

# **SPORTS DIETITIANS AUSTRALIA**



## **ANNUAL REPORT 2000-2001**

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## **President's Report – Karen Inge**

SDA has had another year of significant growth and achievement, despite the fact that we forecasted a challenging year coming off the 'Olympic high'. We knew it would be hard to re-energise and focus our efforts on new projects, some of which would never bring SDA as many opportunities for our members as our Olympic involvement did. And we also anticipated that funding would be more difficult to source both from Government agencies and corporate groups.

However with the enthusiasm of eight new Board members, a reshuffling of portfolios and the support of our corporate partners, The Uncle Tobys Company and the Gatorade Company and of course our members, we once again were able to bring some more of our goals to fruition.

This year has been the first of the new (two year) term for all the Directors of the SDA Board and it gives me great pleasure to introduce the new team and the portfolios they held throughout this first year. But before I do that I would like to thank the newer members of the board who have stepped up and assumed greater responsibility within the organisation this year. SDA is all about working together as a team, and I think we're a pretty good team.

### **SDA Executive**

President: **Karen Inge**

Vice-president and Director of Marketing: **Lorna Garden**

Director of Finance: **Ruth Logan**

Director of Education: **Louise Burke**

Director of Administration: **Susie Parker-Simmons**

Director of Projects: **Fiona Pelly**

Director of Strategic Planning: **Deb Kerr**

### **Other members of the Board (including State reps)**

Director of Resources: **Glenn Cardwell**

Director of Administration – Assistant: **Julie Tatnell**

Director of Finance – Assistant: **Kerry Otto**

Director of Strategic Planning – Assistant: **Carol Richards**

Director of Marketing – Assistant: **Terreen Stenvers**

Director of Merchandising: **Julie Meek**

Director of Education – Assistant: **Anthony Meade**

Director of Projects – Assistant: **Kylie Whitten**

Director of Memberships: **Nick Wray**

Susie Parker – Simmons has resigned as of this meeting to accept the position of Sports Dietitian to the US Ski Team for the forthcoming Winter Olympics. This is a fantastic opportunity for Susie and a great honour, and on behalf of SDA I'd like to wish her every success and I'm sure she will be an excellent ambassador for SDA.

At the February planning meeting several steps were taken towards achieving a longer-term goal of securing our future. We set challenges for ourselves to further enhance our organisation. This year was to be a year of consolidation and planning for the future. The vision for 2002 is:

1. Develop professional recognition and professional excellence of SDA and Sports Dietitians
2. Build the profile of Sports Dietitians and SDA with athletes, coaches, professionals, consumers and the media.
3. Build a business base and create job opportunities for sports dietitians.
4. Expand the financial base to ensure the ongoing viability and growth of the organization.
5. Educate Australians on the 'Good Health' message: Nutrition and Physical activity are key factors in attaining good health and improved performance.
6. Use relationships and knowledge from working with Australia's leading athletes to encourage better eating habits, more activity and improved health for all Australians.

The reports, which follow from each of the directors provide a description of what can only be described as a full and exciting year. Some of the highlights of SDA's year have been the publication of the new edition of the textbook, Clinical Sports Nutrition edited by Louise Burke and Vicki Deakin. This book has been an outstanding success and has been distributed to Dietitians working around the world. It continues to be the major resource for SDA's continuing education course in Sports Nutrition. I would like to make mention of the new criteria for full membership that was introduced for the first time this year. It required full members to complete a continuing education quiz, which encouraged members to update their knowledge in many aspects of sports nutrition. I'm very pleased to report that this was well received by members and I'm sure Clinical Sports Nutrition was put to very good use. Thank you to all the Dietitians who contributed to the new edition of Clinical Sports Nutrition, special mention of course to Louise Burke and Vicki Deakin, for making this book of high international standard, and to Anthony Meade, Louise Burke and their team for the development of the continuing education quiz and answers.

Our main achievement for this year without doubt has been the development of the SDA website. The working party headed up by Mia Sadler, Fiona Pelly with assistance from Glenn Cardwell, have worked tirelessly with Social Change Online, over the last year to produce an exciting, well constructed, user friendly website that all members should be very proud of. The website, [www.sportsdietitians.com](http://www.sportsdietitians.com) will provide enormous opportunities for SDA both locally and globally, and this is only the beginning. We will be committing significant resources to this project over the forthcoming years to ensure that SDA's website is an expert resource in sports nutrition worldwide. On behalf of all the members of SDA I would like to thank all those involved with this project and congratulate you on your brilliant effort.

Our commitment to improving Australian children's nutrition and physical activity practices continues through the development of a unique education program 'Munching and Moving'. Lorna Garden and Ingrid Roepers, managing director of the public relations firm, IRPR, have worked very hard on developing and marketing this innovative education tool. Hopefully all their hard work will be realised in the year to come. Thank you. Thank you also to Uncle Tobys for your support for this program.

Further details of these and other SDA programs can be found in the directors reports which follow.

I would like to take this opportunity to thank the executive committee and all the State Directors and board members for their hard work over the past year, and may I say I hope it continues. I would like to make specific mention of Ruth Logan, Director of Finance who has managed her portfolio with great expertise. I would also like to thank our accountants Bruno Antonucci and Ermis Yianni from Yianni and Co for their excellent advice. Thank you also to Alison Walsh, our young members representative who has done a great job in advising the board on issues of particular relevance to our young members. I would also like to thank Secretariat Administrator, Gitte Schroder for her commitment to SDA, her ability to work independently and her willingness to take on any challenge. Thank you also to the Victorian Institute of Sport who provide subsidised accommodation for our secretariat. SDA would not be viable without the generous support both financially and in kind from our corporate partners, The Uncle Tobys Company / Goodman Fielder and The Gatorade Company. In particular, I would like to thank Karen Guest from Uncle Tobys for all the support and fabulous opportunities you continue to present us with. Thank you also to Louise Macan, we`ve really enjoyed working with you this year. To Cathy Kaye and Rebecca Preston from Gatorade thank you for your continued support. Thank you also to Ingrid Roepers from IRPR for al your assistance and expertise. And Thanks to Eithne Cahill and Lisa Yates from Michels Warren for your support. SDA very much appreciates everything you do for our organization.

We've worked hard this year to raise our profile amongst our own professional colleagues, Government organisations and the media. This is to help pave the way for further developments and opportunities within Australia and beyond. The future for SDA is exciting and I would encourage as many members as possible to become involved, rise above the challenges we face and help take sports nutrition and our organisation to the next level.

Karen Inge,  
President

## **Director of Finance Report - Ruth Logan**

The past financial year has been one of considerable change for SDA due to the introduction of the GST and Liz Broad's decision to move to Scotland. I take this opportunity to thank her for establishing a well-organised financial base and her availability via email in the early days! I initially found the task a little daunting but with the assistance of a helpful bookkeeper and understanding accounting firm my job remains challenging but rewarding. The decision to change accounting firm and auditor has improved efficiency for two reasons – the one firm now does both jobs and they are within close proximity to the Melbourne office.

The transition to the GST was relatively smooth and to date all BAS's have been lodged well within the quarterly time frame. I believe the new tax system offers small businesses such as SDA, the opportunity to become more efficient and aware of their financial situation due to the three monthly review process.

The past financial year proved to be one of stability. An increase in sponsorship income and memberships helped to cover the increased expenses associated with maintaining the office and running the association. The income received from memberships increased primarily due to increased Friends membership. Other membership income remained relatively constant. Another growth area has been merchandise sales although the profit margin does not produce significant income.

The association continues to run on a very fine financial balance and for this reason we are extremely appreciative of the support received from our major sponsors. Both contracts with our sponsors expired at the end of the financial year and negotiations are continuing to renew these associations. In future it would be advisable to stagger the contract expiry dates as the current situation leaves the association with financial uncertainty. The association has endeavoured to service our sponsors as requested although accountability of service provided needs to be refined and enhanced. A new documentation system has been initiated and it is hoped that our sponsors will be kept in better communication regarding consultancy hours used to date. The organization was stretched during the Olympic phase and consequently our communication with the sponsors suffered. As indicated this issue has been discussed and is being addressed.

The office continues to be housed at the VIS, which proves satisfactory. Gitte has been granted a wage increase and her hours have been modified to allow for her involvement in other income generating activities. Kerry Otto continued to assist Gitte until January 2001, at which time the wage structure was reviewed. I would like to thank Kerry for her valuable input and assistance especially for 'filling in' during Gitte's recent holiday leave. The wage cost significantly increased during the past financial year and an annual review process (November) has been initiated to keep wages in line with the CPI. I would like to take this opportunity to thank Gitte for her invaluable contribution to SDA and the assistance she offers all the executive members, in particular the many late nights on teleconferences!

