

# TABLE OF CONTENTS

PRESIDENT'S REPORT - <i>HELEN O'CONNOR</i> .....	1
TREASURER/SECRETARY'S REPORT - <i>LIZ BROAD</i> .....	3
SPONSORSHIP AND PUBLIC RELATIONS REPORT - <i>KAREN INGE</i> .....	4
MEMBERSHIP SERVICES - <i>LORNA GARDEN</i> .....	5
STRATEGIC PLANNING REPORT - <i>DEBORAH KERR</i> .....	6
RESOURCES AND EDUCATION REPORT: - <i>LOUISE BURKE</i> .....	7
NEWSLETTER COORDINATOR'S REPORT: - <i>GLENN CARDWELL</i> .....	9
STATE DIRECTORS LIAISON OFFICER - <i>HOLLY FRAIL</i> .....	9
STATE REPORTS .....	10
<i>New South Wales – Fiona Pelly</i> .....	10
<i>Queensland - Ben Desbrow</i> .....	10
<i>South Australia – Nick Wray</i> .....	11
<i>Tasmania – Fiona Rowell</i> .....	12
<i>Victoria – Julie Tatnell</i> .....	12
<i>Western Australia – Julie Meek</i> .....	13
AUDITORS REPORT.....	14

## **President's Report - Helen O'Connor**

### **1997 SMA Conference and Swimming Course**

1997-1998 has been a successful and productive year for SDA. After an enjoyable birthday celebration at our annual dinner at the SMA conference in Canberra, it was straight back to work for the Swimming Nutrition Course at the AIS in Canberra and completion of our position statement on fluids and hydration for sport. The swimming course was an informative and enjoyable weekend. Congratulations to Dr Louise Burke for her work in co-ordinating the course and to all the dietitians who presented and participated.

### **Healthy Food Outlet and Community Service Announcement**

A frequent complaint of spectators and athletes is that there are few healthy choices at sporting venues. This all changed (at least for MCG spectators) with the launch of the Healthy Food Outlet which occurred at the first football match of the season at the MCG. The outlet, a combined venture between Uncle Tobys and Spotless Catering has been tremendously successful and has received excellent media coverage (including the Footy Show). SDA was consulted on the development of the menu and our logos appear prominently on the stand. Thanks must go to Karen Inge and Lorna Garden for all their hard work. The success of the Melbourne outlet will determine the future expansion of the concept to other venues around the country. Following on from this success, SDA hit national television again with the release of our first community service announcement starring Lorna Garden. This announcement focussed on carbohydrate and its importance for athletes and peak performance. There are plans to produce other vignettes in the near future.

### **Royal Easter Show**

While some were taking a break over Easter, Karen Inge and Mia Saddler were promoting SDA at the Royal Easter Show in Sydney. Apparently they cooked up a storm (more details in the sponsorship report).

### **Friends Program and SDA Booth at Fitness Expo**

July saw the pilot of the Friends Program which aims to bring credible sports nutrition information to schools, sporting clubs, fitness centres and the wider Australian audience. The SDA Friends Program is a subscribers network of sports nutrition fact sheets and newsletters. The Friends Program was given a test run at the Fitness and Lifestyle Expo in Sydney in July. There was a tremendous interest in becoming a Friend of SDA and as a result the program will be officially launched in October at the SMA conference in Adelaide. This program creates a wonderful opportunity to correct misinformation in sports nutrition. There was a tremendous amount of hard work in setting up this program, thanks must go to Fiona Pelly, Andrea Paganin and the NSW dietitians who helped at FILEX. Our gratitude must also go to Gayle Buchanan and Gitte Schroder for their assistance in setting up the data base and credit card facilities and all the bits and pieces that were needed over the week-end.

## **President's Report Cont**

### **Merchandise and Finance**

Thanks to the work of Julie Tatnell, SDA now has a list of Sports Nutrition Resources available by mail order. Liz Broad our treasurer is always glad for an injection of funds, we hope the merchandise will help dietitians and our friends have better access to sports nutrition resources while earning funds for other SDA projects. Liz has organised so much on the financial side of SDA this year, including a business plan developed in collaboration with Arthur Andersens, Sydney. Liz has kept SDA in the black, which has been a delicate balancing act. Congratulations Liz on a job well done.

