

FUELLING FITNESS FOR THE FUTURE

SportsDietitians
AUSTRALIA

ANNUAL

REPORT

2005



SDA

MISSION VISION & VALUES

Mission

Sports Dietitians Australia (SDA) is a dynamic network of sports nutrition experts dedicated to empowering active Australians to enhance their health and performance.

Vision

SDA will be recognized as the leading authority in the delivery of sports nutrition information to active Australians.

SDA will support and enhance the profile and expertise of its members to be the primary source of sports nutrition information.

Values

SDA will achieve its goals and maintain its integrity by adhering to the following values:

Professionalism

Innovation

Excellence

Teamwork

Reward

Making a difference

TABLE OF CONTENTS

PRESIDENT'S REPORT - KIRSTY MEHALSKI	4
FINANCE & STRATEGIC PLANNING - MIA SADLER & BRONWEN MASTERS	6
CLIENT MANAGEMENT - LISA SUTHERLAND, BRONWEN GREENAWAY & ANDREA PRUSCINO ...	10
EDUCATION - ANTHONY MEADE, GREG SHAW & GREG COX	12
COMMUNICATION - KELLIE HOGAN, KERYN KONDOPRIAS & TARA DIVERSI	15
STATE REPORTS.....	
ACT - NIKKI SHAW	21
NEW SOUTH WALES - SUSIE BURRELL.....	21
NORTHERN TERRITORY	22
QUEENSLAND - JESSICA PULLEY	22
SOUTH AUSTRALIA - TANYA LEWIS	23
TASMANIA	23
VICTORIA - KERRY OTTO	24
WESTERN AUSTRALIA - BRONWEN MASTERS	24
AUDITORS REPORT.....	25



PRESIDENTS REPORT 2005

President

Kirsty Mehalski

It is with much pleasure that I present to you the SDA Annual Report for the year 2004–2005. Our planning meeting in February had “Win/Win/Win” as our theme, with the focus upon planning the year’s activities in keeping with our Mission, and with a firm eye on value for members. We also began the implementation of improved budget recording and analysis systems that enable the Finance & Strategic Planning portfolio to guide the Board of SDA more accurately through our activities and portfolio decisions.

Our partnership with Gatorade continues to flourish, and members will have noted the increase in job opportunities as a result of the two major nutrition education programmes we run in conjunction with Gatorade. SDA would like to take this opportunity to thank Gatorade for their continued support, and to express our thanks in helping us take sports nutrition messages out into the wider community due to the success of these programmes.

This year saw the implementation of the revised 4–day Sports Nutrition course for the first time, held in conjunction with yet another highly successful 1–day Sports Nutrition Update. At the same time we held our annual SDA Dinner, which included the induction of the first Fellows of SDA: Dr Louise Burke, Karen Inge, Ruth Logan and Dr Helen O’Connor. This was a special night for all involved, with time to reflect on the success and vibrancy of our profession, plus a highly entertaining speaker in Dave Martin from the AIS (he will always be an SDA favourite!). Dr Louise Burke resigned from the board during this year, and I wish to express heartfelt thanks on behalf of the Board of Directors to Louise for her inspiration and passion for Sports Dietitians Australia, which translated into much practical input despite a very busy schedule!

Fact sheet development and revision has been particularly busy this year, and when our new templates are designed and finalised you will notice a flurry of new Fact sheets being placed on the website. Further additions to the website this year include a ‘Research Ramblings’ section where our members can share their research findings, helping all of us keep up-to-date with the latest in nutrition & exercise metabolism research. You will have noticed that the ‘Job Opportunities’ section has flourished this year, and is the first point of call for many external organisations looking for the skills of our members for presentations, clinical work and research work. The website enjoys growing exposure, with the number of hits increasing month by month. Interestingly, much of our website audience originates from North America, placing a close second to Australia/Oceania!

Speaking of member communications, the Board of SDA would like to thank our esteemed & valued colleague, Glenn Cardwell, for his work on the ‘FUEL’ newsletter, which allows us to keep in touch with members, and also acts as an excellent vehicle for all the interesting nutrition interview and tidbits that Glenn is always stumbling across.

It will be evident to you as you read this report that your Board has been very active, and achieved many things this year. There has been much discussion over various issues, and member value

continues to be the driving force behind your Board's activities. An exciting opportunity on the horizon is the formation of a World group for Sports Nutrition whereby SDA members will have access to additional international support and experience through a strong world group. Discussions are in the early stages, and countries involved so far include USA, UK, Australia, New Zealand, South Africa, India and others.

I would like to thank the SDA Board of Directors for their excellent efforts in continuing to enhance the profile of Sports Dietitians and adding value to the membership of SDA, and for their enthusiasm and support. We are, as always, indebted to Gitte Schröder and Sandra Zlatanovski for their invaluable support & coordination efforts in the National Office to keep things running smoothly at SDA! If you would like to contribute to the activities within SDA, please get in touch with your local State Coordinator or the National Office as we love to have lots of enthusiastic people involved!

On a personal note, I sadly must say goodbye to SDA as greater challenges await me back in my home country of New Zealand with the birth of our first child. No doubt I'll take a little break but hopefully will soon be back into action developing links between SDA and the New Zealand sports dietitians! I have thoroughly enjoyed my time on the Board of SDA and have developed some precious friendships and professional support networks over the years. Watch out for a stronger accent next time you see me!