This brings me to the expense accounts and of particular concern is the cost of communication between board members. The teleconference expense increased during the past financial year primarily due to extra teleconferences required during the Olympic period but this is an ongoing cost requiring immediate review. A new communication system involving the internet is being investigated otherwise we should perhaps consider the option of a new sponsor in the telecommunications field! Another major expense incurred is the planning meeting. The opportunity for board members to meet "face to face" is regarded as a priority due to the renewal of vigour and enthusiasm it produces. These members contribute an amazing amount of time to the organization in their voluntary capacity and I believe this expense is warranted as their "reward" – one of SDA's key values. The production of the SDA banner for the Olympics has proved a useful marketing tool and is being used by the State associations. This has produced a new expense via courier costs. To date this has been added to each states expense account to track usage, although the expense is not deducted from the budget allocation of \$500 per state.

Additional sponsorship was obtained from the Canned Food Information Service for the publication of Fact Sheet #12. These monies were of significant assistance and I suggest SDA seriously considers the option to seek suitable sponsors for forthcoming Fact Sheets. With SDA becoming web friendly the exposure for sponsors will be ever increasing and appealing. The development of the new SDA website has been an additional expense during the past financial period but was seen as a priority for both members and the public. Surplus funds have provided the required capital for the web site development, with ongoing costs to be met by the funds previously used for printing and posting of newsletters and Fact sheets. I wish to thank Mia Sadler and Fiona Pelly for their untiring commitment to this project.

The issue of remuneration for executive members has once again been discussed. In the current financial climate it is difficult to see that SDA is in a strong enough financial position to commence such a practice however I also believe that change may be needed to achieve succession within the association. This issue warrants further discussion and general member opinion needs to be canvassed to reach a decision. To date the expenses incurred by executive members while doing SDA business, have been reimbursed on production of valid receipts/tax invoices. The refund of phone expenses has been set at a maximum of \$50/month flat rate for those members using their phone for SDA business.

Another income generating activity for SDA has been the AIS sports nutrition course. During the past year there has been an increased demand for places and I thank Louise and her crew for offering a second course, completed in August, to ease the pressure.

The Fit Kids project is still requiring a signed contract and payment of outstanding royalties, which I anticipate will be completed by the AGM. Further promotion of the book is planned during the next few months and support from members to sell copies is required to boost SDA funds.

Future Plans:

I foresee further consolidation for SDA with the re-signing of our major sponsors and continued negotiations with potential new sponsors. ". My plan is to work with a 6 monthly budget to facilitate improved financial control and into this I see the need to allocate a proportion of the sponsors payment to servicing SDA's commitment to them – primarily to allow improved communication. The accounting system is now running smoothly however it will be important for someone new to express an interest in the financial concerns of the association during the coming year. I thank Kerry Otto, my assistant, for her support and attendance at accountants meetings as required. My ongoing concern is to minimise the association's tax liability and establish a sound financial base with less dependency on our major sponsors. Opportunities exist in enhancing the merchandise range and sales, and continuing to encourage new members and sponsors by providing "good value for money". I also anticipate future financial potential through web-based activities.

As Director of Finance I hereby present the official Auditor's and financial report prepared by the accounting firm Yianni and Company. My thanks to Bruno Antonucci and Ermis Yianni for their assistance in the preparation of these reports and for their untiring patience throughout the year.

## **Vice President and Director of Marketing Report - Lorna Garden**

The past year has seen big changes in the corporate world, with the interest in sport as a marketing tool declining since the Sydney 2000 Olympic Games. This, and changes in company ownership and management of our major sponsors has had implications for SDA.

### **Uncle Tobys**

At the time of writing we have successfully renegotiated a 2 year contract with one of our founding sponsors, the Uncle Tobys Company. Uncle Tobys now trade under their parent company, Goodman Fielder, and our new contract is between SDA and Goodman Fielder(GF).

SDA continues to have a logo and Healthwatch messages on a number of UT products, including cereals, muesli bars and bread. Over the past year, SDA have been involved in a number of projects with UT which have provided further opportunities for brand recognition, and dissemination of nutrition information. These are outlined in the Project Managers report, but highlights include the Fit Kids book launched by the Prime Minister at Parliament House in November 2000, at which SDA presented, and the Fit Kids turnaround program which was covered nationally by A Current Affair programme. Today Tonight also covered one of the family turnarounds, and a workshop with Lisa Curry, Lorna Garden (SDA), and Professor Matt Sanders from Positive Parenting Program, working with overweight children and their parents.

A number of very exciting projects are currently being planned with Uncle Tobys which will ensure continuing opportunities for widespread exposure of SDA as experts in sports nutrition, and forums for spreading the good nutrition message.

### **Gatorade**

SDA are currently in negotiations with Gatorade to continue our corporate partnership. Gatorade has been taken over by Pepsi, which has created some delays in our negotiations. Gatorade have appointed Lisa Yates at Michels Warren PR to liaise with SDA on nutrition issues and this has been a very positive step, greatly improving the lines of communication between all parties. The SDA logo continues to be on the labels of Gatorade bottles with a short nutrition message. Once again, joint projects are highlighted in the Project Managers report, and we look forward to embarking on further sports nutrition projects with Gatorade over the next 2 years.

### **Other potential sponsors**

A number of corporate groups have expressed interest in the possibility of forging partnerships with SDA, and we will continue pursuing these options.

### **Munching & Moving**

SDA have embarked on a major public health strategy as a continuation of our work with Uncle Tobys, on improving the health and fitness of Australian children. The

Munching and Moving project, developed in collaboration with IRPR public relations firm, is an innovative concept designed to motivate and educate primary school children on the benefits of healthy eating and staying active. It will be an excellent vehicle to promote SDA as experts in the area of nutrition and fitness, and to offer members further employment opportunities.

### **SDA Website**

In keeping with our value of being innovative, SDA will launch our new and exciting website in November this year. As outlined in the Project Managers report, the website will offer a host of opportunities to further market SDA as leaders in sports nutrition in the world.

We look forward to continuing our great working relationships with our partners this year, and to the possibility of forging new corporate relationships with partners that share our vision.

## Director of Projects - Fiona Pelly

SDA has been involved in a number of projects over the past year. Some of these were initiated by SDA while others came from requests from our corporate partners and other organisations. A number of projects were ongoing from last year.

Projects driven by corporate partners and other organisations:

- Uncle Tobys Healthwatch columns – on pack and for *New Idea* magazine– 2000/2001
- Writing of 'Fit kids' book with Uncle Tobys and Lisa Curry Kenny - 2000
- Turnaround program for 'Fit kids' featured on *A Current Affair* - 2000
- Home and Garden Roadshow - October, November 2000
- Development of a brochure targeted at coaches and trainers for Gatorade – May/ June 2001
- Assistance at the Gatorade booth at Filex fitness convention – June 2001
- Review of 'Hydralyte' fluid and electrolyte replacement beverage for Gatorade– June 2001
- Sports nutrition education at Australian youth swimming camps (piloted in July 2001. First camp held in September 2001)
- Review of dietary guidelines for DAA especially in reference to fluid –July 2001
- Review of Australian Food Standards for Australian and New Zealand Food Authority -June 2001
- Measurement of athletes fluid loss at the City to Surf for Gatorade– August 2001

The projects initiated by SDA:

- Assessment of the menu provided in the dining hall of the Sydney 2000 Olympic games – July to September 2000
- Manning of the kiosk within the Olympic village dining hall – September 2000
- Development of new Strategic plan (planning meeting) – March 2001
- Launch of Clinical Sports Nutrition 2<sup>nd</sup> edition – November 2000
- Sports nutrition course – February and August 2001
- Continuing education – questionnaire for members – June 2001
- Development of a new website for SDA – May to October 2001

### Development of website [www.sportsdietitians.com](http://www.sportsdietitians.com)

A decision to develop a new website in line with current technology was decided last year. A number of tenders were invited to apply for the development of the site. The tender from the company 'Social Change on-line' was accepted in April 2001. Work commenced on the development of the site in May 2001.

A decision was made to cease printed versions of the fact sheets and members newsletter from September 2001 as both would be accessible from the website. The Friends program including the Friends newsletter also ceased to exist from July 2001. SDA felt it could no longer justify charging for the Friends program as plenty of information would be freely available to the public on-line. Ability to join a free email list for regular updates on sports nutrition has replaced the Friends program on the SDA website.

The new site has a number of features including:

- Password protected members only area which will incorporate the members magazine, job opportunities, state based information, on line renewal of membership and continuing education
- Ability to search for a sports dietitian
- Sports specific nutrition information
- Career information
- Fact sheets
- Resources including books and other merchandise
- Ability to join an email list for regular updates

The site is due to be officially launched in November 2001.

