

TABLE OF CONTENTS

CONTENTS	PAGE
President's Report <i>Helen O'Connor</i>	1
Treasurer/Secretary's Report <i>Elizabeth Broad</i>	3
Public Relations Report <i>Karen Inge</i>	15
Membership Services/State Liaison Report <i>Lorna Garden and Holly Frail</i>	17
Strategic Planning Report <i>Deborah Kerr</i>	19
Newsletter Coordinator's Report <i>Glenn Cardwell</i>	23
New South Wales State Report <i>Sarah Dacres-Mannings</i>	24
Queensland State Report <i>Holly Frail</i>	25
South Australian State Report <i>Nick Wray</i>	26
Tasmanian State Report <i>Maree Taylor</i>	27
Victorian State Report <i>Prue Jackson</i>	28
Western Australian State Report <i>Andrea Paganin</i>	29

President's Report

The first year of any organisation is important and looking back over 1997, this year has been a vital one for SDA. Since the SMA conference in October 1996, and our very successful launch, the executive committee have been busy with a variety of tasks directed at boosting the profile, membership and financial solidarity of SDA. Much work has taken place behind the scenes, and I would like to take this opportunity to thank the executive and state representatives for all their hard work and commitment. I thought I would give the members a perspective of what has occurred in a chronological sense over the past twelve months before I set the scene for our plans in 1998. Read each of the directors reports to obtain a more detailed picture of how each of their particular areas is developing.

October-November 1996 - Continuing to Lay the Foundation

Launch of SDA at the SMA conference, membership drive at SMA conference and completion of constitution, membership forms and first Newsletter. Initial development of the sport specific course for swimming. Liaison with partners about the future. Work with the auditor regarding accounting packages, further work at the secretariat developing policy and planning for efficient running of this office. Planning for SDA representation at the SMA DAA conference.

December 1996 - January 1997 - Enhancing our Profile

Media campaign on fluids and hydration with Gatorade. Over 40 interviews on radio and print media around Australia. Liaison with Uncle Tobys regarding on pack promotion with Sports Plus. Preparation for the planning meeting in February with Galbraith Management. Representation at a meeting on dental health. Writing the on pack information of Uncle Tobys SportsPLUS.

February - March 1997 - Planning for the Future

Planning meetings, where the direction for SDA was mapped out up until the year 2001. This two day planning meeting has helped to develop the values and direction of SDA and has been a virtual part of the rest of the process throughout 1997. Final draft of on pack promotion of uncle Tobys SportsPLUS. Development of the draft planning document from the planning meeting. The second newsletter. Planning for SDA session at DAA conference. Discussions with our corporate partners regarding future projects and contractual agreements. Ongoing planning of the SMA conference scientific program.

April-May 1997 - Profile, Promotion and Planning

On going meetings with partners regarding future projects and long term agreements. Further development of the scientific program for the SMA and DAA conference. DAA conference, sports nutrition session and membership drive. Representation at a conference in New Zealand and membership forms distributed. Writing of on pack material for Sports Plus Bars. Welcome to our new office manager, Loren Morgan.

June-July 1997 - Consolidating our Financial Future

Third Newsletter. Meeting of financial committee to develop a business plan for SDA with Arthur Andersen's, Sydney. Further project discussions with partners. Planning for SDA annual dinner and review abstracts for SMA conference. Further development of sports specific course. Mid-year planning meeting to discuss 1997-1998 projects.

September-October 1997 - Profile, Promotion and Planning
SportsPLUS Bars released with our on pack information. Final plans for the SMA conference, including SDA dinner. Organisation of an end of year planning meeting for the directors. The AGM and preparation of financial and directors reports. Finalising of partnership agreements and future projects. Fourth Newsletter. Development of our first position statement and fact sheet on fluids and hydration. First draft to be ready for October SMA conference for members comments.

1997-1998 - The Future

The second year of SDA looks to be bright with lots of activity. We have plans for boosting the promotion and profile of SDA which we will keep you informed about as they develop. The education area will develop further with the first sport specific course in swimming to run in December and our first fact sheet on fluids and hydration to be released at about the same time. We will be involved in a media Fluids and Hydration campaign to run with this fact sheet.