Anthony Meade will be taking over the Presidency of SDA, and as a very long-standing Board member he is very passionate about SDA and this is reflected in his efforts to ensure our Education opportunities continue to provide great value for new and existing members. His enthusiasm will be capitalised on further when he takes on the role of Presidency as of October 2005!

Best wishes,
Kirsty Mehalski
President



FINANCE & STRATEGIC PLAN PORTFOLIO REPORT 2005

Finance & Strategic Planning Portfolio

Mia Sadler & Bronwen Masters

Finance

Objectives:

1. Develop and finalise annual operating plan & budget
2. Oversee and manage portfolio and master budget
3. Maintain monthly budgets
4. Financial reporting to board
5. Develop draft of budget F06

Outcomes:

1.
 - A new budget spreadsheet was developed and implemented at the beginning of the 2005/06 financial year. The new spreadsheet has individual budgets for each portfolio which feeds into the master budget. This new spreadsheet ensures that the financial status of the entire organisation will be monitored closely. The benefits of this new tool are:
 - It allows expenditures and forecasts within each portfolio to be monitored, adjusted and reported on each month.
 - Clearly reports overall expenditure and forecasting for the organisation for the financial year.
 - Can be easily be updated by administration staff, reporting directors and board members as required
 - Monthly reports can be generated and used as a reporting tool.
2.
 - Budget is updated by Sandra Zlatanovski each month and reviewed by the president and all portfolio directors. Issues are raised and addressed on a monthly basis.
3.
 - Monthly reports are sent to each portfolio director including monthly and yearly actuals and forecasts. Adjustments are made by each director and reported back to finance director.
4.
 - A financial report is submitted for each teleconference
5.
 - Commence April 06

Figure 1 Income:

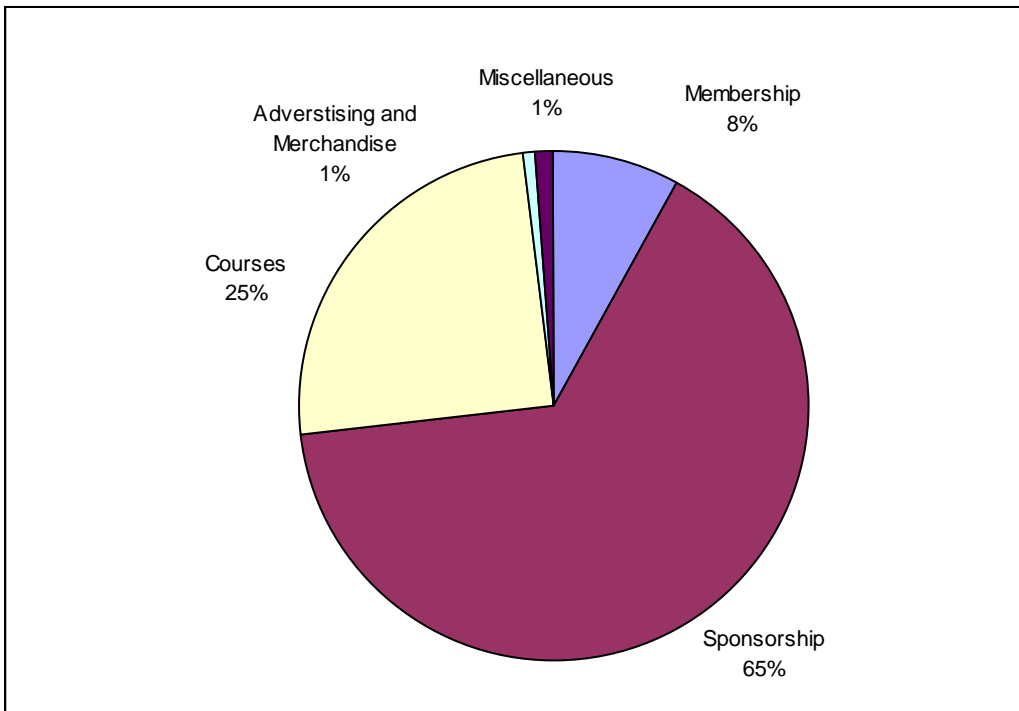


Figure 1: Chart of actual income for July and August 05 and forecast incomes for September 2005 to June 2006

The new financial reporting tool indicated that 8% our total income is from membership. This highlights the fact that SDA relies heavily upon sponsorship and corporate partnerships to supplement our annual income. 65% of our income is from sponsorship.

