

Doug Vanderby, 2009 Recipient, Head Coach, North Toronto Masters

Doug founded the North Toronto Masters in 1993 and has been Head Coach ever since. Swimming out of two locations in winter and at an outdoor pool in summer, Doug has been instrumental in expanding the club's numbers from 80 to 120 in the last two years. To accommodate the extra swimmers, Doug has made room in his schedule for five practices a week, up from three.

Doug's philosophy is to work swimmers hard - technique and conditioning is the mantra - regardless of age and ability. His workouts are always 1.5 hours long and usually cover 3-6 km. Doug believes that competition develops swimmers, both physically and socially, so he encourages every member to compete in at least one Masters meet per year.

After coaching Triathletes last year, Doug decided to open up a program within the club to encourage more Triathletes into the pool. They are now learning the delights of the flip turn and, while they still focus on distance swimming, may soon see the joy in a 200IM thanks to Doug.

Doug has attracted a number of excellent coaches to the club, all of whom offer unique perspective and talent to round out workouts. He stays current on swimming trends by being part of the UofT Swim Team Coaching Staff where he is strength and conditioning coach.

North Toronto Masters holds numerous Ontario and Canadian record relay swims - Doug feels this demonstrates the depth of swimmers at the club. He himself holds Canadian records in all breast strokes from age 35 and up. He has won Worlds - 95, Canadians and US Nationals and currently holds World Police Fire Games Records, the second largest sporting event after the Olympics (Doug is a firefighter when he's not on deck or in the pool).

Congratulations Doug, and a very sincere thank you for your truly amazing contribution to the North Toronto club and to Masters Swimming as a whole.