



RSAC SPORTSLINK

Opportunities for people with a disability ABN 59726089873 Registered Charity CFN 11028 November 2011 - January 2012

RSAC DANCE PARTIES

"TWIST & SHOUT" DANCE PARTY 12 NOVEMBER 2011
4:30pm~7pm

COST \$5 includes Popcorn and Cordial - Snacks available for purchase.

Christmas Dinner and Disco

Celebrating International Day of People with Disability

Saturday 10th December 2011 5-9pm

\$10 per person (including carers) includes Sit Down Dinner

Book by 1st December 9790 5001

RSAC Clubrooms 11 Greenfield Pde Bankstown



RSAC Table Tennis Team Competition

Thursday 10th November 2011

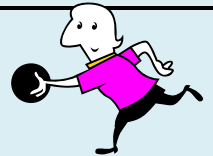
Teams of 3 or we will find a team for you. \$7 per person includes Pizza lunch. 9:30am-3pm
RSAC Clubrooms, 11 Greenfield Pde Bankstown. Register with Jenny or Brendan

RSAC Tenpin Bowling Championship

Sunday 6th November 2011 - Singles & Doubles - family members welcome.

\$15 per person per event, includes 2 games. 9:30am-1pm

Strathfield Superbowl 546 Liverpool Rd Sth Strathfield. Register with Jenny 9790 5001, 0425203891



FINAL & RECOMMENCEMENT DATES FOR PROGRAMS

All Programs finish Wed 14th December & return from Mon 30th Jan 2012
except Swimming which finishes Fri 9th Dec.

(some groups may vary from this - if so they will advise all their participants)

COME & TRY BOCCE FOR FREE ~ 2ND DECEMBER 7-9PM CLUB ITALIA WHARF RD LANSVALE

BOOK FOR : January Vacation Program & Kids Club 2012 details inside

Family Easter Camp 2012 Canberra ~ Cricket Gala Day 11 December inside

Dads & Sons Jazz Cruise Sunday 13 November ~ Parents & Carers Christmas Lunch Wednesday 7 December

*The Management, Staff and Volunteers of RSAC
wish everyone a happy Christmas break, and remind all of you
to take care and come back safe in 2012.*

TENNIS - SUNDAY AFTERNOON SOCIALS



Tennis is organising regular Sunday afternoon Social Tennis for RSAC members, their families and friends.

Tea & coffee provided – BYO mug.

First Tennis Social: Sunday 26th February 2012 2pm-4pm

To register your interest contact:

Bronwen at Saturday Tennis or Jenny at RSAC office.

RSAC Welcome Back Bush Dance

WITH DANCE CALLER Families, Carers, Kids Welcome

Saturday 11th February 2012 6-9pm

BBQ DINNER - \$10 PER PERSON

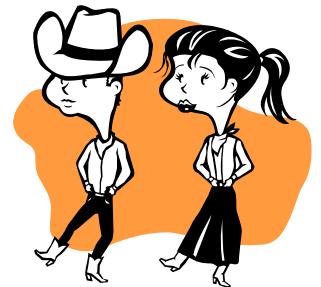
(CHICKEN, POTATOES, CORN ON THE COB, SAUSAGES, ROLLS & SALADS, SCONES, JAM & CREAM)

RSAC CLUBROOMS

11 GREENFIELD PDE BANKSTOWN

BOOK BY 3RD FEBRUARY TO RSAC 9790 5001

This is the February Dance Party



St Patricks Day Family Disco



The RSAC 25th Anniversary Committee are hosting a FUN Family Disco.

Saturday 17th March 2012

6:30pm-10:30pm

Mount Lewis Bowling Club

14a Waterloo St GREENACRE

\$10 adults / under 16 \$5 FAMILY & FRIENDS WELCOME

PRIZES for : BEST DRESSED, DANCE PRIZES, LUCKY DOOR PRIZES

Come in GREEN and join the FUN



The Club Bistro and Bar will be open for your convenience.