## **Director of Membership Services - Nick Wray**

*12 months ago I was reporting that despite changing our membership structure to eliminate compulsory membership to SMA as voted by SDA members that our membership had reduced by 33%. Whilst there was some query re our database accuracy at that time, there was a definite reduction in all membership categories.*

Due to much hard work in targeting our membership numbers as a major priority, I am delighted to report that total membership as of June 2001 has increased by 35% to 246, with increases seen in all membership categories. Full membership has dramatically increased by 47% to 124, indicating an increasing number of Associate members who are completing an SDA accredited Further Education course. Associate membership has increased by 9% to 69. It is encouraging that new Associate members have joined, replacing those Associate members who have moved on to Full membership. Overseas membership has increased from 5 to 12, whilst student membership has increased by 46% to 41.

There has been a concerted effort to increase our student member numbers who are the potential future of SDA. A lecture kit has been sent to each SDA member who lectures sports nutrition to dietetics students. The kit contains a copy of SDA's promotional video, copies of our Fact sheets, Newsletters, International Journal of Sports Nutrition Supplement, SDA resources and membership forms. The kit provides lecturers with promotional information to show student dietitians what SDA is about, and the quality of work we do. I think the increase in student membership is a reflection of the excellent promotional work done by members who lecture to our dietetic students – well done!

Full SDA members were asked to update their SDA Job Network details this year for our database. Currently only 28% of Full members (35) have updated their details and are on the Job Network database. The new SDA website will have a Job Network section for Full members – we would like to see more Full members involved in the Job Network and benefiting from employment opportunities which become available.

Finally our SDA Friends membership has been ceased due to the new SDA website which will have a great deal of sports nutrition information for public access. It was thought that charging our Friends for information, which will largely be publicly accessible, was not appropriate.

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

*A planning meeting was held in Melbourne on Saturday 31<sup>st</sup> March – Sunday 1<sup>st</sup> April 2001. This meeting was organised by Deborah Kerr.*

Members of the executive present were K. Inge (Chair), L. Garden, T. Stenvers, R. Logan, K. Otto, L. Burke, A. Meade, D. Kerr, S. Parker-Simmons, J. Tatnell, F. Pelly, K. Whitten, N. Wray, J. Meek, G. Schroder, H. O'Connor, A. Walsh. In addition, a number of key-people were invited to provided input into the planning meeting. The panel members consisted of:

Rebecca Preston – Gatorade

Ingrid Roepers – IRPR

Penny Burke – Clemenger

Andrea McKenzie – Fusion Strategists

Bruno Antonucci – Yianni and Co. Accountants

Karen Guest – Corporate Marketing, Uncle Tobys

*Members input was obtained prior to the meeting and was used to plan the meeting. SDA members were asked to comment on the future of SDA and outline what they perceived as priorities over the next few years. These comments were summarised under four key outcomes for the meeting.*

The intended outcome of the planning meeting was to plan for the implementation of the three key outcomes for SDA for the next 2 years (until December, 2002).

1. Expand the financial base of SDA to ensure the ongoing viability and growth of the organisation.
2. Increase public profile and professional recognition of SDA and its members.
3. Expansion of membership services.
4. Development of professional and public education.

**The outcome of the meeting was to define the SDA mission for 2002:**

**SDA will:**

1. Develop professional recognition and professional excellence of SDA and Sports Dietitians

2. Build the profile of Sports Dietitians and SDA with athletes, coaches, professionals, consumers and the media.
3. Build a business base and create job opportunities for sports Dietitians.
4. Expand the financial base to ensure the ongoing viability and growth of the organization.
5. Educate Australians on the 'Good Health' message: Nutrition and Physical activity are key factors in attaining good health and improved performance.
6. Use relationships and knowledge from working with Australia's leading athletes to encourage better eating habits, more activity and improved health for all Australians.

A future strategic planning meeting is planned for February 2002. Members input on the future direction of SDA will be obtained prior to this time. The executive is committed to improving communication and opening opportunities for members. The on-going feedback and input from members is critical in this process for the future planning and direction of SDA.

## **1. SDA COURSE 2001**

*Two continuing education courses were held for SDA at the Australian Institute of Sport. The first course (February 3-6 2001) was conducted using the traditional model, whereas the second course (August 24-27 2001) was held as an extraordinary event to cater for the growing demand from new graduates. Separate reports from these courses have been prepared by Kim Horne course administrator, and summarise the number and background of participants, their evaluation of the content and implementation of the course, and suggestions for future courses. The new edition of Clinical Sports Nutrition was used as the text for both courses, and was sent to participants in advance of the course. The multiple choice Continuing Education Update and Answer Booklets were trialled at these courses (see below) and feedback provided by course participants was included in the development of the final versions.*

*It is clear that the course has now reached the point at which further developments are needed. Issues include;*

- Catering for the needs of new graduates versus experienced dietitians
- Update of course content and teaching materials
- Focus on state of the art information versus practical issues in sports nutrition
- Integration into the big issue of continuing education for members of SDA

It is suggested that developments of the SDA website and other education opportunities (including the Deakin University/IOC education proposal) be reviewed before decisions for 2002 courses be made.

## **2. CLINICAL SPORTS NUTRITION**

*The second edition of Clinical Sports Nutrition, edited by Louise Burke and Vicki Deakin, (McGraw Hill publishers 2000) continues to sell well. It will be provided for sale in a booth at the October SMA conference in Perth, and we have been invited to ask the editors and authors to sign copies of books at this booth.*

## **3. MEMBERSHIP/EDUCATION ACTIVITY 1: continuing education activity**

As an incentive for SDA members to maintain state of the art knowledge and practice, and position SDA as true experts in sports nutrition, the following continuing education activity was trialled with 2001 membership renewals. All Full members were sent a 42-item multiple-choice questionnaire compiled by Louise Burke. Questions were written to reflect state-of-the-art information in the understanding and practice of sports nutrition, and to provide an opportunity for members to update their knowledge. Members were requested to complete this questionnaire as part of the requirement of continuing their Full membership status. No "pass mark" was required: rather, members were simply asked to complete the questionnaire as an exercise to stimulate them to think about issues and seek new information where necessary. As an additional incentive for completing the

questionnaire and sending the results to SDA, members were promised that they would receive a comprehensive booklet outlining the correct answers to each question, and providing a ready reckoner of where to find supportive/additional information in Clinical Sports Nutrition.

The answer booklet was prepared by Louise Burke and Anthony Meade, and was sent out with the September mail out to members. An assessment of the success of this activity is yet to be undertaken but will include an assessment of the effect on continuing memberships, and feedback from members who either undertook the activity or found it to be a disincentive to rejoining as a full member.

#### ***4 MEMBERSHIP/EDUCATION ACTIVITY 2: survey of attitudes to change to membership categories***

*Activity undertaken by Nick Wray – separate report to be filed*

#### **5. COMPILATION OF REPORT ON SPORTS NUTRITION EDUCATION COURSES**

*Activity undertaken by Nick Wray – separate report to be filed*

**Appendix 1.**  
**SDA FEBRUARY 2001 COURSE SUMMARY**

*The 2001 SDA Sports Nutrition Further Education course was held during the period 3-6 Feb 01 at the AIS. As in previous years, there had been strong interest in the course. In the end, 26 dietitians attended. Thirteen of the course participants were already members of SDA. Lecturers included Louise Burke, John Hawley, Deb Kerr, Greg Cox, Tim Olds, Helen O'Connor and Ruth Crawford. The course administrator was Kim Horne.*

Attendees came mainly from the Australian eastern seaboard together with one from Alice Springs, two from WA and one from SA. There was a large range of experience of applicants ranging from those who qualified in 1979 & 1984 to recent graduates. The course outline was based on outlines from previous years with regard to feedback received from the 2000 course. Salient administrative points are noted:

- The course was changed to exclude the practical skinfold component as this year's SDA course was immediately preceded by a level 1 Anthropometry Accreditation course.
- Current issues were included in the program as 'Hot topics'.
- 'Physique' topics were included this year with lectures by Tim Olds and Helen O'Connor.
- "Clinical Sports Nutrition, 2<sup>nd</sup> edition" was the course text. This was again mailed out to course participants prior to the course. Lecturers were requested not to have lecture handouts but to base their lectures on the text to encourage students to consult it.
- The exam was rewritten and made an 'open book exam' as a dry run for the document to be sent to current SDA members on membership renewal as a professional development tool.
- Athletes were again paid for their participation in the counselling sessions as an incentive to attend.
- Lecturers' evaluations were again compiled and completed for each session by each student.
- A course questionnaire was again conducted at the conclusion of the course to gain feedback from participants.
- A selection of resources was made available for purchase by students.
- A comprehensive course package was sent out including course outline, maps, accommodation advice etc.

Overall, the course ran extremely well and the level of satisfaction was high from course participants. The file contains copies of all correspondence and thus provides a comprehensive guide for the next course.

