

ANNUAL

REPORT

2009

SDA VISION, MISSION & VALUES

Vision

Sports Dietitians Australia is the peak organisation dedicated to advancing excellence in sports nutrition practice

Mission

Sports Dietitians Australia is the peak organisation for sports dietitians, dedicated to inspiring, educating and empowering sports dietitians to be world leaders in sports nutrition practice

Values

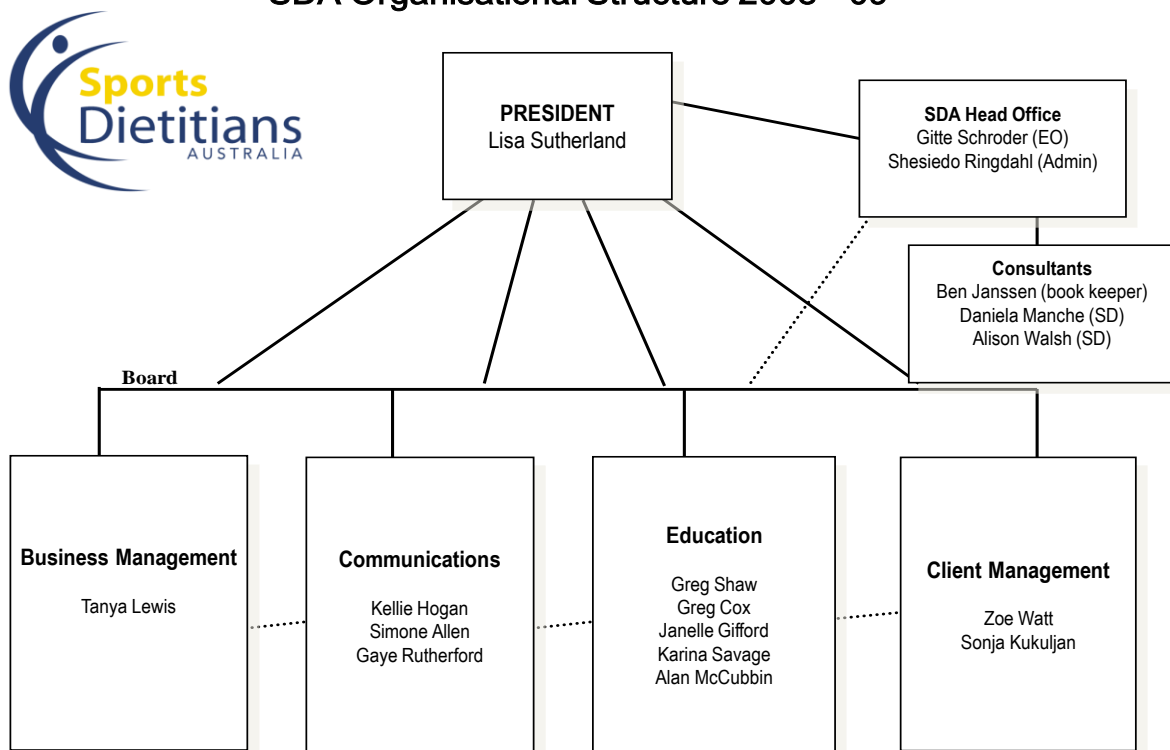
SDA will achieve its goals and maintain its integrity by adhering to the following values:

- Professionalism
- Innovation
- Excellence
- Teamwork
- Reward
- Making a difference

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SDA Organisational Structure 2008 - 09



SDA State Coordinators 2008 - 09

ACT – Nikki Jeacocke

NEW SOUTH WALES – Rebecca Hay

QUEENSLAND – Sally Garrard

SOUTH AUSTRALIA – Daniela Pasquini & Olivia Warnes

TASMANIA – Gaye Rutherford

VICTORIA – Kerry Otto

WESTERN AUSTRALIA – Felicity Willis & Gemma Quail

PRESIDENTS REPORT

Lisa Sutherland

This year has seen a focus on the future for SDA. SDA's mission is to inspire, educate and empower our members to be world leaders in sports nutrition practice. To meet this goal, we feel that it is very important for SDA to develop and implement a Career Pathway for members. This initiative will not only recognise and promote the skills and experience of members as the experts in the field of sports nutrition but also provide continuing education and professional development opportunities to ensure this position can be maintained in the future.

