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

The past year has been one of continued growth for SDA both in membership of the association and in profile within the community. There have been many exciting opportunities for the association and for members who are increasingly playing an active role through our job network and activities with sponsors. The big challenge facing the SDA executive has been coping with the workload. In April, '99 a strategic planning meeting was held to facilitate planning for the next few years ahead, in addition to developing processes for involving more members in the work of the association. This so far has had a positive effect in freeing up the executive to work "on the association" rather than becoming too 'hands on' with particular projects. To improve decision making, the planning meeting participants also recommended the reduction of the current eight member executive to four (President – Helen O' Connor, Vice President- Karen Inge, Treasurer- Liz Broad and one other- Lorna Garden). Thus far this system appears to be working well, however we need more feedback from members and the full board to determine if this reduced executive should be retained in the longer term.

The reports, which follow from each of the directors, provide a description of what can only be described as a very full and exciting year. The release of the Team Australia Range of products has provided tremendous exposure for SDA in the print media, especially with our weekly column in Woman's Day. In conjunction with Uncle Tobys Healthwatch campaign, two more vignettes have been produced for commercial TV featuring Lorna Garden and Julie Tatnell. SDA now provides writers for Triathlon Sports and Sportswoman magazine. In addition we continue to write for Sport Health and Network Magazine. Other media opportunities include commentary at the City to Surf and interviews at the Grand Prix car racing. Our Friend's membership continues to grow and the fact sheets and newsletters produced for members and friends are first rate. The state reports reflect a very active state program, which is getting stronger year by year. The continuing education course remains popular and as described in a later report, the text "Clinical Sports Nutrition" is in the process of being re-vamped and updated. Details are also included within regarding the Deakin Sports Nutrition course and how this can be used as alternative means of gaining full membership to SDA. Despite all this activity, our treasurer (with help from our sponsors) has kept SDA in the black!

Further details of these and other SDA programs can be found in the director's reports, which follow. I would like to take this opportunity to thank the executive committee and the state directors for all their hard work over the past year.

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

*The 1998/99 financial year was one of continued growth for SDA. Cash flow was maintained, and all activities that were requested were undertaken. Our primary sponsors were well serviced, and income was received from smaller parties on a break-even basis. We have maintained all activities integral to SDA's operation, such as providing funding to states for meetings and updates, staging regular meetings of the executive and subcommittees, and the newsletter.*

As an indication of SDA's growth, some changes occurred late in the financial year which. SDA formally employed Gitte Schroder as our secretariat on a part time basis. Gitte's contract is currently 1 year (she was previously on a traineeship organised through the VIS). As part of moving to a more autonomous secretariat, we also set up our own accounts for general secretariat functions that had previously been managed by the VIS (such as postage, courier, office supplies). An agreement has been made with the VIS to continue housing the SDA office for the next year, which also provides us with a phone line, general photocopying and fax facilities, and access to VIS facilities.

Income-generating activities:

1. One general sports nutrition course was undertaken in February and generated a net profit.
2. The range and number of merchandise has increased and generates a steady income for SDA.
3. SDA attended the Australian Coaching Council conference and FILEX. These conferences provide a fantastic opportunity to promote SDA and generate more Friends, as well as selling merchandise.

*Servicing Sponsors:*

Integrated into our sponsorship agreements is a set number of working hours, and to date we have not exceeded these hours. Work undertaken includes writing on-pack copy, advising re product development, attending product launches and media work, writing articles (Women's Day) and other assorted functions.

*Break Even Activities:*

1. During 1998, SDA was invited to write regular nutrition articles for Triathlon Sports Magazine. 7 authors wrote 9 articles. These articles are published approximately 6 weekly and authors are paid. In addition, an advertisement for Friends of SDA is included in every edition.

**PLANNING FOR THE FUTURE:**

SDA have put time into planning for it's financial future. The current organisation of the treasurership requires review as the full knowledge of how it functions currently lies with only one individual. Further, we have not systematically utilised the business plan developed for us, which is potentially a very valuable tool. Specific attention to these matters is planned early in the new financial year.

In regards to this, we have recently sought the services of an accountant to provide advice in financial management and the more legal aspects that we must comply with as a company. We are excited about the progression this will provide to SDA over the next few years.