**Finances**

*A comprehensive financial statement is being finalised and the course made a profit again this year. This financial statement should be viewed from the SDA aspect. The cost of the course was \$605 (incl. GST) for non-SDA members and a discounted \$550 (incl. GST) for current SDA members.*

Expenses were much higher this year than in previous years due to:

- The increase in costs for morning and afternoon teas. We are obliged to use Spotless Catering whose revised cost structure now includes a labour cost on the weekends.
- Increased lecturer's costs due to the additional lecturers and associated costs (travel & accommodation).
- Fee to Dr Louise Burke for the rewrite of the exam.

### Survey Comments

A survey was again conducted this year to ascertain feedback from course participants. Comments covered a range of course issues and some trends did emerge, particularly relating to time constraints with some of the lectures. I again asked participants to identify where they first heard about the course (tick one only), the following results were compiled:

	<b>2000</b>	<b>2001</b>
SDA Newsletter	7	1
DAA Newsletter	3	3
Professional Contact	14	9
Previous course attendee	6	9
Other - uni studies	1	2
Masters	2	-
Deakin	1	
QUT	1	
SDA Website		1
Nutnet		1
Own investigations	-	1

Relevant points include:

- Most students thought that while the course was quite intense, it was the best compromise in view of work commitments, that is, to have four days encompassing a weekend.
- The course text was sent 2 weeks in advance of the course and most thought that this was insufficient (due to supplier delays).
- A significant number of comments were again raised about the course running behind time.
- There was a suggestion of having an 'activity afternoon' but I don't think the program would extend to this.
- A suggestion was made for a social function ie. Dinner.
- One commented on the course cost but felt it was good value in view of the calibre of the course and the presenters.
- Comments received indicated attendees were divided on whether the course as it is, would be "information overload" for new graduates.
- Positive comments about the focus on the text and its use throughout the course as a reference.

- Some comments were offered regarding the lack of a skinfold session on the course. However the majority of comments favoured a separate course whereby an accreditation could be obtained (as per this year).

### Noteworthy Areas

Whilst the course received very positive comments from participants, I would like to make note of the following problems, which were encountered.

- There was again some confusion surrounding the pre requisites for the course. On advice from the executive, the new graduates who applied were offered places on a proposed course to be held in August (20 odd names already on the list). The question of course pre requisites still needs to be resolved as this continues to be an area of uncertainty for the administrator and potential attendees.
- The timing of the course requires review, as there are administrative difficulties with the course being held in Feb. There seems to be a higher incidence of course attendees moving at Christmas and changes of address can provide some difficulties with course mail outs. Also, Oct - Feb is a peak administrative time for the department and a preferred time for leave over Christmas for both AIS staff, course attendees, lecturers and suppliers (such as book suppliers). This results in the course preparation not being as smooth as it could be and increased potential for problems.
- Due to the large variation in dates when the attendees qualified as dietitians and thus currency of knowledge, a large amount of time was spent in the first few sessions bringing attendees up to a common level. This in turn compromised the course timetabling.
- The AIS 3 day Level 1 Anthropometry Accreditation course was held immediately prior to the SDA course enabling those attending the SDA course to obtain an anthropometry accreditation. Whilst this meant that some people were attending courses for 7 days straight, it was the most convenient and cost efficient. It resulted in no practical skinfold session in the SDA course but two general "Physique" sessions were included.

### Recommendations

The following recommendations are made regarding the course:

- Make a separate note in the mail out letter of specific pre –course reading to be undertaken by those dietitians who have been out of the field for some time,
- Review the dates of the course with a view to holding later it in the year,
- Resolve the issue of pre course requisites,
- Send out course text four weeks in advance,
- Due to course time constraints and the positive response to the open book exam, continue and possibly extend this to make it a 'take home' exam,
- There be some flexibility to manipulate the content to keep the course up-to-date.

Kim Horne  
SDA Course Administrator

## SDA AUGUST 2001 COURSE SUMMARY

*The August 2001 SDA Sports Nutrition Further Education course was held during the period 24-27 Aug 01 at the AIS. As in previous years, there had been strong interest in the course resulting in 26 dietitians attending. Twenty-one of the course participants were already associate members of SDA. Lecturers included Louise Burke, John Hawley, Greg Cox, Will Hopkins, Helen O'Connor, Gary Slater and Michelle Minehan. The course administrator was Kim Horne.*

Attendees came mainly from the Australian eastern seaboard together with one from SA, two from New Zealand and two from Hong Kong. Due to a decision, which had been taken by the SDA Executive earlier in the year, the bulk of attendees were new graduates (15) whilst the experience of the others ranged from those who qualified in 1982 - 1999. The course outline was based on outlines from previous years with regard to feedback received from the Feb 2001 course. Salient points are noted:

- The course did not contain an anthropometry component.
- Current issues were included in the program as 'Hot topics'.
- Course program inclusions of note for this course were:
  - A lecture on 'Working/travelling with a team' presented by Michelle Minehan,
  - An 'Alcohol' lecture by Greg Cox,
  - A 'Sports products' lecture by Greg Cox,
  - A 'Research' lecture conducted by Will Hopkins, and
  - A 'Physique' lecture by Helen O'Connor.
- "Clinical Sports Nutrition, 2<sup>nd</sup> edition" was the course text. This was again mailed out to course participants prior to the course. Lecturers were requested not to have lecture handouts but to base their lectures on the text to encourage students to consult it.
- The recently rewritten SDA update was used as an 'open book exam' which resulted in being a take home exam due to some minor reshuffling of the program due to presenter illness.
- Athletes were again paid for their participation in the counselling sessions as an incentive to attend.
- Lecturers' evaluations were again compiled and completed for each session by each student.
- A course questionnaire was again conducted at the conclusion of the course to gain feedback from participants.
- A selection of resources was made available for purchase by students.
- A comprehensive course package was sent out including course outline, maps, accommodation advice etc.

Overall, the course ran extremely well and the level of satisfaction was high from course participants. The file contains copies of all correspondence and thus provides a comprehensive guide for the next course.

### Finances

A comprehensive financial statement will be forwarded when finalized. It is expected that the course will make a useful profit. The cost of the course was \$605 (incl.

GST) for non-SDA members and a discounted \$550 (incl. GST) for current SDA Associate members.

### Survey Comments

A survey was again conducted to ascertain feedback from course participants. Comments covered a range of course issues and some trends did emerge, particularly relating to the requirement for more practical/hands on sessions. Participants were again asked to identify where they first heard about the course, the following results were compiled:

	<b>Feb 2001</b>	<b>Aug 2001</b>
SDA Newsletter	1	2
DAA Newsletter/Website	3	1
Professional Contact	9	12
Previous course attendee	9	3
Other	2	4
SDA Website	1	3
Nutnet	1	
Own investigations	1	

Relevant points include:

- Most students thought that while the course was quite intense, it was the best compromise in view of work commitments, that is, to have four days encompassing a weekend.
- The course text was sent 4 weeks in advance of the course and again this proved most useful.
- A significant number of comments were raised about the lectures being 'straight out of the text' and the requirement for a greater practical component.
- A suggestion was made for a social function i.e. Dinner (although this course seemed to be very 'social' anyway).
- Positive comments about the focus on the text and its use throughout the course as a reference.
- There were several comments about the NSIC (National Sports Information Centre) tour and its value.
- The athlete counselling session was again considered to be extremely worthwhile.
- A number of comments were made about the 'trickiness' of some of the exam questions.
- A number of negative comments were made about the SDA website and how out of date it was. (There have been many additional comments regarding this in the lead-up to both the Feb and the Aug courses).

### Noteworthy Areas

Whilst the course received very positive comments from participants, I would like to make note of the following problems, which were encountered.

- There is still confusion surrounding the pre requisites for this course. The question of course pre requisites needs to be resolved and adhered to as this continues to be an area of uncertainty for the administrator and potential attendees.

- Further, questions have been additionally raised regarding whether the date of dietetic qualification or the 12 months dietetic experience is the key criteria. Often these are not the same.
- Two queries have been raised as to whether the 12 months experience needs to be clinical.
- Queries were raised regarding course payment by credit card.
- Currently there appears to be sufficient demand for 2 courses/year (there are 27 names currently on the list for the next course). The timing of the early 2002 course requires careful consideration as there are administrative difficulties with the course being held in Feb. There seems to be a higher incidence of course attendees moving at Christmas and changes of address can provide some difficulties with course mail outs. Also, Oct - Feb is a peak administrative time for the department and a preferred time for leave over Christmas for both AIS staff, course attendees, lecturers and suppliers (such as book suppliers). This results in the course preparation not being as smooth as it could be and increased potential for problems.

