels Stream,
- National and 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 diagram 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 specific purpose. From 18 months to 3.5 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 and a half 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.

From the age of four athletes may be selected to join our introductory Mini Stars Squad. This program not only teaches the basic shapes and preparation drills for future involvement in this sport, but it also 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 principles as KinderGym with the difference being that the parent/carer is not involved in the class. The program is a great introduction to the specific skills of trampoline and tumbling, and the ideal transition for children who wish to continue learning the art of gymnastics in an independent manner.

### **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 Mini Stars selective program. This program is an extra 30 minutes to our Tumble Tots class which allows us to continue working on the fundamental movements that carry children through all types of sport as well as introduce tumbling specific skills as we begin to focus on understanding the technique. For children who love our sport, we will recommend when the time is right to move into Mini Stars program

**Mini Stars – by selection**

*Suggested for ages 4 – 5 years. 2 days a week (3 hours per week).*

Mini Stars 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 Bright Stars through to Triple T's, 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 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.

KSTP are pleased to be part of GymInfinity, an initiative of Gymnastics NSW. GymInfinity programs have been expertly designed by Gymnastics NSW to cater for all stages of physical, social and cognitive development, ensuring safety whilst providing a supportive environment for gymnasts to strive for their potential.

**Bright Stars**

*5-6 years. 1 day per week (1 hour per week)*

Bright Stars is a beginner recreational program focused on developing fundamental gymnastics, specifically tumbling and trampoline. Our program encourages learning whilst having fun, providing children an environment to work with others, build self-esteem and achieve their goals through dedication and hard work.



**Rising Star League**

*6-7 years. 1 day per week (1.5 hours per week)*

Rising Star League is a progression from our Bright Stars class with an additional 30 minutes added to the program. This allows us to introduce more skills and equipment as we begin to focus on improving their understanding and technique developing skills necessary for future tumbling and trampoline program .

**Star League**

*8-11 years. 1 day per 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 Star League will improve their fitness while still having fun. The skills learnt are specifically related to trampoline and tumbling ensuring safety as a number one priority.

**Star Captains**

*6-8 year old boy's, by selection. 1 day per week (2 hours per week)*

Star Captains will take what has already been learned and work in a more focused program to improve technique and execution. This can become an important step in the pathway towards competition should they be interested in the future 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 an environment that will encourage all participants to improve

**Galaxy League**

*8-12 year old's, by selection. 1 day per week (2 hours per week)*

Galaxy League will take what has already been learned in Star League 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.

**Triple T's**

*approx 12+ years. 1 day per week (2 hours per week)*

Our Triple T's class is a recreational program designed for kids who love to jump, flip, twist and want to learn tricks and new skills. Participants will bring with them their tumbling based skills with the aim of improving on their technique and execution. This coach led program will benefit from using our various tumbling floors and trampolines.

## STATE LEVELS STREAM COMPETITION PROGRAMS



**Gymnastics**  
New South Wales

Our Levels Stream programs are designed to fully equip children with all the necessary tools to become successful competitors. These classes combine development in tumbling, trampoline, single mini (SMT) and double mini trampoline (DMT).

Our programs aim to develop self-motivation and build a genuine love to the sport and the training that comes with it. Core focusses in class include shapes, strength, flexibility and basics to ensure every athlete is working to become the best person they can be. These programs encourage effort, persistence and hard work, life skills we deem important in their sporting career.

Our Pre Competition Squad is a first-year squad for athletes 5-7 who show excellent fundamental skills. From our Pre Competition Squad athletes will enter our Developing Programs which work progressively giving athletes the competition experience and allowing them to work through in their appropriate level. From our Developing Programs when athletes reach the year, they are turning 10 we have numerous class options to allow them to continue their growth and development in the sport.

Athletes can compete at external competitions from the age of 6, attending NSW State events. Once athletes have reached Level 4, they can be invited to the National Clubs Carnival. In Levels competitions it is common to see athletes of varying ages competing in the same level as there are no guidelines set for age groups.

Athletes may continue their work in the State Levels Stream programs learning new skills and more complex routines. Some athletes in this pathway may have the opportunity to be invited to the National Stream Programs where they will be required to meet requirements and scores for age group competitions.

### **Pre Competition Squad “Shining Stars” (Pre-competition)**

*2 days a week required. (3 hours a week in term 1, may progress to additional hours in term 2).*

Pre Competition Squad is a first-year competition program for children aged 5- 7 from Tiny Tumblers and recreational programs who show readiness for the next stage of learning. The children will be exposed to the competition environment through events held at KSTP. This program focuses on all disciples using the base of what has already been learned and beginning to turn focus towards execution and technique. Athletes begin developing the skills required to compete in the State Stream Levels System.