Our membership, now approximately 140 Dietitians looks set to grow even further in 1998. I encourage you to help us to boost the membership of SDA. We are currently working on projects what will provide greater roles for members. As you can see, the development of an organisation from scratch takes time... and a lot of talking and negotiating. The fruits of this labour will be realised even more in our second year of operation.

I have asked members for their comments about the future, especially your views regarding on pack information to consumers. We want to hear your voice. SDA is your organisation. The executive are aiming to drive SDA forward, but we need your input and guidance. Our greatest asset is our members and we want you to feel a part of what we are doing and where we are going, We look forward to your contribution.

SDA Fuelling Fitness for Our Future

HELEN O'CONNOR
President

Treasurer's Report

Our first year as a Company provided numerous financial challenges and we have learnt a great deal in terms of the official record-keeping requirements. As is expected of most new companies, this year proved to be a difficult year financially for SDA, as is evident in the net loss we incurred. However, through careful financial management we have maintained our viability and are currently in a much better situation even without the support we still expect from our corporate partners.

As treasurer, I hereby present the official Auditor's report for SDA for the 1996/97 financial year. Harry Bluhm, of the Marlow Bluhm Chartered Accountants agency audited our finances and has provide additional advice in a schedule of issues for action which will be taken on board.

If there are any enquiries regarding the financial situation of SDA, please contact me.

LIZ BROAD
Treasurer/Secretary

SPORTS DIEHRTIANS AUSTRALIA LIMITED

A.C.N. 075 825 991

**FINANCIAL ACCOUNTS
FOR THE YEAR ENDED
30TH JUNE 1997**

SPORTS DIETITIANS AUSTRALIA LIMITED
A.C.N. 075 825 991

The company has not, during or since the financial year, in respect of any person who is or has been an officer or auditor of the company or of a related body corporate:

indemnified or made any relevant agreement for indemnifying against a liability, including costs and expenses in successfully defending legal proceedings; or

paid or agreed to pay a premium in respect of a contract insuring against a liability for the costs or expenses to defend legal proceedings.

Signed in accordance with a resolution of the Board of Directors:

Director
Helen O'Connor

Director
E. Broad
Elizabeth Broad

INDEPENDENT AUDIT REPORT

TO THE MEMBERS OF

SPORTS DIETITIANS AUSTRALIA LIMITED
A.C.N. 075 825 991

Scope

We have audited the financial statements of SPORTS DIETITIANS AUSTRALIA LIMITED for the financial year ended 30th June 1997 as set out on pages 7 to 12. The company's directors are responsible for the preparation and presentation of the financial statements and the information they contain. We have conducted an independent audit of the financial statements in order to express an opinion on them to the members of the company.

Our audit has been conducted in accordance with Australian Auditing Standards to provide reasonable assurance as to whether the financial statements are free of material misstatement. Our procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial statements, and the evaluation of accounting policies and significant accounting estimates. These procedures have been undertaken to form an opinion as to whether, in all material respects, the financial statements are presented fairly in accordance with Accounting Standards and other mandatory professional reporting requirements (Urgent Issues Group Consensus Views) and statutory requirements so as to present a view which is consistent with our understanding of the company's financial position, the results of its operations and its cash flows.

The audit opinion expressed in this report has been formed on the above basis.

Qualification

As is common for organisations of this type, it is not practicable for the company to maintain an effective system of internal control over membership fees received until their initial entry in the accounting records. Accordingly, our audit in relation to membership fees received has been limited to the amounts recorded.

Qualified Audit Opinion

In our opinion, except for the effects of such adjustments, if any, as might have been determined to be necessary had the limitation discussed in the qualification paragraph not existed, the financial statements of the company for the year ended 30th June 1997 are properly drawn up:

- (a) So as to give a true and fair view of:
 - (i) the company's state of affairs as at 30th June 1997 and its profit (loss) and cash flows for the financial year ended on that date; and
 - (ii) the other matters required by Divisions 4, 4A and 4B of Part 3.6 of the Corporations Law to be dealt with in the financial statements;
- (b) In accordance with the provisions of the Corporations Law; and
- (c) In accordance with applicable Accounting Standards and other mandatory professional reporting requirements.

