



FUELLING FITNESS FOR THE FUTURE

SportsDietitians
AUSTRALIA

ANNUAL

REPORT

2006



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

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PRESIDENTS REPORT 2006

President

Anthony Meade

The past 12 months have seen a lot of productivity from the SDA board. With 2006 being the 10th anniversary of SDA's formation the board focus has been on reflection of past achievements and future planning to ensure SDA continues to operate successfully in the future.

Our partnership with Gatorade Australia continues to be mutually beneficial and has seen numerous new opportunities arise in the past 12 months. We look forward to an ongoing positive relationship with Gatorade Australia. We also look forward to further developing our new partnerships with Sustagen Sport and Almond Board Australia.

A major focus for the SDA board has been to strategically strengthen our links with other organisations. A strong and positive relationship with other similar organisations is considered imperative for SDA. Importantly we have had positive meetings with Dietitians Association of Australia, Sports Medicine Australia through the Council of Disciplines and discussions with Sports Dietitians-USA (SCAN). We are also looking to increase our reach into the National Sporting Organisations via improvements to our website capabilities. Discussions have involved not only current but former board members and shown that the passion for SDA remains strong. We look forward to further strengthening these relationships in the years to come.

The board structure has been revised after wide consultation and a planning meeting is organised for December 2006. Maintaining a balance of wisdom, passion, youth and exuberance on the board is a priority that is continually being addressed. There will be an increasing emphasis on keeping SDA members involved in SDA day-to-day activities to decrease the heavy workload the board currently experiences.

Education remains a core role of SDA hence a lot of time has gone into the education portfolio in the past 12 months. A successful 2005 ACSMS, 2006 SDA course, 2006 SDA course in Singapore, 2006 AAESS-SDA conference as well as refinement of the NES are impressive markers of our achievements. Over the next 12 months SDA will continue to review member categories, competencies and accreditation to meet the varied needs of SDA members.

All portfolios have been busy and the reports are presented.

SDA would not function without the extremely loyal support from the SDA office staff. Gitte and Sandie deserve far more praise than they usually get however their efforts are gratefully acknowledged. Lastly big thanks to everyone from the board and to the past board members who have given freely of their time to guide our relatively young board. I am incredibly proud of the SDA board this year and know that the plans being made will keep us strong for many years to come.

Best wishes,
Anthony Meade
President



Finance & Strategic Planning Portfolio

Mia Sadler & Bronwen Masters

Finance

Objectives:

1. Increase revenue
2. Oversee and manage portfolio and master budget
3. Maintain monthly budgets
4. Financial reporting to board
5. Develop draft of budget F07

Outcomes:

1.

- 2006 saw a 33% increase in the overall revenue from the previous financial year. This is mainly as a result of changing the philosophy of the SDA courses from being “break-even” to being the core business of SDA and therefore uses the opportunity to generate profits for the business. With help from Gary Slater SDA ran successfully the 4-day course in Singapore for the first time.

Income from courses alone increased by 71% from the previous year.

- SDA also re-signed with founding partner Gatorade as well as signing 2 new corporate partners in Sustagen Sport and Almond Board Australia and we welcome the opportunity to develop strong and mutual beneficial relationships with all of them into the future.

Corporate partners are still a major contributor to our annual income.

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 Sandra Zlatanovski.

4.

- A financial report is submitted for each teleconference

5.

- Commence April 06

Figure 1 Income:

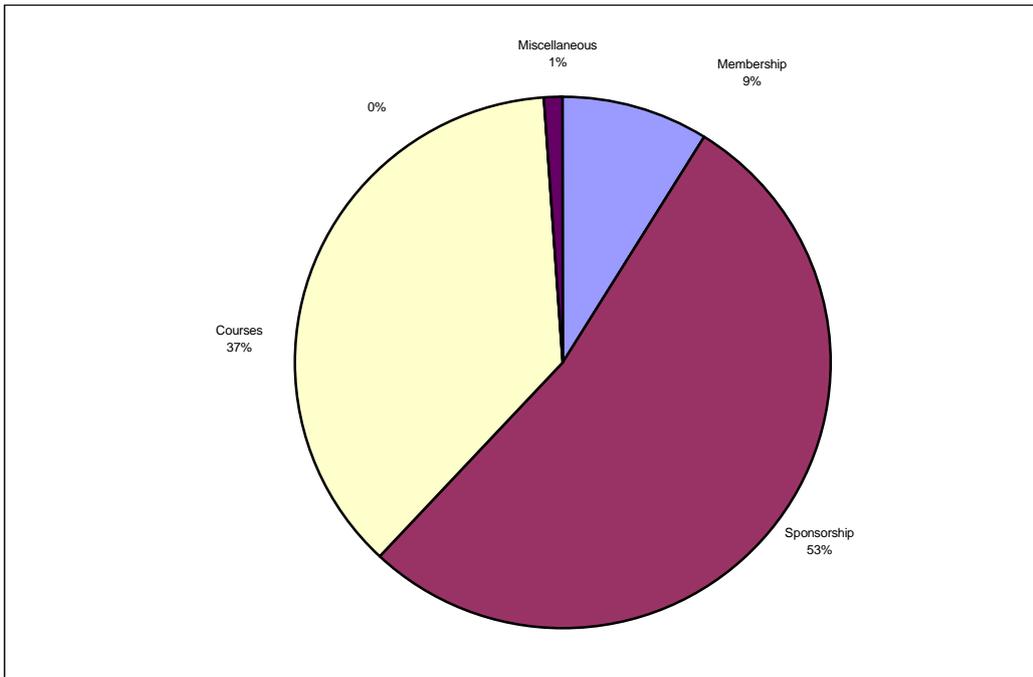


Figure 1: Chart of actual income for financial year July 01 – June 30 2006

The new financial reporting tool indicated that 9% our total income is from membership. This highlights the fact that SDA relies heavily upon sponsorship and corporate partnerships to supplement our annual income with courses becoming another important factor in the overall budget.

Figure 2 Expenses:

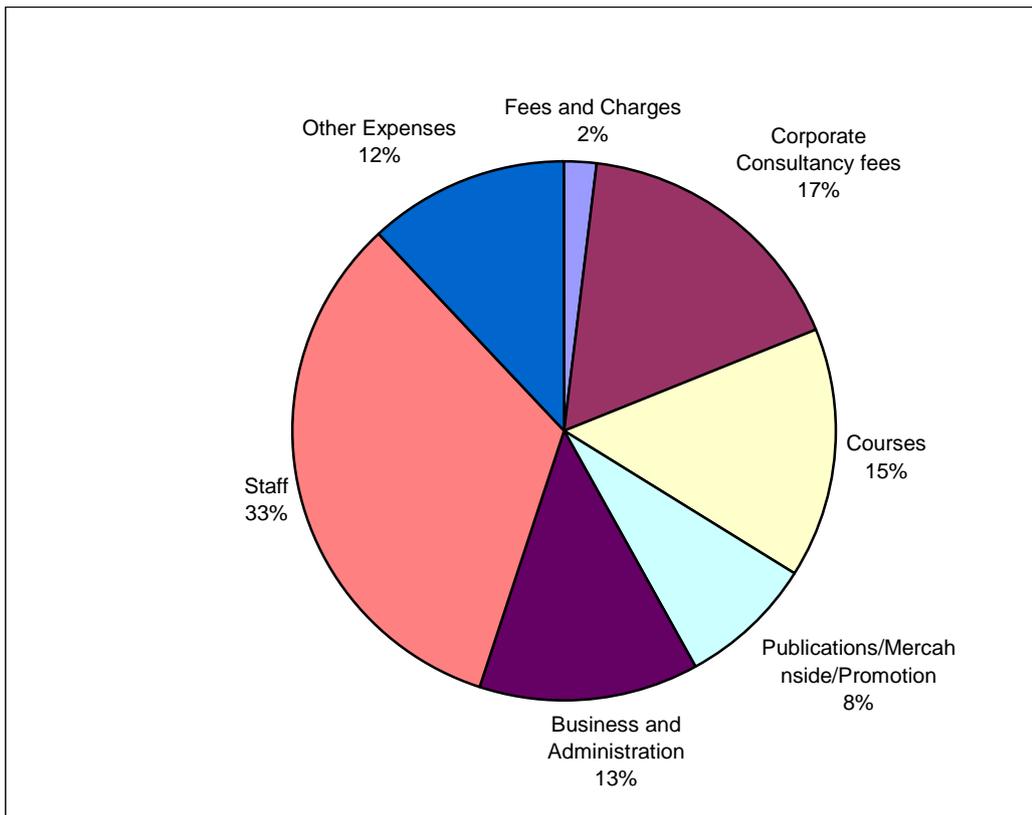


Figure 2: Chart of actual expenditure for financial year July 01 - June 30 2006

Figure 2 highlights that a large part of SDA expenditure is on corporate consultancy fees and courses. This predominately is paying members for writing articles, review of fact sheets and lecturing. 4% of total expenditure is spent on maintaining and updating the website.

The overall expenditure for 2006 is 2.5% down from last financial year.

Strategic Planning

Objectives:

1. Create a strategic planning framework
2. Manage and co-ordinate annual planning meeting

Outcomes:

1.
 - The board redefined the strategic direction in December 05 with more focus on increasing the revenue base as well as raising the profile of SDA and strengthen the alliances with professional and government organisations.
2.
 - A planning meeting has been organised for December 2006

Future Direction

SDA's vision is to be the Leaders in Sports Nutrition Education and to develop a continuing education system for members.