SDA continues to grow and this year we welcomed a new corporate partner, Kellogg. We are really pleased with this relationship and hope it is the start of a long and mutual beneficial relationship. We are also close to welcoming our 400th member and the rapid growth in membership numbers over the past few years is an indicator of the exciting future ahead for the profession.

To make sure SDA can keep up with the demand in the future and ensure good governance principles are met, we are in the process of reviewing the governance and organisational structures of SDA, to make sure we are setting ourselves up appropriately for future success.

On an international level the focus on sports nutrition is gaining momentum and with the newly formed umbrella organisation PINES (Professionals in Nutrition for Exercise and Sport) there will be opportunities for sharing knowledge and collaboration across the borders to advance evidence-based sports nutrition practice. It is wonderful for SDA to have 3 high profiled members on the board of PINES, thank you to Louise Burke, Helen O'Connor and Fiona Pelly for looking after SDA's interest and ensure that SDA also has a leading role at an international level.

The recognition of SDA as leaders in sports nutrition was again highlighted through the request from the Canadian Dietitians Association for SDA to assist in setting up a sports nutrition course for their members, based on the Australian model and using SDA members to present at the course. Their first course will be held in November 2009 and we are looking forward to continued collaboration with the Canadian dietitians.

Thank you to the fantastic board, it has been another big year and their vision and passion for SDA will no doubt leave a significant impact on SDA well into the future. Thank you also to Gitte, Shesiedo, Daniela and Alison who keep the SDA office going strong, we really appreciate your wonderful support throughout the year.

In closing, thank you to all our sponsors and supporters associated with SDA. Our founding partner Gatorade, and Sustagen Sport, Almond Board Australia and Kellogg. Also thank you to SMA for their continued support, and our valued SDA members without whom SDA would not be the dynamic and progressive organisation that it is!

BUSINESS MANAGEMENT & FINANCE

Tanya Lewis

The Business and Finance portfolio is responsible for finance and accounting, organisational structure, staff, members, asset management, and general administration

Security of the Organisation

This has been the key focus area of the business portfolio for 2008-2009. One of the main tasks has been reviewing SDA's organisational and operational structure together with the external Governance Review Committee, which was formed specifically to assist SDA with this process. The board will meet in October 09 to discuss the implementation of the recommendations that has come from the committee.

SDA course fees were reviewed and an increase implemented in January. Membership fees will also increase at the launch of the Career Development Pathway.

Finance

- Revenue from ordinary activities has increased 25% from the previous financial year and in the same year expenses have only increased 13%.
- Majority of income is from courses and corporate partnerships
- It continues to be the goal for SDA to make education the core business but there is also a focus on alternative revenue streams to ensure there are several areas from where the revenue is generated. One area which will be focused much more on in years to come is the SDA website and the opportunity for generating income through the website.
- Income from membership is still a very small portion of the total revenue but aiming to increase this in the future with the implementation of the Career Development Pathway. A new Supporter membership category will be introduced, which is where non dietitians can access some "member only" areas of the website, new fact sheets and the E-Newsletter Nutrition Bites.
- SDA formed a new partnership with Kellogg through their Sustain breakfast cereal.
- SDA re-signed with founding partner Gatorade as well as corporate partners Sustagen Sport and Almond Board Australia and we continue to develop strong and mutual beneficial relationships with all of them.

Members

SDA has continued to grow in 2008-2009 and had yet another year of record breaking membership numbers with an increase of 12% compared to the previous year.

Membership breakdown

Membership Category	2008	2009	% Variation
Total	337	378	12%
Full	209	237	13%
Associate	20	30	50%
Student	55	51	-7%
Overseas	53	60	13%

EDUCATION

Greg Shaw, Greg Cox, Karina Savage, Alan McCubbin

The Education portfolio is responsible for providing continuing education and professional development opportunities for members, implement the Career Development Pathway and educate and empower sports dietitians to be world leaders in sports nutrition practice.