**TAX ISSUES:**

Last year we ended the year with a sizeable tax bill. Further enquiries were made and it appears that some of this may not be required to be paid due to failure of the treasurer to

provide sufficient documentation regarding the use of some of our income. This issue continues to be worked upon and it is our expectation that it will be resolved in SDA's favour.

As treasurer, I hereby present the official Auditor's report for SDA for the 1998/99 financial year. Harry Bluhm, of the Marlow Bluhm Chartered Accountants agency audited our accounts with the assistance of Steven Mayer, accountant.

If there are any enquiries regarding the financial situation of SDA, please contact me. I would also like to sincerely thank Deb Kerr for her support and assistance in maintaining the treasurer's functions during periods of absence this year and for her assistance in working towards expanding the level of knowledge we have in the treasurership functions.

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

Once again it has been extremely exciting year for SDA.

Our corporate partners, The Uncle Tobys Company and The Gatorade Company have assigned several projects to SDA this year that have created opportunities for more and more of our members to be involved in media activities and community events.

This kind of exposure has been fantastic for SDA in terms of raising our profile as well as being valuable exposure for individual members.

### **Team Australia**

As part of their Olympic commitments Uncle Tobys together with other divisions of Goodman Fielder have developed a range of nutritious foods called Team Australia.

SDA played a major role not only in the development of the nutritional profile of these products, but also in their promotion. We provided background information for the Trade presentation, wrote material for 'on pack' copy and together with some of Australia's Olympic Athletes launched the range to the trade in most Australian Capital cities. The media campaign developed for Team Australia has created many opportunities for individual members to gain valuable media experience and profile.

The Woman's Day Smart Food column brought to you by Team Australia is the perfect example.

### **Women's Day Smart Food Column**

This column which appears in each weekly issue of Woman's Day has been an excellent opportunity for SDA members to gain experience communicating nutrition information at the consumer level.

It's also been a great way to profile the role the sports dietitians play in preparing athletes for the Olympics.

In most issues, a colour photograph featuring a Sports Dietitian together with an athlete has accompanied the athlete who again has helped raise the profile of the individual dietitian as well as the profession as a whole.

Thank you to Lorna Garden for co-ordinating this extensive and highly successful venture for SDA. Thank you to all the dietitians who have participated in this project.

### **FILEX 99**

SDA once again played a major role in the Fitness Industry and Lifestyle Expo (FILEX) held in June 1999 at Darling Harbour in Sydney. Fiona Pelly worked tirelessly with Network to program a Nutrition stand for 1500 fitness professionals.

Several of our SDA members presented at this conference and many more helped out at the SDA stand at the Expo.

The SDA stand looked fabulous and allowed us to promote our association with our corporate partners as well as merchandise our members publications and our friends program.

Thank you to all our members who contributed to FILEX this year especially Fiona Pelf and Gait Stirred.

### **Australian Coaches Conference 1998**

SDA was also involved in programming a Nutrition stand for the annual coaches conference held in Melbourne last year. Once again several of our members were involved in the lectures and workshop programs. SDA had a trade display, which was 'manned' by Gait Stirred and many of our SDA members.

### **Sports Magazine**

Writing opportunities have been created for our members in two sports magazines, Triathlon Sports and Sports Women. Congratulation to the dietitians who seized the challenge to write for the media for the first time. The athletes have been very well received and the Primary editor is now writing more words. Each article has the individual dietitian's name as well as the SDA logo.

The Sports Woman magazine opportunity is part of the Team Australia media campaign and will involve a one-page nutrition feature in each bimonthly issued of this magazine. It will give young readers access to the latest nutrition information so it's a very worthwhile project.

### **Nutrition Week October 99**

As part of the Australian Nutrition Foundations (NSW branch) nutrition week activities, a seminar with the theme 'Food Variety and Physical activity' was held in Sydney. Glenn Cardwell representing SDA performed extremely well as usual.

### **Family Circle- Better Homes and Gardens Roadshow.**

SDA's role in these roadshows has been to co-host a cooking demonstration, answer questions on sports nutrition and the Team Australia range. These roadshows have been held in major shopping malls in several capital cities.

### **Health watch**

Healthwatch is a new community service concept from Uncle Tobys designed to bring credible health and nutrition messages. SDA are extremely proud to be involved with this project together with Lisa Curry Kenny and the Hearth Research Institute.

