

## Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) has been operating since 2009. KSTP is a family run business with owners Dzmityr 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.

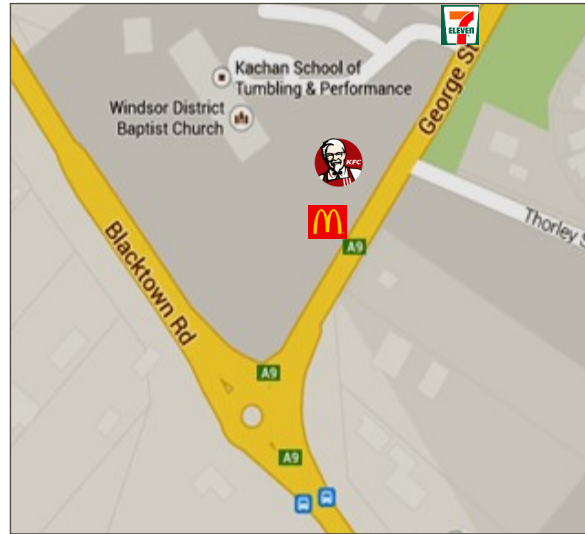
Our head coach is the NSW and Australian tumbling coach. He has developed National tumbling and trampoline competitors who have gone on to win many titles. Internationally we have a good reputation in tumbling and dmt. Since 2013 KSTP have won over 30 international medals.

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*



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(Grounds of Windsor District Baptist Church)

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www.kstp.com.au



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NSW TUMBLING HIGH PERFORMANCE PROGRAM

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

## JUNIOR DEVELOPMENT

*For the child who wants to become a representative athlete.*

### National Age Development Stream

**Stage 1 Squad  
Stage 2 Squad  
Pre Junior Squad  
Junior Age Squad  
Open Age Squad & ISD**



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# Squads

## Stage 1 National Age Squad

Stage 1 National Age Squad is a first-year squad for children turning 5 or 6 years who have previously been in our Early 1 Pre Squad twice a week or show great potential during the assessment phase. These children are usually first year at school.

These children are already used to our format, we aim to take what they have already learned and build further confidence and excitement toward future skills.

## Stage 2 National Age Squad

Stage 2 National Age Squad is a second-year squad for children aged 6 to 8 years. 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

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

Junior National Age Squad 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.

## Open Age Squad/International Stream Development (ISD)

These squads are for athletes who have moved through the levels system, and that have the skills required to compete within in their age groups at Nationals and future International 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 generally require travel.

## What is expected when your child has been selected for a development program.

A child being selected for a development squad indicates the child shows great potential in the sport of Tumbling and Trampoline. These squads are where the High Performance pathway begins, the programs are designed to take dedicated athletes to the highest levels, and become members of State and National teams.

The decision to take on the program should be carefully considered by the family as there is a higher level of commitment required. All athletes in our development squads are expected to maintain an excellent attendance record, this includes holiday periods. There is no refund, credit or makeup class for missed classes in Junior National Age, Open Age and ISD except for illness where the child is off two weeks or more with a doctors certificate.

Families are expected to block out competition dates to ensure the child is available for competitions, once a child turns 6 and have the requirements for the necessary level it is anticipated they will represent KSTP in State Competitions.

## National Age Stream Squads Timetable

PROGRAM	Mon	Tue	Wed	Thurs	Sat
Stage 1 National		4.00pm - 6.00pm		4.00pm - 6.00pm	9.30- 11.30m
Stage 2 National		4.00pm - 6.30pm		4.00pm - 6.30pm	10.00am- 12.30pm
Pre Juniors squad		4.00pm - 6.30pm		4.00pm - 6.30pm	9.00- 11.30am
Junior National Squad	4.00pm - 7.00pm	4.00pm - 7.00pm	6.30- 8.30am & 4.00- 7.00pm		11.30am- 2.30pm
Open Age Squad	6.30- 8.30am & 5.00- 8.00pm		6.30 - 8.30am & 5.00- 8.00pm	4.30 - 7.30pm	10.30am- 2.30pm
ISD	6.30- 8.30am 4.00- 7.00pm	4.00- 7.00pm	6.30- 8.30am & 4.00- 7.00pm	3.30-6.00pm	10.30am- 2.30pm

## National Age Stream Squads Fee Structure

PROGRAM	HOURS REQUIRED	11 WEEK BLOCK
Stage 1 National Squad	2 days (4 hours)	\$638.00
Stage 2 National Squad	2 days (5 hours)	\$770.00
Pre Junior Squad	3 days (7.5 hours)	\$1010.60
Junior National Age Squad	3 days (14 hours)	\$1463.00
Open Age Squad	17 hours full program	capped
ISD	19.5 hours full program	capped

## 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 is required to pay the annual affiliation/insurance fee. Athletes will be required to join either as a recreational or competitive athlete dependent on the program. As our development squad athletes compete at different times dependent on their age and level the fee you pay for your child will be based on them competing within the calendar year or not. KSTP Management together with the coach will determine when the athlete is ready to compete. The fee is required by the first 'paid' class when joining KSTP.

**Competitive Stage 1 Squad registration:** \$100- this is for athletes under 6 or those over 6 who are not ready to compete at a State Representative level within the calendar year.

**Competitive Stage 2 and up registration:** \$125 - this is for athletes 6 years and over who will compete at a State competition in the calendar year.

## Additional information

KSTP's one off club registration fee of \$50 is payable on joining. Fees are payable by the invoice due date, however a payment plan can be arranged. Sibling discounts are available.

Class times and fees are subject to change without notice.