



Annual Report 2009

North Sydney Masters had a stellar year in 2009. We forged into the New Year with our new name, a ready and willing committee of dedicated individuals and over 100 club members. With our new name and logo came new merchandise signalling a new decade for the club. A significant change for the club in 2009 was the relocation of our sprint carnival to the latter half of the year. Alan Godfrey took on the job of carnival director and with his bevy of willing volunteers produced a superb event.

Naturally, an integral part of our club has been our committed coaching staff, Kevin Porter, Alvin Parr-Whalley, Stephen Badger, John Wynberg and Hiroto Homma. All coaches have gratefully given up their time to keep the club ticking throughout 2009 with training sessions that have challenged, encouraged and exhausted us all. We now offer 4 training sessions a week and all are well attended by members, especially Sundays on a nice day.

The outstanding social calendar for 2009 was carefully planned and expertly executed by our social conveners Gill O'Mara and Melody Xu. Events attended by club members included barbies at the pool, lawn bowls, Xmas in July, Mollymook "training camp" and the Xmas party. Mollymook was once again a great success, thanks to the efforts of Robert Hayter and Alan Matthews with over 30 people making the trip south. A notable and welcome change to "camp" schedule this year was a later start in the pool, which was greatly appreciated. Xmas in July was again graciously hosted by Peter Murray and was a great night, complete with a visit from Santa. Santa must love this "out of season" night of fun as this year he decided to bring one of his elves. The final social event for the club, the Xmas party was held at Darling Harbour in December and was well attended and enjoyed by all.

During the year a core group of North Sydney swimmers (both men & women) regularly participated in both pool and ocean swimming competitions, occasions where coaches and swimmers can see the fruits of their labour. During the year our swimmers broke 36 state records and 13 national records in individual and relay events. We were winners of the Visitors Trophy at NSP BPS and our own overall trophy at NNS BPS. The World Masters Games, held in Sydney, was a highlight of 2009 for our club. Thirty swimmers competed and the results were surely a tribute to our dedicated coaches. Norths swimmers earned a total of 43 medals (13 gold, 15 silver and 15 bronze medals) from individual and relay events. In addition to the impressive medal haul multiple records were broken; 47 club records, 5 state records, and 4 national records. Unfortunately, the open water swim was cancelled due to cold water, so regrettably no medals there. Our carnival was held for the first time in November in 2009 under the guidance of Alan Godfrey, and despite the timing, so soon after the World Masters Games, it was well attended with 38 swimmers from North Sydney.

Ocean swimming has provided another avenue for those who want to compete but prefer the longer distances and viewing the aquatic life. Norths had another great year in ocean swimming with up to 30 North Sydney club swimmers competing in ocean swims through January and February, in

particular the Bondi ocean swims and the Big Swim at Palm beach. The club has also been regularly represented by a core of swimmers in all other ocean swims throughout the season. Fun and personal accomplishment are important attractions of ocean swimming and club swimmers have often achieved top 3 podium positions across a wide range of age groups, exemplifying a successful season. Participation in both carnivals and ocean swims is a direct result of the encouragement and cajoling from our pool and open water captains Christina Echols, Hiroto Homma and Colin Hannah.

North Sydney Masters Swimming Club is fortunate in that it has a large member base, and as a result a number of enthusiastic, dedicated and conscientious members have donated their precious time to be part of the committee and have helped make 2009 another successful year for the club. I envisage that 2010 will be a great year for the club and that Norths will continue to excel in line with the fundamentals of the club, fun fitness and friendship.

Belinda Herring

President