



Your Journey. Our Passion.

Dear Families,

Welcome to Kiroi Academy. We are delighted to have you and your child join our community.

Kiroi Academy is an Olympian-led rhythmic gymnastics academy, founded by Alexandra Kiroi-Bogatyreva, delivering structured programs across Beginner, Recreational, National and International pathways. Our focus is technical excellence, athlete wellbeing, safeguarding, and long-term development.

This Welcome Pack provides an overview of how the Academy operates and what you can expect as a KA family.

OUR FACILITIES & VENUES

Kiroi Academy operates across **two strategic venues**, giving our athletes exceptional flexibility and preparation opportunities.

1. South Melbourne – Primary KA Facility

- Dedicated 24/7 KA venue
- Olympic-standard rhythmic gymnastics Competition podium floor
- Ballet-only studio
- Athlete kitchen and recovery spaces
- Parent waiting/work area
- On-site rhythmic gymnastics retail space

This venue allows us to structure training around athletes, not external restrictions.

2. Prahran – Strategic Competition Venue

- Used primarily for Levels 5–9 and High Performance
- Olympic-standard RG floor with sprung base
- High ceiling suitable for senior apparatus work
- Used strategically for competition preparation and floor familiarity

We may move groups between venues as required to maximise development and competition readiness.

ENROLMENT & RE-ENROLMENT

- One enrolment form is required per child
- Existing members and siblings are prioritised
- Places are limited and cannot be held
- Changes to enrolled sessions require 4 weeks' notice

By enrolling, families agree to comply with Kiroi Academy policies, including GA-adopted safeguarding and conduct policies.

OUR PHILOSOPHY



Kiroi Academy is committed to:

- High-quality, technically correct rhythmic gymnastics
- A safe, respectful and professional environment
- Supporting gymnasts of all levels and ambitions
- Preparing athletes for state, national and international competition
- Balancing performance, wellbeing and injury prevention

Our coaches are mentors, role models and professionals who take their responsibility seriously.

COMMUNICATION

Clear communication protects athletes and staff.

Official channels:

- Club email
Coaches squad watsup
- KA Instagram

Safeguarding rules apply at all times:

- Communication with minors includes parents where appropriate
- No private or secret communication with minors

Important notices and invoices are sent by email.

TRAINING STRUCTURE (GUIDE)

Training hours vary by level and pathway. General expectations:

Recreational / Beginners: 1–2 sessions per week

Levels 1–2: 2–3 sessions per week

Levels 3–4: 3 sessions per week

Levels 5–6: 3–4 sessions per week

Levels 7–9: 12+ hours per week

International Stream: 12–24 hours per week (holiday training mandatory)

Training hours are **recommendations**, not guarantees of results.

SQUAD PLACEMENT

Squad placement is determined by the KA Coaching Leadership Team and considers:

- Technical ability and readiness
- Training effort and commitment
- Competition performance and feedback
- Physical development and injury risk



- Long-term athlete potential

Placements are reviewed annually and are not negotiable.

FEES & COMMITMENT

Kiroi Academy operates as a professional academy.

- Fees reflect coaching expertise, venue leasing, compliance, insurance and operations
 - Fees are charged per term or cycle
 - No refunds or credits for missed classes
 - Enrolment is a commitment to a full training period
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UNIFORM & EQUIPMENT

- Fitted black training wear or leotard
- Hair secured (bun or tied back)
- Toe shoes required
- No jewellery (except small stud earrings)
- Drink bottle and training journal required

Club tracksuits are mandatory for competitions and official representation.

COMPETITIONS & EXTERNAL ACTIVITIES

- Competitions are encouraged but not compulsory
- Coaches advise readiness
- Written confirmation and payment required for entry
- Outstanding fees prevent competition entry

Gymnasts must not perform KA-choreographed routines outside the Academy without permission.

CHILD SAFETY & CONDUCT

Kiroi Academy adopts Gymnastics Australia's Child Safeguarding, Member Protection, Complaints and Disciplinary Policies in full.

We have zero tolerance for:

- Bullying or harassment
- Disrespectful or aggressive behaviour
- Defamatory conduct (online or in person)

Breaches may result in suspension or termination of enrolment.

PARENT VIEWING, DROP-OFF & PICK-UP



- Parents are encouraged to *drop and go*
 - First session viewing is welcome
 - Prompt collection is required
 - Late pick-up fees apply
 - Gymnasts under 10 are supervised only during scheduled class time
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MEDICAL & SAFETY

Rhythmic gymnastics is a physical activity. While reasonable care is taken:

- KA is not liable for injuries to the extent permitted by law
 - GA registration provides limited insurance
 - Coaches must be informed of injuries or medical plans
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EXPECTATIONS

Gymnasts

- Be punctual, prepared and respectful
- Follow coaching direction
- Represent KA professionally

Parents

- Support a positive club culture
 - Be solution-focused
 - Avoid sideline coaching and comparisons
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NEXT STEPS

Please ensure you:

- Confirm training times and venues
 - Contact us if questions remain *after reviewing provided information*
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WELCOME TO KIROI ACADEMY

We look forward to supporting your child's journey with expertise, care and integrity.