.....
Partner: Harry Heinz Blum

10.9.97

SPORTS DIETITIANS AUSTRALIA LIMITED
A.C.N. 075 825 991

BALANCE SHEET
AS AT 30TH JUNE 1997

	Note	1997 \$
CURRENT ASSETS		
Cash	3	3,910
TOTAL CURRENT ASSETS		<u>3,910</u>
TOTAL ASSETS		<u>3,910</u>
CURRENT LIABILITIES		
Creditors and borrowings	4	521
Provisions	5	222
Other	6	7,675
TOTAL CURRENT LIABILITIES		<u>8,418</u>
TOTAL LIABILITIES		<u>8,418</u>
NET ASSETS (LIABILITIES)		<u>(4,508)</u>
MEMBERS FUNDS		
Accumulated Losses		<u>4,508</u>

The accompanying notes form part of these financial statements.

SPORTS DIETITIANS AUSTRALIA LIMITED
A.C.N. 075 825 991

PROFIT & LOSS ACCOUNT
FOR THE YEAR ENDED 30TH JUNE 1997

	Note	1997 \$
OPERATING SURPLUS (DEFICIT) BEFORE INCOME TAX		(4,286)
Income Tax Expense	2	222
OPERATING SURPLUS (DEFICIT) AFTER INCOME TAX		(4,508)
Retained Surplus (Accumulated Losses) at the beginning of the year		-
TOTAL AVAILABLE FOR APPROPRIATION		(4,508)
RETAINED SURPLUS (ACCUMULATED LOSSES) AT END OF FINANCIAL YEAR		(4,508)

SPORTS DIETITIANS AUSTRALIA LIMITED
A.C.N. 075 825 991

STATEMENT OF CASH FLOWS
AS AT 30TH JUNE 1997

	1997 \$
Cash Flows from Operating Activities:	
Membership Fees Received	12,674
Sponsorship	27,500
Other	871
Consulting Fees	(1,077)
Legal Fees	(5,787)
Meeting Expenses	(20,711)
Other	(9,560)
Net Cash Provided by (Used in) Operating Activities	3,910
Net Increase (Decrease) in Cash Held	3,910
NOTES TO THE STATEMENT OF CASH FLOWS	
Reconciliation of Cash	
Cash at the end of financial year as shown in the statement of cash flows is reconciled to the related items in the balance sheet as follows:	
Cash on Hand	50
Cash at Bank	3,860
	3,910
Reconciliation of Net Cash provided by Operating Activities to Operating Surplus	
Operating Profit (Loss)	(4,286)
Non Cash Flows in Operating Profit:	
Changes in Assets & Liabilities:	
Increase (Decrease) in Trade Creditors	521
Increase (Decrease) in Income in Advance	7,675
Net Cash Provided by Operating Activities	3,910

NOTES TO AND FORMING PART OF THE ACCOUNTS
FOR THE YEAR ENDED 30TH JUNE 1997

1 STATEMENT OF ACCOUNTING POLICIES

The financial statements have been prepared in accordance with applicable Accounting Standards, other mandatory professional reporting requirements (Urgent Issues Group Consensus Views) and the Corporations Law. The financial statements have also been prepared on the basis of historical costs and do not take into account changing money values or, except where stated, current valuations of non-current assets. Cost is based on the fair values of the consideration given in exchange for assets. The accounting policies have been consistently applied, unless otherwise stated.

The following is a summary of the significant accounting policies adopted by the company in the preparation of the financial statements.

Income Tax

The association adopts the liability method of tax-effect accounting whereby the income tax expense shown on the profit and loss account is based on the operating profit before income tax adjusted for any permanent differences.

However, it should be noted that the association is only liable for taxation on investment income. Other material items of income and expenditure are non-assessable and non-deductible respectively, because of the doctrine of mutuality.