Our objectives for 2008-09 were:

Value of membership

- Develop and implement a Career Development Pathway for sports dietitians
The goal was to ensure Australian sports dietitians have access to a career pathway which recognises their knowledge and skills and provide continuing education and professional development opportunities.
- Provide Sports Nutrition Education & Professional Development opportunities
The goal was to focus on presenting education opportunities for Australian dietitians
- Conference – include sports nutrition focused programs
The goal was to deliver world leading sports nutrition researchers in conference settings

Recognition

- The recognition of members who have led the profession in the delivery of and research into sports nutrition through the presentation of SDA fellowships for 2009
- Improve SDA profile to the greater sporting community through the delivery of a practical sports nutrition course - Nutrition for exercise and Sports courses.
- Continue to build SDA's profile in the wider dietetic community through the running of workshops at professional conferences and relevant continuing education opportunities.
- Finalise a Career development pathway that provides sports dietitians in Australia with direction, leadership and professional recognition in the greater sporting community.
- Strengthen international recognition through collaboration on setting up sports nutrition courses

Performance:

Value of membership

Career Development Pathway:

The key focus for 2009 was to finalise and implement the Career Development Pathway as well as introduce new continuing education opportunities to the existing program.

The CDP has been developed to ensure SDA members remain at the forefront of sports nutrition practice and competencies; provide a structure that differentiates various levels of expertise within SDA; and to align SDA with other sports medicine organisations that offer recognition of specialisation to their members.

The Career Development Pathway has been designed to recognise commitment to learning and practice in the area of sports nutrition. It will be promoted to all levels of sporting administration as the bench mark for Sports nutrition qualifications in Australia.

Over the past year the main focus has been the development of the database and website system which will operate the CDP. The aim has been to make it a very intuitive and user-friendly system and SDA has found great support from the web designer at Clearwater during this process.

Competencies and criteria for the CDP were also developed and meetings held with DAA to discuss how the CDP and Adv APD programs might compliment each other. Next meeting with DAA is scheduled end of Oct 2009.

Another key focus related to the CDP has been to provide members with access to up-to-date resources. The existing fact sheets on the website have all been reviewed and re-launched. A plan has been made for the continued review process of all existing material on the SDA website and identified which new resources should be made available.

The SDA newsletter Fuel has also been reviewed and it was decided to change from a bi-monthly newsletter of 8-10 pages to a shorter version but instead released monthly and with greater focus on updates of latest research, conferences as well as book and journal reviews.

Sports Nutrition Education & Professional Development opportunities:

SDA Sports nutrition further education course

The primary focus of the course is to ensure participants can interpret 'sports nutrition guidelines' into practical and meaningful outcomes for athletes and coaches engaged in sport.

The course will become a pre-requisite for the new career development pathway. This will mean that all prospective members will need to complete the course in order to be a full member of SDA. Current, full members who have yet to complete the course will also be required to complete it, unless a request for special consideration can be well documented.

Two courses were held over the past year (Nov2008 and May2009). They were well attended including a number of people from overseas. All participants rated it highly and commented that it provided a unique learning experience that cannot be gained elsewhere and saw it as very valuable for their career development.

There are already 82 people on the interest list for the 2010 course and therefore a second course may also be held in Australia next year.

SDA 1-day update course

This course was held prior to the DAA conference in Darwin in May 2009 and is part of SDA's goal to bring more continuing education opportunities to members. The two sessions focused on Sports Nutrition Practice and Latest Trends and Research in sports nutrition. 9 members attended and all found it very useful. Next update course will be held in Melbourne prior to the 2010 DAA conference.

IOC Diploma in Sports Nutrition

An agreement was made with the course organisers, that SDA members will receive a 10% discount when enrolling into the two-year distance learning program.

Further to this 2 online lectures have been made available to SDA members free of charge. This will provide a great continuing education opportunity for all members and also give a taste of what the IOC Diploma entails.

Conference – include sports nutrition focused programs

AAESS Business Forum

Australian Association for Exercise and Sport Science invited SDA to be involved in their inaugural Business Forum which was held in Sydney in May09. This was promoted to all SDA members as an excellent professional development opportunity and a great way to get some tips and hints about how to develop and grow a business, and be profitable and successful. SDA members and successful business owners, Mia Sadler and Caitlin Reid were invited to speak at the conference and share their personal experience on the topic "From Business Theory to Successful Businesses. How did they do it?" It was a great and practical session and thanks to Mia and Caitlin for taking the time out to share their business hints on a Sunday morning.

