

Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) has been operating since 2009. KSTP is a family run business with owners Dzimtry and Rebecca Kachan continually developing the club ensuring the gym has the latest equipment and training aids to assist the athletes.

KSTP are committed to our family base, to teach children about the benefits of a lifestyle focused on sport and training. Our aim is to deliver quality services and education to enrich the lives of children, providing them with an environment where they can thrive, excel and achieve through dedication, commitment and hard work. KSTP has been recognized as one of the most sophisticated training clubs in Australia for the sport of Tumbling and has been the home of the Gymnastics NSW High Performance Tumbling Program since 2017.

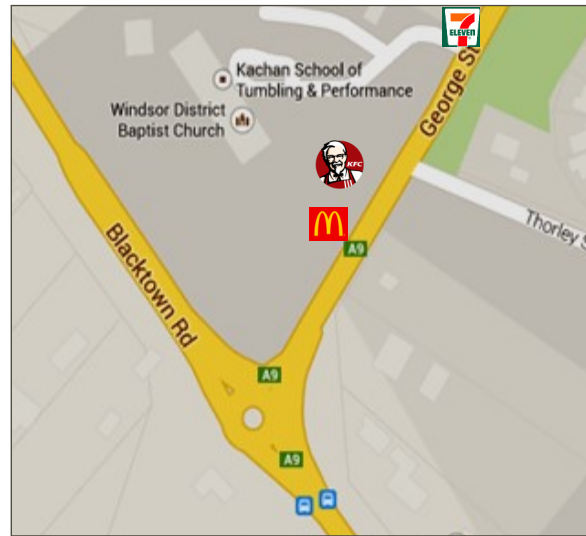
Our head coach is the NSW and Australian tumbling coach. He has developed National tumbling and trampolining competitors who have gone on to win many titles. Internationally we have a good reputation in tumbling and dmt. Since 2013 KSTP have won over 30 international medals.

Most recently in 2023 we had 15 athletes qualify for Australian teams. In Age groups, we had athletes come away with gold medals in U11's men's tumbling and U13's women's tumbling. We also had a silver medal in men's U17's tumbling and a bronze medal in U15's women's Dmt. In the first ever Junior World Championships, we had athletes achieve a bronze medal in men's tumbling and the first ever female DMT Junior World Champion. In the senior division we had several world cup medals in 2023 and most significantly the women's dmt World Cup series winner.

Our team is dedicated to the disciplines of Tumbling, Double Mini Tramp and Trampoline, most of whom are current or past athletes of the club. All our coaches have a current working with children check as well as their appropriate coaching and judging accreditation through Gymnastics Australia. We have won Overall Club Champions at State Levels Championships for the past 7 years and in 2018, 2022 & 2023 we were the recipients of Gymnastics Australia's Trampoline sports Coaching Team of the Year Award.

We look forward to welcoming you to our Centre and will be happy to discuss class options with you.

Dima & Rebecca Kachan




739 George St. South Windsor
(Grounds of Windsor District Baptist Church)

0435 155 834

info@kstp.com.au

www.kstp.com.au

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@Kachan School of Tumbling & Performance

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@kachan_school_of_tumbling



**KSTP is proud to be recognised as a
Gymnastics NSW Tumbling Centre of Excellence**

COMPETITION CLASSES

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

State Levels Stream

Stage 1 Squad

Stage 2 Squad

Open Intermediate

Open Advanced



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Competitive Classes

Stage 1 State Squad

Stage 1 State Squad, is a first-year squad for children from our recreational classes, who show readiness for the next stage of learning.

This program focuses on tumbling, trampoline and dmt. Competition squads use the base of what has already been learned and begin to turn focus towards execution and technique. Basic skills across all disciplines will be established in order to learn the skills required to begin competing in the State Stream Levels System.

Stage 2 State Squad

Stage 2 State Squad, is a squad for athletes already accomplished in basic skills and processes. These selected children show a readiness to take their learning further to continue along the State Stream Levels System. A greater focus will be placed on strength, and flexibility which will deliver quality in the execution of their skills.

Open Intermediate Levels

Open Intermediate Levels, is based on ability for athletes of any age who wish to begin competing and become part of a team. We take the skills already practiced and begin putting them together into routines.

Greater emphasis is put on technique and execution of basic skills across all disciplines, in order to learn the routines and combinations required for the State Stream Levels System.

Open Advanced Levels

Open Advanced Levels, is a competitive squad for children who have been working well and progressing nicely through the lower levels system. Selected athletes show the right strength, form and skills to carry them forward to Levels 4 and above.

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

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

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

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

Athletes in our competitive programs are expected to maintain a high attendance record, including the school holidays.

Competitions

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

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

Competitive Program Timetable

PROGRAM	MON	TUES	WED	THUR	SAT
Stage 1 State Squad	4.00-6.00pm		4.00-6.00pm		9.30-11.30am
Stage 2 State Squad	4.00-6.30pm		4.00-6.30pm		10.00am-12.30pm
Open Intermediate	5.30 - 8.00pm		5.30 - 8.00pm	5.00-7.30pm	11.30am-2.00pm
Open Advanced	4.30-7.30pm			4.30-7.30pm	11.30am-2.30pm

Competitive Program Fee Structure

PROGRAM	HOURS REQUIRED	11 WEEK BLOCK
Stage 1 State Squad	2 days (4 hours)	\$638.00
Stage 2 State Squad	2 days (5 hours)	\$770.00
Open Intermediate	2 days (5 hours)	\$770.00
Open Advanced	3 days (9 hours)	\$1138.50

Gymnastics NSW Annual Registration/Affiliation

KSTP is proudly an affiliated member of Gymnastics NSW as such each member at KSTP must become an affiliated member and required to pay the annual affiliation/insurance fee.

Athletes pay the Competitive Registration which is \$125 and is payable on your first paid class. Athletes in Stage 1 Squad who are considered pre competition will pay \$100. Should they attend an external competition in that year, they will pay the difference that time.

Additional Information

A one off club registration fee of \$50 is payable on joining KSTP. Fees are payable by the invoice due date, however in consultation with our team, a payment plan can be arranged. Early bird discounts apply to competitive programs term invoices. Sibling discounts are available.

Make-up classes are offered in all programs where there is an extra day within the week for training.



Class times and fees are subject to change without notice.