

# RECREATION SPORTS AND AQUATICS CLUB

Annual Report  
2023



NDIS REGISTERED PROVIDER  
NUMBER: 4050 008718

LET RSAC HELP YOU REACH YOUR GOALS



## RSAC MISSION

TO BE A LEADING-EDGE PROVIDER OF SERVICES PROMOTING QUALITY OF LIFE AND INCLUSION TO PEOPLE WITH DISABILITIES, THEIR CARERS AND FAMILIES.

## RSAC VISION

TO PROVIDE A RANGE OF QUALITY, FINANCIALLY SUSTAINABLE LIFESTYLE SERVICES TO PEOPLE WITH DISABILITY, THEIR CARERS AND FAMILIES THAT INCLUDE:

- SPORTS
- SOCIAL AND RECREATIONAL PURSUITS
- VACATION & OUT OF SCHOOL HOUR ACTIVITIES
- SUPPORT
- EDUCATIONAL AND PERSONAL DEVELOPMENT
- ANY OTHER PROGRAMS THAT MAY BE DEVELOPED OVER THE LIFE OF THE STRATEGIC PLAN.

**RSAC Office & Clubrooms:**

**Postal address:**

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**ABN:** 59726089873

**NDIS Provider Number:** 4050 002718

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**CFN:** 11028



**Follow us on Facebook:** <http://facebook.com/Recreation-Sports-and-Aquatics-Club>

**SUPPORT RSAC: Fundraise or donate to RSAC 24 hours a day through our Charity**

**Cause Page:** <https://www.gofundraise.com.au/beneficiary/RSAC>

# WHO IS RSAC?

RSAC is a “for life” organisation where people can move from activity to activity as their interests and circumstances change. Many people have been members for over 25 years, including participants, volunteers and family members. RSAC welcomes new members in any capacity.

RSAC is overseen by a BOARD of MANAGEMENT that is made up of a President and board members that include participant representatives, family and independent members.

## BACKGROUND

RSAC is a community based not-for-profit organisation whose lifestyle programs provide recreational, social and sporting activities for people with disability in the local community. It is a registered charity serving the community since 1987. Over 500 people of all ages with disability participate in RSAC programs on a regular basis. Up to 1,200 people with disability will be involved in an RSAC program during a year.

Many of our members are financially disadvantaged with low incomes and limited resources. RSAC receives no regular funding so most of the financial needs are met by participant contribution, NDIS fees, fundraising and one-off grants. Many RSAC services and activities are conducted by volunteers including parents, family members, carers and community supporters.

## PATRONS

RSAC is honoured to have distinguished community representatives as patrons who support RSAC activities and ventures.

## STAFF

The day-to-day management of RSAC is undertaken by its Executive Officer, Program and Projects Coordinator, NDIS Manager and Financial and Administration Officer and their support staff.

## COACHES and PROGRAM MANAGERS

Coaches and Program Managers include staff, external contractors and volunteers, (all described by NDIS as WORKERS) who support the needs and requirements of participants. All work with the same aim to provide excellent services to their program participants. They must undertake screening checks and training in order to be compliant under NDIS rules.

## VOLUNTEERS

Most RSAC activities from coaching, team management, office assistance, fundraising projects to holidays and program support rely heavily on volunteers. Around 60 volunteers make up the workforce including parents, carers, siblings, community members and supporters from various backgrounds. Some have volunteered for over 30 years and most have a weekly activity they support. More volunteers are always needed and welcome. RSAC's diversity of activities relies on volunteer support. Like coaches and managers, if they are providing direct support to participants, or are in a position to offer advice, they must undertake screening and training in order to be NDIS compliant.

# PROGRAMS

RSAC provides a variety of programs to appeal to as many participants as possible. Some participants change from time to time or do more than one program regularly (many of our members do several programs every week). Members also enjoy social and recreational activities, getaways and travelling. RSAC do not have any restrictions on the age of our members, but some programs better meet the needs of specific age groups.

# AIMS

RSAC designs its programs to meet the needs of people living with disability.

The outcomes we aim to achieve through our programs include:

- enhanced social interaction and social skills,
- people with similar interests, developing friendships,
- improved communication skills including active listening,
- learning to follow instructions and acquiring skills through coaching,
- learning to work as part of a team and supporting team-mates on and off the field,
- developing an understanding of empathy for others,
- meeting people outside of normal circle of influence,
- opportunity to “do your own thing” away from family and usual environment,
- building and maintaining friendships and having fun,
- improved self-confidence and self-esteem,
- improved fitness through exercise, improved hand/eye coordination,
- increase social networks,
- have fun,
- community and family interaction,
- developed support and networks for carers.

# NDIS

RSAC is registered as a Provider to support participation by members. The state-based registration has now been replaced by a national system under the NDIS Quality and Safeguards Commission.

RSAC is registered nationally. Requirements include regular audits and reporting rules and are required to:

- comply with the NDIS Practice Standards
- comply with the NDIS Code of Conduct and support their workers to meet its requirements
- have an in-house complaints management system and notify the NDIS Commission of reportable incidents
- ensure all workers are screened through the NDIS Worker Screening process.



# President's Report



Congratulations to all members and supporters on another successful year with RSAC. I'd like to commend this Annual Report to you, which highlights the numerous programs and activities, special events, and holidays, which have been enjoyed by our members and families throughout the year.

From its start in 1987 as a swimming program for children and adults with a disability, RSAC has grown and diversified to offer the range of activities you will read about in this report. The club has retained a loyal group of members who have continued to participate for 30+ years, but also attracts new members every year and works hard at offering all members an opportunity to enjoy and grow in their chosen pursuits. The continued and increasing popularity of RSAC's many and varied programs, is testament to their value to the community it serves.

On behalf of the Board, I'd like to thank all those dedicated workers, coaches and volunteers who continue to deliver the amazing array of programs and activities. As a community, not-for-profit organisation, RSAC relies on volunteer support, and I would also like to second the call in Jenny Bombardieri- our executive officer's report, for members to consider volunteering in some way for the club.

As many are aware, this year RSAC successfully completed our latest NDIS Certification Audit. This is a regular, vital requirement for all NDIS registered organisations, in order to ensure they comply with all NDIS practice standards. Once again, on behalf of myself and other board members, I'd like to thank Jenny Bombardieri, Tina Llewelyn, the administrative team and of course the peerless volunteer Bronwen Elliot, for their extraordinary hard work in ensuring RSAC's preparedness for the audit. I'd also especially like to thank all those members and workers who spent time with the auditors, either in person or by phone, providing feedback on their roles and experiences with RSAC.

Special thanks also, to Thomas McMurray our long term financial auditor, who has once again given us his time and expertise to prepare our financial audit for this year.

The continued success of RSAC would not be possible without the generosity of its sponsors and supporters. The list of our many contributors is detailed in this Annual Report, however I would like to further acknowledge our major sponsor Bankstown Sports Club for the ongoing provision of our clubroom facilities and office space in Bankstown. Thanks also to Mount Lewis Bowling Club, who provide a popular venue for our disco's and fundraisers. I'd also like to thank both of the above clubs for their continuing NSW ClubGrant support.

Thank you to my fellow board members for their continuing commitment and contribution to RSAC's governance throughout 2023 and my thanks also to Annerose de Jong, who has stepped down from the board this year.

This year, RSAC is finishing the social year with a big celebration - The Big Day Out on Sunday the 3rd of December, will be a showcase of member achievements, a Christmas party and disco all rolled into one great social event- so I'm hoping to see you all there! This has been possible through a ClubGrant from Bankstown Sports Club.

On behalf of the board, I'd like to wish you all a very safe and happy new year. Looking forward to a successful 2024 with RSAC.

Vanessa Fone  
President

# Executive Officer's Annual Report 2023



It was lovely to be back in full swing this year FINALLY!

## PARTICIPATION

The enthusiasm of participants to be involved in regular and any social events organized, such as outings and discos, demonstrate the thirst for activities that are inclusive, supported and especially fun for our members. These events provide an opportunity for both participants and carers to get to know each other and socialize in a relaxed atmosphere.

The regular programs are moving back to pre-pandemic numbers and we are welcoming more young participants.

## VOLUNTEERS

We rely heavily on volunteer support for our ongoing programs and board duties. While we continue to recruit externally it is often the family members of participants who fulfill many of the long-term volunteer rolls that keep RSAC operational.

There are a variety of roles that volunteers can undertake that greatly increase RSAC's work. Myself or office staff and board members are more than happy how you could find a roll that suits you should you wish to get involved.

Thank you so much to our regular volunteers including:

- Robert Donovan: Fridays night swimming for over 35 years,
- Marilyn Ledger: in many roles since Kim was a young school girl and now as Saturday Bowling Coach/Manager
- Ian McGregor: swimming and basketball coach and now board member, since 2002

..... to name just three! There are so many more dedicated volunteers, please see named list further in report. You are all so special and appreciated.

## STAFFING

### Office Staff:

This year Cameron Gregory continued as our Programs and Projects Coordinator replacing Tina Llewelyn in that role and welcomed Tina Llewelyn back from maternity leave in her new role as NDIS Manager. Susan Stojanoski has moved from her volunteer and casual staff position to permanent part time, with Kitty Li has been promoted to Finance and Administration Manager. Annerose DeJong continues in her role, supporting NDIS administration duties. Hilary Sandeman is also coming in one day a week designing our flyers with her graphic design skills and assisting with our expanded Monday cooking program."

### Program Workers:

We have recently welcomed new workers to indoor soccer and basketball/soccer skills- both enthusiastic, experienced, dedicated and appreciated. Our program workers are a dedicated team, With the extraordinary workload required for our NDIS compliance and our (self-inflicted at times) energies in increasing and improving programs and activities we are still running to keep up with the office administration. We really do try to maximize the number activities we can provide.