### **On-Pack Education**

Together with our founding partners Uncle Tobys and Gatorade, SDA has a successful and growing program of on pack nutrition education. Next time you are in a supermarket look for nutrition messages brought to you by SDA on the following products: Sports Plus breakfast cereal bars and porridge, Vitabrits, Grinners and Energy White bread. The Gatorade bottle also brings you hydration tips from SDA.

### **The Newsletter and Website**

The newsletter continues to be the source of great information and entertainment, provided by Glenn Cardwell's unique style and excellent contributions from an array of authors. In addition to the newsletter our website is almost completed and should be up and running by the end of the year. Congratulations to Liz Broad for all her hard work on this project.

### **State Activities**

State directors have been busy organising state meetings which all appear to be informative and diverse. These meetings provide an excellent opportunity for networking and the exchange of professional experiences and ideas. Membership of SDA is going well under the guidance of Lorna Garden. The efforts of state directors in promoting SDA membership to a wider range of dietitians can not be underestimated.

### **SMA Conference**

SDA will once again have an excellent sports nutrition program at the SMA national conference. With the support of Gatorade, we have been able to secure Professor Janet Walberg-Rankin to speak at the meeting on issues of making weight and disordered eating. Congratulations to Dr Deb Kerr for all her hard work in organising the nutrition strand (and also for co-ordinating Sport Health nutrition articles).

Overall it has been a very exciting year. I would personally like to thank all the directors of SDA, for all their hard work. Their tireless efforts are evident in the high level of productivity and success of SDA.

## **Treasurer/Secretary's Report - Liz Broad**

The last financial year has been a very strong year for SDA's growth and has cemented our financial standing substantially. The number of activities SDA have been involved in over the past financial year have generated not only interest, but also some income. Examples of these include:

1. One general sports nutrition course generated a net profit whilst the other broke even. The proceeds enabled us to subsidise the Swimming specialty course.
2. Several policies have been implemented at both the executive and state level, which impose fair restrictions on expenditure related to meetings and other expenses.
3. The states have had access to \$500 per state to assist in undertaking state meetings and education updates, although not all funds were used.
4. Our corporate partnership agreements have generated a substantial income, which has enabled payments to be provided to those members who have undertaken work on behalf of SDA. In particular, we have expanded the capacity of the secretariat to more easily deal with the workload we have generated for them through an administration traineeship program as well as employing a consultant sports dietitian for more technical work.
5. We have been able to purchase computer hardware and software to support the expanded function of our secretariat. The new Friends program, merchandising activities and the work register have all required a substantial database system be implemented, and we have also purchased a laptop to support the more "roving" activities often required.
6. We now have a far greater range and number of resources to promote both SDA and sports dietitians. These include posters for stands, merchandise, our Fluids Consensus Statement, Fact Sheets and the Friends program on top of our member's newsletter.
7. Through our association with Gatorade we have had the unprecedented opportunity to access the business planning services of Arthur Andersen. SDA now has a comprehensive business plan near completion, which extends to the year 2000 and is integrated into our strategic plan. This business plan will be updated as we progress to ensure responsible financial management of SDA is always upheld.

As treasurer, I hereby present the official Auditor's report for SDA for the 1997/98 financial year. Harry Bluhm, of the Marlow Bluhm Chartered Accountants agency audited our accounts.

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

## **Sponsorship and Public Relations Report - Karen Inge**

This year has again been filled with excitement and challenges. SDA continues to enjoy a strong and mutually beneficial relationship with our two corporate partners, The Gatorade Company and The Uncle Tobys Company. Together they have created many opportunities for SDA to educate the consumer on important nutrition issues as well as raising our portfolio.

