

Katherine & Jenny Conder

Elouera SLSC

Both Katherine and Jenny Conder are inspirational Women in Surf Life Saving who have been involved for the past 22 years, who also happen to be twins.

Growing up in Sydney's Inner West, Katherine and Jenny had never been exposed to the surf until they found out about Elouera's Surf Awareness Clinic in the school holidays. Ever since, both have gone onto Patrol for the past 15 years, compete across a number of event categories in surf sports, coach younger members and pioneer more female involvement at Elouera SLSC.

Katherine and Jenny spoke about their time challenging the boys in training and competition. They are still close friends with a lot of the female members they came through the Surf Club with from the early days.

"Our friends thought we were insane doing all the swimming and surf club training, as they all played soccer with none even considered joining a Surf Club."

"We have been involved in the Surf Awareness Clinic at Elouera ever since we got our Bronze Medallion's in 2005. It is such an important initiative that supports a number of multicultural groups and raises essential awareness about Beach safety. We will do it for as long as we can as it's something we are extremely passionate about."

"Over the years we have had such a positive member experience, as females we have always been treated equally and encouraged to participate in as much as we possibly can. There are so many female role models at Elouera, with female coaches today taking the lead also."

"We also have to thank all the boys that we came through with as well. They always included us, and treated us as serious competitors even when some girls dropped off."

"There are so many amazing females in SLS that keep giving back and raising the profile of our organisation. We should be so proud of where we are today compared to a number of other organisations and sporting bodies. Women are so supported, competition is tough and there are so many pathways available."

"The hardest thing for young females is getting them to stay in the organisation when they go through their teenage years".

Advice - "Keep at it, believe in yourself and look for a mentor or supporter. SLS is more than just coming first, it gives you so many opportunities, leadership skills and social networks that you will cherish for the rest of your life."