### Recommendations

The following recommendations are made:

- Update the SDA website immediately to assist with initial enquiries for the course and to present a more professional SDA face to the public,
- Make a separate note in the mail out letter of specific pre – course reading to be undertaken by those dietitians who have been out of the field for some time,
- Review the dates of the courses with consideration for 2002 courses to be held in March and September.
- Resolve the issue of pre course requisites,
- Due to course time constraints and the positive response to the 'take home' exam, consider this as a permanent change to the course program.
- That there be some flexibility to manipulate the content to keep the course up-to-date.
- Include more interactive/practical sessions rather than straight lectures.

Kim Horne  
SDA Course Administrator

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

The SDA newsletter is now five years, and 20 editions, old. It 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. Three hundred copies are printed of each edition and distributed to SDA members and sponsors.

The 20th edition is to be the last paper version as the newsletter will now go on-line and a briefer version will be offered every two months. The newsletter will be available only to members.

SDA produces a fact sheet every three months to coincide with the newsletter. Each fact sheet has a print run of 3000 copies for distribution to members and the friends program. To date 10 fact sheets have been produced on different topics of sports nutrition interest. The four produced this year were on:

Eating and Drinking during and after Sport  
Cooling and Fuelling the Junior Athletes  
Cramps and Stitches  
Eating Disorders in Athletes

The Canned Food Information Service funded the fact sheet on junior athletes. The newsletter and Fact Sheets are produced and printed in Perth, Western Australia. The editor is Glenn Cardwell. Dr Louise Burke supervises the Fact Sheet contents.

The fact sheets will also go on-line and be available to the public and members.

## **STATE REPORTS**

### **ACT – Carole Richards**

ACT SDA has maintained a membership of 8 dietitians and a presence in the ACT.

Meetings have been, on the whole, informal. The group organised a successful display at the Sri Chin Moy Triathlon Expo year in February, with positive comments from the public and many that remembered our display in the previous year.

July was a busy month with two members presenting information on sports nutrition at a local DAA meeting and another member preparing lunches for the swimmers attending the swimming camp at the AIS. In September, two members were invited to speak to the women's sub-group of the Canberra Off Road Cyclists.

Our challenge remains in maintaining an active group here. Thank you to all members for your committed involvement in the activities planned. There are many opportunities for SDA in the ACT and we look forward to 2002.

## **New South Wales – Kylie Whitten**

SDA NSW meetings have continued bimonthly with improved attendance over the past 9 months. Efforts to attract members have been a success thanks to Gitte providing a list of members from the database. Over 60 members are kept up-to-date with NSW activities via email contact, with 15-25 members attending the meetings. Communication has also improved with many members regularly contributing ideas for meeting topics and volunteering to present journal articles or new products.

Meetings are always followed by a professional development session, with topics covered this year including a 'footy fest' presentation of dietitians' experiences working with 4 football codes; a presentation from Dr Suzanne Abraham, a psychologist working and researching in the area of eating and exercise disorders; a preview of a range of endurance nutrition products from PB Sports Nutrition and the latest sports nutrition information from various journal presentations.

More members have completed the Sports Nutrition Course and are eagerly accepting work opportunities previously covered by a small core group of Dietitians. 2 NSW members presented at FILEX, the annual fitness convention, which is fewer than usual, and like last year there was not a stall to promote SDA to fitness industry members. Consequently we are currently working to co-ordinate next year's nutrition program to ensure SDA has a big presence and is recognised as an organisation that provides credible nutrition information to active people.

Plans to organise a sports nutrition workshop for coaches and trainers will commence toward the end of 2001 with a vision to be held early in 2002.

I would like to thank Fiona Pelly for mentoring me last year in preparation for my current role and all of the NSW members for their overwhelming enthusiasm for sports nutrition – it is inspiring!

## **Northern Territory**

No Full member in Northern Territory at the time of election hence no current state director.

## **Queensland – Holly Frail (acting state director)**

SDA Queensland meetings in 2001 have been well attended with an average of 8 members participating – including a number of enthusiastic new graduates joining the ranks of regulars. So far five meetings have been held this year with the most well attended venue and time spot being evenings at QUT. The format has varied from planning sessions and networking to education sessions from both within the group and outside speakers.

We now have an excellent network of members working with QAS sports coordinated by Kerry Leech. A mentoring system has also been put in place to provide new graduates of the course with opportunities with some sports. Most members regularly attending meetings are working with various professional, elite, recreational or school sports programs within Queensland.

Our liason with SMA continues through members lecturing within their education courses as well as being speakers at seminars for the public. A member contributes a sports nutrition article to each state newsletter. Three members also presented at the state conference in March.

An anthropometry course is being organized through AAESS in November, and we have advertised its availability and encouraged non-accredited members to participate.

A major project in the second half of the year has been a 'Fit Kids' seminar in October for the public in conjunction with Nutrition Australia.

Our two members on the executive regularly keep the group up to date with happenings at national level – at least by email when they are unable to attend in person.

Our final meeting for the year is planned as a conference summary combined with a pre-Christmas social gathering.

## **South Australia – Anthony Meade**

SDASA is definitely in a growth phase! Despite a couple of departures, SDASA had increasing numbers of members and students attending our bi-monthly meetings throughout the year. Anthony Meade took over as State Director late in 2000, following on from the leadership of Nick Wray who took on greater responsibilities at SDA National level.

SDASA continues to work closely with SMASA. During the year our achievements included:

- Completion of the lecture kit for the Sports Nutrition lectures for the SMA Level 1 Sports Trainers Course.
- Completion of the Sports Nutrition chapter of the SMA Level 1 Sports Trainers Course manual.
- Representation at an SMASA "open night" at the South Australian Sports Institute.

➤ Contributions to SportHealth and other SMASA publications.  
SDASA has had ongoing negotiations regarding payment for lectures arranged through SMASA and these negotiations will continue.

SDASA has been planning for the 2001 DAA-SA and 2002 SMA-SA Conferences. Kathryn Jackson has been busy pushing for a much bigger salary cap for nutrition and sports science at the 2002 SMASA conference. The Sports Dietitians Breakfast during the DAA National Conference had a disappointing attendance from interstate SDA members, but breakfast was enjoyed nonetheless.

SDASA had a fantastic interactive session with Kylie Baker, Sports Psychologist at SASI. Kylie came prepared to talk about her work with female athletes with disordered eating but stepped up when the game was there to be won by answering our questions and discussing a wide range of topics. Continuing Education was otherwise a little disappointing, however plans are afoot for next year to assess what the SDASA members want in terms of continuing education, especially with the growing numbers of younger members. It is hoped that SDASA members will take on a greater responsibility for Continuing Education next year.

Profile of SDASA has increased within the sports medicine community of SA, with employment opportunities continuing to arise. The challenge is for enough SDASA members to take up the opportunities being offered.

## **Tasmania**

No membership recorded for Tasmania.

## **Victoria – Kerry Otto**

The Victorian members of SDA have enjoyed an excellent and diverse education program at our 6 weekly meetings. The meetings have been well attended and we have been pleased to welcome a number of students. Thank you to all those members who attended.

A special thank you goes to our speakers - Belinda Dalton for her presentation of her very valuable work with sufferers of anorexia and bulimia at "Footprints of Angels", Lisa Sutherland and Alison Walsh for their outline of Professor Ron Maughan's lecture "Living, Training and Competing in the Heat", Ingrid Phyland for her overview of this year's Sports Nutrition course, Jodie Bond for her presentation of "What's to Eat?" [a nutrition program for children], Tim Crowe who gave us some insight into how to establish a web page, Susie Parker Simmons for her outline of her work with the USA Ski and Snowboard team and Alison Walsh for her summary of the SMA conference in Perth. Thank you.

Our meetings have also provided members with various work opportunities and this has been great. Also a number of Vic SDA members have had the opportunity to participate in a training program to enable them to work with various VIS sports teams. This provides a fantastic experience.

We would like to thank Susie Parker Simmons for her valuable contribution to SDA. Susie has resigned as a board member as she has accepted a position with the USA Ski and Snowboard Team to help them prepare for the Winter Olympics – a great challenge but I have no doubt Susie will do a tremendous job and be a great ambassador for Australian Sports Dietitians. Good luck and thanks Susie.

The Vic branch of SDA look forward to a busy year next year with lots of member involvement and the hosting of the SMA conference next October.

## **Western Australia – Terreen Stenvers**

West Australian SDA members have met every 6 weeks this year with a core of 8-10 members attending regular meetings. Meetings consist of professional development activities such as journal presentations, case reviews, product reviews and guest speakers. Kim Maserow, a clinical psychologist who works in the area of eating disorders at the Hollywood Specialist Centre presented some information on anorexia athletica and Peter Bell from the Fremantle Dockers told us about his personal experiences with nutrition and performance.