Figure 2 Expenses:

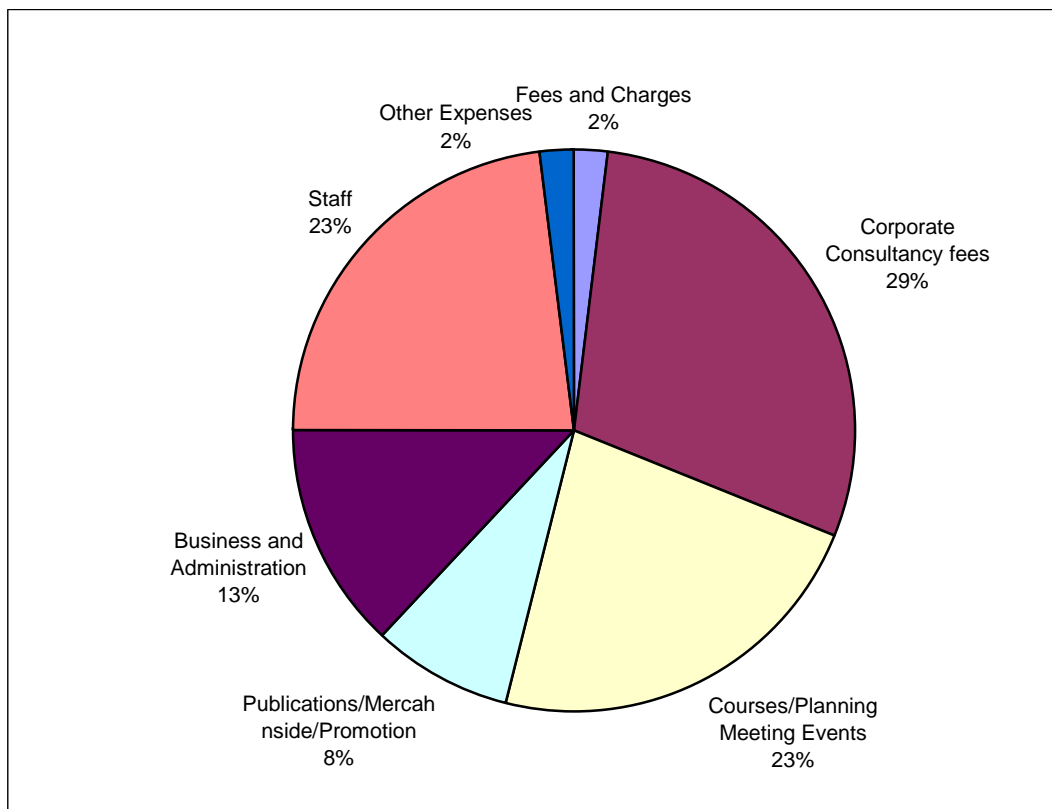


Figure 2: Chart of actual expenditure for July and August 05 and forecast incomes for September 2005 to June 2006

Figure 2 highlights the bulk of SDA expenditure is on corporate consultancy fees. This predominately is paying members for review of fact sheets and presentations. 4% of total expenditure is spent on maintaining and updating the website.

Further budget analysis shows that 60% of total expenditure is directly on member services and administration costs are minimised in SDA and only accounts for 13% of total expenses.

To be noted: In the auditors report there is a reported loss for 2005 which is due to write-off of non-cash items, especially the \$15,700 from website re-development costs, which were incurred in the previous financial year and is therefore not reflecting a true decrease of the cash reserves of SDA. The actual decrease in cash flow is approx. \$4000 and can be linked to increase in office rental for 2004/05, which has been re-adjusted for 2005/06, as well as some membership income being reported in the previous year for accounting purposes. SDA is also expecting a tax refund for 2004/05 so all in all the cash flow should almost remain the same. This still highlights the need for SDA to continue exploring revenue raising opportunities and closely monitoring the budget.

Strategic Planning

Objectives:

1. Create a strategic planning framework
2. Manage and co-ordinate annual planning meeting
3. Oversee business opportunities and pass viable leads to President and managing & delegating new business opportunities (grants)
4. Succession planning for role

Outcomes:

1.
 - All board members developed clear roles and responsibilities. These were documented at the planning meeting in 2005.
 - The president monitors and revises these roles and responsibilities as required.
2.
 - Successful planning meeting was completed in February 2005, with emphasis on inclusion of new board members, defining roles and responsibilities and using the Myers-Briggs assessment tool to understand each others strengths and personalities.
3.
 - New opportunities investigated included:
 - Application for DGR status (unsuccessful) but ongoing discussion re: individual account with DGR status
4.
 - Written protocols developed for monthly budget reporting

Future Direction

To allow SDA to expand and better service members further sponsorship opportunities need to be investigated. SDA is currently investigating the feasibility of establishing a “deductible gift recipient” account to be able to apply for government grants and funding. Further to this new partnerships are being explored.

The focus for 2005 was on the development of a new financial reporting tool that has now been developed and implemented. In 2006 therefore a stronger focus will be placed on strategic planning and further development of the organisation.

A sincere thank you is required for Gitte Schroder and Sandra Zlatanovski for all their hard work with developing and maintaining the new financial reporting tool.

As Directors of Finance and Strategic Planning, we hereby present the official Auditor’s and financial report for 2005, which is found at the end of the annual report and prepared by accounting firm Yianni and Co. Thanks to Bruno Antonucci and Ermis Yianni for their assistance in the preparation of these reports.



CLIENT MANAGEMENT REPORT 2005

Client Management Portfolio

Lisa Sutherland, Bronwen Greenaway, Andrea Pruscino

GATORADE

This past year has been a very productive one for our partnership with Gatorade. We have carried on with some of the projects that have featured in previous years including Project White Line and Coaches' Edge articles and have started a new project to educate our coaches on both nutrition and hydration. We have also taken the leap and hired Louise Bell to run our projects for us and hope that this is a step towards ensuring consistent and quality services for our corporate partners.