To allow SDA to expand and better service members there is a need to boost office operations and plans are in motion to increase the administration support in the office. Further sponsorship and project opportunities are also being investigated as well as planning for expansion of the SDA course programs.

As Directors of Finance and Strategic Planning, we hereby present the official Auditor's and financial report for 2006, 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.

Education Portfolio

Greg Shaw, Greg Cox, Janelle Barnard

Objectives:

To provide SDA members with education opportunities and rewards by:

1. Presenting the SDA 4 Day Sports Nutrition Further Education Course in Australia and overseas as driven by demand.
2. Coordinating the SDA One-Day Update at the 2006 Australian Association for Exercise and Sports Science (AAESS) Conference.
3. Accrediting suitable Sports Nutrition, University level courses that can be used to meet eligibility criteria for full SDA membership.
4. Contributing to the Australian Conference in Science and Medicine in Sport (ACSMS) & the AAESS Conference.
5. Providing SDA Public education lecture opportunities at the Nutrition for Exercise and Sports Course run by the various SDA state committees.
6. Developing a Continuing Education Activity in Sports Nutrition for Nutrition and Dietetics, Journal of the Dietitians Association of Australia, including the Journal of the New Zealand Dietetic Association.

Performance against objectives:

SDA Sports Nutrition Further Education Course (Australia) – 2006

- The 2006 4-day Sports Nutrition Further Education Course was held between 5th–8th of May at the Australian Institute of Sport in Canberra to a record number of participants. Forty-one Dietitians from Australia and beyond attended the course, demonstrating the demand for high level practically orientated education courses in sports and exercise nutrition outside of current university programs offered.
- Feedback from course participants was extremely positive and will assist us in further developing the course content to meet the demands of future course participants

SDA Sports Nutrition Further Education Course (Singapore) – 2006

- For the first time, the SDA Sports Nutrition Further Education course was held outside of Australia at the Singapore Management University from 1–4th July. The course was the was initiated by Gary Slater, an Australian Sports Dietitian, currently acting as the Deputy Director (Sports Science), Sports Medicine & Sports Science Division of the Singapore Sports Council.
- The course attracted twenty-seven participants from Singapore, Hong Kong, Malaysia, New Zealand, UK, India, and Australia. The course outline was based on the structure of the annual SDA course held in Canberra each year, although more interactive sessions and workshops were included. Furthermore, a mix of local Sports Dietitians and Dietitians working in Australia lectured over the 4-days.

SDA One-Day Education Update and AAESS conference

- The One-Day Education Update for 2006 was originally planned for the first half of the year to coincide with the Commonwealth Games and the Commonwealth International Sports Congress in March. An opportunity to be involved with the 2006 AAESS Conference became a reality, so the one-day update day is now scheduled in September of this year (28th September–1st October).
- Joining with AAESS provided SDA with a unique opportunity to develop a conference based update which provides wider sports nutrition topics as well as an opportunity to strengthen our ties with other exercise and sports science organizations such as AAESS.
- Fourteen different nutrition related presenters or free paper sessions have been programmed throughout the AAESS Conference offering members a broader range of topics to previous One-Day Education Updates.
- Nutrition related presenters include: Prof. Asker Jeukendrup, Prof. Louise Burke, Greg Cox, Susie Burrell, Dr Christine Booth, Dr Claire Collins, Assoc. Prof. Kate Steinbeck and many other free paper and poster presentations.
- Future updates will take a similar format to the 2006 Education Update at the AAESS Conference. Given this change in format, in future the SDA One-Day Education Update will be formally referred to as the 'SDA Member Education Update'.
- It is envisioned that by joining other organisations, which share a similar education focus such as AAESS, SMA, and DAA, the amount of travel involved for SDA members will be reduced and the numbers at these updates will increase. Combining with other professional organisations also serves to increase the exposure of other health professionals to the expertise of Sports Dietitians and to the role that SDA play in the education of its members, the wider sporting community and the public.
- At present, it is proposed the 2007 SDA Member Education Update will be incorporated into the National DAA conference in Hobart, May 2007.

Sports Dietitians Australia Fellowship

- There have been no applications for fellows over the past twelve months.
- Members of SDA will be encouraged to apply for fellowship over the next twelve month period.