Thank you to our regular office volunteers Paul Pearson (now retired) who helped keep RSAC going through and out of the pandemic, and Lorelle Byers who not only shops for the club requirements and Saturday cooking and volunteers at Saturday Cooking Classes but also enters attendance data and assists with data entry for invoicing each month.

The team is a vibrant, caring and supportive group who love working for our members. Amazing support.



## RSAC BOARD

This past year has seen some changes to our board lineup with Elizabeth Ramsey, Andrea Savva, Paul Pearson and John O'Leary stepping down after several years of service and welcoming Ken Nelson, Bronwyn Sims and Catriona Lau to the board. All have added to the skills and diversity of the board. The operations of the board have this year been heavily focused on compliance and their support has been appreciated.

## AUDITOR

Special thanks to our auditor, Tom Mc Marray who has once again donated his fee back to RSAC. He has not only taken on our Financial Audit every year for at least the last twelve years but this year has also added auditing two large grants for RSAC that required separate full audits. His audits give our board confidence that our financial records are an accurate record. Tom's patience and thoroughness are really appreciated.

## NDIS REPORT

With the exceptional and expert support of Bronwen Elliott and a mass compliance drive with all staff and workers involved, RSAC has undergone our 4<sup>th</sup> NDIS audit and passed with flying colours. Thank you to all the participants, carers and workers who were involved. The audit team were blown away by the exceptional feedback they received from everyone they interviewed. Please see NDIS report included in this Annual Report.

## THANK YOU

I would like to personally thank Patron Jason Clare MP and his office who support RSAC whenever an application that suits us comes around and the assistance they provide with our applications. And also, Patron John Murray OAM, who keeps an eye on RSAC and its needs through Bankstown Sports Club. Its lovely to have such strong community supporters.

Can I just end with a big thank you to all the parents and carers who support and assist our participants to attend RSAC programs. And thank you also for supporting the work that RSAC does, with its best intention of providing quality options for people with disability to live their BEST lives.

Jenny Bombardieri OAM  
Executive Officer

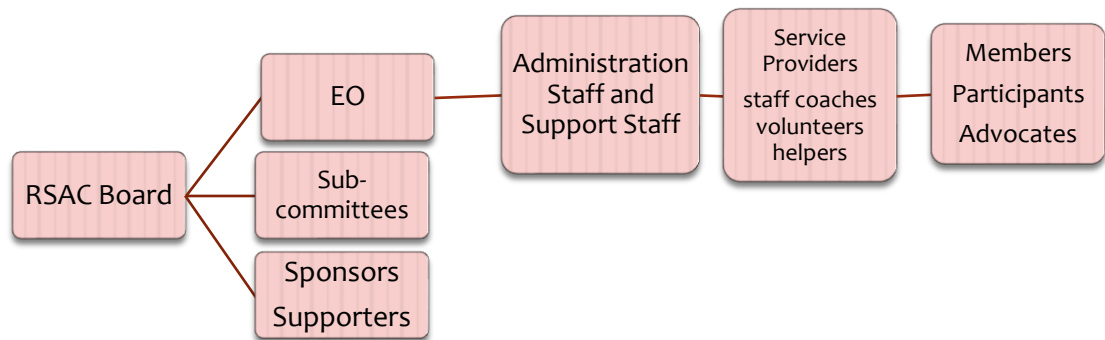


Adelaide River Northern Territory-Walking Cradle Mountain Tasmania-Zip Lining Illawarra Fly Knights Hill



# Structure & Management

Recreation Sports and Aquatics Club Inc. is an Incorporated Association registered with the Australian Charities and Not-for-profits Commission (ACNC).



An elected volunteer Board of Management oversees the management of the organisation. It is aware of the crucial role of good governance and actively seeks suitable candidates to assist with its role. The Board is responsible for ensuring good governance by monitoring the management of the organization, to ensure that it acts in a manner which reflects fiscal accountability and good practice. The board is responsible for establishing organisational priorities, approving policies, and providing oversight of their implementation. Board members are expected to act ethically and responsibly, in response to the rights and wishes of stakeholders.

The management of the club is undertaken by:

## The Executive

The RSAC Executive includes the President, Vice President, Secretary, and Treasurer with the Executive Officer ex-officio, which holds the legal responsibility for the management of the organisation.

## The Board of Management

Chaired by the President, consists of the Executive, Consumer Representative/s, and Ordinary Members which meet at least bi-monthly.

## Sub-Committees and working parties

Subcommittees and working parties for specific purposes are established as required. All sub-committees are required to report to the board and undertake duties within parameters set by the board.

## Sports/Programs Team

Coordinated by the Program and Projects Coordinator, includes Head Coaches and Team Managers of Sports, program Coordinators and other regular program groups.



# Audiences

## People Living With Disability

Siblings, parents and carers and support persons of people with disability and their friends.

RSAC is structured to meet the needs of people with an intellectual or associated disability, and/or physical, sensory or other disability, inclusive of those with mental health disorders, mostly between the ages of 4 and 70.

## Families, Carers and Friends

RSAC acts as a support system for carers of people with disabilities providing activities, information and events for both people with disability, their families, carers, support persons and friends. Siblings are especially considered as part of RSAC.

## Volunteers

Like many community organisations, RSAC thrives on its volunteers. It relies on them entirely for the continuation of its events, activities and programs. More than 60 volunteers currently participate on a regular basis, providing sports coaching and support, special event management and support, administration and overall club management.

## Donors, Sponsors and Funding Bodies

Being a non-profit charity, RSAC relies on outside contributions and support. Both targeted and non-targeted funds are essential for RSAC and a large number of its projects are directly funded through grants. RSAC is fortunate to have many loyal sponsors and supporters for which we are truly grateful.

## Networks

RSAC has an established network of like-minded people and organisations with whom it interacts. These networks are vital in disseminating our message and information. They also keep us up to date and on track and ensure that we continue to meet the ongoing needs of our target group, without replication.

## Consultation

RSAC is committed to extensive consultation with people with disabilities and their families and carers who use our services and our staff, volunteers and stakeholder organisations to ensure that RSAC is informed and knowledgeable in its service provision and support for people with disabilities.

## Communication: Distribution and Communication

Most members receive communications by email and/or distribution at programs. Facebook has become an important communication tool for RSAC and a great way to share information and photos from our special events.

# THE TEAM

## PATRONS

- **John Murray OAM**, President, Bankstown Sports Club
- Hon. David Coleman MP, Member for Banks
- **Hon. Jason Clare MP**, Member for Blaxland, Minister for Education
- **Hon. Jihad Dib MP**, Member for Bankstown, Minister for Customer Service & Digital Government, Minister for Emergency Services, and Minister for Youth Justice
- **Clr Bilal El-Hayek, Mayor**, Canterbury-Bankstown City Council
- **Clr George Zakhia**, Canterbury-Bankstown City Council

## HONORARY MEMBERS

- John Gorrie 2000 \*
- Maria Long 2000 \*
- Kayee Griffin 2017

## LIFE MEMBERS

- Jenny Bombardieri OAM 1997
- Pat Reeve 1998 \*
- Robert Donovan 1999
- Gwen Banskrove 2003
- Nigel Beattie 2006 \*
- Douglas Beattie 2009
- Bob Beer 2020
- Bronwen Elliott 2021
- Michael Sparsis 2021
- Anne Sparsis 2021
- Ian McGregor 2021
- Marilyn Ledger 2021

\* deceased

## OFFICE BEARERS 2022/2023

President	Vanessa Fone
Vice President / Treasurer	Ian McGregor
Secretary	Bronwyn Sims
General Members	Susan Stojanoski
	Kenneth Nelson
	Catrina Lau
	Annerose De Jong (to August 2023)
Participant Representatives	Amanda Sivier

## AUDITOR

Thomas McMurray, Chartered Accountant

## WORKERS

Workers as defined by NDIA Commission	“Persons employed or otherwise engaged by an NDIS provider. For example, people working in the disability support sector in either a paid or voluntary capacity...”
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### PERMANENT STAFF

Executive Officer & Public Officer

**Jenny Bombardieri**

NDIS Manager (part time) **Tina Llewelyn**

Accounts & Administration Manager (part time) **Kitty Li**

Programs & Projects Coordinator **Cameron Gregory**

Administration Support Officer (permanent part time)  
**Susan Stojanoski**

### CASUAL STAFF 2022-2023

Isaac Cheng, David Wong, Sarah Najafi, Arthur Coorey, Hilary Sandeman, Tommy Ng, Vicky locano

### EXTERNAL CONTRACTORS

Imagination Theatre, Indeeep Tennis, Caroline Nguyen, Esther Fung, Hernan Yoia, Anastasios Repousis, Shang Ting Wu, Graham Hilgendorf, Caleb Losh, Kate Demayo

### VOLUNTEERS

Michael & Anne Sparsis  
Gina Walsh  
Ian McGregor  
Steve & Kayleen Chance  
David Clifton  
Bruce Andrews  
Ian & Sandra Russell  
Marilyn & Terry Ledger  
Luis Marcelo Vigliante  
Susana Macri  
Darren McLean  
Vanessa Fone  
Ken Nelson  
Danielle Ingrassia  
Troy Bombardieri

Steve Fullicks  
Kate Demayo  
John Sandeman  
Bronwen Elliott  
Paul Pearson  
Sarah Najafi  
Robert Donovan  
Vanessa Fone  
Min Zhang  
Peter Sparsis  
Jason Sparsis  
Catrina Lau  
Robin Bhetwal  
Tracey Harmony  
Quynh Luu

Mary Sheppard  
Aimee Wasserman  
Amanda Sivier  
Alexandra Manea  
Susannah Gregory  
Emma Pendleton  
Sandra Lawson  
Kerrie Salakas  
Michael Curtale  
Lorelle Byers  
Kim Ng  
Susan & Chris Stojanoski  
Michael Curtale  
Irena Vasiliev  
Kei Kato





# SPONSORS AND SUPPORTERS

The importance of support large and small that many organisations, clubs, councils and individuals both in cash and kind cannot be overstated. Of course, large grants are great and necessary for major initiatives and projects, however the ongoing contributions of all sizes play a significant role in offsetting those expenses for which we have no revenue streams.