Australian Conference of Sports Medicine and Science

SDA members Fiona Pelly and Kerry Leech have represented SDA on the scientific conference committee. The 2009 ACSMS conference will be held in Brisbane in October 09 and the conference program is providing an excellent line-up of Sports Nutrition speakers. Attendants will be treated to some very interesting sessions such as Keynote speaker Mark Tarnapolsky – Sex differences in exercise metabolism & nutritional implications or the Ultra Endurance/Adventure Sport case studies session or the panel discussion on the topic “Does nutrition help or hinder training adaptation, the case for and against, just to mention a few. Thank you, to Fiona and Kerry for ensuring such a great sports nutrition program at the conference.

The Australian Association of Exercise and Sports Science and Sport Dietitians conference

The 2010 conference is the third joint conference of exercise scientists and sports dietitians and will again focus on the theme “From Research to Practice”. The conference will be held at the Gold Coast in April 2010 and Anthony Meade is representing SDA on the conference organising committee and is working on including sessions that will focus on sports nutrition and performance optimisation.

Recognition

Nutrition for Exercise and sport course

The Nutrition for Exercise and Sport course (NES) continues to be an integral part of SDA’s strategy to raise the profile and promote sports dietitians as the leaders in the field of sports nutrition to the fitness industry and wider sporting community. It also provides great job opportunities to members and helps them raise their personal profile within the local community.

The course has been accredited by Fitness Australia, Kinect Australia and Australian Association for Exercise and Sports Science and contact has been made to SMA and ACHPER to seek official approval of the course by these two organisations.

10 courses were held across Australia with attendance at each course varying between 15-42 participants. Continued efforts will be made to ensure the target groups are aware of the course and recognise it as a credible source of sports nutrition information.

SDA Fellowships

This is an important way for SDA to recognise members who through their practise and professional lives have been leaders in the field of sports nutrition as well as made significant contributions to SDA.

This year two SDA members have applied for Fellowship in Education and if successful it will be presented during the SDA Dinner in October 2009

We continue to encourage members who are qualified to submit an application for fellowship.

DAA conference

At the May 2009 National DAA conference in Darwin, SDA presented a practical workshop for the broader dietetic community. The workshop was entitled “Sports Nutrition in Practice - The Wikipedia in Sports Nutrition”.

Janelle Gifford, Gary Slater and Liz Broad facilitated the workshop, which was attended by fourteen people. Three were full members of SDA, one was an associate member and ten of the fourteen were non-members. In summary, participants rated the workshop very highly and found it very practical and informative.

SDA Career Development Pathway.

The Career Development Pathway has been designed to recognise commitment to learning and practice in the area of sports nutrition. It will be promoted to all levels of sporting administration as the bench mark for Sports nutrition qualifications in Australia.

International Sports Nutrition Courses

SDA has been approached by the Dietitians Association in Canada asking for assistance in setting up a Sports Nutrition Course for their members based on the Australian model. We are really pleased to be able to assist the Canadians and look forward to continued collaboration between the two organisations. The first sports nutrition course in Canada will be held in November 2009 and SDA members Greg Cox, Gary Slater and Greg Shaw will be presenting.

There have also been some preliminary discussions with Hong Kong University about the option for SDA to assist them in setting up a sports nutrition course. This is still to be finalised and if going ahead, will be actioned in 2010.

CLIENT MANAGEMENT

Zoe Watt, Sonja Kukuljan

The client management portfolio is responsible for all corporate partnerships and managing the contracts. The key focus has been to increase the recognition of SDA through corporate branding.

Our objectives for 2008-09 were:

Value of membership

- Provide job opportunities for members
- Provide resources

Security of organisation

- Successfully negotiate contracts
- Service all agreements

Recognition

- Include SDA logo on pack

Performance:

Value of membership

Through the corporate partnerships a number of job opportunities are advertised to members. In 2008/09 more than 70 jobs were made available to members thanks to our corporate partners.

Some of these job opportunities have been presenting at sporting clubs, conferences or the NES course. Others have written fact sheets or reviewed education or PR material.

All of these jobs provide a great opportunity to promote sports dietitians as the leaders in the field of sports nutrition practice and ensuring the information distributed by our corporate partners is evidence-based sports nutrition information.