SPORTS DIETITIANS AUSTRALIA LIMITED
A.C.N. 075 825 991

NOTES TO AND FORMING PART OF THE ACCOUNTS
FOR THE YEAR ENDED 30TH JUNE 1997

	1997
	\$

2 INCOME TAX

The prima facie tax payable on operating surplus is reconciled to the income tax provided in the accounts as follows:

Prima facie tax payable on operating surplus at 36%

(1,543)

Increase in tax payable due to:

Non-deductible items

Due to Doctrine of Mutuality

13,556

12,013

Decrease in income tax payable due to:

Non-assessable items

Due to Doctrine of Mutuality

11,791

Income Tax Expense

222

3 CASH

Cash on Hand

50

Cash at Bank

3,860

3,910

4 CREDITORS & BORROWINGS

CURRENT

Trade Creditors

521

5 PROVISIONS

CURRENT

Provision for Income Tax

222

6 OTHER LIABILITIES

CURRENT

Income in Advance

7,675

SPORTS DIEHTHANS AUSTRALIA LIMITED
A.C.N. 075 825 991

STATEMENT BY DIRECTORS

In the opinion of the directors of the company:

1. (a) The accompanying Profit and Loss Account gives a true and fair view of the profit or loss of the company for the financial year ended 30th June 1997; and
(b) The accompanying Balance Sheet gives a true and fair view of the state of affairs of the company as at the end of the financial year; and
(c) The Statement of Cash Flows gives a true and fair view of the cash flows of the company for the financial year
2. At the date of this statement, there are reasonable grounds to believe that the company can meet its debts as and when they fall due.

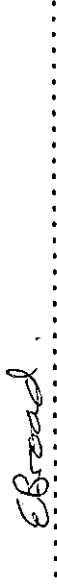
This statement is made in accordance with a resolution of the Board of Directors and is signed for and on behalf of the directors by:

Director



Helen O'Connor

Director



Elizabeth Broad

SPORTS DIETITIANS AUSTRALIA LIMITED
A.C.N. 075 825 991

PROFIT AND LOSS STATEMENT
FOR THE YEAR ENDED 30TH JUNE 1997

INCOME	
Membership Fees	5,499
Sponsorship Fees Received	27,000
Advertising Fees Received	100
Other Income	771
	33,370
 EXPENDITURE	
Advertising	993
Bank Charges	67
Consultancy Fees	1,077
Legal Costs	5,787
Meeting Expenses	
Teleconferences	1,783
Travel	5,862
Room Costs	66
Accommodation	2,757
Facilitator	10,000
Other	243
Newsletter	
Editing	1,500
Printing	1,389
Office Supplies	686
Postage & Shipping	233
Secretariat	2,782
Subscriptions	2,280
Telephone	10
Travel & Entertainment	141
	37,656
 NET LOSS	
	\$4,286

The accompanying notes form part of these financial statements.

Membership Services/State Liaison Report

The first year of operation of SDA has seen membership grow from zero to 138 financial members as of August 31st. Membership is comprised of 65 full members, 51 associate members, 19 student members and 3 overseas members. Renewal notices have been sent to all 1996/97 members with reminder notices to follow for those who haven't yet rejoined.

Membership activities over the year have included:

- the production of professionally designed membership application forms
- the compilation of membership packages including a welcome letter to new members
- the distribution of membership forms at the SMA conference, DAA state and National conferences, in DAA's newsletter, through State meetings, to student dietitians through University Courses, and to dietitians internationally via members travelling overseas the development of a membership database on computer.

Several special membership offers were initiated through the early part of the financial year, and early in 1997 the fee structure was amended to work more effectively with SMA's fee structure, and to allow for joining throughout the financial year. It is envisaged that this will be incorporated into the membership application form when it is reprinted.

Recently it has become necessary to amend By-Law No.3 regarding eligibility for membership. A number of queries arose from dietitians who have not completed SDA Sports Nutrition Course, but have completed sports nutrition studies overseas. It was agreed by the Executive that it is reasonable to allow these dietitians the opportunity to sit the SDA Sports Nutrition Course Exam only, and those passing the exam will be eligible for full membership of SDA.

Directors in each state have been active in organising regular meetings for members. Many have opted to follow a more structured style of meeting incorporation literature reviews, product reviews, case studies and guest speakers. The attendance and format of meetings has varied between states, but on the whole they have proved to be a valuable opportunity for discussion and swapping of ideas. Some members from country or regional centres who are unable to attend meetings have expressed interest in receiving information sheets to help them stay in touch.

