

## REBECCA WAUGH COOGEE SLSC

I joined Coogee Surf Life Saving Club in 1980, following in my Grandfathers footsteps and continuing our generations of association with the institutions of Coogee SLSC and Randwick Rugby.

The call of surf life saving was always coursing through my veins, my blood still pumps Coogee Two Blues and Myrtle Green.

Forever, Coogee was always the club for me despite growing up in Maroubra.

My father, a passionate Coogee man, was never allowed to join as a young man, a sentence inflicted for school truancy issues. Ah the pain!

I completed the SRC in 1984 and attained my Bronze Medallion in 1986. My bronze group was only the second lot of females to go through in Coogee. I was one of approximately 6 female members at the time, so I was at the club's forefront of change. Although not now, the significance was lost on me at the time.

I don't remember anything but support and acceptance from male members, just fun, adventures, friendships and learning experiences. As young members there was a "look out for the younger sister" culture when we first joined; and then nothing but acceptance.

Chris Gately really looked out for us girls, he was strong advocate and active supporter of females participating in club activities and competition events; a great mentor who really knew how to bring out the fierce competitor in us.

My grandparents and parents have always instilled the values of community and the importance of giving back in service, something I love. As a result, I have enjoyed the privilege of holding various positions within the Coogee club, Age Manager, Vice Director Nippers, Director of Nippers and currently, Director of Youth.

To this day I love, and continue to compete for the Club. Competition to me raises the bar on our abilities and as a result ensures higher standards, more capable life savers and a tighter community across SLSC.

In my early days I competed in R&R and belt swims and now its sand and surf in the Masters, competing in the 2km Run and swim events. Today, competing keeps me young. It provides me with a sense of wellness, vitality and continues to sate me with community, comradery and friendly rivalry.

### **Achievements**

- 2021 Selected in the SLSA mentor/mentees program
- Progression in the leadership of Women at Coogee SLSC – actively pushing for women to play a part in the club's evolution.
- Proud giving back to the community – doing the roles I do and have done makes me proud.
- 5 x Australian Championships in 2km Masters Beach Run

### **Advice and Comments**

- Turn up – opportunity will come when you keep turning up
- Look people in the eye and give a firm hand shake – helps cement confidence
- Never think you're not enough to achieve the opportunity which presents itself
- The beach provides a great leveller to life, when all you are wearing is swimwear
- It takes a community to raise a child
- Very thankful for the opportunities Surf Life Saving and Coogee SLSC have given me – experiences, lifestyle and friendships