### **Member Activities**

Our members continue to be involved with a number of West Australian Sporting Teams and Associations as well as their individual athletes. They are also involved with some very innovative teaching activities. As well as lecturing to Sports Science Students at Edith Cowan Universtiy, Nikki Cummings has also been developing a sports nutrition unit to be delivered electronically in Singapore. Boris Kazakov is also involved with the innovative on line nutrition education of Masseurs through TAFE. Members continue to provide Sports Nutrition Education to trainers through SMA and to coaches and aboriginal development squads though Sport and Recreation WA

### **City to Surf**

The annual City to Surf was on in August and thanks to SDA members a group of participants learnt about how to best nutritionally prepare and get the best out of their run. Approximately 90 people attended two SDA nutrition seminars. Thanks to all those members who contributed to this event, in particular, Julie Meek and Glenn Cardwell

### **SMA conference**

The SMA conference is on in Perth this October and several WA SDA members have been involved in its organisation on behalf on SDA. Deb Kerr is representing SDA on the scientific committee and I am involved in the organising committee.



# Auditors Report

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

**FINANCIAL REPORT**  
**FOR THE YEAR ENDED 30 JUNE, 2001**

**SPORTS DIETITIANS AUSTRALIA LIMITED**

*A.C.N. 075 825 991*

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# SPORTS DIETITIANS AUSTRALIA LIMITED

A.C.N. 075 825 991

## DIRECTORS' REPORT

Your directors submit the financial accounts of the company for the year ended 30 June, 2001.

## DIRECTORS

The names of the directors holding office at the date of this report are:

*Karen Inge*  
*Lorna Garden*  
*Ruth Logan*  
*Kerry Otto*  
*Glenn Cardwell*  
*Louise Burke*  
*Deborah Kerr*  
*Fiona Pelly*  
*Julie Tatnell*  
*Nicholas Wray*  
*Julie Meek*  
*Carole Richards*  
*Kylie Whitten*  
*Anthony Mead*  
*Terreen Stenvers*  
*Susan Parker-Simmons*

## PRINCIPAL ACTIVITIES

**The principal activities of the company during the year were to foster and develop sports nutrition and dietetics in Australia. There has been no significant change in the nature of these activities during the year.**

## **RESULTS**

The net profit of the company for the financial year after provision for income tax was:

	Year ended <b>30 June, 2001</b>	Year ended <b>30 June,</b>
<b>2000</b>	\$	\$
	\$14,058	\$12,030

The company is limited by guarantee and is not permitted to distribute its profits by way of dividend, bonus or otherwise.

# SPORTS DIETITIANS AUSTRALIA LIMITED

A.C.N. 075 825 991

## PARTICULARS OF DIRECTORS

### **KAREN INGE – PRESIDENT**

*Qualifications* – BSc.Dip.Diet FSMA

*Experience* – Founding member of SMA, Sports Nutrition Interest Group. 21 years specialising in the area of sports nutrition and consultancy to industry. Director of Institute of Health & Fitness, Melbourne. Co-ordinator of Elite Athlete Nutrition Services at the Victorian Institute of Sport.

*Ms Inge attended 9 of the executive meetings.*

### **LORNA GARDEN – VICE PRESIDENT & DIRECTOR OF MARKETING**

*Qualifications* – BSc.Dip.Diet

*Experience* – Founding state representative of Sports Medicine Australia, Sports Nutrition Interest Group. 16 years of specialising in the area of sports nutrition. Currently Sports Dietitian with the Australian Cricket Team and Australian Cricket Board National Umpiring Panel. SDA Co-ordinator of Fit Kids book with Lisa Curry and Fit Kids Turnaround Programme.

*Ms Garden attended 9 of the executive meetings.*

### **RUTH LOGAN – DIRECTOR OF FINANCE & QUEENSLAND STATE DIRECTOR**

*Qualifications* – BSc.Grad.Dip.ND

*Experience* – Currently in private practice in Toowoomba. Contributor to magazine articles, network magazine & “Fit Kids”. Consultant sports dietitian to Darling Downs Rugby Union, Junior Cricket and Swimming.

*Ms Logan attended 9 of the executive meetings.*

### **KERRY OTTO – DIRECTOR OF FINANCE – ASSISTANT**

*Qualifications* – B.App.Sci.(Nut)Dip.Diet.

*Experience* – Has been working in the fitness industry for the past 16 years both as an owner of a gym and as a dietitian.

*Ms Otto attended no executive meetings.*

### **LOUISE BURKE – DIRECTOR OF EDUCATION**

*Qualifications* – BSc.Dip.Diet.PhD FSMA

*Experience* – Founding member of Sports Medicine Australia, Sports Nutrition Interest Group. 21 years specialising in the area of sports nutrition. Head of the Department of Sports Nutrition at the Australian Institute of Sport. Adjunct Professor, Deakin University Melbourne (Faculty Health & Behavioural Science). Australian Olympic Dietitian for 1996 Atlanta and 2000 Sydney Olympic Games.

*Dr Bourke attended 4 of the executive meetings.*

## **SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

### **GLENN CARDWELL – DIRECTOR OF RESOURCES**

*Qualifications* – BSc.Grad.Dip.Diet.Grad Dip App Sc., APD

*Experience* – 21 years as a dietitian; 16 years specializing in sports nutrition. Honorary Sports Nutrition Adviser Fitness Western Australia. Sports Nutrition lecturer Australian Institute of Fitness.

*Mr Cardwell attended no executive meetings.*

### **DEBORAH KERR – DIRECTOR OF STRATEGIC PLANNING**

*Qualifications* – BSc.Dip.Diet.MSc.PhD

*Experience* – On the Scientific Committee for Sports Medicine Australia. Founding state representative of Sports Medicine Australia, Sports Nutrition Interest Group. 12 years specializing in the area of sports nutrition. Sports Dietitian to Western Australian Institute of Sport. Currently lecturer at Department of Nutrition & Dietetics, School of Public Health, Curtin University of Technology, Perth.

*Ms Kerr attended 4 of the executive meetings.*

### **FIONA PELLY – DIRECTOR OF PROJECTS**

*Qualifications* – BSc.Dip.Nutr and Diet

*Experience* – Lecturer in exercise and sports nutrition, Australian Catholic University. 9 years specialising in sports nutrition. Sports Dietitian for Penrith Rugby League Club and Sydney Olympic Soccer Club. Sports Dietitian at New South Wales Institute of Sports Medicine Clinic. Co-ordinator of Olympic Menu Website & Database for Sydney 2000 Olympic Games.

*Ms Pelly attended 5 of the executive meetings.*

### **JULIE TATNELL – DIRECTOR OF ADMINISTRATION ASSISTANT**

*Qualifications* – BSc.Grad Dip.Diet

*Experience* – Dietitian at Melbourne Sports Medicine Centre. Consultant dietitian to North Melbourne Football Club and Melbourne Storm Rugby League Club.

*Ms Tatnell attended 1 of the executive meetings.*

### **NICHOLAS WRAY – DIRECTOR OF MEMBERSHIP**

*Qualifications* – B Appl Sc.M.Nutr and Diet

*Experience* – Senior Dietitian at Flinders Medical Centre and private practicing dietitian. Dietitian with Adelaide Football Club.

*Mr Wray attended no executive meetings.*

## **SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

### **JULIE MEEK – DIRECTOR OF MERCHANDISING**

*Qualifications – B Appl.Sc.Grad.Dip.Diet. Post Grad Hth Prom.*

*Experience – Currently in private practice in Perth with clients including West Australian Triathlon Club, West Australian Marathon Club and the West Australian Cycling Federation. 5 years specialising in sports nutrition. Mine-site and corporate work. Dietitian with the Fremantle Dockers Football Club.*

*Ms Meek attended no executive meetings.*

### **CAROLE RICHARDS – DIRECTOR OF STRATEGIC PLANNING ASSISTANT**

*Qualifications – BSc. Dip. ND, Grad.Cert.Sp Nut.*

*Experience – Qualified dietitian for 20 years. Started working as a hospital dietitian. Has been working in a private practice for the past 9 years.*

*Ms Richards attended no executive meetings.*

### **SUSIE PARKER-SIMMONS – DIRECTOR OF ADMINISTRATION**

*Qualifications – B.App.Sci(P.E.), M.Ed(P.E), M. Nutr&Diet.*

*Experience – Lecturer in Exercise Science and Sports Nutrition, RMIT. Sports Dietitian, Olympic Park Sports Medicine Centre. Sports Dietitian, Collingwood Football Club. Consultant Sports Dietitian, USA Ski and Snowboard Association Committee member of AFL Dietitians Group.*

*Ms Parker-Simmons attended 3 of the executive meetings.*

### **KYLIE WHITTEN – DIRECTOR OF PROJECTS – ASSISTANT & STATE DIRECTOR OF NSW**

*Qualifications – B.Ed, M.Nutri&Diet, MDAA, APD*

*Experience – Clinical Paediatric Dietitian at Sydney Children’s Hospital and previously at the Children’s Hospital, Westmead. Previously Sports Dietitian with Parramatta Power Soccer Team and Parramatta Eels Rugby League Team. Consultant Sports Dietitian to the New South Wales Institute of Sport Contributing author of books, “Fit Kids”, “Health Moves I”, “Health Moves I” and “Health Moves II”.*

*Ms Whitten attended no executive meetings.*

### **ANTHONY MEADE – DIRECTOR OF EDUCATION ASSISTANT & SA STATE DIRECTOR**

*Qualifications – BSc, MND*

*Experience – Senior Clinical Dietitian, North West Adelaide Health Service. Consultant to Port Adelaide Football Club and AFL (SA) and SANFL umpires.*

*Mr Meade attended no executive meetings.*

## **SPORTS DIETITIANS AUSTRALIA LIMITED**

*A.C.N. 075 825 991*

### **TERREEN STENVERS**

*Qualifications* – B.App.Sc, Grad Dip Diet, MDAA, APD

*Experience* – Has Private Sports Nutrition Practice for 5 years, Consultant to West Coast Eagles FC, Consults to WA junior football and cricket squads. Previously Chief Dietitian at Fremantle Hospital with 5 years Clinical experience and 8 years working in health promotion and community nutrition.