### **Community Service Announcements**

Uncle Tobys has sponsored a series of 60 second vignettes for television. To date, only one has been filmed starring Lorna Garden who discussed the benefits of carbohydrate rich foods for energy. This vignette had great coverage, often being shown in prime time. SDA Executive members have written background information for another 6 scripts. These will hopefully be filmed in the coming year. These vignettes aim to not only profile SDA members but also create an awareness of SDA as a credible organisation offering factual nutritional information. Lorna has also appeared in an Uncle Tobys television commercial for Pasta Plus.

### **On pack messages**

SDA has increased its on pack presence beyond Sports Plus cereal and breakfast bars. We now also appear on Sports Plus porridge, the Olympic pack of Vita Brits, Uncle Tobys Energy White bread and we have also been involved in the development and endorsement of a new range of iron rich pasta products for Uncle Tobys called Pasta Plus.

In the near future, SDA's message will also appear on Gatorade packaging.

### **Other Projects**

SDA made its debut on the Footy Show this year in relation to our work with the Uncle Tobys healthy food stand at the MCG. On behalf of SDA Lorna Garden and Karen Inge worked hard and creatively to develop a menu that would have broad appeal to the MCG patrons and at the same time meet SDA's nutritional goals. It has worked and our partners in this projects, Spotless Catering Services and Uncle Tobys plan to expand this concept to other sporting venues in Sydney and Perth.

SDA also presented at the Goodman Fielder Stand at the Royal Easter Show in Sydney. Mia Sadler and Karen Inge together with Uncle Tobys athletes presented 4 cooking sessions on Sports Nutrition using Uncle Tobys Energy White bread and Pasta Plus.

### **Olympic Launch**

Louise Burke, Helen O'Connor and Karen Inge attended the media launch announcing the Goodman Fielder sponsorship of the Olympic Games in Sydney 2000. Both Louise and Karen presented together with Uncle Tobys sponsored athletes. The launch attracted good media coverage and it was a great opportunity to present SDA to the various Olympic connections.

### **DAA conference, Sydney**

SDA organised a 5km fitness walk for delegates around Darling Harbour. Uncle Tobys Energy White bread and Gatorade sponsored this walk. The walkers wore Energy White t-shirts and rehydrated after the walk with Gatorade. About 80 delegates participated in the walk - a great success.

## **Sponsorship and Public Relations Cont:**

### **Filex conference, Sydney**

SDA sponsored this Fitness Leaders event by providing 2 speakers, Karen Inge and Greg Cox. Several other members of SDA presented at the conference. Helen O'Connor ran two SDA workshops on iron and zinc supported by the Australian Meat Corporation which were extremely well attended. Fiona Pelly designed the menu for the cafe at the Fitness Expo, which clearly proved the point that healthy food, can taste delicious. SDA also launched our Friends Program at this conference and set up a stand within the Expo to market the program. It was a worthwhile experience to "test the waters" and a great deal was learnt.

### **Media Training**

The Gatorade Company arranged extensive media training for key spokespeople within SDA in preparation for Dental Week. Helen O'Connor, Fiona Pelly and Julie Tatnell went through rigorous questioning to prepare them for media on-slaught. The participants found the training invaluable and this type of training will help them deal with the media on all issues in the future.

On behalf of SDA, I would once again like to express our sincere gratitude to our corporate partners, Uncle Tobys and Gatorade, especially to Karen Guest, Stuart Smith, Rob Ganly, David Knight, Tim Jackson and Rebecca Sassoon for their continuing support and brilliant marketing ideas. Also thankyou to Andrea Mortensen from the Australian Meat Corporation for creating opportunities for us and of course your support.

We look forward to an even more exciting year this year.

## **Membership Services - Lorna Garden**

### **SDA Members**

As of June 30<sup>th</sup> 1998, SDA had a total of 181 members. This was comprised of 94 full members, 58 associate members, 6 overseas members and 23 student members.

### **Friends Program**

The recently developed SDA friends program opens the door for membership by non-dietitians. The program offers quality sports nutrition information to athletes, coaches, sports medicine professionals and the general public. Friends receive a series of sports nutrition fact sheets and regular newsletters along with the opportunity to purchase discounted resources and bulk copies of the fact sheets. To date the fact sheets 'Fluids in Sport' and 'Eating and drinking before Sport' along with two informative newsletters have been circulated. Along with providing practical sports nutrition information, the Friends newsletters offer a further opportunity for the promotion of SDA members through contributions and SDA updates.