I would like to take this opportunity to thank fellow board director, Andrea Pruscino, for her continued support and invaluable practical assistance with projects generated by this partnership and the supportive network of the SDA board and staff. I would also like to thank all of our SDA members who have contributed their expertise whether writing for Coaches Edge or providing seminars on behalf of both SDA and Gatorade.

Key objectives for SDA's partnership with Gatorade:

1. Provide work opportunities for our members
2. Service the contract with Gatorade and generate projects to help educate the public about hydration
3. Provide hydration education for our members

Performance against objectives:

SDA provided more than 30 paid opportunities for members over the past year across all projects. We reached 370 athletes and their support staff from all levels of Rugby League, triathlon, and fitness leaders through our Project White Line hydration education package. 120 triathletes were hydration tested by our members at the triathlon series in Victoria. Around 200 coaches from netball, cricket and SMA sports trainers' courses were reached through our new Coaches Education Program. An educational video for teens, Sweat Force, featured Meaghan Ramsey on behalf of SDA and will be seen by up to 80,000 students in the next year or two.

We anticipate many more job opportunities, particularly delivering pre-written presentations nationwide for SDA Full members as a result of this partnership. All jobs will be advertised on the SDA website, so keep checking!

UNCLE TOBYS

Uncle Tobys is a founding corporate partner of SDA, and over the life of SDA there has been a positive relationship incorporating a number of fantastic projects. Unfortunately there have been a number of external factors that have influenced this relationship and at the end of 2004 the formal agreement between Goodman Fielder (Uncle Tobys) and SDA came to an end. SDA thank Uncle Tobys for the support they have provided during a productive partnership and helping found SDA , and look forward to working with Uncle Tobys on individual projects in the future.

FIT BREAKFAST CLUB

Sports Dietitians Australia member Lorna Garden developed the concept of the Fit Breakfast Club, a unique program incorporating both nutrition and exercise education for school children. Lorna worked hard to run this as an initial pilot program at St Andrews Anglican College (Queensland) in 2004. Many SDA members were involved in preparing education materials and presenting the program. Evaluation of the program indicated a range of benefits to participants and the program was extremely well received by teachers, students, parents and wider school community. Uncle Tobys and National Foods provided generous product support of the program.

SDA is planning to conduct the Fit Breakfast Club program in schools around Australia. SDA is at present looking at funding options to implement this program effectively. It is a fantastic resource that should be in all schools, particularly with the current climate of increasing obesity and related health problems in children.

NATIONAL FOODS

National Foods provided valuable support for the SDA Breakfast Program and there have been further discussions with regard to potentially working together on specific projects.

PEAK HEALTH MANAGEMENT

PEAK Health Management has utilized the expertise of SDA members to provide nutrition services to their corporate clients nationally. This informal relationship provides mutual benefits to both parties – work opportunities for SDA members and promotion of SDA, and consistent high quality nutrition services for PEAK Health Management.

GOOD NUTRITION PROJECT – FITNESS AUSTRALIA

SDA are currently involved in a collaborative project with Fitness Australia to provide consumers and fitness professionals with credible nutrition and exercise information. There are no new developments occurring with the program at present, however many of the resources that SDA have been involved in developing continue to be used and these include:

- Consumer Guide
- Professional Guide
- Video of Nutrition Seminar for Professionals

The relationship with Fitness Australia is ongoing and a great opportunity for SDA to promote good nutrition messages to the general public and fitness community, as well as providing potential work opportunities to SDA members.

Education Portfolio

Anthony Meade, Greg Shaw, Greg Cox

Objectives:

To provide SDA members with education opportunities and rewards through:

1. SDA 4 Day Sports Nutrition Course
2. SDA 1 Day continuing Education Update
3. SDA Fellowship applications
4. Accredited alternative Sports Nutrition University level Courses that could be used as a method of meeting eligibility criteria for SDA membership
5. Contribution to the Aust. Conf. Science and Medicine in Sport (ACSMS) & other conferences
6. Initiate an SDA Public Sports Nutrition Course to be run by SDA members

Performance against objectives:

SDA SPORTS NUTRITION COURSE (SNC) 2005

- The accreditation of several University based Sports Nutrition Units challenged the SNC to have a unique attraction with unique practical components. The following changes occurred:
 - SNC Objectives and Learning Outcome Statements were developed
 - Themes formed the basis of the curriculum
 - A pre-course learning package was created to encourage course participants to start the SNC with a baseline of Sports Nutrition knowledge to allow more practical experiences during the 4 days of the SNC, and to encourage ongoing learning
 - A change in assessment of the course from the post-course exam to the pre-course learning package
 - Development of group exercises as a learning strategy during the course
 - Continued incorporation of the SDA Update, within the SNC.
- The SNC was held at the Australian Institute of Sport in February 2005.
- The current edition of Clinical Sports Nutrition was used as the text for the course, and was sent to participants in advance of the course.
- The Pre-Course Learning Package was used to evaluate the knowledge transfer achieved by the course, with participants completing the Pre-Course Learning Package before acceptance into the course and being presented with their certificate at completion of the course.