## OUR SUPPORTERS

### MAJOR SPONSOR

**BankstownSports**

“Thank You does not seem enough.”

The generous provision of our clubrooms and office space provided by Bankstown Sports Club which is utilized for:

DANCE, DRAMA PERFORMANCE & COMPANY, KARATE, COOKING CLASSES (4), ART CLASSES, SOCIAL GATHERINGS, DRUMMING, ZUMBA(2), CHOIR/KARAOKE, FITNESS CLASSES

As well as Administration Offices, Meeting Space, Storage and lots more

### SUPER SUPPORTERS

Mount Lewis Bowling Club Club Grant & Venue, Fundraising	Georges River Council Community Grant & Venue Grant	Dept of Infrastructure & Training Stronger Communities Grant
Canterbury-Bankstown City Council <b>Community Grants</b>	Mary's Famous Jams and Preserves:  Mary & Geoff Sheppard Donations	Strathfield Super Bowl Venue & Support
NDIS Support Grant	Georges River Council Presentation Day Grant Venue Support Grant	Bluefit Venue Provision Swimming Bexley & Hurstville & JBALL Basketball
	BANKSTOWN SPORTS CLUB VENUE & Club Grant	

## THANK YOU FOR DONATIONS

Michael & Anne Sparsis	Rotary Club of Campsie
Robert & Sandra Beer	Australian Turf Club
Geoff & Mary Sheppard	Western District Joggers & Harriers
Yvonne & Andy Diep	Elizabeth & Mark Ramsay
Aaron Ung	Tom McMurray
Steve	

# RSAC PROGRAMS & ACTIVITIES

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## RSAC PROGRAMS

RSAC has been running sports programs for 37 years.

Goals include:

- Providing meaningful active participation for people with disability
- Teaching and developing the skills of the activity to participants
- Seeking opportunities for performance or competition for those who are interested
- Providing a safe, appropriate environment for participation
- Development of social and cooperative skills of participants
- Having suitable venues, equipment, support and policies in place to ensure quality programs
- Being responsive to participants wants and needs when developing and maintaining programs
- Building in flexibility to ensure ongoing programs continue to meet participants needs
- Recruiting appropriate support including volunteers, coaches and managers for every program
- Providing an environment that encourages fun, friendship and healthy participation by all.

## ARTS & CRAFT

RSAC Monday Art & Craft Class runs on a fortnightly basis with focuses on coordination and fine motor skills. From cutting, drawing dots and lines, and even simply tearing pieces of paper promote participants to develop their fine motor skills which can translate to everyday activities such as tying shoes, dressing, etc. Another key aspect of the Art and Craft Classes is to encourage creativity, productivity and to inspire critical thinking.

## COOKING MONDAY/SATURDAY

RSAC Cooking Classes run on a weekly (Monday)/monthly (Saturday) basis and provide participants a hands-on experience of food preparation. Our classes aim to teach members basic knife skills, how to follow a recipe, measuring ingredients and different cooking methods such as frying, baking, BBQing and micro waving. These skills are continuously practiced in the cooking sessions so that participants can transfer their skills to everyday life. Cooking also provides a social aspect where once the class has cooked their meals, they sit down and enjoy the food they have prepared together.

## CRICKET

Cricket is runs on a fortnightly bases which teaches the fundamentals rules and skills of the sport. The program enables participants to improve coordination, endurance and concentration while allowing participants to socialize and learn to work with one another in a team sport. Cricket sometimes have matches organized throughout the year.

## BASKETBALL & SOCCER SKILLS

Basketball & Soccer skills is a weekly program consisting of participants with a wide range of skills. This program focuses on teaching the fundamental skills and rules of each sport and practicing drills to improve endurance, coordination, balance and concentration. A game of either soccer or basket is usually played at the end of the session.

## INDOOR SOCCER

Indoor soccer is weekly program run on Sundays at Bankstown PCYC. This program teaches the fundamentals skills and rules of the sport enable participants to practice short drills. These drills enable participants to improve endurance, agility, coordination and concentration. They learn to follow coach instructions and to work as a team.

## KARAOKE

Karaoke is a fun program held in the RSAC clubrooms on Thursday evenings. The program allows participants with a passion for song to belt out some of their favorite tunes and socialize with one another. From solos to duos and group song, this group knows how to party to all the different genres.

## **FRIENDSHIP GROUP**

Friendship Group is run once a month and consists of participants over 18 years & who are able to cooperate as a group. A day outing on either Saturday or Sunday is organized where participants get to meet and socialize with one another while they experience new places, sights and activities.

## **KARATE**

RSAC's Monday 6pm Karate class focuses on teaching its members the skills and techniques of Japanese Martial Arts. Developing balance, coordination, flexibility, endurance, stamina and agility are the major features incorporated in this class. Besides the physical benefits, RSAC's karate classes also teaches important mental skills such as discipline, focus and respect which can be used in everyday life.

## **CREATIVE DANCE**

Creative Dance runs on a weekly basis on Tuesday evenings (now moving to Fridays) which focuses coordination, agility and flexibility. These classes enable participants to express themselves through movement and learn different styles of dance such as jazz, ballet, contemporary and hip hop. RSAC also provides performance opportunities such as presentation night and concerts where they can showcase what they have been learning and build in confidence. Creative dance allows participants to share their passion and interests among peers as well as making long term friendships.

## **JUNIOR BASKETBALL**

RSAC's junior basketball program supports community participation for younger beginners and intermediate participants, Wednesday 6-7pm at Hurstville Stadium. This program teaches the fundamental skills of basketball as well as rules of the sport. Skills taught include endurance, concentration, coordination and balance. Another key focus of the program is teamwork, which enables members to make new friends and learn how to be a team player.

A game is always played at towards the end of the program which enables participants to harness the skills they have learnt in a game situation. Those with sufficient skills who wish to move on to competitive basketball are encouraged to try out for the senior basketball team.

## **INTERMEDIATE BASKETBALL**

RSAC's intermediate basketball program supports community participation for non-competitive participants, teens and older. This program runs on Tuesday evenings and teaches the fundamental skills as well as rules of the sport. The skills taught in the program build endurance, concentration, coordination and balance. Another key focus of the program is teamwork, which enables members to make new friends and learn how to be a team player. A game is always played at towards the end of the program which enables participants to harness the skills they have learnt in a game situation. Those with sufficient skills who wish to move on to competitive basketball are encouraged to try out for the advance to senior basketball team.

## **SENIOR BASKETBALL**

The senior basketball program is for members who already have the fundamental skills and now focus on how to practice them in a game situation. The skills taught in the program build endurance, concentration, coordination and balance. Another key focus of the program is teamwork, which enables members to make new friends and learn how to be a team player. Many members of the senior team compete in Special Olympics competitions around NSW and try out for state and national teams.

## **DRAMA**

The RSAC Drama program on Wednesdays 5pm-6:30pm encourages members to develop fundamental acting skills and techniques. This is done through a wide range of drama activities and games, with members slowly build in confidence, concentration, communication skills and developing creativity. RSAC Drama has a large group of members which have created a strong bond as they laugh, learn and grow together week after week.

## **DRAMA COMPANY**

RSAC Drama Company is an advanced class for members to build drama skills and techniques at a performance level. This class enables them to focus on developing scripts and performance acts which are performed in front of a wide audience. This group has also had several opportunities to perform these acts in several events such as the Canterbury Bankstown International Day of People with a Disability 2019 Gala Event, RSAC Performance Nights and RSAC's original production of Wizard World.

## **ZUMBA**

The Zumba Fitness Program was held on Friday's 6pm-7pm, (now moving to Tuesdays) 5:30-7pm. This is a program which integrates dance and exercise providing the opportunity to improve coordination, balance, flexibility and muscle conditioning.

## **HIP HOP**

Hip Hop runs on a weekly basis on Wednesday evenings which focuses coordination, agility and flexibility. These classes enable participants to express themselves through movement and learn the dance style of hip hop. RSAC also provides performance opportunities such as presentation night and concerts where they can showcase what they have been learning and build in confidence. Hip Hop allows participants to share their passion and interests among peers as well as making long term friendships.

## **DRUMMING**

The drumming program runs weekly on Thursday afternoon which assists with many cognitive and emotional needs. This program focuses on helping participants to build and develop confidence, discipline, listening, coordination and concentration.

## **TENNIS**

RSAC's tennis programs at Beverly Hills, held on Saturday mornings are group lessons where participants can learn the individual skills and techniques of the game. These are group sessions where participants can learn in a group setting and socialise with peers who have similar interests. Besides the benefits of social interaction, tennis has numerous health benefits such as increasing stamina, coordination, reaction times and improving muscle tone, strength and flexibility.

Sessions include Junior Group, Intermediate and Senior with senior being most skilled and many participating in competitions, intermediate the more social level players and the junior group catering for younger players who are developing skills ready to transition.

## **TENPIN BOWLING**

Tenpin Bowling is a fun program which strengthen muscles, improves flexibility, coordination and balance and motor skills development. This program can also benefit mental health as it is a form of stress relief and enables participants socially interact with peers.

Sessions are held Monday at Revesby and Wednesday afternoons and Saturdays at Strathfield Superbowl, Enfield.

## **SWIM CLASSES**

Classes are held three times each week: Wednesdays at Hurstville Aquatic Centre, Thursdays at Bexley Pool and Fridays at Roselands Pool.