As of the 20<sup>th</sup> September, 1998 and prior to the official launch of the Friends Program, 45 people have joined the friends program.

## **Membership Services *Cont***

### **Job Network**

A new initiative for SDA members this year has been the development of the SDA Job Network. Full members have the option of registering their details to be distributed to potential employers and/or clients in response to requests made to SDA. There are currently 22 members on the job network and we envisage that this will prove a particularly useful way of providing work opportunities to all interested members.

### **Resources**

All SDA members now have available to them the opportunity to purchase Australian sports nutrition publications at discounted prices, including a number of new releases by prominent sports dietitians. Bulk copies of fact sheets are also available to all members.

### **Membership Forms**

SDA Membership Forms have now been revised and are in the process of being printed. These include updated information on membership fees, and have been streamlined to work easily with the new computerised database. Many thanks to Andrea Paganin for her help with this!

### **Database**

SDA National Office is now equipped with a personally designed computerised database to facilitate easy accessing of membership information and provide regular updates as to membership status. This facility also enables us to effectively run the SDA job network, providing details on sports dietitians throughout Australia to potential employers and clients.

## **Strategic Planning Report - *Deborah Kerr***

### **Strategic Intent**

#### ***Fueling Fitness for the Future***

In reviewing the strategic plan much has now already been accomplished. To take the strategic plan to the next stage the business plan needed to be completed. Liz Broad worked with Arthur Anderson to complete the business plan in June 1998. Brian Galbraith of Galbraith Management Group, who was the facilitator in SDA's first planning meeting has been consulted to advice on where to go next with our strategic plan. It is planned to have a strategic plan document available to be distributed to members at the AGM.

By reviewing the Strategic Result Areas first devised we can assess our progress.

### **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.

## **Strategic Planning Report *Cont***

### **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

## **Resources and Education Report: - *Louise Burke***

### **Sports nutrition courses**

The 4-day sports nutrition course was held in February 1998 at the AIS using the services of visiting lecturer Professor John Hawley in addition to regular SDA members. The course administration was undertaken by Gary Slater. The course was completed successfully and represents the last course for which a royalty will be paid to Sports Medicine Australia.

The next course will take place at the AIS from February 5-8 1999 and considerable interest has already been shown via responses to the advertisement in SDA and DAA newsletters, as well as general enquiries to SDA. Kim Horne, administrative assistant to the department of Sports Nutrition at the AIS will be invited to undertake the administration of the course. The program and budget is presently being prepared. Plans are being made to update the presentations (asking lecturers to prepare their own resources) and to invite Professor Hawley to lecture on various topics. SMA will be notified that the previous arrangement with the course, and indeed the course itself, has been replaced.



## **Resources and Education Report *Cont***

In December 1997 a “second level” weekend course was held at the AIS related to the special nutritional requirements for swimming. This was undertaken as a trial to test the viability of continuing and more specific professional development for full SDA members. Although the course was considered to be extremely successful in content and delivery, the cost of providing such specialised education by a large number of speakers to a small number of participants is unviable. The problems of enticing dietitians to isolate their professional development resources to such a course are recognised. In future SDA will experiment with the presentation of specialised nutrition themes and guest speakers at the SMA conference, hoping to encourage more dietitians to attend. Janet Walberg Rankin has been invited to the 1998 SMA conference to speak on themes related to making weight and weight loss practices in athletes.