*Ms Stenvers attended no executive meetings.*

### **SIGNIFICANT CHANGES IN THE STATE OF AFFAIRS**

There were no significant changes in the state of affairs of the company during the year.

### **MATTERS SUBSEQUENT TO THE END OF THE FINANCIAL YEAR**

There are no matters or circumstances that have arisen since the end of the financial year that have significantly affected or may significantly affect the operations of the company, the results of those operations or the state of affairs of the company, in future years.

**SPORTS DIETITIANS AUSTRALIA LIMITED**

*A.C.N. 075 825 991*

**DIRECTORS BENEFITS**

No director has received or has become entitled to receive, during or since the financial year, a benefit because of a contract made by the company, controlled entity or related body corporate with a director, a firm which a director is a member or an entity in which a director has a substantial financial interest. This statement excludes a benefit included in the aggregate amount of emoluments received or due and receivable by directors shown in the company's accounts, or the fixed salary of a full-time employee of the company, controlled entity or related body corporate.

**DIRECTORS AND AUDITORS INDEMNIFICATION**

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 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 of expenses to defend legal proceedings.

Signed in accordance with a resolution of the Board of Directors at ..... on this ..... day of ..... 2001.

**Director**

\_\_\_\_\_

**Director**

\_\_\_\_\_

**SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

**STATEMENT OF FINANCIAL PERFORMANCE**  
**FOR THE YEAR ENDED JUNE 30, 2001**

	Notes	2001 \$	2000 \$
<u>Revenue from Ordinary Activities</u>	2	181,873	169,660
Expenses from ordinary activities	3	( 165,474)	( 143,601)
Borrowing cost expenses		( 3)	( - )
Profit share of associates & joint ventures		<u> - </u>	<u> - </u>
<u>Profit from ordinary activities before tax</u>		16,396	26,059
Income tax relating to ordinary activities	4	( <u> 2,338</u> )	( <u> 14,029</u> )
<u>Profit from ordinary activities after tax</u>		14,058	12,030
Profit(loss) on extraordinary items after tax		<u> - </u>	<u> - </u>
<u>Net Profit(Loss) for Year</u>		14,058	12,030
Profit attributable to outside interests		( <u> - </u> )	( <u> - </u> )
<u>Net Profit(loss) attributable to members</u>		<u> 14,058</u>	<u> 12,030</u>

\* The accompanying notes form part of these financial statements.

**SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

**STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE, 2001**

	Notes	2001 \$	2000 \$
<b>Current Assets</b>			
Cash	5	38,261	12,450
Receivables	6	474	37,500
Inventories	7	1,994	1,290
Other	8	<u>488</u>	<u>445</u>
Total current assets		<u>41,217</u>	<u>51,685</u>
<b>Non-Current Assets</b>			
Property, plant & equipment	9	15,004	10,199
Other	8	<u>200</u>	<u>200</u>
Total non-current assets		<u>15,204</u>	<u>10,399</u>
Total assets		<u>56,421</u>	<u>62,084</u>
<b>Current Liabilities</b>			
Accounts payable	10	12,303	4,660
Provisions	11	1,717	29,799
Other	12	<u>2,825</u>	<u>2,107</u>
Total current liabilities		<u>16,845</u>	<u>36,566</u>
<b><i>Non-Current Liabilities</i></b>			
Total liabilities		<u>16,845</u>	<u>36,566</u>
<b>Net Assets</b>		<u>39,576</u>	<u>25,518</u>
<b><i>Equity</i></b>			
Retained profits / (accumulated losses)	13	<u>39,576</u>	<u>25,518</u>
<b>Total Equity (Deficiency)</b>		<u>39,576</u>	<u>25,518</u>

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\* The accompanying notes form part of these financial statements.

**SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

**STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 30 JUNE, 2001**

	<b>2001</b>	<b>2000</b>
	\$	\$
<b>Cash Flow From Operating Activities</b>		
Receipts from customers	182,591	132,161
Payments to suppliers and employees	(116,068)	(145,572)
Borrowing costs	( 3)	-
Income tax paid	<u>( 30,380)</u>	<u>-</u>
Net cash provided by (used in) operating activities (note 2)	<u>36,140</u>	<u>( 13,411)</u>
<b>Cash Flow From Investing Activities</b>		
Payment for property, plant & equipment	<u>( 10,329)</u>	<u>( 9,992)</u>
Net cash provided used in investing activities	<u>( 10,329)</u>	<u>( 9,992)</u>
Net increase(decrease) in cash held	25,811	( 23,403)
Cash at the beginning of the year	<u>12,450</u>	<u>35,853</u>
Cash at the end of the year (note 1)	<u><u>38,261</u></u>	<u><u>12,450</u></u>

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\* The accompanying notes form part of these financial statements.

**SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

**STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 30 JUNE, 2001**

	<b>2001</b>	<b>2000</b>
	\$	\$
<b>Note 1. Reconciliation Of Cash</b>		
For the purposes of the statement of cash flows, cash includes cash on hand and in banks and investments in money market instruments, net of outstanding bank overdrafts.		
Cash at the end of the year as shown in the statement of cash flows is reconciled to the related items in the balance sheet as follows:		
Cash at Bank	38,261	12,350
Cash on hand	<u>-</u>	<u>100</u>
	<u><b>38,261</b></u>	<u><b>12,450</b></u>
<b>Note 2. Reconciliation of Net Cash Provided By/Used In Operating Activities To Operating Profit After Income Tax</b>		
<i>Operating profit after income tax</i>	14,058	12,030
Depreciation	5,523	1,975
Increase/(decrease) in provision for income tax	( 28,082)	14,029
Other appropriations		
Changes in assets and liabilities net of effects of purchases and disposals of controlled entities:		
(Increase) decrease in trade and term debtors	37,026	( 37,500)
(Increase) decrease in inventory	( 704)	510
(Increase) decrease in prepayments	( 43)	1,329
Increase (decrease) in trade creditors and accruals	7,644	2,172
Increase (decrease) in other creditors	718	( 8,128)
Increase (decrease) in sundry provisions	<u>-</u>	<u>172</u>
<b>Net cash provided by (used in) operating activities</b>	<u><b>36,140</b></u>	<u><b>( 13,411)</b></u>

\* The accompanying notes form part of these financial statements.

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

**NOTES TO AND FORMING PART OF  
THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 JUNE, 2001**

**NOTE 1 – STATEMENT OF ACCOUNTING POLICIES**

The financial statements are a general purpose financial report that have been prepared in accordance with applicable Accounting Standards and 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 material accounting policies adopted in the preparation of the financial statements.

**Income Tax**

Income tax has been brought to account using the liability method of tax effect accounting whereby income tax expense shown in the Profit and Loss Account is based on the operating profit before income tax adjusted for any permanent differences.

Timing differences which arise due to the different accounting periods in which items of revenue and expense are included in the determination of operating profit before income tax and taxable income, are brought to account as either provision for deferred income tax or an asset described as future income tax benefit at the rate of income tax applicable to the period in which the benefit will be received or the liability will become payable.

Future income tax benefits are not brought to account unless realisation of the asset is assured beyond reasonable doubt. Future income tax benefits in relation to tax losses are not brought to account unless there is virtual certainty of realisation of the benefit.

Any benefits brought to account or which may be realised in the future are based on the assumption that no adverse change will occur in income taxation legislation and the anticipation of derivation of sufficient future assessable income to enable the benefit to be realised and compliance with the conditions of deductibility imposed by law.

**Inventories**

Inventories are measured at the lower of cost and net realisable value. Costs are assigned on a first-in first-out basis and include direct materials, direct labour and an appropriate portion of variable and fixed overhead expenses.