## **SQUAD & STROKE CORRECTION**

The RSAC Squad and Stroke Correction classes are for experienced swimmers to practice and improve different stroke techniques while in a group setting. These swimming classes have major health benefits as they build endurance, muscle strength, coordination, spatial awareness as well as a source of cardiovascular and respiratory fitness.

## **LEARN TO SWIM**

The RSAC Learn to Swim classes teaches the important life skill of swimming while in a group setting. These swimming classes have major health benefits as they build endurance, muscle strength, coordination, spatial awareness and a source of cardiovascular and respiratory fitness.



## ZOOM ONLINE CLASSES

During the COVID-19 pandemic RSAC participants have also able to participate in several online programs such as Famous Dance Routines, E-Hang, Hip Hop, Drama and Zumba. This enabled them to make new friends while maintaining physical fitness from their very own home.

## DAY OUTINGS

RSAC organises several day outings during the January school holidays and from time-to-time where participants and family can spend time with one another while experiencing new places, activities and meeting new people.



# RSAC REGULAR ACTIVITIES 2022-2023

ACTIVITY	WHEN	WHERE
COOKING Mondays	Mondays 1-3pm Mondays 3-5pm	RSAC Clubrooms Bankstown
ART & CRAFT	Mondays 5-6pm fortnightly	RSAC Clubrooms Bankstown
TENPIN BOWLING REVESBY	Mondays 5-7pm	Revesby Workers Club
KARATE	Mondays 6-7:30pm	RSAC Clubrooms Bankstown
BASKETBALL intermediate	Tuesdays 6-7:15pm	Riverwood Community Centre
ZUMBA	Tuesdays 5:30-7pm	RSAC Clubrooms Bankstown
BASKETBALL senior	Tuesdays 7:15-8:30pm	Riverwood Community Centre
DRAMA	Wednesdays 5-6:30pm	RSAC Clubrooms Bankstown
DRAMA COMPANY	Wednesdays 7-8:30pm	RSAC Clubrooms Bankstown
TENPIN BOWLING SUPERBOWL	Wednesdays 5-6:30pm	Strathfield Superbowl
HIP HOP	Wednesdays 5:30-7pm	PJ Ferry Hall Allawah
SWIMMING HURSTVILLE learn to swim	Wednesdays 6:30-7:30pm	Hurstville Aquatic Centre Penshurst
SWIMMING HURSTVILLE squad	Wednesdays 7:30-8:30pm	Hurstville Aquatic Centre Penshurst
BASKETBALL junior	Wednesdays 6:30-7:30pm	Hurstville Stadium Penshurst
FITNESS Ready Steady Able	Thursdays 1-2pm	RSAC Clubrooms Bankstown
DRUMMING	Thursdays 4:30-6pm	RSAC Clubrooms Bankstown
KARAOKE	Thursdays 6-7pm	RSAC Clubrooms Bankstown
BASKETBALL & SOCCER	Thursdays 6:-7:30pm	Morris Iemma Centre Riverwood
SWIMMING BEXLEY learn to swim	Thursdays 6:30-7:30pm	Angelo Anestis Aquatic Centre
SWIMMING BEXLEY squad	Thursdays 7:30-8:30pm	Angelo Anestis Aquatic Centre
DANCE	Fridays 5:30-7pm	RSAC Clubrooms Bankstown
SWIMMING ROSELANDS	Fridays 6:30-7:30	Roselands Aquatic Centre
SOCIAL FRIENDSHIP GROUP	Various Sat/Sunday monthly	Various meet Hurstville/Bankstown
ZUMBA	Sats 9:30-11 am	RSAC Clubrooms Bankstown
COOKING	Sats 9:30-12:30pm monthly	RSAC Clubrooms Bankstown
TENNIS senior	Saturdays 9-10am	John Mountford Reserve Beverly Hills
TENNIS development	Saturdays 10-11am	John Mountford Reserve Beverly Hills
TENNIS junior	Saturdays 11-12pm	John Mountford Reserve Beverly Hills
TENPIN BOWLING	Saturdays 11:30-1pm	Strathfield Superbowl
INDOOR SOCCER	Sundays 9:30-11 am	PCYC Bankstown
CRICKET	Sundays 9-11 am fortnightly	Bankstown Memorial Oval
ONLINE ZOOM CLASSES	45 minutes- 1hr sessions	
FAMOUS DANCE ROUTINES	Mondays 4pm (45min)	Caroline Nguyen
E-HANG SOCIALS	Tuesdays 4pm (45min)	Caroline Nguyen
ONLINE DRAMA	Tuesdays 6pm (45min)	Caroline Nguyen
ZUMBA	Wednesdays 4pm (45min)	Esther Fung
FRIDAY DISCO	Fridays 5pm (1hr)	Esther/Caroline



## SENIORS BASKETBALL GROUP REPORT 2023

Our 7pm Seniors Basketball Group is comprised of both young & senior players. The younger players have improved immensely with their passing, shooting & especially teamwork due to their mixing with the senior players.

Despite their age differences they all get on well with each other & really enjoy basketball training. We have introduced a few new drills that the group seem to enjoy.

Quite a few of our players have been chosen to play at both the regional & NSW Special Olympics. We're very proud of them & always take time to acknowledge their achievements at the beginning of every Tuesday's training. We also announce if it's anyone's birthday or if anything significant has happened in their life.

Thanks as always to Peter SPARSIS and Joe TSANG for assisting on the court & special thanks to Sandra LAWSON for stepping in when Anne hasn't been available.

It's been a pleasure coaching & managing this group who have displayed great teamwork, sportsmanship & respect for each other.

Michael & Anne SPARSIS  
Coach/Manager

## ARTS & CRAFT REPORT 2023

The Art and craft class this year has been working diligently to improve fine motor skills in addition to hand and eye coordination using a variety of art making skills and activities.

Participants were able to produce artworks in 2d and 3d format. Participants experimented with many activities including, but not limited to canvas and ceramic painting, watercolour activities and paper craft tasks. In addition, students were guided to create artistic artworks where they could independently and in a supported mode express their artistic flair through the art making class tasks. Students' skills for painting, brush control and application of glue and craft materials application showed much improvement and consolidation from early classes to the classes later in the year. Participants worked enthusiastically and really enjoyed all of the art making opportunities provided as a means of expression.



Sarah Najafi- Art and Craft Instructor/ Teacher.



## FRIENDSHIP GROUP REPORT 2023

2023 has been a busy year for friendship group getting back to some familiar fun events as well as experiencing new places and meeting new people. With a number of fresh faces including volunteers joining the group our numbers have expanded and the group diversified.

We met new volunteers Emma and Quynh who came along to a couple of events and had Susannah, Susan and Marilyn help out as well on various outings. We thank our volunteers for their service and look forward to more good times together in the future.



Friendship group members enjoyed many new experiences including mini golf at Holey Moley in Newtown and seeing the Sharks exhibition at the Australian Museum. Too we had a fun day at Gunnamatta Beach in February swimming, sunning and cooking a BBQ and tried bowling and exploring the Entertainment quarter for the first time.

Other outings included RSAC Discos, dress up fun for Halloween Bowling, a bus ride to Floriade, Karaoke yum Cha Hurstville style and a day at Luna Park.

The future looks bright for this strong community minded and diverse group of friends as we head into another year of fun activities and outings together.

Cameron Gregory

## DRUMMING REPORT 2023

Wow! what a year for our drummers.

Toward the end of 2022 RSAC had to purchase some more drums as the group built in numbers and continued to be strong in early 2023. In term 2 we added even more participants and had special guest tutors come in to teach the participants all about Taiko Drumming.

Graham and Masae from Yunion set up their Japanese drums each week through term two and instructed the group in all things Taiko. This led to the taiko performance at Presentation day in July.

I think we can say one of the most amazing drumming performances occurred that day and all enjoyed the show. A big thankyou to Yunion for their professional tutelage and to Bankstown Council who helped the classes happen through their community grant funding.



Looking toward the future our drummers are excited to lay some grooves down at the big day out in December and will keep enjoying building their individual and ensemble skills each week. Be sure if ever you have felt the need to play a drum this group is welcoming and fun to work with so feel free to come along and have a hit.

Cameron Gregory



### INRERMEDIATE BASKETBALL REPORT 2023

Our intermediate Basketball Group continues at 6pm to 7.15pm on Tuesdays at Riverwood Community Centre. It has continued to flourish with a good number of participants attending. We have several participants who have been coming for many years and some new participants who have fitted well into the group. It is a friendly and supportive group of participants who get actively involved in the drills and occasional friendly games.

Special thanks go to our Manager, Gina Walsh who continues to keep track of the attendees each week. We would also like to thank the parents and carers who bring the participants to the sessions each week.

Ian McGregor  
Head Coach



### STEADY, STABLE & ABLE FITNESS CLASS REPORT 2023

Our Fitness Class continues to meet at 1pm on Thursdays in School Terms.

The class was established with support from NSW Health's Staying Active Program and the Vitality Club in May 2022. The class is designed for people with disabilities and older adults in the community wanting to improve their balance.

Bronwyn, Colleen, Troy, and Lorraine have attended regularly and enjoyed the program. Our greatest challenge is to increase its participant numbers to make it viable.

Kate DeMayo  
Personal Trainer and Group Fitness Coach – Extramile PT

### BASKETBALL & SOCCER SKILLS REPORT 2023

There is a vast array of achievements worth mentioning that are consistently experienced throughout my position as Coach for the indoor basketball/soccer group I visit every Thursday night. It is a memorable group that makes Thursday nights my favourite night every week it comes by. In my short time as a coach, I have completed a full term with the group I am coaching again for the second term. This group is diverse, and energetic and brings the same energy and willingness to improve and become better in the activities they are passionate about.