SDA UPDATE DAY

- The 1 Day Update was held for the third year in a row.
- Attendance was 50+ full SDA members + 30 course participants
- The focus of the day was Electrolytes, Minerals and Trace Elements in Sports Performance.
- Presenters included Dr Kieran Fallon, Trent Watson, Dr Dale Speedy and Dr Bob Murray. A detailed interactive case study completed the day.
- Feedback questionnaires showed encouraging responses and ongoing support for the concept.

Sports Dietitians Australia 4 day Course Accreditation by Fitness Australia

- SDA is accredited for the SNC until 2005 for Continuing Education Points with Fitness Australia, therefore this will need to be reviewed in 2006.

Sports Dietitians Australia Accreditation of University Courses in Sports Nutrition

- The SDA Education Portfolio continued the task of trying to identify Sports Nutrition further education courses that could be suitable as an alternative to the 4-Day SNC, for eligibility for full SDA membership upon completion.
- Sports Nutrition Units from Deakin University, Sydney University and QUT were accredited at the 2003 SDA AGM. These units will need to be re-accredited for the next 2 years at the end of 2005. The University of Newcastle course was accredited in 2005 for the next 2 years.
- The Education Portfolio will continue to oversee the accreditation of University Sports Nutrition Units as required as well as the reaccreditation of courses in years to come.

Special Consideration for SDA Membership

- The Education committee accepted 2 successful applications for special consideration for full SDA membership.
- The criteria and applications are available on the SDA website

Sports Dietitians Australia Fellowship

- Fellowship presentations were made to Dr Helen O'Connor, Dr Louise Burke, Ruth Logan and Karen Inge at the 2005 SDA dinner in February in Canberra.
- Background, criteria, and procedures available on the SDA website.

Contribution to the Australian Conference of Science and Medicine in Sport

- Anthony Meade represented SDA on the organising Committee for the 2005 ACSMS.
- The 2004 Conference in Alice Springs was well attended by more 20 Sports Dietitians. A number of innovative sessions were well received.

SDA Public Sports Nutrition Course (PSNC)

- SDA-WA initially ran a PSNC in 2002. Since then SDA has been considering developing the course for national use.
- In 2005 Greg Shaw has undertaken to get the PSNC off the ground. This has included procedures for marketing and running the course, development of core curriculum, references, finances. The course package created has been distributed to various SDA members around the country interested in running the course.

Future initiatives / Directions

SDA SPORTS NUTRITION COURSE (SNC) 2006

- The 2006 course has been moved from February to May to avoid a clash with the Commonwealth Games.
- The revision of the 2005 course has made a big difference to the planning of future courses and thus the 2006 course planning is well ahead of schedule with all speakers and curriculum already confirmed. Some new practical sessions will be incorporated following feedback from 2005 course participants

2006 SDA Update

- In 2006 there are a number of professional conferences and the commonwealth games which includes the Commonwealth International Sports Congress in March. As a result the education portfolio decided against running an update day in 2006, but it will return in 2007

2005 ACSMS & Other Conferences

- The 2005 ACSMS will be held in Melbourne in October. The conference will be the “big” year for SMA due to the timing of the Commonwealth Games. Anthony Meade represented SDA on the conference organising committee.
- SDA has been approached by numerous conferences for partnership and support. SDA has opted to continue support for the Sports Medicine Australia (SMA) ACSMS and is currently looking into other options for 2006 and 2007

Communication Portfolio

Kellie Hogan, Keryn Kondoprias, Tara Diversi

Following the strategic planning meeting in February this year, saw a restructure of the portfolios and from this the Communication Portfolio was established. This incorporates the previous website, membership services and public relations portfolios.

The aim of the Communication Portfolio is to increase the profile awareness of SDA to the general public, athletes and other sports science professionals through the promotion of the website and media activities and other promotional events/opportunities undertaken throughout the year. Also to improve and maintain communication and involvement with SDA members, achieved mainly through website communication and close liaison with state directors and members as to its content.

KEY FOCUS AREA FOR COMMUNICATION PORTFOLIO – “ to establish and or maintain COMMUNICATION mechanisms for reaching state directors, members and the public and to raise the profile of SDA”

SUMMARY: Membership Services – Keryn Kondoprias

Summary of membership numbers as of 1 July 2005

Membership Category	2004 (as at 30 th June 2004)	2005	% Variation
Total	257	255	- 0.8%
Full	146	154	+ 5.5%
Associate	36	31	- 14%
Student	45	46	+2.2%
Overseas	30	24	- 20%