Resource Bank is a new initiative and the aim is to give SDA members access to up-to-date resources and peer reviewed articles and to make this area dynamic by continuing to add new resources on a regular basis as well as encouraging members to share their resources with each other. This is another way of supporting members in being the leaders in the field of sports nutrition practice.

Security of organisation

All existing agreements were successfully re-negotiated and length of some of the contracts extended.

SDA signed on Kellogg Sustain as a new partner for a 1 year deal with 1 year option to extend

All the agreements were fulfilled in a timely manner and with the focus on providing a great service to our corporate partners. The feedback from all our partners is that they feel their relationship with SDA is very valuable.

Recognition

The SDA logo has been placed on-pack for the Kellogg Sustain breakfast cereal. SDA is pleased to support Sustain as a good choice of breakfast cereal and see the logo on-pack as an opportunity to increase public awareness of SDA as an organisation.

The SDA logo is also being used on various education material developed for our corporate partners.

SDA thank all our corporate partners for their continued support and we look forward to continuing to strengthen our relationships and ensure they are mutually beneficial.

COMMUNICATIONS

Kellie Hogan, Simone Allen, Gaye Rutherford

The communications portfolio is responsible for the overall communication functions of SDA, including communicating with SDA members, public and media via print and electronic media.

Our main objectives for 2008-09 were:

Value of membership

- Promote member benefits
- Discussion Forum for all members
- Career Development Pathway
- Student breakfasts

Recognition

- Promote SDA resources and activities to the public
- SDA update in SMA, DAA and PINES newsletters
- Improve SDA branding

Performance:

Value of membership

This year, there has been a greater emphasis on reminding members of the many existing benefits available through SDA. This has been done via the website and through regular prompts in Fuel and the fortnightly E-News.

A new service was introduced this year with the set up of the SDA Discussion Forum where members can post sports nutrition related questions or comments. This has proven to be very valuable and a great forum where many have shared their experience and knowledge. The number of members signed up and the amount of posts has been steadily growing.

With the development of the Career Development Pathway there has been some communications through Fuel and the website informing members about the vision behind this new structure and the value it's envisaged to have for the profession.

SDA and the value of membership have been promoted to students through breakfast meetings, workshops or afternoon teas held at universities in every state. This is part of the strategy to attract new members and also to invite students to attend the state meetings as a way for them to create a strong network within the profession.

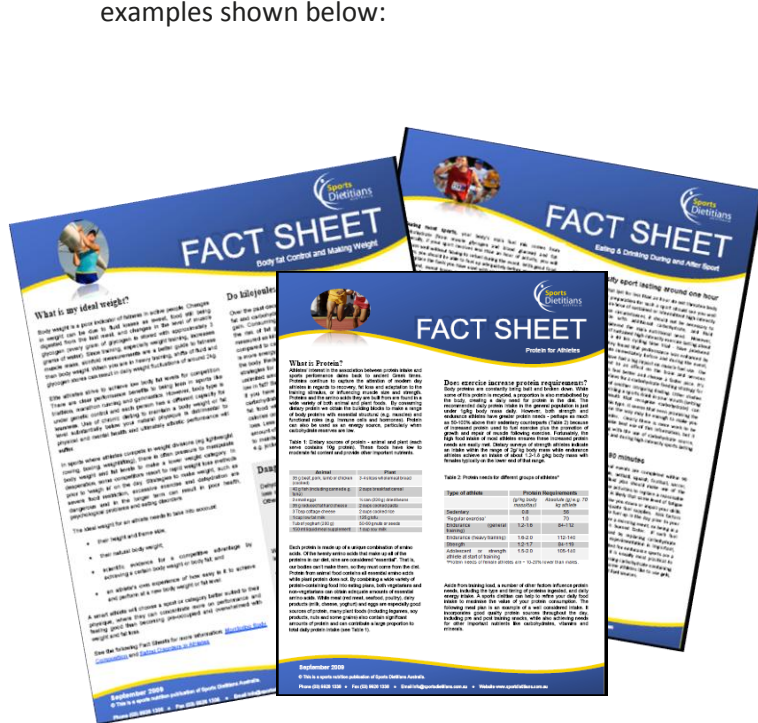
Recognition

SDA, our resources and services, as well as the role of a sports dietitian are being promoted to the public via the monthly E-Newsletter Nutrition Bites. We currently have over 600 people signed up for this newsletter and it continues to grow. Many national sporting organisations, fitness instructors, teachers and coaches have signed up and the feedback from them is that they find the information very useful. This is part of the strategy to increase the recognition of SDA within the wider sporting community.