### **Fact sheets**

This activity, undertaken with Glenn Cardwell has proved successful in 1998 with 2 fact sheets on fluid needs during sport, and pre-exercise meals being produced at a highly professional level. These fact sheets have already been incorporated into other SDA activities and goals. The next sheets on creatine supplementation and weight loss for athletes are being prepared

### **The Sports Nutrition Unit from Deakin University**

Deakin University applied to SDA to have its Sports Nutrition Unit (a single unit within the 4-unit Graduate Diploma of Sports Nutrition) accredited by SDA. The review panel noted the quality of the course, and decided that the course should be offered to dietitians as an alternative (distance) opportunity to apply for full membership of SDA. Furthermore, SDA members should be encouraged to continue their professional development via units such as this. A scheme to acknowledge members who have completed both the Deakin Unit and the 4-day SDA course is being developed. Other sports nutrition courses are invited to apply for such consideration

### **Clinical Sports Nutrition Text**

McGrawHill have approached Louise Burke to consider organising and editing a new edition of the textbook. Vicki Deakin has expressed her willingness to continue as a co-editor. Negotiation is being undertaken to consider issues such as retrieval of the copyright and contract from SMA and the preparation of a more “internationally” interesting and updated text. A separate proposal has been prepared for discussion.

### **Sports Fuel**

The Canadian Sports Coaching organisation has applied to the Australian Coaching Council for assistance with launching their Sports Fuel dietary analysis program in Australia. Dr Louise Burke was invited (via the AIS/ACC co-operation) to assess the viability of this activity and has suggested that SDA be officially contacted. Initial assessment has revealed some concerns with the amount of work required to “Australianise” the program, and how such a specialised program might be used by the target group of coaches. Negotiations are continuing. The program developer, Alain Marion, is scheduled to speak at the December Sports Coaching conference in Melbourne.

## **Newsletter Coordinator's Report: - *Glenn Cardwell***

The SDA newsletter is produced every three months (September, December, March and June) in a four page A3 format, with contributions from state representatives, the SDA president, and includes solicited and unsolicited articles. The newsletter is nearing the end of its second year. Three hundred copies are printed of each edition and distributed to SDA members only.

The first Fact Sheet was produced in June 1998, as part of SDA's public education program and as a component of the new Friends Program. The first Fact Sheet had a print run of 20,000 copies, half of which are to be distributed by Gatorade. Each one came with a tear-off subscription form encouraging people to become a Friend of the SDA for \$25 annually. A new Fact Sheet will be produced every three months.

Twelve laminated SDA posters were produced, suitable for using at display booths and SDA functions.

The newsletter, Fact Sheet and posters were produced and printed in Perth, Western Australia. The Editor is Glenn Cardwell.

## **State Directors Liaison Officer - *Holly Frail***

Once again in 1998, state groups have continued to organise regular meetings and education sessions. With the funding system now in place to provide for payment of guest lecturers, most states have organised some sessions utilising the expertise of their own members as well as presentations from outside speakers.

A teleconference was held in December 1997 with the state directors, the state liaison member of the executive and the president. At this meeting the state directors were brought up to date with the activities of SDA and the executive, particularly the ongoing work with our founding sponsors Uncle Tobys and Gatorade. Other topics discussed included progress with regards the fact sheets, an update on courses, plans for the SMA conference, the employment register and the finalising of the roles and policies applicable to the state directors.

The South Australian members are currently working on a project developing a pamphlet or booklet containing the names and addresses of members in each state. This may then be printed and distributed to sports physicians and sports medicine clinics around the country – similar to the private practice register produced by DAA in many states. This booklet should complement the employment register, which is now almost ready to be implemented. The resource list is requested earlier in the year from each state is still as yet to be compiled, but it is hoped that this will be available in the near future.

It is hoped that as many as possible of the state directors will attend the SMA conference in October providing an opportunity for discussion. The next teleconference is for sometime in November 1998.

## STATE REPORTS

### **New South Wales – Fiona Pelly**

NSW members were surveyed in October 1997 as to what they wanted from SDA NSW over the next 12 months. Many topics and sports were suggested and were followed up in updates throughout 1998. Over the past year, SDA NSW members have had a formal meeting every 2<sup>nd</sup> month, followed by continuing education on a range of topics as listed below:

**November 1997** Update on SDA national activities by Helen O'Connor

Summary of SMA conference in October 1997 presented by Barbera Eden and Fiona Pelly.