OBJECTIVES: Membership Services

Item	Objectives	Performance Against Objectives
SDA Fact Sheets	<p>a) Complete 6 New or reviewed fact sheets</p> <p>b) Seek opportunities for funding/sponsorship for development of new fact sheets.</p>	<p>a) 4 fact sheets have been reviewed as at September 2005; Eating and Drinking Before Sport, Protein and Athletes, Fighting Fatigue, and Nutrition and Travelling. These fact sheets are yet to be updated on the website due to the development of a new fact sheet template which is yet to be finalized. 1 new fact sheet has been completed; High Protein Diets and Weight Loss, which is also waiting to be launched onto the website. Other new fact sheets are planned and funds for their development are currently being sought.</p> <p>b) A generic ‘benefits of sponsorship of SDA fact sheets’ information sheet has been developed to attract funds for fact sheet development. This has been used to seek funds for development of a Dental Health fact sheet, Making Weight and Losing Body Fat fact sheets. SDA are currently working on a grant for development of a fact sheet on responsible use of alcohol in sport.</p>
SDA State Co-Ordinators Kit	Develop manual for state directors outlining pertinent information	A kit for state coordinators was developed and delivered to state coordinators in April. From informal feedback this has proved to be a valuable resource. A formal evaluation will be completed early 2006.
Communication Pathway	<p>a) Develop communication pathway between SDA board and state Co-Ordinators and assist with facilitation of delivery to members</p> <p>b) Encourage and develop Communication Pathway between all members as necessary (e.g. Surveys)</p>	<p>a) Appointment of SDASA member Tanya Lewis as a state coordinator/board liaison has proved to be very effective for communicating with state coordinators and keeping track of what states are doing and their budget management.</p> <p>b) A membership survey of costs charged by SDA members has recently been completed to provide information to all SDA members, via the website of approximate fees charged by SDA members.</p>

Future Initiatives for Membership Services Portfolio:

To ensure SDA continues to provide members with up to date, cutting edge sports nutrition information to SDA members, the sporting population and general public we aim to continue writing new fact sheets and reviewing existing fact sheets to keep them current. For their review and development of new fact sheets SDA hopes to secure funding/sponsorship from appropriate organisations/sources.

For membership services SDA aims to continue to provide members with the information and communication about SDA activities or other sports nutrition information as required. For example evaluating the value of the state coordinators kit and making adjustments/improvements as required. SDA are also working on increasing membership and attendance at SDA state meetings. We are working on strategies to achieve this such as creation of a list-serve for members, increased advertising of SDA state meetings at Sports Nutrition Course and Update Day, and promoting continuing education at state meetings.

OBJECTIVES: Public Relations and Media – Tara Diversi

The Public Relations and Media sub-portfolio is a new initiative put in place in Feb 2005. The aim of this sub portfolio is to increase awareness amongst dietitians, health professionals and the general public regarding the importance of Sports Dietitians. Its secondary objectives are to educate the community on the importance of good nutrition and hydration practices in sport and exercise. The public relations and media sub-portfolio aims to provide support and resources for members to use within their practice.

At this stage, this sub-portfolio must run on a cost neutral basis, limiting our effectiveness in this area.

Item	Objectives	Performance against Objectives
SDA Media Spokespeople	Develop list of suitable media representatives in each state and to provide ongoing encouragement, advice, tools and support. This may be variable depending on the topic.	SDA members currently working in the media were identified and approached regarding issues they were willing to speak to the media about. Phone and email lists of these members and areas of expertise has been developed.
SDA Media Contacts	Develop a list of media contacts	Contact details of media outlets throughout Australia have been collected. Appropriate journalists and media agencies that may be interested in sports nutrition related topics have been recorded.
Key events/topics	Assist directors in developing state based event calendars and encouragement/tools to engage SDA members for presence at events or spokespeople	

Press Releases	4 key/strategic national releases throughout year.	As the PR/media portfolio is required to run on a cost neutral basis, media releases have been produced on a needs basis. In 2005–2006, 2 national releases. Caffeine and Sensible dieting have been released,.
Corporate Image	Maintain corporate image by updating logo, corporate imagery and collateral including templates, business cards, folders.	At September 2005, it has been decided to keep SDA's current logo and have templates developed for fact sheets that can be updated in-house as well as developing designs for collateral. This collateral is currently being developed.

Future Initiatives for Public Relations Portfolio:

The public relations and media portfolio will continue to seek ways to further promote SDA in the wider community.

Website Portfolio – Kellie Hogan

As our Primary means of communication with all SDA's target groups, it is imperative that the website remains up-to-date, interesting and current. The general trend each month has seen the traffic to the SDA website increase in both our member and general public sections, which is very encouraging.

The constant and ongoing addition of content onto the website has required input from a wide range of people. Firstly, a very big thank-you to all the states for contributing to the website in terms of Product Reviews and Food for Your Sport and Nutrition for Travel Sections of the website, these member contributions supply a vital source of information for both members and the general public. Thank-you, to all members, who donated their time to complete these, and also to, Tanya Lewis, one of our South Australian SDA members who has done a wonderful job co-coordinating the states on this large task.

We have also seen members contribute to one of our new sections of the site "Research Ramblings" which allows members currently undertaking any research to tell us all about it as well as call upon SDA members to assist if necessary. More members than ever have added their details onto the "Find a Dietitian Section" of the website which has assisted in increasing the profile of members across the states.

Our Newsletter "Fuel" has yet again been a tremendous success, thank-you to our editor Glen Cardwell for his invaluable contribution to this publication, I know I, like most members look forward to this arriving in my inbox!

Finally thank-you to all our members who have dedicated time to Journal Reviews and Fact Sheet development and reviews, we are an extremely lucky organization to have such knowledgeable members on hand to complete these tasks.