Note: March Dance Party "Pick Your Favourite Music" is Sat 10th March 4:30-7pm 11 Greenfield Pde Bankstown \$5

CRICKET GALA DAY

ALL WELCOME

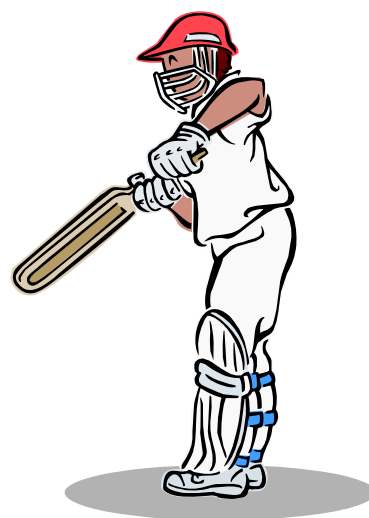
Come as an individual, or with a team
Family Members Welcome
Sunday 11 December 2011

Ray Buchanan Oval
3 Antwerp St Bankstown

10am-1:30pm

\$10 per person with Pizza Lunch

Bookings to Michael Georgeson or RSAC Office 9790 5001



RSAC End of Year Celebrations 2011

Parents and Carers Christmas Lunch

Wednesday 7th December 2011

Meet 11:30am – 2:30pm

Bankstown Sports Club

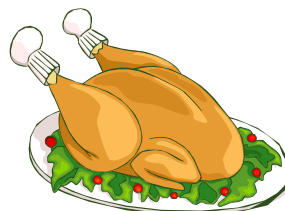
Platform One Restaurant

8 Greenfield Pde Bankstown

\$15 per person (*subsidised price*)

All welcome

Pre-booking Essential by 1st December 9790 5001



Volunteers and Supporters Appreciation Dinner

Thursday 15th December 2011

6:30-10pm (by Invitation Only) Bankstown Sports Club Garrison Room

RSVP by 1st December rsaclub@bigpond.net.au

Report from RSAC ANNUAL GENERAL MEETING 2011

The Recreation Sports and Aquatics Club's Annual General Meeting was held 20th October, 2011. Forty people were in attendance, representing RSAC members, volunteers, families, community supporters, patrons and friends.

Congratulations to the 6 Ten Year Service recipients: Catherine DeMayo, Marilena DeMayo, Ian McGregor, Renee Phee, Bill Dunn and Cheryl Appleby. All have supported RSAC for 10 years as volunteers across most activities of the organisation. We thank them. Special mention was made of the contributions of Bankstown Sports and Bankstown Council toward the success of programs and the organisation over the past year.

John Gorrie was presented a special award for Distinguished Service, as President since 1999.

The new Board 2011-2012 include: John Gorrie (President), Nigel Beattie, Robert Beer, Kelly Fishburn, John Sandeman & Athlete (consumer) Representatives Julie Magill & Cheryl Appleby.

Patrons nominated by the meeting were: Kayee Griffin, Tania Mihailuk MP, John Murray President BDSC and the Mayor of Bankstown, Mayor of Hurstville & Mayor of Canterbury City Councils.

The meeting were told of the exciting plans for next year's 25th Anniversary Celebrations.

The Annual Report & Annual Financial Reports are available from the office, or downloadable from website downloads:

www.disabledsportsac.org.au

RSAC KIDS CLUB STARTS 2012

With the financial support of the St George Foundation, RSAC is excited to announce the commencement of a monthly Saturday Kids Club.

This will provide a day out for kids 10-17 years of age with disability, and a break for families.

The program will actively involve the participants in selection of activities and will include living skills development such as using public transport, planning, shopping and preparing food, social skill development, money handling etc., all in a fun environment.

Soccer, tenpin bowling, swimming, tennis, table tennis, laser skirmish, Sailability, movies, bushwalking, wii and Xbox will be some of the activity options of the program.

The group will have a ratio of 1:3 support staff, with a maximum of 9 children at each session. Should need exceed this quota, children will be allocated on an equitable basis.