One participant worth mentioning is Simone Roberston, our unofficial assistant coach who is constantly willing to help, staying to help pack away the equipment and always engaging in tasks put before her.

When we were introduced to a new participant, Simone immediately welcomed them and ensured that they were comfortable with the drills presented every week. Furthermore, there is that willingness to improve not only herself but those around her. Her performance is to be commended and it will help her to improve in basketball, a sport she is passionate about.

Other participants who display similar engagement are Liam Le and Darren Ma. Two quiet, but energetic participants who consistently participate in activities while considering those around them. Liam and Darren constantly portray their improvement each week they attend, surprising those around them with each drill they complete throughout the session. It is also worth mentioning that Darren's energy as a participant is contagious within the group, with his focus and dedication inspiring other participants to complete drills in a manner similar to his.

Finally, Peter Do, Benjamin Dinh and Christina Gavan are all participants that require a mention in this report. Alongside their peers they attend most of the weeks, part of the usual group that attends throughout the term. In their attendance, they strive to complete each drill to the best of their ability and despite the random incorporation of new drills for development, they still manage to complete them effectively.

This group is an energetic group and each week they attend they bring with them a willingness to learn, improve and have fun which makes the experience an enjoyable one overall. This is a group I look forward to coaching again in the future and unintentionally they make my job as a coach one I will remember forever.

Arthur Coorey  
Coach/Manager



## TENNIS REPORT 2023

2023 has finally brought better weather to Sydney, to the great relief of our Saturday tennis programs! With very few days disrupted by rain, our athletes have attended very regularly, and have been working hard at learning new skills. The 9am group have been enjoying more demanding drills, perfecting their serves, and participating in longer rallies. Tim and Hannah have continued to participate in Special Olympics tennis competitions with some great results.



The 10am program has introduced return volleys, which have kept our athletes on their toes. Tennis is a great social activity, and we've enjoyed a Christmas barbecue, and are looking forward to a social tennis day and lunch on 15 October.

Thanks to David Deep we have a consistent supply of coaches, and have especially appreciated Irina Vasiliev, our main coach for this year, who has lifted everyone's game with her great drills. We hope to see her back next year and welcome Kei Kato who will be working with us in fourth term. We've also appreciated the support of our volunteer Danielle Ristrum who has provided lots of support to our 10am group during the year, and to Mila Duchon who has brought her tennis skills to our 9 and 10am groups this term. We've also been assisted by John Sandeman and Vanessa Andrews who have picked up hundreds of tennis balls, and by parents and support workers supporting our participants every week.

Bronwen Elliott  
Tennis Manager (9 & 10am)

## DRAMA CLASS REPORT 2023

This year we have welcomed new students to drama so our group has expanded to 17. Our focus has been developing skills in movement, voice projection and articulation and improvisation. Our goal is always to build confidence in creative expression, presentation and teamwork. Thank you to all the Drama class parents for your ongoing support, it is very much appreciated.

## DRAMA COMPANY REPORT 2023

This year Drama Company have been creating a new show that we are excited to perform next year. This has involved improvising ideas, scene building and writing scripts. We have also been developing skills in expressing ideas and giving constructive feedback in order to support each other and work more closely as a small team to achieve our personal and collective goals. Thank you to all Drama Company parents, I really appreciate your support always.





## COOKING SATURDAY REPORT 2023

The RSAC Saturday Cooking runs on the first Saturday of each month, except January. It is a big, busy program where everyone gets involved.

The first class of each year is a cooking and planning day, where the participants choose what they would like to learn to cook through the year and a schedule is worked out.

Each class starts early as keen master chefs turn up as soon as the doors open and set up for lunch and take on any early jobs they can.

This year has seen most of our long-time participants increase their independent skills in following a recipe, prepping, chopping, measuring and weighing of ingredients. Participants often are able to choose their own ingredients with some electing vegetarian options and others shunning some of the vegetable options. We are very proud of their growing independence in meal preparations.

Sadly, Cooking Camp this year was abandoned due to clashes with other activities, it will be programmed for next year.

Huge THANK YOU's to Bankstown Sports for our venue and support, The Hon Jason Clare who has supported our equipment grants, Lorelle Byers for shopping and assistant duties and washing aprons and tea towels each month, Susan Stojanoski, Hilary Sandeman and Sarah Najafi for volunteering each month and Paul Pearson for his assistance from the time the program was developed in Earlwood, all those years ago. Special thanks to the participants who stay back and help clean up. All of your support is very much appreciated.





### ZOOM FAMOUSE DANCE REPORT 2023

Famous Dance has had a great year dancing. In particular we have done K-Pop routines, recent dance routines found at Sydney commercial dance schools, and made up our own dances together to favourite songs. We also have been working on performing skills: learning to smile and have fun while dancing. I have pushed participants to do more and more complex movements and to find performative qualities such as communicating the vibe of the song.

### ZOOM E-DISCO REPORT 2023

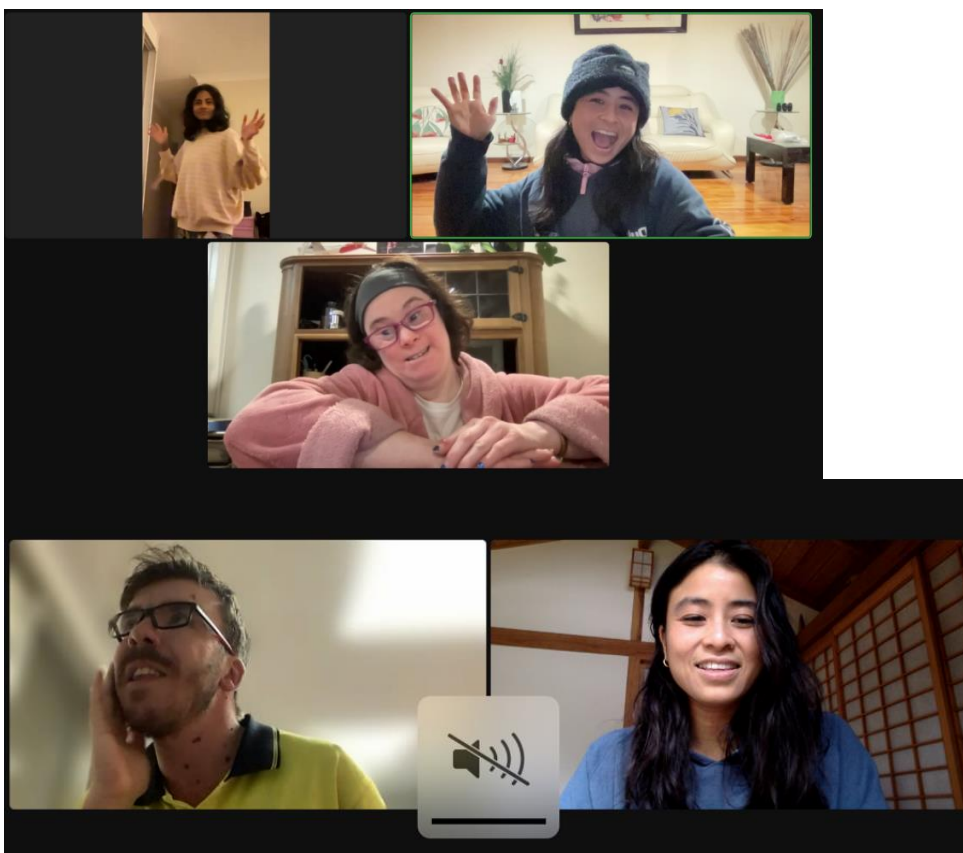
In E-Disco, we like to choose our favourite songs and groove around. The E-Disco group has enjoyed dancing to their favourite songs all year. There is a lot of silliness - sometimes we use props around the room as we dance, or play with getting closer to/farther away from the camera, or make silly faces and gestures.. We like to play 'Musical Statues', although everyone is getting incredibly good and it's harder to pick a winner each round.

### ZOOM E-HANG REPORT 2023

We have enjoyed playing the New York Times Wordle (we have done 32 Wordles and have a 100% win rate!), trivia quizzes (our favourites are about movies), and the game 'Two Truths One Lie'. The game gets more and more interesting each week as we learn more about each other each time.

### ZOOM DRAMA REPORT 2023

In Drama, skills we have worked on include being spontaneous when improvising, listening to others, resonance, articulation and projection in vocal training, reading scripts, using the body to access character, and working with music and songs. In particular we love to play word association, 'breaking news', and 'boss and worker'. I have seen the participants improve their skills throughout the year, becoming sharper and more confident.



# RSAC Camps and Holidays Programs 2022-2023

Interest in disability inclusive holidays and outings run by RSAC continues. NDIS funded participants can usually use their funds for these camps, if they meet their goals and fall within NDIS guidelines or are paid from own funds.

Holidays provide a unique way for participants to work towards achieving personal goals, while experiencing time with friends, experiencing other places, trying new activities and self-challenging pursuits and development and extend social networks.

Goals of personal development, social skills development, independent living, learning new skills, developing daily living skills, engaging with the community and improving health and fitness, budgeting and money management, decision making, cooperation with a group and capacity building form part of every holiday.

Travellers who require one to one support or have personal care needs, need to be accompanied by either their own support person or a paid support worker who can provide the additional care and support they require. All holidays are open for family members who may wish to attend.

Holidays usually fall into the following categories:

**FAMILY GETAWAYS:** For families including a person with disability to share time and have a great inclusive holiday time.

**CAMPS AND HOLIDAYS FOR ALL ABILITIES:** Group holidays that are more supported and inclusive for those less confident or requiring higher support and fun for all.

