



The Hon Graham Annesley MP

Minister for Sport and Recreation
Member for Miranda

MEDIA RELEASE

Saturday 31 December 2011

SAD PASSING OF GEORGE DALDRY

NSW Minister for Sport and Recreation, Graham Annesley, today offered his sincerest condolences to the family and friends of fitness guru George Daldry.

“George will always be remembered as one of the fitness industry's most respected men,” Mr Annesley said.

“George had been involved with Rugby League for more than half a century. In the sixties, seventies and even the 1980s, he was regarded by many as ‘The Doyen’, when it came to fitness for Rugby League players and indeed many other sports.

“He was the first fitness man turned to for many years, particularly by those involved with Rugby League and was always happy to share his knowledge with others.

George was born in Sydney in March 1923 and attended Crown Street Public School playing Rugby League as a sport.

He revolutionized training methods that enabled athletes to push their bodies further than most thought achievable and it was not only Rugby League players and coaches who benefited from George's expertise.

Olympic and Commonwealth Games rowers, Australian Rugby Union players and even US President George Bush senior, Prince Albert of Monaco and Kerry Packer all benefited from the great man's approach to fitness.

George was also a very keen surfer having been a member of the North Bondi Surf Club for more than 50 years.

“There are countless modern day athletes who have reaped the rewards of George Daldry's meticulous and strict fitness regime,” Mr Annesley said.

“I can honestly say he was a visionary when it came to fitness and getting the most out of athletes on the sporting field.

“George was a real person, respected by all, and our thoughts and prayers are with his family and friends at this very sad time,” Mr Annesley said.