## SPORTS DIETITIANS AUSTRALIA LIMITED

A.C.N. 075 825 991

### Property, Plant and Equipment

Property, plant and equipment are brought to account at cost or at independent or directors' valuation, less, where applicable, any accumulated depreciation or amortisation. The carrying amount of property, plant and equipment is reviewed annually by directors to ensure it is not in excess of the recoverable amount from those assets. The recoverable amount is assessed on the basis of the expected net cash flows which will be received from the assets employment and subsequent disposal. The expected net cash flows have not been discounted to their present values in determining recoverable amount.

The depreciable amounts of all fixed assets including buildings and capitalised leased assets, but excluding freehold land, are depreciated over their useful lives to the entity commencing from the time that the asset is held ready for use. Properties held for investment purposes are not subject to a depreciation charge. Leasehold improvements are amortised over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

The revaluations of freehold land and buildings have not taken account of the potential capital gains tax on assets acquired after the introduction of capital gains tax.

### Employee Entitlements

No provision is made for the liability for employee entitlements arising from services rendered by employees to balance date. Employee entitlements expected to be settled within one year together with entitlements arising from wages and salaries, annual leave and sick leave which will be settled after one year, have been charged an expense when incurred. Other employee entitlements payable later than one year have been measured at the present value of the estimated future cash out flows to be made for those entitlements.

Contributions are made by the company to an employee superannuation fund and are charged as expenses when incurred.

	2001	2000
	\$	\$
<b>NOTE 2 – REVENUE</b>		
Sales revenue	10,019	2,772
Other revenue		
Course registrations	19,700	14,580
Full members	8,376	7,065
Associate members	4,287	4,825
Student members	680	890
Sponsorship fees received	125,975	134,066
Friends program member	6,917	2,807
Overseas members	65	0
Other income	<u>5,854</u>	<u>2,655</u>
	<u>181,873</u>	<u>169,660</u>

**SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

	<b>2001</b>	<b>2000</b>
	\$	\$
<b>NOTE 3 - EXPENSES</b>		
<b>Charging as Expense:</b>		
Depreciation of non-current assets:		
- Plant and equipment	5,523	1,975
Amortisation of non-current assets:		
Research and development costs:		
Remuneration of the auditors:	<u>2,000</u>	<u>1,500</u>
<b>NOTE 4 – INCOME TAX</b>		
Prima Facie tax payable on operating profit is reconciled to the income tax provided in the accounts as follows:		
Prima Facie tax payable on operating profit before income tax @ 34% (2000 36%)		
	5,575	9,381
Add:		
Tax effect of:		
- other non-allowable items	-	172
- expenses in respect to members income	13,793	15,090
- under provision for income tax in the prior year	-	-
Less:		
Tax effect of:		
- income from members	15,006	9,627
- recoupment of prior year's losses	-	987
- over provision for income tax in prior years	<u>2,024</u>	<u>-</u>
Income tax attributable to operating profit:	<u>2,338</u>	<u>14,029</u>
Income tax expense attributable to non-members of the economic entity	<u>2,338</u>	<u>14,029</u>
<b>NOTE 5 – CASH</b>		
Bank accounts		
- Cash at bank	38,261	12,350
Other cash items		
- Cash on hand	<u>-</u>	<u>-</u>
	<u>38,261</u>	<u>12,450</u>

**SPORTS DIETITIANS AUSTRALIA LIMITED**

A.C.N. 075 825 991

	2001	2000
	\$	\$
<b>NOTE 6 - RECEIVABLES</b>		
<b>Current</b>		
Trade Debtors	-	37,500
Sundry Debtors	<u>474</u>	<u>-</u>
	<u>474</u>	<u>37,500</u>
<b>NOTE 7 – INVENTORIES</b>		
<b>Current</b>		
Stock on Hand	<u>1,994</u>	<u>1,290</u>
	<u>1,994</u>	<u>1,290</u>
<b>NOTE 8 – OTHER ASSETS</b>		
<b>Current</b>		
Prepayments	<u>488</u>	<u>445</u>
	<u>488</u>	<u>445</u>
<b>Non Current</b>		
Other	<u>200</u>	<u>200</u>
	<u>200</u>	<u>200</u>
<b>NOTE 9 – PROPERTY, PLANT AND EQUIPMENT</b>		
<b>Office Equipment and Furniture</b>		
At cost	20,320	15,446
Less: Accumulated depreciation	( 5,316)	( 5,247)
	<u>15,004</u>	<u>10,199</u>
<b>NOTE 10 – ACCOUNTS PAYABLE</b>		
<b>Current</b>		
Unsecured		
Trade creditors	11,932	2,172
Other creditors	-	2,316
GST payable	<u>371</u>	<u>172</u>
	<u>12,303</u>	<u>4,660</u>

## SPORTS DIETITIANS AUSTRALIA LIMITED

A.C.N. 075 825 991

	2001	2000
	\$	\$
<b>NOTE 11 – PROVISIONS</b>		
<b>Current</b>		
Income Tax	<u>1,717</u>	<u>29,799</u>
	<u>1,717</u>	<u>29,799</u>

### NOTE 12 – OTHER LIABILITIES

<b>Current</b>		
Advance payments	<u>2,825</u>	<u>2,107</u>
	<u>2,825</u>	<u>2,107</u>

### NOTE 13 – RETAINED EARNINGS

Retained Profits from prior years	25,518	13,488
Profit(Loss) for period	14,058	12,030
Transfers from reserves	-	-
Transfers to reserves	<u>-</u>	<u>-</u>
	<u>39,576</u>	<u>25,518</u>

### NOTE 14 – ISSUED CAPITAL

The company has no issued capital as it is limited by guarantees. If the company is wound up, the articles of association state that each member is required to contribute a maximum of \$10 each towards meeting any outstanding obligations of the company.

### NOTE 15 – REMUNERATION OF AUDITOR

Amounts received, or due and receivable by the auditor of the company for:

Auditing the accounts	2,000	1,500
Other services	<u>-</u>	<u>-</u>
	<u>2,000</u>	<u>1,500</u>

## SPORTS DIETITIANS AUSTRALIA LIMITED

A.C.N. 075 825 991

2001  
\$

2000  
\$

### NOTE 16 – RELATED PARTIES TRANSACTIONS

Transactions between related parties are on normal commercial terms and conditions no more favourable than those available to other parties unless otherwise stated:

Transactions with related parties

Directors and director related entities

The following transactions with directors that occurred were within a normal employee customer relationship on terms and conditions no more favourable than those available on similar transactions to other employees/customers.

#### Directors

The name of directors who have held office during the financial year are:

Karen Inge	Lorna Garden
Ruth Logan	Kerry Otto
Helen O'Connor	Elizabeth Broad
Louise Burke	Glen Cardwell
Deborah Kerr	Fiona Pelly
Nicholas Wray	Julie Meek
Fiona Rowell	Julie Tatnell
Rhonda Anderson	Carole Richards
Kylie Whitten	Anthony Mead
Terreen Stenvers	Susan Parker-Simmons

#### Director's Remuneration:

Income paid or payable to all directors of the company by the company and any related parties

Number of directors whose income from the company or any related parties was within the following bands:	No	No
0-\$9,999	9	6

#### Retirement and Superannuation Payments:

Prescribed benefit given during year by the company or a related party to a director or prescribed superannuation fund in connection with the retirement from a prescribed office.



# SPORTS DIETITIANS AUSTRALIA LIMITED

A.C.N. 075 825 991

## AUDIT REPORT

### TO THE MEMBERS OF SPORTS DIETITIANS AUSTRALIA LIMITED

#### SCOPE

We have audited the financial report, being the Directors Declaration, Statement of Financial Performance, Statement of Financial Position, Statement of Cash Flows and Notes to and forming part of the financial statements for the financial year ended 30 June, 2001 of Sports Dietitians Australia Limited.

The company's directors are responsible for the financial report. We have conducted an independent audit of this financial report 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 whether the financial report is free of material misstatement. Our procedures included examination, on a test basis, of evidence supporting the amounts and other disclosures in the financial report, 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 report is presented fairly in accordance with Accounting Standards and other mandatory professional reporting requirements and statutory requirements so as to present a view which is consistent with our understanding of the company's financial position, and performance as presented by the results of its operations and its cash flows.

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

#### Audit Opinion

In our opinion, the financial report of the Sports Dietitians Australia Limited is in accordance with:

- a. The Corporations Law, including,
  - i. giving a true and fair view of the company's financial position as at 30 June 2001 and of its performance for the year ended on that date; and
  - ii. complying with Accounting Standards and the Corporation Regulations; and
- b. Other mandatory professional reporting requirements.

Yianni & Co  
Chartered Accountants

Ermis Yianni  
Principal

Date

Level 20  
114 William Street  
Melbourne Vic 3000