**ROAD TRIPS:** A travelling holiday where participants get to experience lots of places, usually travelling by minibus.

**OVERSEAS AND INTERSTATE HOLIDAYS:** For more experienced and independent travellers. Travellers are involved in selecting holidays and activities.

**KIDS AND CARERS CAMPS:** These fall into the family style camp, where each person who requires support is accompanied and carers (often a parent) get some respite from routine and a chance catch up with other families and carers. The camps are fully supported have a program and staff to ensure everyone's needs are met. This is open aged from younger children to more senior participants.

The value of these program for participants and their carers should not be underestimated. They not only provides community access, new experiences, new opportunities and a chance to be part of a social group but gives carers and participants time to be out of their usual setting, share with peers and take a breath.

Many inexperienced with Australian travel do not feel confident to travel alone with a child with disability and find the team travel to provide them with the confidence and support they require in order to travel. A quote from one dad, "you make us a community, like family, thank you so much".



## HOLIDAYS/ CAMPS 2022-2023 YEAR

1. 2-9 July 2022	Independent/Family	Cairns	37 travellers
2. 12-15 July 2022	Kids and Carers Camp	Canberra	24 travellers
3. 23-30 September 2022	Independent/Family	Tathra	46 travellers
4. 16-23 October 2022	Kids and Carers Camp	Gold Coast	21 travellers
5. 13-29 January 2023	Independent/Family	Tasmania	29 travellers
6. 18-28 February 2023	Independent/Family	Coffs Harbour	20 travellers
7. 10-13 March 2023	Young Men's Camp	Wollongong	12 travellers
8. 6-10 April 2023	Family Easter Camp	Bathurst	24 travellers
9. 17-21 April 2023	Kids and Carers Camp	Wollongong	16 travellers
10. 9-19 May 2023	Independent/Family	Fiji 1	28 travellers
11. 19-29 May 2023	Independent/Family	Fiji 2	28 travellers

## Day Outings

As well as the holidays, RSAC hosted many day outings which have proved extremely popular. RSAC hosted 6, day outings during the January 2022 school holidays and has since organised a day trip to Floriade. Due to their popularity, we envisage doing more such programs in the future.

### DAY OUTINGS JANUARY 2023

- Jamberoo
- Centennial Park bike riding & BBQ
- Hawkesbury River (Postman's) Lunch Cruise
- Train Museum Thirlmere
- Raging Waters
- Blue Mountains Scenic World
- Olympic Park & BBQ
- Luna Park

### OTHER EVENTS 2022-2023

- Halloween Bowling 2022
- September Disco 2022
- The Dream Show 2022
- Bus trip to Floriade
- Christmas Party December 2022
- Volunteers Party 2022
- Welcome Back Disco February 2023
- Presentation Day July 2023



## SOCIAL & PERSONAL DEVELOPMENT PROGRAMS

### Social Outing Groups

Regular outings are organised by these groups, with one support coordinator per outing. Participants must be over 18 and able to cooperate in a team environment. Social, community engagement, money handling, travel skills, decision making and cooperation skills are built into these programs. Groups meet at a designated point and may be meet on return or travel home independently.

## INDEPENDENT LIVING SKILLS

All RSAC activities aim to support the personal development and independence of participants, from regular sports sessions with routines and home skills to holidays and social clubs with their community participation.

The following programs are more specifically aimed at developing living skills.

### Cooking Classes:

Saturday Monthly cooking classes have run for several years, with Monday afternoon classes growing in response to increased requests, and even a couple of 1:1 classes to build skills for some not ready for group classes.

All programs include planning, food preparation, healthy eating, decision-making, budgeting and hygiene. Cooking sometimes plans additional activities are such as outings to markets and food events and usually annual c3 day camp that did not proceed this year due to date clashes.

The classes include planning, preparation, clean up, and eating together.

Usually recipes are available to take away so participants may try again at home.

Of course, many RSAC programs include elements of developing independence and living skills as part of their activities.





## RSAC PARTICIPATION STATISTICS

		APRIL: 2022 - JUNE 2023							
PROGRAM	LOCATION	2022-2023 PARTICIPATION	2022-2023 PARTICIPANTS	2021-2022* PARTICIPATION	2021-2022 * PARTICIPANTS	2020-2021* PARTICIPATION	2020-2021* PARTICIPANTS	2019-2020* PARTICIPATION	2019-2020 * PARTICIPANTS
ART	RSAC CLUBROOMS	78	11	49	10	64	8		
BASKETBALL 6PM	RIVERWOOD	393	21	372	21	217	18	597	28
BASKETBALL 7:15PM	RIVERWOOD	518	17	503	23	324	22	458	22
BASKETBALL JUNIOR	HURSTVILLE STADIUM	521	21	451	20	268	22	525	26
BOCCE	LANSVALE to 2021	0	0	13	6	13	9	57	11
CHOIR/SINGING	RSAC CLUBROOMS	90	7	29	9	48	7	34	6
COOKING MON 3pm	RSAC CLUBROOMS	237	11	213	18	137	14	10	6
COOKING SATURDAY	RSAC CLUBROOMS	150	22	131	25	100	24	174	31
CRICKET	BANKSTOWN OVAL	215	13	77	17	0	0	186	25
DANCE	RSAC CLUBROOMS	149	9	467	19	360	19	349	25
DISCOS/PARTIES	VARIOUS	400	150	120	120	120	120	180	180
DRAMA	RSAC CLUBROOMS	471	17	512	16	356	17	528	18
DRAMA Company	RSAC CLUBROOMS	178	6	248	8	185	11	172	8
DRUMMING	RSAC CLUBROOMS	318	17	99	12	28	5	23	11
HIP HOP	ALLAWAH	80	4	125	6	85	12	120	7
HOLIDAYS/CAMPS (COUNT 1 PER DAY)	VARIOUS	2826	320	1775	226	1767	314	1150	135
INDOOR SOCCER	PCYC BANKSTOWN	135	13	299	18	212	11	248	20
KARATE	RSAC CLUBROOMS	210	16	226	15	164	16	238	22
OUTREACH kids soccer	VARIOUS	15	5	0	0	0	0	17	11
OUTINGS/OUTREACH	OUTINGS	254	150	178	178	299	299	210	80
RESTART	OUTREACH PROJECT	0	0	1102	387				
SOCIAL FRIENDSHIP GROUP	HURSTVILLE	128	30	155	32	115	32	132	34
SOCIAL SOUTH WEST GROUP	CAMPBELLTOWN	0	0	0	0	0	0	84	18



SWIMMING FRI 6:30PM	ROSELANDS	132	7	102	13	67	12	218	28
SWIMMING THURS 6:30PM	BEXLEY POOL	65	4	33	12	4	3	127	15
SWIMMING THURS 7:30PM	BEXLEY POOL	39	4	47	6	9	5	156	10
SWIMMING WEDS 6:30PM	HURSTVILLE AQUATIC	142	8	12	8	3	3	114	8
SWIMMING WEDS 7:30PM	HURSTVILLE AQUATIC	140	7	51	8	6	4	163	7
TENNIS 10AM	BEVERLY HILLS	332	9	164	8	110	12	413	20
TENNIS 9AM	BEVERLY HILLS	169	7	222	9	156	8	207	11
TENNIS DEVELOP GROUP 11AM	BEVERLY HILLS	122	10	87	8	59	7	70	6
TENPIN BOWLING MONDAY	REVESBY	906	32	763	32	530	33	1057	39
TENPIN BOWLING SATURDAY	STRATHFIELD	639	22	628	25	491	27	520	32
TENPIN BOWLING WEDNESDAY	STRATHFIELD	199	9	306	14	235	14	265	13
ZUMBA	RSAC CLUBROOMS	620	20	382	20	268	17		
ZOOM CLASSES	TOTAL ONLINE	577	30	0	0	1596	55		
	EDANCE MON	0	0	171	10				
	EDANCE TUE cancelled	0	0	241	14				
	EDISCO FRI	0	0	233	17				
	EDRAMA	0	0	257	14				
	EHANG THURS cancelled	0	0	263	12				
	EHANG TUES	0	0	304	15				
	EHIPHOP cancelled '21	0	0	81	10				
	EZUMBA	0	0	462	17				
		11448	1029	11953	1458	8396	1180	8802	913

\*COVID AFFECTED

# NDIS UPDATE 2022-2023

In August of 2023 RSAC had undergone a hard Audit to assess its compliance with the National Disability Insurance Scheme (NDIS) standards and best practice. As a result, RSAC demonstrated high level of compliance and best practice, with only one minor non-conformity. This outcome is due to all the dedication and hard work of the RSAC office staff and the ongoing cooperation of participants, carers and RSAC Workers.

Thank you to all the carers, participants and workers who interviewed with the Auditors on the day. Your feedback reaffirmed the importance of our programs, outings and holidays in enhancing the lives of our participants. The ability to offer opportunities of personal growth, skill development, establishing long life friendships is what RSAC is all about. Knowing that our efforts have had a positive impact to the lives we support is truly rewarding.

A special thank you to Bronwen Elliott whose exceptional guidance and support has played a vital role in ensuring RSAC's compliance with the NDIS. Your dedication and expertise have been invaluable throughout the process and has been instrumental to our amazing outcome.