Public Education Course – Nutrition for Sports and Exercise Course (NES)

- A goal of the SDA education portfolio is to broaden its educational scope and appeal offering sports nutrition education courses to non SDA members who are currently providing sports nutrition advice to the public.
- Although successful in the past, the public sports nutrition course has only run on a limited basis.
- The newly named Nutrition for Sports and Exercise Course (NES) has undergone a restructure to ensure the course appeals to members within the greater sporting and fitness community to provide them with up-to-date, credible exercise nutrition information.
- The NES course is also a vehicle by which full members of SDA are provided with an opportunity to receive exposure to potential clients and referrers.
- The NES course is targeted to personal trainers, sports trainers, health and physical education teachers and the general public.
- Sustagen have provided financial support in order to assist SDA in running the NES course throughout the various states and territories within Australia.
- A business plan has been developed and approved to build and promote the NES course via CD and/or online access. This opportunity will further enhance the profile of the NES course,

increase the revenue generated by the NES course and provide opportunities to people located rurally or internationally who are interested in future education sports nutrition activities.

Education email and updates:

- A recent and exciting addition to the education portfolio is the monthly education email. Although in its infancy the education portfolio envisage this being an ongoing monthly email that will provide members with research and reviews from our various partners around the world.
- Updates provided by the Gatorade Sports Science Institute (GSSI), Sustagen or The Almond Board of Australia are reviewed and distributed to our members for their CPD.

CPD activities for Nutrition and Dietetics.

- In 2006, SDA have moved to develop stronger links with DAA across a number of levels. Full SDA members are required to be financial DAA members and therefore receive the Nutrition & Dietetics journal every quarter as part of DAA membership benefits. SDA have contributed to continuing education articles for the September and December issues of the journal in 2006. The journal is circulated to approximately 3,000 DAA members and 550 New Zealand Dietetic Association (NZDA) members.
- Continued presence in the journal via continuing education, letters, and relevant articles, may serve to raise the profile of SDA amongst the broader DAA and NZDA membership whilst providing education about the latest developments in sports nutrition.

Future Initiatives

- The success of the SNC in Singapore in 2006 has potential to be the springboard for international exposure for this course. In 2007 the Education Portfolio will actively seek to develop international opportunities to present the SDA SNC course.
- After general discussion amongst board members regarding current requirements to achieve full SDA membership, the Education Portfolio has been given full Board approval to form a steering committee to develop a career pathway and membership structure for SDA full members. The committee will include board members outside the portfolio and non-board members with education expertise.
 - Initially, the main purposes of this steering committee are to investigate current full registration requirements in similar organizations (i.e. Sports and Exercise Science New Zealand - Accreditation Programme, Sports Nutrition) and to develop a career pathway to ensure full SDA members are the leaders in Sports Nutrition Education within the broader sporting community.
 - All current SDA full members will be consulted throughout this review process.
 - This will be a major undertaking for the education portfolio in the immediate future and will require detailed planning throughout the remainder of 2006 and 2007.



CLIENT MANAGEMENT REPORT 2006

Client Management Portfolio

Lisa Sutherland, Andrea Pruscino, Meaghan Ramsey

GATORADE

Sports Dietitians Australia has continued the successful relationship with our founding corporate partner Gatorade during 2006, and look forward to continuing this into 2007 and beyond. Please see summary from Andrea Pruscino outlining Gatorade activities throughout the past year.

Sports Dietitians Australia has continued the successful relationship with our founding corporate partner Gatorade during 2006.

With the help of fellow board members and our Gatorade Project Manager Louise Bell, SDA provided members with over 30 paid opportunities in a variety of different projects over the 2005–2006 contract year. Our Project Whiteline hydration education package continues to be successful, while the newer Coaches Education program continues to reach more and more coaches and trainers throughout Australia.

Here is a brief summary of the projects SDA has been involved with in partnership with Gatorade:

Project	Topics and Members involved
Coaches Edge articles	2 articles written
Project White Line	11 completed (6 in NSW, 5 in VIC)
Coaches Ed program	SMA – 9 completed Cricket – 2 completed Rugby League – 1 completed SEAL – 3 completed
Hydration kits	Gatorade and SDA are in the process of developing hydration kits for the use of SDA members.
Gatorade Research grant	Planning for a \$5000 for research for an SDA member. To be announced at AAESS conference.
Other projects	Revising Gatorade Good Hydration kits Providing Tips for Gatorade Triathlon website Port Macquarie Triathlon – Alison Caiafa Youth Off the Streets (Gatorade charity) – Zoe Prohasky City to Surf – Joanne Turner

We anticipate that SDA will provide even more paid opportunities through the Gatorade partnership, with more exciting projects in the pipelines for the upcoming year. We also look forward to providing more of these opportunities throughout the whole of Australia and to a variety of different sports.

SDA looks forward to continuing to strengthen and improve our relationship with Gatorade in the future.