To date, Lorna Garden and Julie Tatnell have starred in 2 Vignettes covering women's health issues and snacking. These vignettes have appeared on commercial TV. and will help SDA communicate credible nutrition messages to the community at large. Other opportunities under the Healthwatch banner have been in the print media as well as 'on pack' copy. SDA members have been involved in writing the copy.

### **Uncle Tobys Surf and Swim Pro Squads**

This program was held in six capital cities in Australia, sponsored by Uncle Tobys, muesli bars.

This was the result of a competition trial was run in the Australian Women's Weekly. It gave school children an opportunity to learn about surf and swimming safety and skills from leading athletes such as Trevor Hendy, Lisa Curry, Grant Hackett, Samantha Riley, Ian Thorpe, Ky Hurst and Linda Halfway. SDA organised healthy lunches at each venue and provided sports nutrition information for the children's sample bags.

The Sports Dietitians ran a short luncheon quiz with plenty of fun and prizes. These events attracted a lot of media exposure and gave SDA the opportunity to help school children understand more about the importance of good nutrition.

### **City to Surf**

Karen Inge represented SDA by providing commentary on sports nutrition during the live telecast of the Sydney City to Surf. We appreciate this opportunity created by Gatorade a major sponsor of the event.

## **Membership Services - *Lorna Garden***

### **SDA Members**

As of June 30<sup>th</sup> 1999, SDA had a total of 238 members, an increase of 57 from the previous financial year. This was comprised of 104 full members, 90 associate members, 9 overseas members and 35 student members.

### **Friends Program**

The SDA friends program has produced a total of 5 fact sheets and the same number of newsletters. Since August 1998, Friends membership has grown from zero to 236 as of June 30<sup>th</sup>, 1998.

### **Job Network**

The job network currently has around 40 members registered and we have been able to offer these people a number of full time positions and consultancy jobs.

### **Resources**

The resources list now offer all SDA members and friends a total of 15 publications. These have been particularly popular at seminars and trade displays held by SDA.

## **Woman's Day**

As part of SDA's commitment to the Team Australia range of products we were delighted to accept the offer of writing a regular column for Woman's Day magazine called SmartFood. The first column was printed April 19<sup>th</sup> and these have and will continue on a weekly basis until the Olympics in 2000. Each month a full-page feature is included instead of the 1/3 page column. SDA members share the responsibility of writing and IRPR assists with editing and coordinating of photographs. A photograph and copy accompany each story on one of our Olympic athletes. The SmartFood columns have provided an excellent opportunity for disseminating credible nutrition advice to the general public as well as profiling our Olympic athletes.

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

### **SDA STRATEGY PROCESS**

In April 1999 a 2 ½ day Strategic Planning Workshop was held in Sydney. The purpose of the workshop was to re-visit the strategic plan and plan our strategic direction for the next two to three years. Brian and Gayle Galbraith of the Galbraith Management Group who had facilitated the first planning meeting also ran the workshop. Members were asked to contribute to the planning of the meeting. The comments received from members were extremely valuable in examining the future directions of SDA. Directors were also asked to examine our "Prouds" meaning what we are proud of having achieved and "Sorries" meaning what we failed to achieve. Major priorities for action and achievement for the next twelve months and the next 2 to 3 years were also examined.

The program was as follows:

#### Friday Afternoon

- Overall Review; Strategic Plan; Organisational Performance; Critical Issues
- Sponsorship Performance and Relationships
- Performance Partnering

#### Saturday

- Sponsor Presentations
- In-depth Organisational and Performance Review
- Affirmation or fine tuning of key elements of existing strategic plan
- Agreement on national priorities
  - People and Systems
  - Marketing/Development
  - Products and Services
  - Financial etc
- State Priorities

#### Sunday

- Implementation and follow-through

A major outcome of the workshop was a restructuring of the executive portfolios to allow a re-distribution of the executive workload. This was necessary because of the exponential growth in some portfolios, particularly 'sponsorship'. A draft Strategic Planning document is currently being finalised and will be circulated to members for comment at the Annual General Meeting. This document will be our 'corporate face' and be distributed to all members and corporate partners.

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

### **1. SDA SPORTS NUTRITION FURTHER EDUCATION COURSE**

The annual 4 day Sports Nutrition Course was held at the Australian Institute of Sport on February 5-8. A waiting list of interested applicants had been collated over the previous 6 months, and notice of the course was advertised in the DAA newsletter and SDA newsletter. The final list of registrants for the course came from all over Australia, with expressions of interest also coming from New Zealand and Ireland. With a wish to keep course numbers to a maximum of 25, we finally agreed to 26 registrants, and have generated a waiting list for the 1999 course. Of the final course list of dietitians, 17 were already members of SDA. Five were new graduates.