The first session will be held on Saturday 18 February 9am-4pm with following sessions on the third Saturday of each month – except August. Cost \$20 per day.

Return transport can be arranged an additional fee – call to discuss.

RSAC KIDS CLUB



3rd Saturday of each month commencing February 18 2012 (except August)

9am-4pm Activities will always include active participation - call for program

Cost \$20 Return transport can be arranged for an additional fee.

Meet at RSAC Clubrooms 11 Greenfield Pde BANKSTOWN

Bring: Packed lunch, snacks, backpack, hat, sunscreen, drink bottle.
(swimmers, towel, goggles and plastic bag for swimming days)

FAMILY EASTER CAMP 2012

CANBERRA Friday 6 ~ Monday 9 April

Stay in Self Contained Units ~ travel by mini bus to explore this exciting region.

Cost: \$320 per person *all inclusive* – family & child rates available on application.

This charge includes activities and entry fees, all meals and transport.

Reduced rate for those travelling by own transport.

Deposit \$50 per person reserves your place.

Visit: Tidbinbilla Canberra Deep Space Communication Complex, Toboggan & Wildlife Park; a working Sheep Station; Cockington Green; War Memorial; Markets; Wineries; Bungendore; Australian Museum; Australian Zoo; Black Mountain Tower etc..

PRE BOOKING ESSENTIAL to: Jenny 9790 5001 rsaclub@bigpond.net.au

RSAC Vacation Program

January 16-20 & 23-25 2012

9.00am - 4.30pm Daily

RSAC Clubrooms 11 Greenfield Parade, Bankstown

<i>Mon Jan 16</i>	<i>Tues Jan 17</i>	<i>Weds Jan 18</i>	<i>Thurs Jan 19</i>	<i>Fri Jan 20</i>
<i>9am-4:30pm</i> <i>Mini Bus</i>	<i>9am-4:30pm</i> <i>Mini Bus</i>	<i>9am-4:30pm</i> <i>Cars</i>	<i>9am-4:30pm</i> <i>Mini Bus</i>	<i>9am-4:30pm</i> <i>Train</i>
<i>Tenpin Bowling, Laser Skirmish & Park Games</i>	<i>Sydney Olympic Park Swimming Day & Games/Park</i>	<i>Sailability Kogarah Bay</i> <i>Fish & Chips</i>	<i>Mini Golf & Olympic Park Adventure Trail</i>	<i>IMAX & Darling Harbour</i>
<i>Bring back pack, lunch, drink bottle, hat & sunscreen</i>	<i>Bring back pack, swimmers, towel, lunch, drink bottle, hat & sunscreen</i>	<i>Bring back pack, swimmers, towel, drinks, hat, sunscreen & \$10 for lunch</i>	<i>Bring back pack, lunch, drink bottle, hat & sunscreen</i>	<i>Bring lunch, snacks, drink bottle, hat & sunscreen</i>

<i>Mon Jan 23</i>	<i>Tues Jan 24</i>	<i>Weds Jan 25</i>
<i>9am-4:30pm</i> <i>Mini Bus</i>	<i>9am-4:30pm</i> <i>Mini Bus</i>	<i>9am-4:30pm</i> <i>Walk</i>
<i>Shelly Beach Cronulla, Swim, Park Games & BBQ lunch</i>	<i>Castle Hill Powerhouse Museum</i>	<i>" Master Chef " Shopping, Cooking & Eating, Wii, Xbox & Party</i>
<i>Bring back pack, swimmers, towel, snacks, drink bottle, hat & sunscreen</i>	<i>Bring back pack, lunch, drink bottle, hat & sunscreen</i>	<i>Bring snacks and drink</i>



Swimming is not compulsory – other activities will be arranged for all non swimmers.

- Programs are subject to change –

**Other Activities May Include:
Pizza Party, Music/Dance/Drama & Fun!!**

LIMITED TRANSPORT ASSISTANCE IS AVAILABLE – call to check.