Regular SDA updates about activities and upcoming courses have been included in SMA, DAA and PINES newsletters. This is to help increase the awareness of SDA among other health professional and also promote the courses that we run.

A great deal of work has gone into re-developing the SDA logo with the aim for it to stand out and make it more recognisable. Two versions of the logo have been developed. One generic logo to be used across all of the business

communication and the other one is a product logo which will be used for on-pack promotion through corporate partnerships. As a result of the new logo all stationary and other material has also been redeveloped. Some examples shown below:



SDA Fact sheets

SDA Food for your Sport fact sheets



SDA T-Shirts



SDA Logo



SDA product logo

STATE REPORTS

ACT – Nikki Jeacocke

We have had a busy year with SDA ACT members involved in a range of activities. Two branch meetings have been held so far this year, with bi-monthly meetings planned for the future. Attendance has been positive and we hope to continue to build on these numbers.

Key Activities / Events for SDA ACT

Contributing to professional development events and opportunities for both DAA and SDA were again a feature of ACT member's involvement this year. These included:

- The SDA 4-day Sports Nutrition Course (SNC) was held at the AIS in November 2008 and May 2009. ACT members were involved in the organising of the course and delivery of lectures
- Fact sheets were reviewed and updated for the SDA website
- Articles and interviews written for FUEL newsletter
- Presenting at the SDA one day sports nutrition update before the DAA National Conference in Darwin
- Presenting at the sports nutrition workshop at the DAA National Conference in Darwin
- Presenting at the DAA ACT Branch continuing professional development afternoon on Sports Nutrition
- Presenting at DAA NSW Branch continuing professional development day on Sports Nutrition
- Presenting at the ACSMS in Brisbane
- Running ISAK Level 1 and 2 Anthropometry courses
- Manning the SDA stall at FILEX
- Presenting sports nutrition lectures as part of the SMA Level 1 sports trainer's courses
- SDA promoted at University of Canberra (UC) Dietitian's breakfast

Plans for next year:

- Continue with branch meetings and look to grow attendance
- Continue promoting SDA at UC student breakfast

New South Wales – Rebecca Hay

NSW had a great year with a significant increase in member numbers – approximately 30%!

The early part of this year was busy with some NSW SDA members (as well as Nikki Jeacocke from the ACT branch) presenting a full day presentation/workshop at the NSW DAA conference in March titled Sports Nutrition: An Introduction. The aim was to give a taste of sports nutrition to DAA members and encourage them to become a member of SDA. Feedback from participants was overwhelmingly positive and thank to the presenters:

- Helen O'Connor, Caitlin Reid, David Driscoll, Nikki Jeacocke and Rebecca Hay and to a panel of experts involved in the workshop session: Sarah Dacres-Mannings and Gabbi Hurec.

Our first branch meeting this year was well attended as a result of our education component. Presentations from:

- Ben Miller on the "Influence of Caffeine in combination with a carbohydrate –electrolyte drink on exercise performance and subsequent nocturnal sleep in athletes" and
- Catriona Burdon on the "Influence of Beverage Temperature on exercise performance in the heat."

Thanks to Helen O'Connor and Sally Walker for organizing the speakers and venue for this meeting.

At this meeting we also discussed members needs for ongoing education and the main topics requested were; more practical information and information on building a sports nutrition business.

For our next meeting in August an excellent workshop style presentation was provided by Sally Walker. Sally presented case studies designed to fine tune members skills in sports nutrition – with a focus on some of her work with NRL players and NSWIS athletes. Thanks again to Sally for her presentation.

We have a very exciting and informative meeting scheduled for this year at the end of November with more of a focus on business.

There have also been opportunities for members to present at 2 Nutrition and Exercise for sports courses this year. Both well attended and well received by participants.

We look forward to another exciting and busy year in 2010.