Course lecturers were Louise Burke, John Hawley, Liz Broad, Deb Kerr and Helen O'Connor. Course administrator was Kim Horne, Administration assistant of the Department of Sports Nutrition at the AIS.

The course program followed the protocol developed in previous years, with lecturers providing their own lecture aids and handouts (where needed as an adjunct to the course text). Some new factors initiated at the course included:

- Distribution of the course text, Clinical Sports Nutrition, to course participants 3 weeks prior to the course



- Preparation of a course folder collating lecturers' additional handouts, resource information and SDA resources
- Selection of resources, membership applications for SDA, SMA available for purchase
- Course evaluation sheets including separate evaluation sheets for each session. These were collated and sent to lecturers following the course

A full course summary was prepared by Kim Horne, documenting the course evaluation outcomes, ideas for future courses and the course budget.

Overall, a profit of \$5.500 was achieved which is to be used in the development of future courses.

The next course will be run from February 4-7 at the Australian Institute of Sport, and will be administered again by Kim Horne.

A large waiting list for interested participants already exists (~ 50 people). Notification of the course has been made in the latest SDA mailout, but people on the waiting list will be contacted and given first priority.

Issues that need resolution/development include:

- The update of the course text. Given the development of the second edition of Clinical Sports Nutrition, due out in October 2000, it may be possible to provide course registrants with copies of the new text in its current state (Chapters should be in and undergoing final editing). Copies of the finished book might be included in the registration fee, and made available to these participants as soon as available.
- Development of a new course questionnaire and feedback sheet, for use in the final session of the course. New questions need to be set, and a feedback sheet needs to highlight the correct answer and a brief rationale, directing readers to the appropriate section(s) of the book for further information. This may be better undertaken in preparation for the 2001 course, and some of the course profits should be allocated to such a project.
- Acceptance of new graduates into the course

## 2. APPROVAL OF DEAKIN SPORTS NUTRITION UNIT

*Following assessment by Liz Broad and Deb Kerr, the unit of Sports Nutrition offered as a post-graduate unit by the School of Health Sciences at Deakin University, was approved as an accredited Sports Nutrition course by SDA. [Note, this is one of four units that make up a Graduate Certificate in Sports Nutrition offered by Deakin University, but may also be undertaken separately as a fee paying subject, or a unit in other post-graduate courses]*

Therefore, dietitians who complete this unit are accredited to join SDA as full members.

Furthermore, a certificate of recognition, jointly awarded by SDA and Deakin University, will be made available to sports dietitians (SDA members) who have completed both the 4-day Sports Nutrition Further Education course, as well as the Deakin Sports Nutrition Unit. These certificates will be awarded at each SDA annual general meeting.

## 3. CLINICAL NUTRITION TEXTBOOK

The second edition of Clinical Sports Nutrition textbook is being prepared with a contract being undertaken between McGraw Hill and Louise Burke and Vicki Deakin as editors. The following outline has been developed, and authors are currently working to produce chapters by Dec 1. A tight editing timetable will be necessary to allow the book to be finished and launched at the 2000 SMA conference.