### **Developing Program Level 1 “Shooting Stars”**

*Minimum 2 days a week required (4 hours per week).*

Developing Program Level 1 is a competition program for athletes aged 7-9 years already accomplished in basic skills and gymnastics knowledge. These selected children show a readiness to take their learning further and begin their experience in competition through the NSW State Levels Stream. A greater focus will be placed on strength, and flexibility which will deliver quality in the execution of their skills.

### **Developing Program Level 2 “Super Stars”**

*Minimum 2 days a week required (5 hours per week).*

Developing Program Level 2 is a competition program for athletes aged 7-9 years showing high execution of fundamental skills. These selected children are ready to begin learning more difficult skills across tumbling,

trampoline, SMT and DMT. They are working to gain confidence and begin developing the body and ariel awareness required for high level routines.

### **Developing Program Level 3 “All-Stars”**

*Minimum 2 days a week required (5 hours per week).*

Developing Program Level 3 is a competition program for athletes aged 7-9 years showing high execution of basic tumbling connections. These selected children are ready to begin an increased level of connections and skills across tumbling, trampoline, SMT and DMT. They are working to gain the strength and determination required to continue increasing their competition level.

### **Open Intermediate Levels (Levels 2-3 state comp levels)**

*Age 10+. Minimum 2 days a week required (5 hours per week).*

Open Intermediate Levels is based on ability for athletes of any age with previous gymnastics experience, 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, to learn the routines and combinations required for the State Stream Levels System.

### **Pre Advanced Levels (Levels 4-7 state comp levels)**

*Age 10+. Minimum 3 days a week required (7.5 hours per week).*

Pre Advanced Levels is a competitive program for children aged 10-12 who show excellent technique in fundamental tumbling, progressing nicely through the lower level's requirements. Selected athletes will show the right strength, form and skills to carry them forward to Level 4 and above in the Australian Levels Program. This class requires a high work ethic from all athletes, and persistence and determination to reach their potential.

### **Open Advanced Levels (Levels 4-7 state comp levels)**

*Age 12+. Minimum 3 days a week required (9 hours per week).*

Open Advanced Levels is a competitive program for children with strong tumbling connections and trampoline awareness. Selected athletes show the right strength, form and skills to carry them forward to Levels 4 and above. Athletes require persistence, courage and hard work, skills they can apply in all aspects of their lives.

## **REPRESENTATIVE PROGRAMS**



Our squads in this pathway follow guidelines set out by Gymnastics Australia and World Gymnastics about 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.



**Gymnastics Australia**  
Trampoline Sports

This pathway leads towards the idea of making this sport the athletes chosen sport of focus and develop, 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. Morning trainings have been part of our High-Performance program from the beginning and offered to all National and International Stram

Programs. The benefits of morning training are great, specifically for elite programs and due to the limited amount of after school hours available to such athletes, mornings become the ideal addition.

### **National Development Program- NDP**

*Age 8-11 . Minimum 3 sessions per week required (9.5 hours per week).*

National Development Program is a selection-based squad where students work towards the National Level representation. Age group requirements become the new targets in hopes of reaching level 5 by the age of 11/12. 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.

### **Youth Development Program- YDP**

*Age 10-13 . Minimum 4 sessions per week required (16 hours per week).*

Youth Development Program is a selection based squad where students work towards the International requirements. Age category requirements continue in hopes of meeting requirements for International Selection. This program requires dedication, hard work and discipline. The aim of this program is to prepare athletes for the possibility of international competitions where the dream of representing their country can become a reality

### **Open Age Program (National & International levels)**

*Ability based. 4 days a week required, morning and afternoon training (17 hours per week).*

Open Age Program is for athletes who have moved through the levels system and are no competing in National and International Competitions. These 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 Development Squad- ISD (International levels)**

*Youth and Junior Athletes. 5 days a week required (19.5+ 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 and support these athletes during international representation. Athletes have consistently demonstrated their dedication, determination and representation during their career so far. Athletes and families work directly with Dima and must continue to meet the, guidelines relating to performance and self-management including reporting, testing and treatment of injuries.

### **KSTP ELITE / GNSW HIGH PERFORMANCE**

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

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.