Northern Territory

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

Queensland – Sally Garrard

SDA Queensland has had a cracking year – with many new members coming from across the Tasman, and interstate (one notable Ex-AIS Sports Dietitian is now living the good life on the Sunshine Coast!) We have continued to have strong and consistent attendance to meetings by Queensland's sports dietitians – with many student members popping in on an irregular basis (the life of a student!!) Our State Meetings are always preceded by Queensland Academy of Sport (QAS) Nutrition Network meetings. Michelle Cort has given us the most popular PD this year– EzyMeals taste testing, and we are all now highly familiar with their product as it is frequently used as the catering choice for NES courses. This year much of our meetings have been dominated by the organization of the Be Active '09 ACSM conference in October.

KEY EVENTS FOR SDA QUEENSLAND in 2008-09:

SDA Queensland Student Breakfast(s)

All uni's have successfully run the SDA intros, taking the form of a breakfast, tutorial or workshop. Generally membership uptake from these sessions have been excellent (I think we are winning the race with this...not that we are at all competitive...)

Professional Development

SDA Queensland branch has successfully integrated professional development into most meetings via discussion of current research conducted by members, and by sharing journal articles, case studies, and conference summaries.

New SDA Shirts!

SDA QLD members welcomed the new shirts to update their wardrobes. Many thanks to head office for doing this!

UPCOMING EVENTS FOR 2008-2009:

Be Active '09 ACSM Conference 2009

All of SDA QLD is looking forward to this conference – being held in Brisbane (October 2009). Planning is virtually complete, with the invites being sent out last month.

Nutrition for Exercise & Sport (NES) Courses

SDA QLD has done 3 NES courses this year – one in Feb 09, July 09, and another coming up in October.

SDA Queensland Level 1 and 2 Anthropometry Courses

We have bucket-loads of Anthro courses being held this year. A mixture of Level 1 & 2 courses – all being held @ UQ St Lucia campus – August has gone, but there are still the September & October ones to go.

SDA Queensland Christmas Celebration Dinner

All SDA QLD members are in the process of trialing different restaurants for suitable SDA. This has been a little on the backburner this year due to ACSM conference social organization duties.

2010 AAESS/SDA conference

Yet another event close to home for us! 9-11th April. We are on stand-by for event organization for this one.

South Australia – Olivia Warnes

It has been a relatively quiet year for SDA SA and has seen changes in Coordinators. In September 2008 Daniela Pasquini took over the role as SA Coordinator and did a great job until May 2009 when she left Adelaide for an overseas venture. Olivia Warnes has stepped into this role in the interim. Thanks to everyone who has helped out and made the changeover in Coordinators a smooth transition. Congratulations to Karina Savage who joined the national board in October 2008 as part of the education portfolio team. Karina joins Tanya Lewis as the second representative from SA on the national board. A lot of time and energy is dedicated to these roles so great work girls!

A Christmas breakfast was held late November 2008 followed by meetings in January, March and May 2009. All meetings were held at SMA rooms (Valetta Road, Kidman Park) and were attended by an average of 6-8 members. Meetings have aimed to focus on the incorporation of professional development (presented by members). Danni provided us with an interesting update in March on protein intake from the IOC Diploma in Sports Nutrition.

An attempt was made to link our NT members into the SA meetings but unfortunately our present facilities have not enabled us to achieve this. Therefore, for the time being we will ensure the NT members will still receive the agenda and minutes and any email discussions the group may have.

As of June 2009 SA and NT have 20 full members and 6 associate/student members.

Two NES Courses have been run this year with 33 attendees in April and approximately 20 in August. Attendees have been predominantly Personal Trainers and Student Dietitians. Due to their success and feedback received we have a NES Course for the Junior Athlete organised for November 2009. Thanks to all who presented and for Lucy Hancock and Anna Roesler for coordinating the days.

Instead of a student breakfast, in 2009 we offered a lecture followed by an afternoon tea for the third year Nutrition and Dietetic students. Previously, sports nutrition has not been provided as part of the course. This enabled the provision of a more comprehensive introduction into the area of Sports Nutrition and will hopefully attract a few more members! Thanks to Anthony Meade who presented the lecture.

SDASA continued its association with SMASA, with Tanya Lewis remaining on the SMA-SA education committee. SDASA members have also been involved with The Office for Recreation and Sport through lecturing at coaches update courses. Olivia Warnes has continued the links between SDA and SASI in an ongoing role as consultant sports dietitian.