## CLINICAL SPORTS NUTRITION

EDITED BY LOUISE BURKE AND VICKI DEAKIN

### CHAPTER

### PRACTICE TIPS FOR SPORTS DIETITIANS

**SDA position stand on nutrition for  
athletes and physically active people**

**1. Historical perspective of sports  
nutrition science and practice:**

***Ron Maughan and Louise Burke***

***Not needed***

**2. The physiology of exercise and  
sport**

**Mark Hargreaves**

***Nick Wray***

**Nutritional assessment of the  
athlete – clinical perspectives and  
dietary surveys**

***Vicki Deakin***

***Vicki Deakin***

**3. Kinanthropometry: physique  
assessment of the athlete**

***Deborah Kerr***

***Deborah Kerr***

**4. Protein and amino acid needs for  
training and bulking up**

***Mark Tarnopolsky***

***Gary Slater***

**5. Energy requirements of the athlete:  
assessment and evidence of energy  
efficiency**

***Melinda Manore***

***Not needed***

**6. Weight loss and the athlete**

***Helen O'Connor***

***Helen O'Connor***  
***(practice tips to encompass Chapters 6  
and 7)***

<b>7. Making weight in sport</b>	<b>Greg Cox</b>
<i>Janet Walberg-Rankin</i>	
<b>8. Dietary extremism and eating disorders in athletes</b>	
Suzanne Nelson Steen	Karen Inge
<b>9. Calcium, amenorrhea, osteopenia and stress fractures</b>	
<i>Deborah Kerr</i>	<i>Deborah Kerr</i>
<b>10. Iron deficiency in athletes</b>	
<i>Vicki Deakin</i>	<i>Fiona Pelly</i>
<b>11. Vitamin, mineral and anti-oxidant needs of athletes</b>	
Mikael Fogelholm	<i>Julie Tatnell</i>
<b>12. Nutrition for competition preparation</b>	
<i>Louise Burke</i>	<i>Lorna Garden</i>
<b>13. Fluid and CHO intake during exercise</b>	
<i>Ron Maughan</i>	<i>Michelle Minehan</i>
<b>14. Recovery after competition and training</b>	
Louise Burke	Holly Frail
<b>15. Strategies to promote fat oxidation</b>	
<i>John Hawley</i>	<i>Not needed</i>
<b>16. Dietary supplements and nutritional ergogenic aids in sport</b>	
<i>Louise Burke and Ben Desbrow</i>	<i>Glenn Cardwell</i>
<b>17. Nutrition for special populations: children and young athletes</b>	
<i>Shona Bass and Karen Inge</i>	Karen Inge
<b>18. Nutrition for special populations: veteran athletes</b>	

**Peter Reaburn**

**Glenn Cardwell**

**19. Nutrition for special populations:  
athletes with diabetes**

**Liz Broad**

Lyn Brown and Dennis Wilson

**20. Nutrition for special populations:  
vegetarian athletes**

**Greg Cox**

Greg Cox

**21. Nutrition for special populations:  
athletes with gastrointestinal  
problems**

**Julie Tatnell**

**Kieran Fallon**

**22. Nutrition for special populations:  
athletes with disabilities**

**Liz Broad**

**Liz Broad**

**23. Medical and nutritional issues for  
the travelling athlete - food and  
water safety, GI problems, jet lag**

**Lorna Garden**

Prof. Peter Fricker and Dr Mark Young

**24. Nutritional issues for special  
environments: training and  
competing at altitude and in hot  
climates**

Louise Burke

Mark Febbraio

**25. Catering for athletic groups**

**Nikki Cummings**

**Nikki Cummings**

**OVERVIEW OF CHANGES FROM FIRST EDITION**

1. Each chapter will be divided into two separately authored sections: a. Scientific review of literature, and b. Practice Tips for sports dietitians. In most cases these will be contributed by separate people/teams and will receive separate authorship recognition. This separation will allow invited contributors to write chapters that are better matched to their strengths and experiences. As in the previous edition, sports dietitians who have extensive experience in the education and practice of sports nutrition will be asked to contribute practice tips. A significant improvement in the second edition will be the involvement of key sports nutrition researchers in the preparation of the scientific review portion of each chapter. A number of Australian and international sports nutrition and medicine experts will be invited to contribute chapters based on their areas of research experience. Contributions will be invited from people who are peer-recognised for their excellence and experience. However, we have tried also to recognise those who have an

established relationship or involvement with activities of the professional group, Sports Dietitians Australia.

2. The scientific review presented in the first part of each chapter will be substantially updated with recent information and personal insights from key sports nutrition researchers. The first edition (1994) contains information that is now outdated, and while each chapter presented a solid review of a topic in sports nutrition, it often lacked the polish of expertise that comes from personal involvement in the research process.
3. The information will be organised into a slightly different arrangement of chapter headings, both to allow a better flow of information, and to promote some clear points of difference to the first edition
4. Some new chapters have been added to encompass areas not covered in the first edition. These include special nutritional needs for veteran athletes, athletes with GI problems, fat adaptation strategies for athletes, special nutritional needs for altitude and hot climates, and catering for athletes.
5. Careful briefing of authors and judicious editing will ensure that there is minimal overlap or repetition of information between different chapters in the book. Many chapters will be kept brief, in that they will only provide information that differs from general considerations previously reviewed. For example, chapters on nutrition for children or veteran athletes will only cover nutritional issues or challenges that contrast those of the typical athlete population
6. Recognition of the development of the professional group Sports Dietitians Australia and its activities will be provided in the book foreword.
7. A position statement reflecting the guidelines for nutrition for athletes and physically active people will be prepared from the information in the book. This will be adopted as the SDA position statement and presented as an introduction to the book.