Members have been regularly updated via the newsletter and memos, of SDA activities, particularly with regard to dealings with our corporate partners. Current negotiations with both Uncle Tobys and Gatorade include discussions regarding a number of exciting opportunities for our members.

Plans for 1997/1998 include:

- Development of SDA Friends program.
- Increasing the SDA membership base to 200 by the end of the financial year.
- Promoting SDA more widely outside of Australia and building up our international membership base.
- Providing financial support for SDA activities at a state level, including guest speakers.

- Development of a sports nutrition resource list to be available to members.
- Providing paid work opportunities for members.
- Establishing a “speakers bureau” - a database of members who can speak on specific sports nutrition topics.
- Investigating opportunities for discounts/special offers for members of SDA.

LORNA GARDEN
Membership Services

HOLLY FRAIL
State Liaison

Strategic Planning Report

The strategic planning meeting was held in Sydney in February 1997 and was attended by members of the executive and several members. Galbraith Management facilitated the two day meeting. The values which were identified will direct the decision making of Sports Dietitians Australia over the next few years. Some of these values are already starting to be 'lived out'. The packaging of SportsPLUS which members of the executive, particularly the director responsible for marketing Karen Inge, have worked hard to accomplish demonstrates both innovation and excellence (two of our values).

A draft copy of Sports Dietitian Australia's Strategic Plan was circulated to members along with their membership renewal. Comments were invited from members. The final document will be finalised at the October meeting. The first step was to complete the strategic planning document which from there the business and marketing plan can be finalised.

FUELLING FITNESS FOR THE FUTURE

Values

Professionalism

Taking a lead role in the provision of expert sports nutrition advice, we will enhance our reputation with athletes, coaches, sports bodies, dietitians and other health professionals.

Our members will act with integrity and demonstrate a commitment to their professional development in the field of sports nutrition.

Innovation

Innovation will improve the effective delivery of sports nutrition advice and lead to an improvement of nutrition and fitness for all Australians.

We will continually challenge the thinking of the day, making best use of new technology and ground-breaking research to deliver sports nutrition advice which makes a difference.

Excellence

Excellence in the provision of sports nutrition advice to our clients will enhance their sporting performance and raise the profile of the members and our sponsors.

We will maintain the highest standards of professional service to our clients, members and sponsors in all our interactions.

Teamwork

Through networking and mentoring with our members we will achieve common goals and support the growth of the profession.

We will enhance the effective delivery of sports nutrition advice to athletes through working together with coaches and other health professionals.

Making a Difference

The provision of sports nutrition advice will make a difference to enhance the sports performance and to bring about change in the nutrition and fitness of all Australians.

We will work together with athletes to have them understand the lifestyle factors limiting their performance and involve athletes in creative solutions which they can implement themselves.

Reward

Rewarding our members will ensure their continued contribution and commitment to enhancing the profile of our profession. Members will be acknowledged for the value of the services they provide.

We will reward our members appropriately for the services they provide Sports Dietitians Australia. We will create employment opportunities for our members and provide direct benefits for members and sponsors.

Vision

Sports Dietitians Australia are committed to empowering all Australians to enhance their own nutrition and fitness by providing access to sports nutrition information through the food industry, media and emerging technologies.

Sports Dietitians Australia are the sports nutrition experts - integrating nutrition , fitness and sport to provide expert advice on sports nutrition to maximise sports performance for those playing sport on an elite or recreational basis into the wider community.

To make a difference to all Australians, partnership is essential and we liaise with our sponsors, Dietitians Association of Australia and Sports Medicine Australia to achieve our vision.

Mission for 2001

Sports Dietitians Australia will be recognised as the sports nutrition experts by the food industry, sponsors and athletes by 2001.

We will provide information and expertise in sports nutrition to maximise sports performance and through a strong media profile we enhance the knowledge of sports nutrition in the wider community.

Athletes, the food industry, sponsors and other health professionals will benefit from our products and services in Australia and overseas.

Our members and clients are informed of current sports nutrition research and practice through courses, conferences and other educational opportunities. We empower athletes and sporting teams on an individual basis through integrating knowledge of nutrition, fitness and sport.