Lastly and by no means least, thank-you to our webmaster, Gitte Schroder who uploads all of our information onto the website and is always looking for ways to increase traffic flow to the website, in particular the regular "SDA NEWS" sent directly to members email addresses has been a great success, prompting members to use the website to find out the most up-to-date SDA news and information such as upcoming conferences, media releases, job opportunities etc.

OBJECTIVES: Website Portfolio

Item	Objectives	Performance Against Objectives
Product Reviews	Each state to complete 2 per year (i.e. one new per month to appear on site).	As at September 2005, almost all states have completed product reviews required of them, there are still some remaining before the end on this calendar year. The format for the product review section of the website has also been modified into ergogenic aids and sports foods for ease of navigation on the website.
Food For Your Sport	New lists to be developed and allocated to state. (one per state per year so new FFYS to appear on web every second month	A new list of topics was developed following the strategic planning meeting in February 2005 and this was distributed and followed up upon by Tanya Lewis. As at September 2005, again almost all states have either completed or have allocated writers for their allocated topics. All completed Food For Your Sport have been reviewed and uploaded onto the website.
Website Publicity	To increase and utilize opportunities to promote website. Approach at least one credible/desirable organization per month requesting links from their site	National Sporting Organisations and other relevant organizations have been contacted in order to request links from their website to the SDA website or to relevant parts of the website. Unfortunately this has been a slow process that requires more follow up to ensure the links are in fact in place.

Future Initiatives for website portfolio:

The website will continue to have regular and ongoing input from SDA members for areas such as Book Reviews, Journal Reviews, Product Reviews, Fact Sheets, Food for Your Sport, Nutrition for Travel, Research Ramblings and Member Profiles. SDA is also looking at options for a list serve function onto the website to allow easy flow of communication between members across various states. A project is underway to look at ways of further increasing traffic to SDA website by looking at key search words as well as more contact with National Sporting Organisations for increased links.

STATE REPORTS

ACT – Nikki Shaw

The ACT Branch of SDA decreased in numbers slightly over the last year, with a few members leaving the state (or country!). Despite small numbers, ACT SDA members have been productive in contributing to SDA newsletters, fact sheets and product reviews for the SDA website, as well as continuing education. Louise Burke resigned from the SDA Board this year after many years, with Greg Cox upgrading his role as ACT State Coordinator to becoming a board member. Congratulations to Louise for her induction as one of the inaugural SDA fellows.

Activities held this year included:

- ½ day workshop on the omega 3 fatty acids. Presented by Dr Peter McLennan, Director of the Smart Food Centre at University of Wollongong. Peter looked at omega 3 fatty acids and their general role in the body and their use in treating chronic inflammatory disorders. The topic attracted a number of Dietitians from the ACT.
- Members have regularly delivered sports nutrition lectures in conjunction with SMA as part of the SMA sports trainer's courses.

Other SDA activities performed by ACT-SDA members included:

- Writing articles for the SDA monthly newsletter as well as fact sheets and product reviews for the SDA website.
- Presenting at the SDA 4-day introductory course for Sports Dietitians wishing to gain full membership to SDA.
- To present at the Australian Conference of Science and Medicine in Sport (ACSMS) as an invited presentation and also case studies specific for Sports Dietitians.

New South Wales – Susie Burrell

SDA NSW continues to have a core group of 6–8 sports dietitians who regularly attend both business and professional development meetings held throughout the year. In 2005, the meetings have been held at the University of Sydney's School of Molecular & Microbial Biosciences and have included both business and professional development sessions.

SDA NSW members have had the opportunity to attend two professional development sessions including the NSW Conference on Science and Medicine in Sport but unfortunately, attendance at these sessions has been continually low and so other avenues are being explored for 2005/2006 to more effectively reach members.

SDA NSW sadly farewells long serving member Kirsty Mehalski, who is returning to New Zealand to await the birth of her first child. All NSW members thank Kirsty for her ongoing enthusiasm and drive which has underpinned SDA NSW for the past 5 years.

SDA NSW will now undergo a planning process to target new members and regain the interest of current members to ensure a busy and successful 2006.

Northern Territory

No state director in Northern Territory hence no annual report submitted.

Queensland – Kellie Hogan & Jessica Pulley

SDA Queensland has seen a strong and consistent attendance by both dietitians and students to meetings throughout the year. Our State Meetings double as Queensland Academy of Sport (QAS) Nutrition Network meetings as many of the current members work closely with the QAS athletes and squads. This year has seen the introduction of a new QAS athlete service policy through which basic, intermediate and advanced cooking classes and nutrition seminars have been developed and implemented for athletes of varying knowledge and experience.

The 2005 key events for SDA Queensland:

QAS Breakfasts

Michael Leveritt presented his research on the effects of carbohydrate sports drinks on arousal and alertness of athletes during a simulated soccer match. Michael's presentation was well received by all QAS medical, science and allied health professionals and left us with the call for further research into the effects of carbohydrate on skill performance of fatigued athletes. Sally Anderson also presented her honours research on caffeine knowledge in athletes. Tanya King also presented some of her preliminary findings for her honours research on the accuracy of markers of dehydration.

Professional Development:

SDA Queensland branch has again this year aimed to incorporate some professional development into all meetings via either invited guest speakers to discuss research or by sharing journal articles and case studies. We hope to continue this into all future meetings.