#### 4. CHANGE TO PORTFOLIO

The Education and Resources portfolio will be expanded in 2000 to include People and Resources. A proposal suggesting new membership categories and professional development opportunities/rewards will be outlined at the SDA executive meeting.

## **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, the editor, and includes solicited and unsolicited articles. The newsletter is nearing the end of its third year. Three hundred copies are printed of each edition and distributed to SDA members and sponsors.

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 Fact Sheets are produced quarterly (September, December, March and June). We now have Fact Sheets on fluids (Jun 98), pre-sport nutrition (Sept 98), Creatine (Dec 98), weight control (Mar 99) and protein (Jun 99). The newsletter and Fact Sheet are produced and printed in Perth, Western Australia. Dr Louise Burke vets the Fact Sheet contents. The editor is Glenn Cardwell.

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

1999 has seen quite a number of state members becoming involved in activities both at executive level and within their own states. Consistent numbers of members have attended state meetings and activities. This has included more promotion of SDA to the sporting public through conferences such as FILEX, SMA seminars and involvement in sporting events. A number of different members have been active in writing for both newsletter and various other publications for the sporting world and the general public. The South Australian group has also been working hard on their booklet of members, which should be an excellent blueprint for other states to use in their promotion of their members.

Two teleconferences involving state directors in December 1998 and May of this year have helped keep members abreast of the executive activities and ongoing projects, as well as continuing to be a vehicle for exchange of ideas for education and promotion.

The strategic planning conference in April, which was attended by the executive as well as some state directors, has seen some potential changes in the structure of SDA which should help involve greater numbers of members in ongoing projects.

Once again it is hoped that as many as possible of the state directors and members will attend the SMA conference in October which promises to be a fantastic event.

## STATE REPORTS

### **ACT – Nikki Cummings**

As from August 1999 the ACT had 8 members. During the year two planning meetings were held (only 2 / 3 members opted to attend).

Members were encouraged to attend the weekly AIS Nutrition department's journal club. Those present completed a literature review paper entitled "Guidelines for Carbohydrate Intake, do athletes achieve them?" This has been submitted to the Sports Medicine journal. The journal club is presently used to brainstorm various nutritional "areas of interest".

During the year members have continued to spread the word about the Friends program, to Canberra Institute of Technology, Fitness Instructors course, Triathlon ACT, students attending the University of Canberra.

The Sports Dietitians in Canberra are covering a wide number of sporting areas including:

- ◆ Australian Institute of Sport
- ◆ ACT Academy of Sport
- ◆ Canberra Raiders
- ◆ Bilbys - Triathlon squad
- ◆ ACT Gymnastics
- ◆ Nutrigrain ironman team
- ◆ Brumbies
- ◆ Australian Men's Basketball
- ◆ SMA Sports Trainers course
- ◆ Triathlon ACT coaching course

Future plans:

Plans are under way for a SDA presence at the famous Sri Chimnoy Triathlon weekend in February 2000. Also several members will be representing SDA at the Tour de Femme (female bike race - mid November 1999).

### **New South Wales – Fiona Pelly**

NSW SDA meetings continue to be held bimonthly at Sports House, Ultimo on Friday afternoons from 5.30pm. Attendance has varied from 5 – 15 members. Meetings have proved popular with student dietitians with representation at most updates. This past year saw the successful introduction of both a journal and product review as part of the meeting agenda. Of the \$500 allocated to NSW, only \$100 was used to pay one guest speaker. Each meeting has included a continuing education component on a range of topics as follows;

August 1998

Tour of Homebush Bay Olympic site, presentations by employees of Athlete management services and update on Olympic athlete program organised by Helen O'Connor.

November 1998

Update on SDA national activities by SDA president Helen O'Connor  
Summary of SMA conference in October 1998

January 1999

Making weight presented by sports dietitian Sarah Dacres-Manning and a lightweight rower  
April 1999  
How to get published. Presented by freelance journalist Ute Junker.