To achieve our Mission we will increase our membership and attract new sponsorship.

Strategic Result Areas

Sponsorship

Sponsorship provides opportunities for improved funding, market profile and public awareness. Sponsors are chosen for their computability with our Strategic Intent and vision.

We will measure sponsorship through the annual monetary revenue generated.

Performance Indicators

- Sponsorship revenue generated

Membership

Members provide Sports Dietitians Australia with powerful representation as a professional body and ensure the delivery of information and expertise in sports nutrition.

The membership will be expanded to include categories such as corporate membership and "friends".

Performance Indicators

Membership will be measured through :

- Percentage retention of existing members
- Percentage increase in the number of new members
- Number of corporate members and "friends"

Financial Management

Sound financial management provides a foundation upon which decisions can be made based on relative needs without funding being a major obstacle.

Financial management will provide employment opportunities and resources in order to meet our Strategic Intent.

Performance Indicators

We will measure financial management in terms of :

- Profit / Loss
- Bank balance
- Sponsorship revenue as a percentage of total income

DEBORAH KERR
Strategic Planning

Newsletter Coordinator's Report

The SDA newsletter is produced every three months (March, June, September and December) in a four page A3 format. with contributions from state representatives, the SDA president, and includes solicited and unsolicited articles.

The first issue was released in October 1996 to coincide with the official launch of SDA at the Sports Medicine Conference. Copies were given to all delegates at the conference and sent to all members of the Dietitians Association of Australia through a mailout (approx. 1800 Dietitians). Although released in October, it was the scheduled December issue release six weeks early to be available at the launch of SDA.

The second, third and fourth issues were released on schedule. The second issue (March 1997) was also placed in conference satchels at the Dietitians Association of Australia Annual Conference in Hobart, March 1997. The third and fourth issues were sent exclusively to SDA members.

It is intended that the newsletter be a vehicle for both paid and free advertising for members and commercial ventures via placed advertisements or inserts.

The newsletter is produced and printed in Perth, Western Australia. The editor is Glenn Cardwell.

GLEN CARDWELL
Newsletter Coordinator

New South Wales State Report

The NSW branch holds an educational breakfast meeting every 8 weeks at Crows Nest Community Centre. Numbers have ranged from 6-15 members and potential members.

There is a charge of \$33 for use of the centre, members are charged \$7 and non-members \$10 for breakfast which also covers the cost of the room. Guest speakers have covered a wide range of topics and been paid a nominal fee by Sports Dietitians Australia.

In February we had an introduction meeting to which all were invited, we also had a report on the 1996 SMA conference at this time.

Presenters at other meetings have included Michael Martin, a Sports Psychologist, Shelly Kay, an Anthropometrist and researcher into body image, and Dr Caroline Broderick who discussed bone density, scans and the female triad.

The different speakers have drawn dietitians from non sports related fields and we hope that they will see the benefits of joining the group.

Future Plans

Following the 1997 SMA conference we plan to have a summary of one or two of the speakers, which we hope will entice greater numbers for the 1998 conference. Another session will involve an athletes forum, to which dietitians can ask questions and gain insight from elite athletes.

Difficulties for the NSW Branch include the lack of dietitians working in the sports area, either full or part time and the distance many need to travel to meetings.

I would like to thank Fiona Pelly, Barbara Eden, Jane Francis and Matt O'Neil for their help in running the continuing education mornings.

SARAH DACRES-MANNINGS
New South Wales State Representative

Queensland State Report

SDA members in Queensland have continued their work with major teams and sporting associations, as well as the Queensland Academy of Sport and the AIS (Qld) units. Three meetings have been held in Brisbane since the last AGM, with another planned for September. The numbers have averaged six to eight members with a few regulars and some students joining in at various times. The meeting formats have also varied between guest speakers and members presenting updates, literature reviews and case studies. Members from regional and country areas have found it difficult to attend these meetings. Some members have requested copies of information presented at meetings, however it may be appropriate to have funding available to cover photocopying and postage so that all members receive the information after each gathering. Future plans for content of meetings include an athlete forum and more guest speakers such as sports medicine physicians and a representative from the Sports Drug Agency.