SUSTAGEN SPORT

SDA are pleased to announce our relationship with two new corporate partners – Sustagen Sport and Almond Board Australia (ABA). In only a few months SDA have already worked on a number of successful projects with Sustagen Sport, including:

- development of sports specific recipes using Sustagen Sport
- development of advertorials for Sustagen Sport on various topics
- promotion of the nutritional benefits of Sustagen Sport and potential range of uses to SDA members
- availability of Sustagen promotion materials to all SDA members

Sustagen Sport is also the major naming sponsor of the SDA Nutrition for Exercise and Sport (NES) Course nationally for 2006/2007 and we appreciate their support of this initiative.

We look forward to continuing to work closely with Sustagen Sport, incorporating a number of fantastic projects.

ALMOND BOARD AUSTRALIA (ABA)

SDA have commenced a new relationship with ABA, and look forward to working with ABA on a range of projects over the coming years. ABA is looking for our nutrition expertise in assisting them to promote almonds as a healthy snack for active Australians.

AFL

During 2006, SDA has had ongoing discussion with the AFL about ways SDA and AFL can work together. SDA initiated a new role in the provision of credible nutrition content for nutrition articles under the 'Nutrition' section of the AFL website. A range of sports nutrition topics and player profiles have been completed, with links back to SDA website created. SDA looks forward to assisting the AFL further with their coaching education and family education materials and programs.

AAESS/SDA CONFERENCE

SDA have been involved in approaching nutrition-related companies and organizations to provide the opportunity to be involved in the AAESS/SDA conference in September 2006. This has allowed SDA to make initial contact and develop relationships with a range of organizations and provides potential for further discussion of opportunities to work together on projects in the future

Communication Portfolio

Kellie Hogan, Keryn Kondoprias, Tara Diversi

The communication portfolio has been working hard throughout 2005–6 to increase profile/awareness of SDA to general public, athletes, sports science professionals and national sporting organisations through the promotion of the website, media activities and presence/promotional events/opportunities undertaken throughout the year. A priority for the portfolio has been 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. With this in mind it has been a busy year for Communication portfolio and at the forefront has been adhere to our key focus area, which is “to establish and or maintain COMMUNICATION mechanisms for reaching state directors, members and the public and to raise the profile of SDA”

Membership Services – Keryn Kondoprias

Summary of membership breakdown/numbers etc, general trends etc

Membership Category	2005 (as at 30 th June 2005)	2006	% Variation
Total	255	265	4%
Full	154	158	3%
Associate	31	31	0%
Student	46	50	9%
Overseas	24	26	8%

OBJECTIVES: Membership Services

Item	Objectives	Performance Against Objectives
SDA Fact Sheets	a) Review 4 current fact sheets and re-launch in new template b) Finalise new fact sheet template and begin formatting current fact sheets into new template for re-launch on website	a) Fact sheets reviewed: Fighting Fatigue, Travelling, Protein for Athletes and Eating and Drinking Before Sport. b) New template finalised, 8 fact sheets formatted into new template: Fighting Fatigue, Travelling, Eating and Drinking Before Sport, Eating and Drinking During and After Sport, Protein for Athletes, Body Fat Loss and Making

		Weight, Low Carbohydrate Diets and Fluids in Sport.
Mentor Support for new members seeking work in the area of sports nutrition	a) Support members who work in sports nutrition to increase their profile, attract more business and promote expertise of sports dietitians	a) Email to members offering support from SDA Communications portfolio for promotion and access to resources. Communication from ~ 12 members expressing interest in assistance. Contacts kept on file and support offered where required.
FFYS and Product Reviews	a) Each state to contribute at least 1 FFYS and 1 Product Review for website.	a) SDASA member Tanya Lewis assisted coordination of state responsibilities and has ensured the majority of allocated FFYS and Product Reviews are completed.
Maintenance of Communication Pathway with members	a) Maintain communication pathway between SDA board and State Coordinators and assist with facilitation of delivery to members b) Encourage and develop Communication Pathway between all members as necessary (e.g. Surveys)	a) Monthly updates of each states membership status sent to each state director to invite new members to meetings etc. b) Member survey on private practice conducted to obtain data on current fee schedule of private dietitians working in sports nutrition. Results summarised and will be available on member section of website for all SDA members to view.

Future Initiatives for Membership Services Portfolio:

Fact Sheets:

- Membership services aims to achieve the development of at least 2 new fact sheets. Priorities are Anthropometry Fact Sheet and Dental Health Fact Sheet.
- Continue reviewing current fact sheet for content, updated research, and format.

Membership Communication:

- Continue to communicate with members regularly on SDA National activities through monthly E-News.
- Develop a system for increasing communication and support to rural members.
- Continue to liaise with new members and offer mentor support where required, and to respond to needs of members where required e.g. survey on fee schedules of private practice sports dietitians.