Over the past year, SDA NSW has successfully promoted the organisation with recruitment of 31 new members and 113 Friends. This takes our total NSW membership (as of 30<sup>th</sup> June 1999) to 207.

#### State symposium:

SDA NSW held their first state symposium entitled, 'Putting Sports Nutrition into Practice' on February 19<sup>th</sup>, 1999. Topics include running a sports nutrition consultancy, the satiety index, working with teams and dealing with network marketing. Speakers included Karen Inge, Susanna Holt, Fiona Pelly, Sarah Dacres-Manning, Matt O'Neill and Barbara Eden. Cost for attendance at the symposium was \$ 5 (members) and \$10 (non-members) No fee for students. The aim of this fee was to cover afternoon tea and speakers fees. 53 dietitians attended the symposium and evaluations were extremely positive with 50% ranking the symposium as excellent and 50% as good.

#### **Filex 98 and 99**

NSW members were involved with organisation and participation at the annual fitness industry convention (Filex) held at Darling Harbour both in July 1998 and June 1999. 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.

#### Promotion of SDA to NSW Dietetic Students

Fiona Pelly gave an overview of SDA to Sydney University Bachelor of Nutrition and Dietetics students on 30<sup>th</sup> April 1999. In October 1999, there will be a similar promotion to Wollongong students.

#### Sports Medicine Australia Sports Trainers Courses

Several NSW members continue to present for SMA as part of their Level 1 and Level 2 sports trainers courses.

#### Future plans

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. In October 1999, NSW members will help to promote SDA at the ANF's nutrition week seminar 'Food Variety and Physical Fitness'. On March 19<sup>th</sup> 2000, DAA NSW branch and SDA NSW are combining to bring an annual state conference on sports nutrition..

#### **Northern Territory - *Tricia Tarry***

The last 12 months has been a challenge introducing SDA to the Northern Territory. There have been a few missed opportunities for SDA with some of the big swimming and sports



carnivals held in Darwin this year. Unfortunately, for various reasons we were unable to take part in these, and giving SDA great exposure.

Over the last year I have talked to many sporting organisations in town and promoted SDA and the products SDA sponsors. I am hoping the friends network is growing because of it. On a sad note, the only other NT dietitian who is a member of SDA has left the Territory, and has therefore left me on my own to represent us. But on a good note, after talking with a couple of community dietitians, I have sparked their interest, and they will hopefully be coming aboard. We have a lot of plans for the up-coming nutrition week in October, and we are hoping to get SDA involved in those. A focus will be nutrition for the indigenous sports men and women, who have had limited access to sports nutrition advice in the past. Another focus may be on education, asking some of the other professionals in the area of sport do some talks inviting all dietitians to take part and learn more about nutrition and it's relationship to sporting performance.

I guess like any new organisation, it takes a little time to get recognised. I am confident that is starting to happen, and we are hoping for even bigger and better things in the next 12 months for SDA in the NT.

### **Queensland - Rhonda Anderson**

This year has been both productive and enlightening. Six meetings were held throughout the year with guest speakers covering a variety of topics. Some presentations have been specific to sports nutrition, while others have been of a more general nature, for example, media and marketing skills, and new directions in computer software. Despite low attendance at the meetings all of the guest speakers have been well received and have generated a lot of interest and discussion amongst those present. With Sports Dietitians practicing all over the state it is extremely difficult to find a time for regular meetings which will allow everyone who would like to be involved.

Our major event in 1999 for the Queensland branch was a joint SMA and SDA seminar in Brisbane in March. The guest speakers were all Sports Dietitians: Holly Frail, Kerry Leech, Ruth Logan, Lorna Garden and Rhonda Anderson. The seminar attracted more than 150 people from the general public and along with providing a specialist source of sports nutrition information, helped to raise the profile of SDA in Queensland.

Sports Dietitians were also represented at a joint ANF/SMA seminar in October. The theme for this forum was "To Supplement or Not To Supplement – What is the evidence?"

Congratulations to Kerry Leech, who resigned as state president in May, on the recent birth of her second child, James. I would like to thank Kerry for her efforts throughout the year, and especially for her continued support and assistance through the transition period, until the next director is appointed.