HOLLY FRAIL

Queensland State Representative

South Australian State Report

It has been a busy year for SDA South Australia, as I am sure the other States will report also. As a group we have been working hard to raise the profile of Sports Dietitians in the State and as such have had our fingers in as many pies as possible. We continue to liaise closely with Sports Medicine Australia, doing Sports Trainers course lectures for them where possible and presenting on sports nutrition at several of their regular continuing education sessions.

The number of high profile sporting clubs now using Sport Dietitians has certainly increased in SA. We now have Dietitians consulting to the Adelaide Crows, Port Power, Adelaide Thunderbirds and Ravens, the track cyclists, Adelaide Rams and Adelaide based AFL umpires. In addition we have had numerous members doing talks to sporting clubs and now also have Sports Dietitians giving the nutrition lectures to the Sports SA Sports Trainees course.

SDA SA continue to meet every six weeks. We have introduced continuing education sessions as a regular part of our meetings and have had updates on creatine loading, the DAA conference, book reviews, etc. A review of the recent Gatorade Conference and an update on facts for performance is also planned.

SDA SA has also had a change of chair recently and would like to thank Sue Kleve for her hard work in this position. Sue is now President of DAA, SA and as such needs to devote much time into this position.

At our last state meeting we discussed what we as SDA SA would like to see SDA national working on. We acknowledge the fine job which has been done to promote SDA nationally with the SDA nutrition messages etc. We feel a promotional kit which may include a promotional flier/pamphlet etc would be of much use for Dietitians working at state level. The other main area which we believe would benefit Sports Dietitians, particularly those in private practice, is the development of educational materials for clients. Although there exists many good booklets etc on Sports Nutrition, a series of one page resources supporting the SDA logo would not only be of great use, but also good publicity.

In summary, we have had a very productive year and broadened the areas in which Sports Dietitians are working in South Australia. I have personally spoken to the current Master of Nutrition and Dietetics students to explain SDA to them and encourage their attendance at state meetings. Many have keen interest in Sports Nutrition so the future looks bright for continues expansion of Sports Dietitians in this state.

NICK WRAY

South Australian State Representative

Tasmanian State Report

1997 has provided many opportunities to promote the role and messages of sports dietitians in Tasmania.

The importance of nutrition in athletic performance has been recognised by internationally acclaimed cheese manufacturing company; Lactos, who have provided generous sponsorship for Tasmanian Institute of Sport scholarship holders to access (free of charge) the services of a Sports Dietitian.

Hosting the 1997 national DAA conference in Hobart provided another opportunity to increase the profile of the Sports Dietitian. The sports nutrition workshop and plenary sessions proving to be very popular with fellow dietitians.

Participation as guest speakers in state-wide coaching seminars, swimming, rowing and cycling camps, and sports medicine forums has also raised our public profile, while continued involvement with TIS athletes, coaches and staff, and regular input into the nationally accredited apprentice jockey program has given sports dietitians greater professional credibility.

These achievements are a reflection of the energy and enthusiasm of the (four) practising sports dietitians in this state. *Well done!*

MAREE TAYLOR

Tasmanian State Representative

Victorian State Report

The Victorian Group of SDA have had good attendances at meetings this year. The attendances have ranged from 6-20. Meetings have been held every 6 weeks at the Victorian Institute of Sport. The meeting time has been Friday between 12.30pm and 1.30pm. The Victorian Institute of Sport has continued to provide us with an excellent facility.

The year commenced with information night on the 11 February. The night provided an opportunity to carbohydrate load, spread the news of SDA, encourage membership and discuss the year ahead for the Victorian Group. We had a very good turnout for this event - many new faces to the sports nutrition scene.

Six continuing education sessions were scheduled for 1997 - our last is in November. A set format is followed at each meeting to encourage participation. This format includes 10-20 minutes for any business followed by three short presentations (journal/book, food products and case study/athlete program). Standard question sheets are provided to each presenter which they can use as guidelines for their review. Although we have tried to make presenting an easy task in a casual - "group discussion" environments we have had difficulty in getting volunteers.