The audit covered RSAC's Registration Groups of:

0125 - Participate Community

0136 - Group/Centre Activities

0117 – Development Life Skills

0126 – Exercise Physiology and Personal Training

Audit Ratings achieved:

## CORE MODULE 1 RIGHTS AND RESPONSIBILITIES: OVERALL CONFORMITY

With standards of best practice identified for 1.1 1 and 1.2 1

1.1 Person-centered supports

1.2 Individual values and beliefs

1.3 Privacy and Dignity

1.4 Independence and Informed Choice

1.5 Violence, Abuse, Neglect, Exploitation and Discrimination

## CORE MODULE 2 PROVIDER GOVERNANCE AND OPERATIONAL MANAGEMENT:

OVERALL 1. MINOR NON-CONFORMITY 2.7 WITH ONE CONTRACTOR MISSING ONE COMPLIANCE DOCUMENT

2.1 Governance and Operational Management

2.2 Risk Management

2.3 Quality Management

2.4 Information Management

2.5 Feedback and Complaints Management

2.6 Incident Management

2.7 Human Resource Management : minor non conformity

2.8 Continuity of Supports

2.9 Emergency and Disaster Management

## CORE MODULE 3 – PROVISIONS OF SUPPORTS OVERALL RATING: CONFORMITY

3.1 Access to supports

3.2 Support Planning

3.3 Service Agreements with Participants

3.4 Responsive Support Provision

3.5 Transitions to or from a provider

## CORE MODULE 4 – SUPPORT PROVISION ENVIRONMENT OVERALL RATING: CONFORMITY

- 4.1 Safe environment
- 4.2 Participant Money and Property
- 4.3 Mealtime Management
- 4.4 Management of Waste

### NEW NDIS PRICING CHANGES 2024

As of 1<sup>st</sup> January 2024 NDIS has changed the way that programs activities and support must be charged for group activities (even for a group of one). Thi includes Group Pricing and Programs of Support.

RSAC intends to keep charges as close as possible to previous rates by implementing specific strategies.

In 2024 RSAC will be transitioning to the new NDIS Group Pricing System of charging based on individual programs and individual participants needs and support. This pricing will introduce 4 key components including:

### APPORTIONED GROUP PRICING- DIRECT SERVICES:

The hourly rate of each individual program will pay for session workers time to support and run the group program. This rate is divided by the attendance number of each program. Each program cost will vary based on the number of workers in attendance to participants ratio. For Service Agreements RSAC has utilised attendance rolls to calculate the anticipated number of attendances as an indication of final charges that should apply.

$$\text{APPORTIONED PRICING} = \frac{\text{FIXED HOURLY RATE} \times \text{WORKER TIME}}{\text{TOTAL NUMBER OF PARTICIPANTS}}$$

### PROGRAMS OF SUPPORT:

RSAC are to use Programs of Support to stabilise charges over a period of time. For a small number of programs with very low at attendance these may now be charged whether you attend or not unless non-attendance is notified 7 days in advance (so classes can be cancelled if no one is planning to attend, or bookings, provisions purchased when you are not attending). This will NOT apply to most programs. If this is to occur the Programs of Support document you agree to will indicate this in advance.

For almost all programs there will be sufficient attendees not to need to charge non-attendance.

### CENTRE CAPITOL COST:

The Centre Capitol Cost (CCC) is a small set rate under NDIS which used to be factored under the overall group activity price. The cost of the direct service rate is now less and the CCC will now be a separate cost (\$2.44 per hr) and line item. The CCC contributes to the costs of running and maintaining the centre where the program is held and payment of rents and venue hire fees.

## NON FACE TO FACE SERVICES:

Non Face to Face (NF2F) are the indirect supports such as research, coordinating, planning and documenting completed in order to deliver the program. This is an hourly rate, like direct services, will be divided by the number of participants who attend that program session or it can be on a one-off individual basis. It will be charged under the same code as the direct service, however will be claimed under a separate line item in order to differentiate it from the direct support. This rate may vary from session to session based on the number of those who attended and the needs of the individual participant.

## NDIS PACE

On October 30 the NDIA will begin their roll out on the new system PACE allowing you to manage and have more control over your NDIS Funding. This transition will not happen right away for everyone but person-by-person as you receive a new plan.

### KEY CHANGES:

- End of Service Bookings
- Removal of Single Claims
- Payment Processing times
- Introduction of 'Endorsed Providers'

## HOW TO PREPARE FOR PACE?

If you are NDIA managed and a current RSAC Member with active bookings, RSAC will be immediately be endorsed as a 'My Provider'. This means that claims will automatically be referred for payment (2-3days). As you transition to PACE be sure to double check that you have endorsed RSAC as a 'my provider' otherwise NDIA will seek confirmation of claim each time and if they have not heard from you the claim will need to be investigated therefore payment process will be delayed further.

PACE is designed so you can have more control of your NDIS funding. But be sure that you check in on your budget when booking/attending RSAC Programs, Outings and Holidays. In the unlikely chance that you run out of funding for a completed service, any outstanding amount will become the participants responsibility.



# TREASURER'S REPORT 2022/2023

I am pleased to report that RSAC managed to achieve strong results during the 2022/23 financial year. This has resulted in recording an Operating Profit of \$60,866. for the year ending 30th June 2023. Total Revenue was \$1,498,517 a substantial increase (+22%) over the previous year. Total Expenditure to support the programs also increased substantially to \$1,437,651 an increase of \$440,557 (+44%) over the previous year.

The income streams from Programs have generally increased their level. Our increasingly popular Holiday Programs had a large increase due to catching up on postponed holidays and camps through COVID lockdowns and travel restrictions. This also resulted in a large increase in our Transport and Accommodation expenses.

The main highlights of our Income Statement are as follows:

INCOME	FY 2022/23	FY 2021/22	↑INCREASE / ↓DECREASE
Total Revenue	\$1,437,661	\$1,151,267	↑ \$347,250 (+30%)
Holiday & Camp Programs	\$964,043	\$530,292	↑ \$433,751 (+82%)
Sports Fees	\$170,615	\$95,651	↑ \$74,964 (+78%)
Outreach Arts Social Living Skills	\$167,700	\$135,698	↑ \$32,002 (+24%)
Membership Fees	\$17,040	\$11,285	↑ \$5,745 (+51%)
Fundraising	\$111	\$4,182	↓ \$4,071 (-97%)
Donation Income	\$11,550	\$9,540	↑ \$2,010 (21%)
Grants (including Government Support)	\$108,995	\$311,278	↓ \$202,283 (-65%)
EXPENSES	FY 2022/23	FY 2021/22	↑INCREASE / ↓DECREASE
Total Expenses	\$1,437,651	\$997,094	↑ \$440,557 (+44%)
Employee Costs	\$519,640	\$349,618	↑ \$170,022 (+49%)
Transport and Accommodation	\$466,535	\$161,443	↑ \$305,091 (+189%)
External Instructors	\$123,959	\$96,147	↑ \$27,812 (+29%)
Social and Arts (including Social Activities/Tours)	\$123,521	\$260,250	↓ \$132,729 (-52%)
Sports Expenses	\$38,172	\$20,778	↑ \$17,384 (+84%)

Our balance sheet has seen a substantial improvement from the previous year where our Equity has again increased to \$561,597.

We have minimal debt, our current liabilities mainly being Employee Wages, Superannuation and Long Service Leave. We have over \$600,000 in the bank, which includes over \$360,000 in term deposits.

While our challenges continue as we work to carry-out our programs in the best possible way, RSAC is in a relatively strong financial position to withstand these challenges.

I would particularly like to thank Kitty Li for her work on all the RSAC payments, invoicing and accounting support during the year.

The accounts have been audited by Mr Thomas McMurray, who has generously donated his remuneration back to RSAC.

Ian McGregor  
Honorary Treasurer



## STATEMENT BY MEMBERS OF THE COMMITTEE

In the opinion of the Committee of Recreation Sports & Aquatics Club:

1. The financial statements, comprising the statement of income, statement of financial position, statement of cash flows, statement of changes in equity, and accompanying notes, are in accordance with the Australian Charities and Not-for-profits Commission Act 2012 and:  
  
    comply with Australian Accounting Standards – Reduced Disclosure Requirements and the Australian Charities and Not-for-profits Commission Regulations 2013; and  
  
    give a true and fair view of the Association's financial position as at 30 June 2023 and of its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:



President: Vanessa Fone

Treasurer : Ian McGregor



Dated this 17<sup>th</sup> October 2023

STATEMENT OF FINANCIAL POSITION  
AS AT 30 JUNE 2023

		2023 \$	2022 \$
CURRENT ASSETS			
Cash on Hand and at Bank		245,319	325,085
Investments	2	360,986	211,920
Accounts Receivable	3	38,141	40,930
Accrued Income		7,648	269
Stock		2,125	2,522
Prepayments		<u>93,521</u>	<u>105,015</u>
TOTAL CURRENT ASSETS		747,740	685,741
NON-CURRENT ASSETS			
Fixed Assets	4	<u>-</u>	<u>-</u>
TOTAL ASSETS		<u>747,740</u>	<u>685,741</u>
CURRENT LIABILITIES			
Payables	5	137,687	139,781
Tax Liabilities	6	-	-
TOTAL CURRENT LIABILITIES		<u>137,687</u>	<u>139,781</u>
NON CURRENT LIABILITIES			
Provision for Long Service Leave		48,456	45,229
TOTAL LIABILITIES		<u>186,143</u>	<u>185,010</u>
NET ASSETS		<u>561,597</u>	<u>500,731</u>
ACCUMULATED FUNDS	7	<u>561,597</u>	<u>500,731</u>

INCOME STATEMENT  
FOR THE YEAR ENDED 30 JUNE 2023

	Note	2023 \$	2022 \$
Revenues from ordinary activities			
Membership Fees		16,800	11,385
Donations & Grants		99,148	136,373
Fundraising		111	4,182
Program Income		1,320,922	771,786
Interest Received		8,347	505
Jobkeeper and Other Government COVID Support		-	186,445
Other Income		53,189	40,591
TOTAL REVENUE		<u>1,498,517</u>	<u>1,151,267</u>
Expenses from ordinary activities			
Cost of Goods Sold		337	917
Fundraising Expenses		-	-
Bad Debts Written Off		2,685	2,302
Depreciation		-	-
Employee costs		519,640	349,618
Auditors Remuneration		2,000	2,000
Interest Expense		-	-
Cost of services provided		856,119	593,220
Other Operating Expenses		56,869	49,037
Total Expenses		<u>1,437,651</u>	<u>997,094</u>
<b>OPERATING PROFIT/(LOSS)</b>		<u><u>60,866</u></u>	<u><u>154,173</u></u>