OBJECTIVES: Public Relations and Media

Item	Objectives	Performance against Objectives
<p>Increase SDA Profile (general public)</p>	<ul style="list-style-type: none"> - Increase SDA profile to general public and sports people. - Media Releases from SDA responding to media on relevant issues - Encouraging media clients to use SDA logo where possible. - Encourage members to use Sports Dietitians Australia and Sports Dietitian in media interviews 	<ul style="list-style-type: none"> - Media releases written and released <ul style="list-style-type: none"> o Oranges in Junior Sport o Dehydration o SDA’s response to AMA nutrition statement o Winter Sports o Nutrition in Soccer - SDA contacted by various media outlets requesting sports nutrition experts to interview for TV, radio and print. - SDA logo included on Sun Herald City to Surf DVD delivered to 500,000 Sun Herald readers - SDA contacted to review article written by Choice magazine on Protein drinks as experts in Sports Nutrition.
<p>Increase SDA Profile (health professional and government)</p>	<ul style="list-style-type: none"> - Work with other professional organizations/government when opportunity presents - Increase presence of SDA and recognition by other professional groups. 	<ul style="list-style-type: none"> - Written response to AMA’s nutrition statement. - SDA letter sent to Peter Beattie (QLD Premier) re: obesity Summit.
<p>Media Activity</p>	<ul style="list-style-type: none"> - Encourage members to use Sports Dietitians Australia and Sports Dietitian in media interviews - Referring journalists to SDA members and organizing interview times - Assisting members develop key messages - Support members in working with media. - Provide feedback on interviews when required. - Collect articles where corporate partners or SDA members involved in an interview. - Identify members willing to speak with media. 	<ul style="list-style-type: none"> - Media outlets contacting SDA has increased from an approximately 2 per month from Feb – Jun 06 to 7 per month in the last 3 months. (Jul 06 – Sept 06). - Members contacted by SDA assisted with media presentation preparation and key messages. - Increasing number of SDA members appearing in media interviews throughout Australia. - Liaised with Corporate Partners, Client Services portfolio re: media interviews by members, and how this can affect corporate partners. - SDA members willing and experienced with media collated into a database for future initiatives or contact when media opportunities present. - Media training options investigated and

	<ul style="list-style-type: none"> - Investigate Media training options for members 	<ul style="list-style-type: none"> training organisation identified to suit SDA and corporate partner objectives. - Media Pathway developed to promote efficient and effective communication between media and SDA spokesperson or member
SDA Brand/Collateral	<ul style="list-style-type: none"> - Work with designers to produce new logo - Work with designers to develop new collateral. 	<ul style="list-style-type: none"> - Logos developed did not meet SDA's needs, therefore board decided to use our old logo, but have this redesigned so we had a high resolution copy of this logo for collateral and corporate partners to use. - New fact sheets ready to use and in a format SDA can change and update as required. - Collateral designed includes business cards, w comp slips, presentation folders and letterhead.
Support Other Portfolio's with communications	<ul style="list-style-type: none"> - Assist SDA office and other portfolios with written communication requirements 	<ul style="list-style-type: none"> - Assisted client services in meeting corporate partners' communication requirements. -

Future Initiatives for Public Relations Portfolio:

Public Relations

- Develop strong ties with other sports health professional organizations
- Investigate collaborative marketing between sports health professional organizations and SDA.
- Communicate with members identifying strategies to promote SDA and the individual sports dietitian in their region or field of expertise.

Media

- Respond to media with targeted media releases
- Liaise with corporate partners to provide media training to targeted SDA representatives
- Develop media kit for SDA members to use when speaking with media
- Continue to support members with media work
- Encourage members to use SDA, Sports Dietitian or Sports Dietitians Australia or reference to corporate partners when speaking with the media.

Support other portfolios with communication

- Aid Education portfolio in marketing strategies to promote NES and other courses offered or to be offered by SDA.
- Assist management team in writing promotional material for SDA
- Assist client services meet communication needs of corporate partners.

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. Traffic to the SDA website remains strong with both member and general public sections, which is very encouraging.

As always, the 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 and supplement reviews, Food For Your Sport, journal reviews, book reviews, research ramblings and more. These member contributions supply a vital source of information for both members and the general public. Thank-you to all individual members who this year have donated their valuable time to complete these. SDA would like to publicly thank Tanya Lewis from SDA SA who has again done a wonderful job coordinating the state contributions and we are extremely appreciative of her efforts.

Members continue to add 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 slick publication and to those featured in the newsletters who generously donate their time for interviews and contributions.

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.