Supervision from 8am-5pm may be available with prior arrangement. Call to discuss your needs.

ELIGIBILITY: This program is open to school aged children (8-18yrs) with a disability and their siblings.

Persons requiring one on one support or full personal care will be required to provide their own carer.

RSAC Vacation Program

ENROLMENT FORM - JANUARY 2012

Child 1. Name: _____

Child 2. Name: _____

Person completing form: _____ Relationship to child/ren: _____

Address: _____ Postcode: _____

Phone: _____ Mobile: _____ Email: _____

Weekly Bookings

Number of Participants	Cost per selection	Dates Selected	Amount
	Week 1 / 5 Days : @ \$140	16 - 20 January	\$
	Week 2 / 3 Days : @ \$85	23- 25 January	\$

Casual Daily Bookings

Number of Participants	Cost per selection	Dates Selected	Amount
	Casual: @ \$32.50 / day		\$

Transport Bookings

Transport to and from program, if required @ \$30 per day per family.	Number of Days @ \$30	\$
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Total: \$

Payment Options

Cash or Cheque payable to Recreation Sports & Aquatics Club
Or Direct Deposit : Deposit to: Recreation Sports & Aquatics Club BSB 032 055 Account no. 277396

When making a deposit please write "child's name - Jan12" as the description.

RSAC CALENDAR 2012

January 2012

12 Thurs	Office Reopens	
16-20/22-24	January Vacation Program	
21-22	Australia Day Tenpin Bowling Championships	Belconnen ACT
26 Thurs	Australia Day public holiday	

30 Mon

Programs Resume

February 2012

11 Sat	WELCOME BACK BUSH DANCE <i>all welcome</i> 6-9pm	RSAC Clubrooms
18 Sat	Kids Club commences	

March 2012

3 Sat	Carrs Park Gala Day	Carrs Park
10 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
17 Sat	Kids Club	
17 Sat	St Pats Day Family Disco 6:30-10:30pm	Mount Lewis Bowling Club

April 2012

1 Sun	RSAC Family Picnic Day 11-3pm	John Mountford Res Beverly Hills
6-9 Fri-Mon	RSAC Family Easter Camp	Canberra
14 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
21 Sat	Kids Club	

May 2012

3 Thurs	RSAC Sports/Program Managers Meeting	RSAC Clubrooms
5 Sat	Trivia Night 7-10pm	Mount Lewis Bowling Club
12 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
19	Kids Club	

June 2012

9 Sat	Dance Party 4:30-7pm	RSAC Clubrooms
16 Sat	Kids Club	

17 Sun

RSAC Presentation Day 12-5pm

July 2012

14 Sat	Dance Party 4:30-7pm	
21 Sat	Kids Club	

August 2012

5 Sun	Barefoot Bowls 1pm-4:30pm	
11 Sat	Dance Party 4:30-7pm	
17-26 Fri-Sun	Cairns Over 21's Trip	

September 2012

8 Sat	Dance Party 4:30-7pm	
15 Sat	Kids Club	
21 Fri	25 Anniversary Gala Night	

October 2012

13 Sat	Dance Party	
18 Thurs	RSAC AGM	
20 Sat	Kids Club	
20 Sat	Oatley Fair	

November 2012

4 Sun	RSAC Tenpin Bowling Championship	
10 Sat	Dance Party	
17 Sat	Kids Club	

December 2012

8 Sat	Christmas Disco & Dinner	
15 Sat	Kids Club	
20 Thurs	Volunteers & Supporters Appreciation Dinner	

COMPANION CARD

Do you have your Companion Card?

A companion card provides free access to venues and events for the companion of a person with a disability who requires attendant care.

If you have a significant lifelong disability and require attendant care, a Companion Card will allow you to participate in many community activities and events without paying admission for your carer.

CALL (FREE) 1800 893 044

CAIRNS OVER 21'S HOLIDAY

Last call for interest in our August 2012 Cairns based holiday.

A deposit of \$500 is now due to secure your place.

