

- 1. CONTINUE TO SUPPORT OUR MEMBERSHIP TO BE LEADERS IN SPORTS NUTRITION
- 2. INCREASE AWARENESS OF SPORTS NUTRITION IN THE COMMUNITY AND THE PROFILE OF SPORTS DIETITIANS
- 3. MAINTAIN AND PROMOTE STRONG PARTNERSHIPS AND IDENTIFY NEW OPPORTUNITIES
- 4. STRENGTHEN ORGANISATIONAL CAPACITY TO REMAIN THE PEAK ORGANISATION FOR SPORTS DIETITIANS

CONTENTS

PRESIDENT REPORT	02
EXECUTIVE OFFICER REPORT	03
MEMBERSHIP	04
EDUCATION	05
CAREER DEVELOPMENT PATHWAY	05
COURSE OVERVIEW	06
2009-2010 FELLOWSHIPS	08
OUR CORPORATE PARTNERS	09
STATE OVERVIEW	10
SDA IN THE COMMUNITY	12
SDA BOARD OF DIRECTORS,	
MANAGEMENT AND EXPERT PANEL	14
FINANCIALS	16

PRESIDENT REPORT

SPORTS DIETITIANS AUSTRALIA CONTINUES TO PUNCH ABOVE ITS WEIGHT. WITH NEW AND IMPROVED STRUCTURES NOW IN PLACE, THE ORGANISATION IS POISED FOR AN EXCITING NEW ERA



LISA SUTHERLAND

WHAT A YEAR OF CHANGE 2010 HAS BEEN FOR SDA!

With the initial stages of our structure and governance review complete, we now have a new office structure, and plans are in place for further review of our board structure and operations. The past six months have been a transition period for SDA, but we have successfully continued to make significant progress and achieve key objectives that are building towards an exciting future ahead.

A major outcome of our office structure review was the appointment of an Executive Officer (EO). The creation of the EO role is a significant milestone for SDA and critical for driving the organisation forward. We welcomed Melinda Jacobsen to this position in March this year and she has settled in brilliantly to the SDA environment - we are very excited to have her on board. Melinda's involvement has enabled detailed assessment of office and board operations, with firm plans in place to ensure SDA operates with maximum effectiveness and good governance. With any change there comes associated risks, but for SDA these changes have created strength and confidence, and we now have clear strategic objectives for the next 12 months, as part of a five year plan.

The major objectives for SDA over the next year are to:

- Continue to support our membership to be leaders in sports putrition
- 2. Increase awareness of sports nutrition in the community and the profile of sports dietitians
- 3. Maintain and promote strong partnerships and identify new opportunities; and
- 4. Strengthen organisational capacity to remain the peak organisation for sports dietitians

As part of our commitment to support our members, much brainpower, time and effort has gone into developing the Career Development Pathway (CDP) and we were very excited to officially launch the program in October 2009. We hope all members will embrace this program, and experience the wide range of benefits it brings to promote you, the members, as the experts in the field of sports nutrition. The CDP will also provide continuing education and professional development opportunities.

Building SDA profile is one of the key strategic objectives and we are fortunate that, due to the work of our members, our international reputation continues to thrive. Our members continue to have a strong voice on international sports nutrition committees and conferences,

with many of our members playing major roles in feeding athletes at this year's Commonwealth Games in India. We continue to receive requests for our Sports Nutrition Course (SNC) to run overseas in Hong Kong and Canada. Thanks to those SDA members who are working hard behind the scenes to ensure SDA is seen as leaders in sports nutrition, in our own backyard and overseas.

SDA has continued to develop existing corporate relationships with founding partner Gatorade, as well as Sustagen Sport, Almond Board Australia and Kellogg's. We are also in regular communication with the Dietitians Association of Australia (DAA), Sports Medicine Australia (SMA), Exercise and Sports Science Australia (ESSA), Kinect Australia and Fitness Australia, and will continue to work with these and other 'like' organisations on joint projects, such as the wonderful ESSA/SDA conference which was a huge success again this year. We are also working with DAA on a number of issues, including a recent joint response to the national fitness training package review, co-ordinated by Fitness Australia, to ensure nutrition units are accurate and appropriate for fitness professionals

We have experienced a number of staff and board changes this year. A special thankyou must be made to Gitte Schroder for her passionate contribution to SDA. Gitte was involved from the very early days, and has been the heart and soul of SDA. Gitte is dearly missed, and we wish her well as starts her family in Denmark. Big thanks to Shesiedo Ringdahl, who has kept the SDA office on track during a busy transition period, and big thanks and welcome to Melinda who has adapted so quickly and effectively as SDA EO.