Thank-you, to our webmaster, Gitte Schroder, who uploads all information onto the website and is always looking for ways to increase traffic flow. SDA NEWS sent directly to members continues to be 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).	Most states have completed the 1 product and 1 supplement review required of them. Many states have taken the initiative of completing these as a professional development opportunity at state meetings.
Food For Your Sport	Sports allocated to state at one per state per year resulting in a new FFYS to appear on web every second month	Again, most states have either completed or have allocated writers for their sports to be completed. 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	High profile events have been targeted events for web based campaigns this year including the winter Olympics and Commonwealth games. Travel sheets, recipes, interviews with athletes and sports dietitians working with these athletes and media releases were highlighted on the site.

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’s website is currently undergoing an upgrade and its new level of functionality will benefit SDA administration as well as members and general public.

Projects looking at increasing the profile and traffic from National and state Sporting organisations will also be completed.



STATE REPORTS

ACT – Nikki Shaw

SDA ACT numbers remained small this year, but with a slight increase. SDA ACT members continue to contribute to SDA newsletters (Fuel), fact sheets and product reviews for the SDA website, as well as continuing education. Greg Cox remained as ACT's national SDA board member involved in the continuing education portfolio, with Nikki Shaw continuing in the role of state coordinator.

Activities SDA ACT members were involved in:

- Three members were involved in the Melbourne 2006 Commonwealth Games. Louise Burke attended as part of the Australian team, while Ruth Crawford and Nikki Shaw were involved as part of the Medical Volunteer program with other SDA members from around Australia.
- SDA ACT continued its strong association with SMA ACT with Kate Pumpa continuing to regularly conduct sports nutrition lectures as part of the SMA Level 1 sports trainer's courses.
- During the year ACT was fortunate to host two ISAK Level 2 anthropometry courses in December 2005 and July 2006 with 5 members attending.
- Greg Cox was involved in the organization and delivery of the inaugural SDA 4-day sports nutrition course held in Singapore.

Plans for next year:

- With the new Nutrition and Dietetics post-graduate course at the University of Canberra, there is an opportunity to hold a student breakfast and promote SDA to the future Sports Dietitians being produced in Canberra.

New South Wales – Caitlin Reid

SDA NSW is slowly growing in numbers and currently has 68 members. In 2006, meetings have been held at the Sports Arena at Sydney University and have incorporated both business and professional development sessions.

This year has seen a wide variety of speakers deliver exceptional presentations to SDA NSW members. Just some of the speakers have included Susan Hart who presented on Eating Disorders, a body composition tutorial by Jarrod Meerkin, an informative revision on the use of Sustagen Sport in athletes by Michael Tesoriero and Mary Keeble's introduction of a Food Monitoring System for dietitians.

Another highlight of the SDA NSW meetings in 2006 is the attendance of some of our student members. Big thanks go out to Sarah-Jane Becroft and Louise Bell who visited both Sydney University and Wollongong University, encouraging students to get involved with SDA. Hopefully we can see more students attending our meetings in the future.

With the AAESS/SDA Conference (Exercise and Sport Science 2006 Conference: From Research to Practice) being held in Sydney this year, SDA NSW members (including Janelle Barnard, Zoe Prohaskzy, Helen O'Connor, and Bronwen Lundy nee Greenaway) have been dedicating a lot of their spare time to organising the SDA/AAESS Anniversary Dinner. The dinner is being held on Friday 29th September at The Australian Museum and is set to be an exceptional night full of great entertainment, a special guest, excellent food and tasty Gatortails. A special thanks goes out to all the members involved in organising the dinner.

In the upcoming year of 2007, SDA NSW is looking to increase the number of members attending the bimonthly meetings. In addition, the broad range of professional development at meetings.

Northern Territory

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

Queensland – 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.

THE 2006 KEY EVENTS FOR SDA QUEENSLAND:

QAS/SDA Queensland Sports Nutrition Interest Group

This year, QAS and SDA QLD combined to form a Sports Nutrition Interest Group. The group is focused on maintaining an up-to-date working knowledge of the current sports nutrition research. The group plans to meet biannually at the QAS, with the second 2006 meeting upcoming later this year.

SDA Queensland Student Breakfast

The SDA Student Breakfast was held in May at the Queensland University of Technology, Gardens Point Campus. Approximately 35 students from QUT and Griffith universities were in attendance. Greg Shaw and Holly Frail outlined the foundations and workings of SDA and presented their work and key interest areas as sports dietitians.

Professional Development

SDA Queensland branch has again this year aimed to incorporate some professional development into all meetings via discussion of current research conducted by members or by sharing journal articles and case studies. We have shared the completion of website tasks across SDA Queensland members and have taken the opportunity to complete product reviews as a group at meetings. We hope to continue this into all future meetings.