**February 1998** Update on resistance training presented by Robbie Parker

**April 1998** Sports nutrition and Triathlon presented by fellow SDA member and ex-triathlete, Jane Stormon.

**June 1998** Workshop on ergogenic aids involving a number of presentations by NSW members.

Meetings have been held on Friday afternoons between 5.30 - 7pm. The primary venue was changed in April to Sports House in Glebe due to its central location and no fee for use. Attendance meetings varies from 7-15 people. Interest has also been shown by student dietitians with a few attending the June and August meetings.

Of the \$500 allocated to NSW, \$100 was used for speakers and \$100 for room hire at Crows Nest.

### **Filex 98**

NSW members were also involved with organisation and participation at the annual fitness industry convention (Filex) held at Darling Harbour over the weekend of 3-5<sup>th</sup> July 1998. Involvement included conference presentations, organisation of the cafeteria menu and manning the SDA stand in the expo. NSW members successfully promoted SDA to both the fitness industry and the general public.

### **Future plans**

The next meeting will be held on the 27<sup>th</sup> November and will include a review of the SMA conference and discussion on making weight. The plan for next year is to continue with updates every second month with increased promotion to encourage non SDA dietitians and students to attend. (Many don't think they are allowed to attend SDA meetings)

### **Queensland - Ben Desbrow**

The Queensland chapter of SDA has bloomed in the last twelve months into a very active and enthusiastic group of professionals. In Brisbane, initially meetings were being held on weekday evenings at QUT but in more recent times we have been trialling Sunday Brunch meetings at an inner city hotel. The weekend time has had a positive effect on both attendance and atmosphere. Of the five meetings conducted in the last 12 months we have invited guest speakers on every occasion.

### **Queensland *Cont***

Average attendances at meetings have been approximately 8- 10 and speakers have included experts in the areas of the female athlete, drugs in sports and triathlon coaching. During 1998 we also conducted an athletes forum where a number of elite level sportspeople joined us for a discussion on sports nutrition from the athletes perspective.

In the north of the state, sports dietitians have been involved in the continued development of the North Queensland dietitians association conference (many thanks to Gary Slater for his informative presentation) and the 'Women in Sport' expo.

On a personal note I would especially like to thank Holly Frail, Kerry Leech and Liz Broad for their help and support throughout the year. I would also like to thank the members of my department here at the Wesley Hospital for without their flexibility I would not be able to sustain such a role. And finally, (this is beginning to sound like an acceptance speech) I would like to thank Glenn Cardwell for his patience and good humour.

### **South Australia – *Nick Wray***

The past 12 months have been an excellent consolidation period for SDA in South Australia. The number of dietitians who now regularly contribute to SDA state meetings and activities has grown – we now have 8-10 dietitians and students who are actively involved on a consistent basis.

We now meet six times per year for our state meetings and have introduced continuing education at each of these meetings. Topics presented by members have included nutritional supplements, Ginseng and sports performance and fat metabolism during exercise. We also have a dietitian from the UK who is going to share her experiences in sports nutrition with us at our next meeting. A body builder attended one of our meetings as a guest speaker and discussed nutritional preparation for competition and the various strategies and supplements they use to obtain maximum muscle definition.

Our working relationship with the South Australian branch of South Australian branch of Sports Medicine Australia (SMA) has also strengthened considerably. We continue to lecture at their Sports Trainers courses and any requests to SMA for nutrition talks/lectures are passed on to our group. We are currently in the process of organising two or three Sports Nutrition Awareness Courses for 1999 which will be aimed at sports administrators/coaches etc who are involved with SMA. SMA will promote the courses to their members for us as a joint initiative. SMA in South Australia is very committed to promoting sports nutrition in the state and sees the state branch of SDA as the logical group to use to improve the profile of sports nutrition. We see our continued liaison with SMA as being very important to the profile of sports nutrition in this state.

I would like to thank all the sports dietitians in South Australia who have worked very hard over the past 12 months to ensure SDA continues to have an increased profile in South Australia.

### **Tasmania – Fiona Rowell**

With Liz Williams departure for the UK (for 6 months only) I took over State Directorship at the end of June. As I am a relatively new member of SDA I am basing this report on the minutes of our State meeting on 19<sup>th</sup> May.