Plans for the rest of 2009-10 include:

Continued involvement in NES Courses
 Look into opportunities to share education with Sports Medicine Australia SA
 Continue links with Flinders University to provide a Sports Nutrition Lecture

End of year Christmas brunch/meeting
 Explore opportunities to improve members and numbers attending SA Meetings
 Continue incorporation of PD into meetings
 Continue to provide opportunities for more 'junior' SDA members to present to sporting groups and organisations

Tasmania – Gaye Rutherford

With interest in sports nutrition growing in Tasmania, the first informal gathering of Tasmanian dietitians working in or interested in sports nutrition occurred in 2008-09. The widespread location of dietitians in the state has made more regular gatherings challenging, but as with the 2008-09 year, the plans for 2009-10 include:

- Continuing to work to establish an active Tasmanian SDA Branch with a regular meeting plan and networking opportunities
- Growing SDA membership numbers in the state
- Introducing a plan of Professional Development activity for members, aided by the introduction of the SDA Career Development Pathway
- Seeking to identify opportunities for sports dietitians in the state to provide services to athletes, groups and sporting organisations

Victoria – Kerry Otto

Once again Victoria has been fortunate to have had an excellent series of education sessions. Alan McCubbin has taken on the role of organising presenters and we have aimed to focus on a particular sport at each session. A big thanks to Alan who has made an outstanding contribution to SDA Vic in this role and as a presenter.

At the beginning of the year Alan sent a survey to members asking for feedback regarding what members wanted from meetings. Each year we try to work out when to have meetings to suit the majority but find it difficult to get feedback. We obtained a response from 29% of members and have tried to use the information to improve attendance. Attendance remains small but stable.

The Education sessions have included the following:

*Nutritional Requirements for Sailing” – presented by Alan McCubbin who outlined the different considerations for different classes of yacht and the particular difficulties associated with meeting food and fluid requirements when out on the water.

*A Comparison of Sports Gels”. This was a very interesting [but very sticky] session . Chelsea gave us an overview of a wide variety of gels and bought samples for us to try. This proved to be very useful.

*Working as the Dietitian for the Australian Cricket Team”. Simone Austin gave us an amusing and interesting view of the triumphs, trials and tribulations of working with the Australian Cricket team. She also presented an outline of her work with Suisse Vitamins and gave us information on their products.

*Fatigue in the Athlete”. Chelsea Kennedy attended “The Future of Fatigue in Exercise – An International Symposium on the Limits to Exercise Performance” and gave us an excellent overview of the symposium.

*Working with an AFL Football Team”. Lisa Sutherland gave us an insight into her role with St Kilda Football Team.

Thanks to all the speakers – the information you provided was excellent and much appreciated.

We also had a social evening organised by Daniela Manche and gathered at Christmas when Gitte was in town. It was wonderful to catch up with her.

A big thanks to Sheseido and Gitte for all their efforts on our behalf – it has been great to have Sheseido at some of our meetings this year.

Western Australia – Felicity Willis and Gemma Quail

Gemma and Felicity have taken on the role of WA coordinators since April this year. Throughout 2009 the goal of SDA WA has been to maximise the involvement of members at meetings; despite everyone's busy schedules!

Up to date we have had some great topics discussed at our meetings, including:

- An update from the May 2009's Sports Nutrition Course at the AIS by participating members, Victoria Kearns and Felicity Willis.
- Member Nicola Holmes presented the latest research on fluids in sport.
- Simon Allen presented on an interesting case; Tom Smitheringale, who will be covering 800km from Canada to the North Pole in under 60 days. Simone has been working with Tom leading up to the challenge, managing optimal body composition (including increased fat mass); and solving the issue of providing Tom with adequate fuel supplies for freezing conditions with limited storage space. You can check out more information on Tom's 'epic' expedition at <http://www.onemanepic.com/>

Upcoming meetings will include a product review from Julie Meek on Gu Chomps and Gu Roctane, an update from several members attending the SMA conference in October and of course a social activity to celebrate the festive season. We are also in the progress of planning a student breakfast with Curtin University Nutrition and Dietetic students for the end of the year.

We are looking forward to 2010, where we will continue our focus on increasing member involvement in meetings and other events, with product and journal reviews, case studies, presentations on controversial sports nutrition topics and more!