Upcoming events for 2005:

Public Sports Nutrition Course

The SDA Queensland Public Sports Nutrition Course is planned for 29–30th October 2005, to be held at Nutrition Australia. Invites have been sent to Fitness Australia, Health and Physical Education Teachers Association and National sporting bodies.

The SDA North Queensland Public Sports Nutrition Course has had strong interest and planning is underway with the dates yet to be confirmed.

SDA Queensland Student Breakfast

The SDA Student Breakfast is planned for mid October, with the date yet to be confirmed. The breakfast will be held at the Queensland University of Technology and all students from all universities have been invited.

SDA Queensland Christmas Celebration Dinner

We are all anxiously awaiting the final details for the Christmas Dinner and look forward to celebrating the successes of 2005 with all SDA Queensland members.

South Australia – Tanya Lewis

2004–2005 has been another successful and busy year for SDASA. Keryn Kondoprias and Anthony Meade continue as board representatives for SDA National. The coordinator role transferred from Kate Gallasch to Tanya Lewis. Membership numbers have remained relatively stable including our small Northern Territory contingent. Last year, Nick Wray and Keryn Kondoprias spoke to 3rd year nutrition students from Flinders University and were able to entice several new and keen student members.

We had one member attending the AIS sports nutrition course this year and four at the update day who also enjoyed the SDA dinner and Gatortails!

SDASA continued its strong association with SMASA, with Tanya Lewis continuing to be involved with the SMASA education committee. Tanya spoke at the SMA SA state conference in March 2005 and was able to promote the role of sports dietitians and importance of good sports nutrition. SDASA ran one of the SMA education evenings. This evening was very well attended by doctors, physiologists, several athletes and received excellent feedback from SMA. Keryn spoke about high protein diets in athletes, Nick discussed hyponatremia and Tanya used practical examples to discuss sports foods and their uses. Members are continuing to be involved in the SMA sports coaches courses.

Anthony Meade attended the SMA conference held October 04 in Alice Springs.

SDASA also continued their established relationship with The Office for Recreation and Sport through conducting coaches update courses.

SDASA have been keeping up to date with their website contributions. Articles include food for your sport for track cycling and volley ball and product reviews on Protein FX bar and PB sports drinks

The annual student breakfast hosted by SDASA for nutrition and dietetic students was held in September 2004 and was very well attended. It was held at Flinders University.

Out of character for SDASA, the Christmas dinner was not as well attended as previous years. Members who attended had a great time but with more members having families and other commitments the plans for 2005 include a Christmas brunch.

Plans for 2005–2006 include:

- A change to quarterly meetings to encourage attendance and increase the focus on continuing education and professional development
- Keryn Kondoprias and Anthony Meade to remain on the SDA national board
- Formalise links with South Australian Sports Institute, SASI
- Plans to run a public Sports Nutrition Course

Tasmania

No state director in Tasmania hence no annual report has been submitted.

Victoria – Kerry Otto

The past year has seen a renewed growth in SDA Vic and a growing number of young members becoming actively involved. This of course is vital for the future of SDA. Kerry Otto continued in the role of State Coordinator and Lisa Sutherland continued as a board member. Lisa was joined by Andrea Pruscino as a new Board member.

Many Victorian SDA members attended the AIS Sports Nutrition Course and the 1–Day Update and enjoyed the annual SDA dinner with Karen Inge, Ruth Logan, Louise Burke and Helen O'Connor being honoured as the inaugural Fellows of SDA.

A student breakfast was organized by Zoe Prohasky and well attended by Deakin University Nutrition and Dietetics Students.

SDA Vic continued its primary role of ongoing education and support of its members with a variety of presentations and SDA Board updates. Thanks to Alison Caiafa for giving us an insight into her Hawaii Ironman experience and Karen Inge for giving us an overview of her role as Nutrition Coordinator of the Commonwealth Games. A special thanks to Kyann Calvi and Bridget Thompson for organizing our ½ Day Update.

In the immediate future our focus will be on the Commonwealth Games – as the host state we hope to provide Karen with much support and backup. This should prove to be very exciting and somewhat challenging.

Finally big thanks to Gitte and Sandra. Gitte was amazing – organizing us and keeping the wheels of SDA turning from Europe with the assistance of Sandra.

Western Australia – Bronwen Masters

SDA WA has really gathered momentum in the last 12 months. It now has several new members attending regularly and has seen the return of several existing members to the meetings after taking time out for travel and babies.

We have had many interesting presentation at our 6 weekly meetings including guest presenters, Peter Fletcher talking about cycling from Kalgoorlie to Perth (600km) in 24hours (organised by Simone Allen) and Andrew Budge discussing hand cycling as disabled athletes (organised by Boris Kazakov).

To complement this several members have worked very hard to complete reviews for the website these people include, Fiona Collins on Pria Powerbars and Nikki Cummings on Taekwondo.

Nikki Cummings also organised a fabulous presentation on behalf of SDA on nutrition for the participants of the City to Surf. Glenn Cardwell, Boris Kazakov, Sophie Porter and Kristy Manners kindly offered their time and expertise to this event.

2005 has been a real team effort and I am very proud of the WA members.