STATEMENT OF CHANGES IN EQUITY

	2023 \$	2022 \$
ACCUMULATED FUNDS		
Accumulated funds brought forward	500,731	346,558
Operating Profit for the year	<u>60,866</u>	<u>154,173</u>
Accumulated funds at end of year	<u><u>561,597</u></u>	<u><u>500,731</u></u>

STATEMENT OF CASH FLOW  
FOR THE YEAR ENDED 30 JUNE 2023

	2023 \$	2022 \$
Cash Flows from Operating Activities:		
Interest Received	3,721	381
Other Income Received	1,490,206	1,171,184
Payments to Suppliers & Employees	<u>(1,424,627)</u>	<u>(954,603)</u>
Net Cash Provided By Operating Activities	<u>69,300</u>	<u>216,962</u>
Cash Flows from Investing Activities:		
Investment in Term Deposits	(149,066)	(388)
Redemption of Term Deposits	-	-
Purchase of Fixed Assets	-	-
Net Cash Provided By Investing Activities	<u>(149,066)</u>	<u>(388)</u>
Net increase (Decrease) in Cash Held	(79,766)	216,574
Cash as at 30 June 2022	325,085	108,511
Cash as at 30 June 2023	<u>245,319</u>	<u>325,085</u>
Reconciliation of Net Cash Provided By Operating Activities to Operating Profit		
Operating Surplus (Deficit)	60,866	154,173
Depreciation	-	-
Decrease/(Increase) in debtors & receivables	(4,590)	20,298
Decrease/(Increase) in prepayments	11,494	45,894
Increase in other creditors and unearned income	1,133	(3,221)
Decrease/(Increase) in Stock	397	(182)
Net Cash provided by Operating Activities	<u>69,300</u>	<u>216,962</u>

## NOTES TO THE FINANCIAL STATEMENTS

### 1. ACCOUNTING POLICIES

The accounts have been prepared in accordance with Australian Accounting Standards and on the basis of historical costs. The financial statements are general purpose financial statements. The Association is a not for profit entity.

The following is a summary of the material accounting policies:

#### a) Employees Benefits and Long Service Leave

The Association provides for annual leave and sick leave for permanent employees. Long Service Leave is provided for after the completion of five years service.

#### b) Inventory

Inventory is measured at the lower of cost or net realisable value.

#### c) Income Tax

Recreation Sports & Aquatic Club is exempt from income tax under S23(e) of the Income Tax Assessment Act, as a registered charitable organisation.

#### d) Income from Grants and Donations

When money is received as a donation with no conditions attached it is recognised as income immediately. Where money is received for a particular purpose or project, it is recognised as income at the point where the specified project or purpose is completed. If the project is incomplete at balance date, any relevant grant is treated as unearned income on a pro-rata basis to the degree of completion of the project.

#### e) Fixed Assets

Fixed assets are being depreciated over 3 years.

	2023 \$	2022 \$
<b>2. INVESTMENTS</b>		
Term Deposits at Westpac	<u>360,986</u>	<u>211,920</u>
All deposits mature within 12 months		
<b>3. ACCOUNTS RECEIVABLE</b>		
Trade Debtors	38,141	39,219
Other Debtors	<u>-</u>	<u>1,980</u>
	<u>38,141</u>	<u>41,199</u>
	2023 \$	2022 \$
<b>4. FIXED ASSETS</b>		
Office Equipment	2,270	2,270
Provision for Depreciation	<u>(2,270)</u>	<u>(2,270)</u>
	-	-
Trailers	19,800	19,800
Provision for Depreciation	<u>(19,800)</u>	<u>(19,800)</u>



## 5. PAYABLES

Accrued Expenses	16,310	11,385
Unexpended Grants	-	36,445
Deposits for events	43,350	29,454
Provisions for staff leave	78,027	62,497
	<u>137,687</u>	<u>139,781</u>

## 6. TAXATION LIABILITIES

GST Payable	<u>-</u>	<u>-</u>
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## 7. AUDITORS REMUNERATION

Audit of the Financial Report	2,000	2,000
Other Services	-	-
	<u>2,000</u>	<u>2,000</u>

The Auditor has donated his fee back to the Association.

## 8. RELATED PARTY TRANSACTIONS

The directors of Recreation Sports & Aquatics Club during the year were:

Vanessa Fone	
Andrea Savva	Retired 24 November 2022
Annerose De Jong	(retired August 2023)
Susan Stojanoski	
John O'Leary	Retired 24 November 2022
Amanda Sivier	
Elizabeth Ramsay	Retired 24 November 2022
Paul Pearson	Retired 24 November 2022
Ian McGregor	
Bronwyn Sims	Elected 7 March 2023
Kenneth Nelson	Elected 24 November 2022
Catrina Lau	Elected 24 November 2022

Directors of the Association did not receive any remuneration from the Association, other than Annerose De Jong and Susan Stojanoski who received remuneration as employees of the Association but not for their Director roles.

There were no transactions between the Association and any of its directors or with any organisation in which director(s) held a substantial financial interest.

## 9. FUTURE LEASE COMMITMENTS

Operating Leases for Plant & Equipment		
Due within 1 year	-	-
Due within 1-2 years	-	-
Due within 2-5 years	-	-
	<u>-</u>	<u>-</u>

## 10. FINANCIAL RISK MANAGEMENT

The Club manages its liquidity risk by ensuring it has sufficient cash to meet at least three months of expenses. Cash holdings are held with Westpac.

The Club regularly monitors its financial position to ensure it is not incurring expenses in excess of the levels of revenue being generated

## INDEPENDENT AUDITOR'S REPORT

To the members of Recreation Sports & Aquatics Club Inc

I have audited the financial statements being Statement of Financial Position, Income Statement, Cash Flow Statement and Notes to and forming part of the financial statements, of Recreation Sports & Aquatics Club Inc for the year ended 30 June 2023.

In my opinion, the financial statements of Recreation Sports & Aquatics Club Inc have been drawn up in accordance with Div 60 of the Australian Not-for-profits Commission Act 2012, including:

- a. giving a true and fair view of the financial position of the Association as at 30 June 2023 and of the results of the operations of the Association for the year ended 30 June 2023, and
- b. are in accordance with Australian Accounting Standards – Reduced Disclosure Requirements and the Australian Charities and Not-for Profits Commission Regulation 2013.

The Committee members of the Association are responsible for the preparation and presentation of the financial statements to give a true and fair view in accordance with Australian Accounting Standards Reduced Disclosure Requirements and the ACNC Act 2012 and for such internal controls as the Committee members deem necessary to enable the preparation of the financial report that gives a true and fair view and is free from material mis-statement.

My audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial statements are free of material misstatement. The procedures included examination, on a test basis, of evidence supporting the amounts and other disclosure in the financial statements, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial statements are presented fairly in accordance with Australian Accounting Standards and other mandatory professional reporting requirements so as to present a view of the Association which is consistent with my understanding of the Association's financial position and the results of its operations.

The audit opinion expressed in this report has been formed on the above basis.

I have communicated with the Committee Members regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that I identified during my audit.

In conducting my audit, I have complied with all of the independence requirements of the ACNC Act 2012 and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110: Code of Ethics for Professional Accountants.



**Thomas McMurray**  
Chartered Accountant

19 October 2023    Blacktown

# HOW YOU CAN HELP

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## BECOME A MEMBER

Includes participant and registered family members cost to be approved at AGM each year. Fees are per calendar year (including from October for the first year). This must be paid by March each year to participate. (Consideration for time to pay may be granted on request).

## VOLUNTEER YOUR TIME

Volunteers are always welcome and very much needed, both on a regular basis and for one off events. Put your name down to help RSAC any way you like. Many hands...

RSAC is run almost entirely by volunteers which means that funds raised can be directed to providing great services for our members and essential administration costs.

RSAC participants and family members are encouraged to help out when they can. Your presence can add greatly to RSAC's ability to get the word out.

## MAKE A DONATION

Regular donations are appreciated, or you can become a Supporter Family. One off donation, whether for a specific cause or general support for RSAC, are always welcome.

## LEAVE A BEQUEST

A bequest in your will to Recreation Sports and Aquatics Club is a way of acknowledging your appreciation of RSAC's work. Your legacy will be recognised and remembered.

## HOST AN EVENT WITH RSAC AS BENEFICIARY

- Small or large, wine tasting, bbq or morning tea, or your idea
- We can help.

## SUPPORT AN EVENT OR FUNDRAISING ACTIVITY

- Support an event by attending, helping out, providing prizes
- Get on an organising committee for a big event – it's FUN and you don't need to join a board to work on an event committee.
- Help spread the word and promote an event
- Bring a friend or two
- Encourage volunteers from among your friends, family or workplace
- Host an online fundraiser. GoFundMe, Facebook etc

## BECOME A CORPORATE PARTNER

- Support a specific event financially
- Help spread the word or promote an event through your organisation both internally and externally
- Encourage volunteers; provide an incentive program

## OTHER WAYS YOU CAN HELP OUR CAUSE

- Spread the word about the opportunities RSAC provides
- Tell people about your experience with RSAC
- Invite people to come along and try our programs and offer to help when you can



# RECREATION SPORTS AND AQUATICS CLUB

Supporting people with disability live their best lives.



RSAC provides leisure activities for people with disability and support for carers

**BUT MORE THAN THAT!**

We are a community that includes people with disability, carers, friends and families.

We work together to make RSAC work and become friends and confidants, peers and family.