### **South Australia – Nick Wray**

Another busy year has passed with SDA members in South Australia further broadening our involvement and profile in the local sporting arena. The most significant new initiative this year was to establish two Sports Nutrition Awareness courses in conjunction with Sports Medicine Australia (SMA). We organised a general sports nutrition course in April which focused on pre, during and post – event nutrition and ergogenic aids. In September, we conducted a course on travelling issues, food selection at sporting events and how to establish sporting club nutrition policies. Both courses were well attended by a variety of paying SMA members (e.g. trainers, administrators, coaches etc). SMA was pleased with the attendances and has requested we conduct two more courses next year. We plan to repeat

the general sports nutrition course but run a different topic for the second course. We were grateful to both SMA and Sport SA for their promotion of the courses.

Our state pamphlet, which we designed to promote sports dietitians, was finally completed this year and printed. We felt we needed a simple pamphlet, which explained what qualifications a sports dietitian has, highlight we are all members of SDA and describe what we can actually do and how we can benefit both individuals and sporting organisations. Our private practice addresses are also on the pamphlet so this will be a valuable promotional tool for us.

We have had six state meetings over the past 12 months with between 5-8 members regularly attending. We aim to have a continuing education component at most meetings. Topics over the past year have included fat metabolism in exercise, drugs in sport and Dr Jon Buckley revealed his latest unpublished results on his colostrum research. Certainly the continuing education component of state meetings remains a high priority next year.

Every year it seems that SDA members in South Australia are broadening our involvement with sporting organisations, clubs and individuals. It is very pleasing to reflect back 3-4 years when only a couple of dietitians were involved with sporting clubs and practicing in sports nutrition. Our numbers in South Australia have grown to 7-8 dietitians who regularly practice in sports nutrition and consult to a variety of sporting clubs and organisations. We hope to further increase these numbers over the next 12 months as many of the current student dietitians or recent new graduates are very interested in becoming involved in sports nutrition and SDA.

### **Tasmania – Fiona Rowell**

In March we held a meeting to discuss what we would like to achieve during 1999 and the near future. With an attendance of 3 (total membership of 7 - 3 full, 1 associate and 3 friends), the unanimous decision was that we work as a support group. We set goals based on exploring each other's sports nutrition experience, liaising about work opportunities around the state and encouraging other dietetic colleagues to become members. These goals are ongoing tasks and essentially our main branch activity.

Again we have failed to utilise our budget but will plan to use some of this money for teleconferencing in order to improve our meeting attendance.

### **Links with other organisations**

Links are maintained with SMA through the involvement of members North and South teaching on fitness leader courses.

In October members will be presenting case studies at joint Nutrition Society (NSA)/DAA seminars on activity and well being.

### **Victoria – Julie Tatnell**

The Victorian Branch of SDA has continued to offer support and education to members via regular meetings. Nutrition presentations have been arranged for many meetings covering topics such as 'A New and Innovative Treatment of Eating Disorders', 'Setting Up a Sports Nutrition Consultancy', 'Probiotics' and 'Supplements and Ergogenic Aids'. Thank you to Belinda Dalton, Karen Inge, Andrea Braakhuis, Jenni Felder and Lisa Sutherland for their contributions.

The Victorian group has also maintained its involvement with the Victorian Branch of Sports Medicine Australia running the Nutrition Section of their annual conference. We look forward to continuing with this association.

During the next year we look forward to providing more education and discussion forums for members and would certainly value any ideas, contribution and feedback.

## **Western Australia – Julie Meek**

### **Athlete Education**

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.

WA 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, Bachelor Degree in Sports Science, ACHPER 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 17 financial 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.

We became involved in the 1999 City to Surf Fun Run by conducting a seminar titled "Do you want to move like the *wind* during the 1999 City to Surf Fun Run / Walk ". We had approximately 30 people attend this seminar and had much appreciated sponsorship from Mead Johnston, Powerbar and Uncle Tobys. Participants were very interested and motivated to learn more about sports nutrition. As a group we have lots of ideas on how to build on this years seminar and make the City to Surf 2000 Nutrition a major event.

Our branch organised a seminar aimed at non-sports and student Dietitians titled ' Be Part of the Team'. The format included Boris Kazakov, Ang Paganin and Glenn Cardwell speaking to the group about their roles in team sports and then everyone had the opportunity to watch the Fremantle Dockers train. We think this will be an ongoing event, particularly for the student Dietitians who found it very interesting.

In summary, Perth's Sports Dietitians have had a lot of exposure and we look forward to more sports action and new members in 1999/2000.

# Auditors Report