UPCOMING EVENTS FOR 2006:

Public Sports Nutrition Course

The SDA Queensland Public Sports Nutrition Course has been revised and is now a one day course. The PSNC is scheduled for 11 November 2006, to be held at Nutrition Australia. Invites have been sent to Fitness Australia, Health and Physical Education Teachers Association and National sporting bodies.

SDA Queensland Level 1 and 2 Anthropometry Courses

Two anthropometry courses are planned in the near future to be conducted by SDA QLD members Liz Broad, Ruth Logan and Fiona Pelly. In December 2006, a level 1 course is scheduled to be held at the Sunshine Coast, with a combined level 1 and level 2 course in planning for Brisbane in February 2007.

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 2006 with all SDA Queensland members.

South Australia – Tanya Lewis

SDASA numbers have been quite stable during 2005–2006. Keryn Kondoprias and Anthony Meade continue as board representatives for SDA National and Anthony stepped up his role to president!

Since the annual report last year we have held four meetings and one Christmas Breakfast. Average attendance is 6–8 members including 1–2 student members. SDASA have been keeping up to date with their website contributions.

Three student members from 2005 completed the SDA sports nutrition course in May and are now full SDA members.

Activities and presentations from the meetings include the following:

- October 05 – SDA SA member Kathryn Jackson presented her research involving exercise and appetite.
- December 05 – Christmas breakfast by the beach with partners and families.
- January 06 – planning meeting with significant discussion regarding the direction of SDA.
- April 06 – combined a meeting with dinner followed by a SMA education session; “The junior athlete”. Olivia Warnes SDA SA member spoke about fuelling the junior athletes and speakers from other disciplines discussed exercise prescription and recovery from growth plate injuries.
- September 2006 – The first Nutrition for Exercise and Sport (NES) course for SA will have been held

SDASA continued its association with SMASA, with Tanya Lewis remaining on the SMASA education committee. SDASA members have also been involved with The Office for Recreation and Sport through lecturing at coaches update courses.

Plans for 2006–2007 include:

- Student breakfast later this year.
- Sports nutrition breakfast presentation at the next SMA state conference in March 2007

Tasmania

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

Victoria – Kerry Otto

Victoria has had a great year!

It is very pleasing to report that SDA Vic has grown this year with numbers of members and students attending meetings and being involved increasing. In fact it has probably been one of our biggest years with the Commonwealth Games being held in Melbourne in March and many other new developments/activities. Kerry Otto continued in the role of State Coordinator and Lisa Sutherland and Andrea Pruscino continued as Board members.

First the Commonwealth Games, What a great opportunity that was for many Victorian and interstate members of SDA. Karen Inge worked tirelessly to organise our role prior to the Games and during the Games to ensure our Commonwealth Games experience was successful. A big, thank you, to Karen and also to Dr Peter Harcourt, [Senior Medical Officer for Melbourne 2006], for his role in assisting Karen “carve out a niche “for SDA at the Games. His support was invaluable. Thanks also to Fiona Pelly and her team for their assistance. Fiona was the Consultant to Delaware North [caterers for Melbourne 2006] and her role allowed us a much greater opportunity to liaise with catering and assist athletes with food choices/requirements. Overall the experience was fantastic although at times frustrating – it certainly highlighted the fact that we are at the forefront of Sports Nutrition.

SDA Vic continued its primarily role of ongoing education and support of its members with a variety of presentations and SDA Board updates. Thanks to Karen Inge for her overview of the Commonwealth Games experience. Thanks also to Lou Falzon for her outline of her time in China with Australian Swimming Team.

Another exciting development was that two of our members have had the opportunity to travel with the Australian Swimming Team. As mentioned Lou Falzon travelled to China and Andrea Pruscino has just returned from Canada. We congratulate them and we are very proud that they have been chosen to do this.

Also this year some of us had the opportunity to be guests on a Friday night Radio Sports Show. Different SDA members went each week. Although it was difficult to discuss the topic planned we all had a great time. Hopefully it increased our public profile. In line with increasing our public profile Victoria ran its first Public Sports Nutrition Course this year – thanks to Claire Woods who coordinated this event.

The coming year looks to be just as interesting with a broad range of speakers and activities already planned.

Finally a big thank you to Gitte and Sandra. I am continually amazed how Gitte manages to keep the wheels of SDA turning smoothly – even from the other side of the globe!

Western Australia – Simone Allen

SDA WA has continued to gather momentum in the last 12 months. With encouragement new members are attending and most of our other members attend regularly (except those outside the metropolitan area)

We have not had as many people presenting to SDA this year but more research and product reviews have been done – including honeystingers gel by Boris Kazakov and Sports Le Rice by Julie Meek

Ange Ridden also completed the weight lifting fact sheet and Bronwen Masters the glycerol review.

2006 has not been as eventful as last year but hopefully with our new members attending more regularly we will have more involved meetings and interesting presenters.