LIMITED VACANCIES EXIST. Call NOW

Dance Classes

Children and Adults
Wheelchair Accessible

TUESDAYS

RSAC CLUBROOMS 11 Greenfield Parade
Bankstown

CHILDREN up to approx 14 years 5:30-6:30pm \$5 &
TEENS/ADULTS 6-7:30pm \$10

RSAC DIRECTORY

Recreation, Sports and Aquatics Club

Postal Address: PO Box 120 Bankstown NSW 1885

Clubrooms: 11 Greenfield Parade Bankstown (opposite Bankstown Sports Club)

Phone: 9790 5001 (Mon-Thurs)

Email: RSAClub@bigpond.net.au

Website: www.disabledsportsac.org.au

**RSAC
Fees 2012
Due
1st January
\$15
per family.**

**CLUB UNIFORMS FOR SALE
TRACKSUITS, POLO SHIRTS
SWIMMERS, ETC**

**CONTACT
RSAC OFFICE 9790 5001**

Would you like to receive your RSAC Sportslink faster and direct?

Send an email to Jenny RSAClub@bigpond.net.au and you too will go on the electronic newsletter mail list and get all the info and newsletters direct to your computer, as soon as it happens. Also if you wish to cancel e-news or hard copy advise as above.

PATRONS

Tania Mihailuk, MP
Kayee Griffin
Mayor Bankstown Cllr Khal Asfour
Mayor Canterbury Cllr Brian Robson
President Bankstown Sports Club
John Murray

REGULAR ACTIVITIES, PROGRAMS AND EVENTS

Regular programs are outlined below. For further details see our newsletter, website, fliers, or call the RSAC office.

- MONDAYS:** **Squad Swimming** Roselands 6pm
- TUESDAYS:** **Dance** Bankstown 5:30 Junior, 6pm Senior
Basketball Riverwood 5:30 & 7pm
- WEDNESDAYS:** **Sports Fun** Hurstville 10:30am
Drama Bankstown 5-6:30pm
Basketball Kids Hurstville 5:30pm
Tenpin Bowling Enfield 5:30pm
Swimming Hurstville 6:30 & 7:30pm
- THURSDAYS:** **Table Tennis** Bankstown 1-3pm
Gym Oatley 5pm
- FRIDAYS:** **Swimming** Roselands 6:30pm
Bocce Lansvale monthly 7pm
- SATURDAYS:** **Tennis** Beverly Hills 9 & 10am
Kids Club Monthly 9am-4pm
Soccer outdoor Peakhurst 9:30am
Indoor Soccer Five Dock 10:30am
Tenpin Bowling Enfield 11:30am
DANCE PARTIES Bankstown 2nd Sat of month 4:30-7pm
- SUNDAYS:** **Athletics** Peakhurst 9am
Indoor Soccer Revesby 9:30am
Cricket Bankstown twice monthly 10am-12noon
Social Tennis Beverly Hills monthly 2-4pm
- ALSO:** **Call for details**
- **Parents & Carer Support Activities, various activities**
 - **Social Clubs for Adults with a Disability**
 - **School Holiday Programs**
 - **Vacation and Holidays Programs**

SOCIAL ACTIVITIES

Parents & Carers Support Group
RSAC Networkers Social Club
RSAC Friendship Group
RSAC Kids Club
RSAC Dance Parties
Over 21's Holiday Program
Family Easter Camp
RSAC Family Picnic Day
Siblings Project

SPECIAL EVENTS

**Dads & Sons
Jazz Cruise & Buffet Lunch
Sunday 13 November 2011
Meet at King St Wharf, Darling Harbour
12noon \$20p.p.**

**Parents & Carers Christmas Lunch
Wednesday 7 December 2011
Meet outside Platform One Restaurant
Bankstown Sports Club
11:30am-2:30pm \$15p.p.**

**Welcome Back Bush Dance
Saturday 11th February 2012
RSAC Clubrooms
6-9pm \$10p.p.
Dancing & Yummy Dinner
ALL WELCOME**