We have kept guest speakers to a minimum with the SDA budget in mind. It would be useful for state representatives to be given a budget each year so activities can be scheduled with certainty. Troy Flannigan from RMIT kindly offered to speak to us on glycerol loading and its practical applications. This was a well attended and informative meeting.

We have been approached by several organisations to have a representative on their working party groups. Susie Parker attended the Body Image and Better Health Programs meeting on Body Image Issues in Sport - Kerry Otto has since taken this duty over. While Joanne Plowman has attended the Sports Medicine Australia State Conference Committee Meetings. SMA are planning a state based conference for early 1998 which we will be participating in.

We have has a couple of disgruntled dietitians who cannot make it to the Friday meetings but would like to. We aim to send a survey to Victorian members to determine the preferred meeting times - this will be done prior to scheduling the 1998 timetable. It may be a case of alternating between two times throughout the year so that interested dietitians can at least attend some sessions.

Apart from the above, many dietitians have been actively involved in their own sports nutrition careers and enjoying the new supportive network of SDA. SDA has been very well received and we would like to thank the Executive for all their dedication and hard work in getting SDA up and running. Good luck for 1998 - we can't wait to see what's in store after such a great 1997.

PRUE JACKSON
Victorian State Representative

Western Australian State Report

Summary of activities for 1996/1997

Athlete Education

A number of seminars were presented aimed at the general public, athletes and other interested persons. These are often run in conjunction with associations such as Sports Medicine Australia (SMA), Western Australian Institute of Sport (WAIS) and Womensports West.

WA sport dietitians are consulting to a number of areas including:

- AFL teams (West Coast Eagles and Fremantle Dockers)
- NBL and WNBL
- WA Institute of Sport (WAIS) teams and individual athletes including swimmers, TIP rowers, canoeing, netball, softball and baseball
- Australian Men's and Women's Hockey
- Perth Heat
- WA Swimming
- Western Warriors
- Triathletes WA

We have presented sports nutrition lectures as a component of courses including sports trainers courses, the Graduate Diploma of Sports Coaching, ASCPER Fitness Leaders Course, and the General Practitioners Sports Medicine Courses. We also run healthy cooking classes for athletes from the WA Institute of Sport. These are organised in conjunction with the Athlete Career and Education (ACE) Program, and cover sports nutrition issues as well as practical hands-on cooking.

Members

In January, Glen Cardwell spoke at a Dietitians breakfast about SDA and the benefits of joining the association. An information table was set up to promote the association and encourage membership.

In the last financial year, we had 10 WA members of SDA, and eight to nine of them regularly attend our meetings. A list of members was sent to our state SMA branch, to be used as a resource when presentations are required for sports trainer courses or other education programs.

Member Benefits

We planned four continuing education breakfasts to be held at six to eight weekly intervals, where each person was rostered to present either a review of a book, journal or food product, or to present a case study. We also discuss other issues relevant to our State members and plan for future seminars and meetings.

In conjunction with the continuing education subcommittee of the DAA WA Branch, we have planned a sports nutrition seminar for Dietitians to be held on Tuesday September 9, from 6.00-7.30pm. The guest speaker at the seminar will be Michael Lorraine from the Department of Human Movement (UWA). He will be discussing his research into gender differences and carbohydrate loading. We hope to have one to two of these seminars each year, incorporating a variety of other health professionals.

Deborah Kerr and Julie Tatnell presented a sports nutrition workshop at the DAA National Conference in Hobart in May this year. We hope a sports nutrition workshop of some kind will also be incorporated into the program for Sydney in 1998.

Andrea Paganin and Glen Cardwell worked with Ansett in relation to the introduction of the "Sports Meals" for the Fremantle Dockers and West Coast Eagles. For the other states, the main meal was only varied every third time the players flew. Due to the increased frequency of travel by these WAS football teams, it was decided that Ansett would vary the main meal each time the teams flew out of Perth, and the rest of the tray would remain the same as what is provided in other states. This resulted in a much greater variety of meals for the players.

SMA holds a state conference in Marsh each year. We aim to have one of our members presenting at these conferences, so sports nutrition and SDA will be represented on these occasions.

ANDREA PAGANIN
Western Australian State Representative