During 1997-'98 financial year full membership to SDA Tasmania has increased by 150% due to 3 Tasmanians (including myself) completing the Sports Nutrition Update course at the AIS in February. I may need to be corrected on this as I have not received the list of financial members for Tasmania but we now have five full members and one associate member of SDA in the State.

According to Liz we have unfortunately not used the '97/'98 State budget allocated to SDA Tasmania.

North Launceston FC is heading for the TFL final and part of their success could be due to the nutritional input by Liz Williams during their pre-season training. North Launceston are the first club in Tasmania to sign up for nutrition consultancy which now may set a precedent particular when there has been a renewed drive during this season to finance a Tasmanian team to participate in the AFL. This project appears to have generated more interest in local football with player standards and crowd numbers reported to be improving.

Maree Taylor has been busy screening all TIS scholarship holders and providing consultancy to athletes based in the northern region flagged as potentially being nutritionally compromised. I have been seeing those based in Hobart.

Maree has been working with apprentice jockeys in Launceston and I have been working with a group in Hobart. The main problem with this group is their habit of dehydration mainly via diuretic abuse and over-use of 'sweat gear' coupled with poor diet. (Fiona will write a brief article for next newsletter about a recent success story, which has generated more interest within the Hobart group).

Suzie Cotton has been doing some work in a Burnie gym and given talks to local gym club

We are very proud of Michelle who received an AIS Fellowship and has been based at the AIS since the end of January. Suzie and I hope to attend with the anthropometry course prior to the conference being a big draw card.

I apologise for the brevity of this report, which is largely due to the small and recent membership of SDA Tasmania. I look forward to being part of a period of growth and getting to know members from other States.

### **Victoria – Julie Tatnell**

1998 has been a busy year for the Victorian Branch of SDA. Meetings have been held on a six weekly basis with education and professional support being the focus. Attendances have not been as high as desired but this is understandable considering the pace at which many Victorian Sports Dietitians are working.

### **Victoria Cont**

Several Dietitians deserve special thanks for their contribution and enthusiasm at meetings and their representation of SDA in the professional and public community.

Thank you to Kerry Otto, Kylie Andrew, Susie Parker, Kathy McConnell and Belinda Dalton. We all look forward to your future support!

Thank you also to all Victorian members for supporting Sports Dietitians Australia and to our hard working executive who are making it possible for us to finally promote our profession.

### **Western Australia – Julie Meek**

Seminars were presented aimed at the general public, athletes and other interested persons. These may be run in conjunction with associations such as Sports Medicine Australia (SMA), Western Australian Institute of Sport (WAIS) and Womensport West or conducted independently.

W.A. Sports Dietitians are consulting to a number of teams/associations including: AFL teams (West Coast Eagles and Fremantle Dockers); NBL and WNBL; WA Institute of Sport; Australian men's and women's Hockey; WA Swimming; Triathletes WA; WA Marathon Club; WA Rugby Union; WA Netball; Western Warriors; WA Badminton; WA Lawn Bowls; Private School Swimming and Rowing Teams; Rowing WA; WA Baseball; State School Soccer

We presented sports nutrition lectures as a component of courses including the sports trainers courses, the Graduate Diploma of Sports Coaching, ASCPER Fitness Leaders Course, General Practitioners Sports Medicine Courses, Perth Academy of Natural Therapies and several TAFE diploma courses.

### **Members**

In the last financial year, we had 7 full members and 7 associate members, and of these 6-8 regularly attend our meetings. Our meetings are held at 6 weekly intervals where members are rostered to present either a review of a book, journal or food product or to present an athlete case study.

SMA holds a state conference in March every year. Next year we aim to have one of our members presenting at this conference. This does depend on how many SDA members attend the conference.

We also aim to become involved in the 1999 City to Surf Fun Run through seminars leading up to the event and promotion of SDA on the day.

In summary, Perth's Sports Dietitians have had a productive year and we look forward to more sports action and new members in 1998/99.

# Auditors Report