Athletes in the KSTP Elite / 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
- Pre-Season Bootcamps
- Tumbling Masterclasses
- Recreational holiday programs
- Vacation Care

## PROGRAM TIMETABLE

The program can be changed from time to time. 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)

PROGRAM	Recommended Hours / Days Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Under 5's</b>							
Kindergym (18 mnths onwards)	1 hour (1 day)	10.00-11.00	10.00-11.00	9.30-10.30	10.00-11.00		
Tumble Tots (3.5 years onwards)	1 hour (1 day)	11.15-12.15	11.15-12.15	10.45-11.45	11.15-12.15	3.30-4.30	8.30-9.30
Tiny Tumblers (4 years onwards)	1.5 hour (1 day)	11.15-12.45	11.15-12.45	10.45-12.15	11.15-12.45	3.30-5.00	8.30-10.00
Mini Stars (by selection)	3 hours (2 days)	* Attend usual Tiny Tumblers plus Sat					9.30-11.00
<b>GymInfinity</b>							
Bright Stars (5-6 years)	1 hour (1 day)	4.00-5.00	4.00-5.00	4.00-5.00	3.30-4.30	3.30-4.30 5.00-6.00	9.00-10.00
Rising Star League (6-7 years)	1.5 hour (1 day)	4.00-5.30	4.00-5.30	4.30-6.00	3.30-5.00	3.30-5.00 5.00-6.30	9.00-10.30
Star Captains (6-8 year old boys, by selection)	2 hour (1 day)		4.00-6.00			4.00-6.00	
Star League (8-11 years)	1.5 hour (1 day)	4.30-6.00	4.30-6.00	4.30-6.00 6.00-7.30	3.30-5.00	5.00-6.30	9.00-10.30
Galaxy League (8-11 years, by selection)	2 hour (1 day)		6.00-8.00	6.00-8.00		4.30-6.30	
Triple T's (From 12 years)	2 hour (1 day)			6.00-8.00			
<b>Competition Classes - State Stream (Australian Levels Program)</b>							
Shining Stars / Pre Competition Squad	3 hours (2 days)	4.00-5.30		4.00-5.30			9.30-11.00
Shooting Stars / Developing Program Level 1	4 hours (2 days)	4.00-6.00		4.00-6.00			9.30-11.30
Super Stars / Developing Program Level 2	5 hours (2 days)		4.00-6.30		4.00-6.30		10.00-12.30
All Stars / Developing Program Level 3	5 hours (2 days)		4.00-6.30		4.00-6.30		10.00-12.30
Open Intermediate Levels	5 hours (2 days)	5.30-8.00		5.30-8.00			9.00-11.30
Pre Advanced Levels	7.5 hours (3 days)		6.30-8.30am 5.30-8.00pm		5.00-7.30pm		11.30-2.00
Open Advanced Levels	9 hours (3 days)	5.00-8.00			6.30-8.30am 4.30-7.30pm		11.30-2.30
<b>Representative Squads - National and International Stream</b>							
National Development Program	9.5 hours (3 days)		6.30-8.30am 4.00-6.30pm	4.00-6.30pm			8.30-11.00am
Youth Development Program	16 hours (5 days)	4.00-7.00pm	6.30-8.30am	4.00-7.00pm	6.30-8.30am 4.30-7.30pm		11.30-2.30pm
Open Age Squad	17 hours (5 days)	6.30-8.30am 5.00-8.00pm	5.00-8.00pm	6.30-8.30am	4.30-7.30pm		10.30-2.30pm
Elite / High Performance	19.5 hours (5 days)	6.30-8.30am 4.00-7.00pm	4.00-7.00pm	6.30-8.30am 4.00-7.00pm	3.30-6.00pm		10.30-2.30pm

## 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 to be prepared for their class.
- Squad 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. Boys and girls
- 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/strapping.
- Students must always tell their coach when they need to leave the gym.
- 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' or follow a coach on social media, except for a dedicated athlete page.
- No McDonalds or KFC should be consumed inside the building.
- KSTP requires complete respect for the Church from all members whilst on the Church grounds.
- The car park, gardens, bathrooms and kitchen area must always be kept clean.
- 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, yelling or running through corridors 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](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 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 to 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 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 several sessions across the day. We keep the costs for this special event affordable by providing the costumes, charging only a small costume levy as a contribution. Family and their friends are encouraged to come along and watch. This is a ticketed event.

### 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 \$55 this includes a training shirt. Thereafter a renewal fee of \$15 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 and Triple T's 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, Mini Stars, Bright Stars, Rising Star League, Star League, Star Captains, Galaxy League and Triple T's 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.

All classes do not run on public holidays. Athletes in competitive programs are required to continue training during all school holidays except the Christmas / New Year period which is our major break.

## 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		Club Singlet	\$35
Long sleeve (International Levels)	\$165	Club Shorts	\$35
Sleeveless (State Levels)	\$125	Girls Training Leotards	\$125
Boys Leotard	\$100	Girls KSTP SP Tights	\$72
Syliva P Black Shorts (girls optional)	\$48	Girls KSTP Crop Top (red)	\$48
Sylvia P comp Shorts Boys	\$48	Girls KSTP SP Shorts (red)	\$48
Tracksuit Pants	\$65	Squad Shirt	\$30
Tracksuit Jacket	\$80	KSTP Backpack	\$70
Polo Shirt	\$45	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 need 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 an 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 could lead your child to 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.