We were sad to lose Janelle Gifford, Gaye Rutherford and Tanya Lewis from the Board — we thank them for their valuable contributions and wish them well with their young families. The SDA board continues to work above and beyond to ensure the best outcomes for SDA, and our members, to achieve our vision and mission. A busy year for SDA has also been an eventful year for myself with the arrival of little Curtis Jack. This will be the last report from me as, after an amazing eight years on the board, I will be stepping down as President and from the board in October 2010. I will surely miss my direct involvement, but am pleased to leave with confidence that SDA is in a position of strength, unity and motivation to meet our five year strategic goals.

SDA's mission remains to inspire, educate and empower our members to be world leaders in sports nutrition practice. Our membership continues to grow and it is an exciting time to be part of SDA.

EXECUTIVE OFFICER REPORT

SINCE JOINING SDA, IN APRIL 2010, MY FIRST IMPRESSIONS HAVE BEEN OF A DYNAMIC ORGANISATION FULL OF REALLY PASSIONATE PEOPLE – AND THAT'S INSPIRING!



MELINDA JACOBSEN

As the peak organisation for sports dietitians in Australia, SDA and its members are well placed to provide appropriate sports nutrition messages, as more and more Australians get active.

It's been a busy past 12 months and much has been achieved in the following areas:

- Record membership levels this year we hit 400 and anticipate membership will continue to grow as SDA capitalises on the many graduate dietitians, as well as the increasing recognition of SDA, and its members, as the leaders in sports nutrition information;
- Career Development Pathway (CDP) established to assist
 members attain the highest levels of qualifications available in
 sports nutrition, the CDP entered Phase 2 on 1 July 2010 with
 the activation of compulsory membership criteria. 112 Accredited
 Sports Dietitians have now satisfied the criteria and we continue
 to work with members to offer more professional experience and
 development opportunities;
- Sports Nutrition Course (SNC) for the first time, our May 2010 course sold out in one day! With an exceptional line up of presenters and topics, participants are often commenting they learn more in the four days than their entire university degree. Internationally, SDA ran the SNC in Hong Kong and Canada, providing local dietitians the opportunity to take theoretical concepts of sports nutrition and apply them practically;
- Nutrition for Exercise and Sport Course SDA is experiencing record attendance and additional courses have run to cater for the demand. Recognised by ESSA, Kinect Australia and Fitness Australia, the NES course caters specifically for the fitness industry, Physical Education teachers and coaches;
- Strong financial position thanks to the growing membership, course attendance and the support of our valuable corporate partners;
- Welcoming Kellogg's as a corporate partner via on-pack logo support of Sustain breakfast cereal. With our existing partners

 Gatorade, Sustagen Sport and the Almond Board of Australia – these mutually beneficial partnerships continue to offer valuable member opportunities.

Of course, the success of an organisation is largely dependent on its people. It's a pleasure to be working with a dedicated and passionate Board. Every member carries out their responsibilities as a Director with diligence and enthusiasm. Operationally, Shesiedo Ringdahl continues to do an outstanding job as Office Manager and her responsive and efficient support rates highly with members; Alison Walsh and Daniela Manche ensure our resources and member communications are relevant and up-to-date; and Deanna Nikodijevic provides integral administrative support. Sadly, SDA farewelled Gitte Schroder, whose contribution over many years has been invaluable.

Finally, as Lisa steps down from the President and Board roles, we thank her for her significant contribution to SDA over the past eight years. Without Lisa's passion, intelligence and drive, SDA would be in a very different position.

As we move into the next decade, I'm looking forward to guiding SDA towards its strategic goals.

MEMBERSHIP

Membership reached a record number of 400 members across Australia and overseas during 2009-2010 and overall, membership numbers have increased by 5.8% on the previous year. On 1 July 2010, SDA implemented Phase 2 of the Career Development Pathway (CDP). Consequently, while a large proportion of members retained their accredited status, others were reverted to Associate members as they had not met the established criteria to be recognised as an 'Accredited Sports Dietitian'. This change accounts for the increased Associate membership in the adjoining figure. More information about the CDP appears later in this report.

From October 2009, the Overseas membership category was merged with the Associate membership category. We also implemented the Accredited Sports Dietitian, formerly Full Membership, and Fellowship categories. SDA is also pleased to announce that an 'advanced' sports dietitian (title to be confirmed) membership level will be implemented in the latter part of 2010.

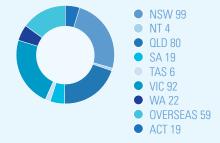
FIGURE 1: 2009-2010 MEMBERSHIP CATEGORIES



FIGURE 2: COMPARISON TO 2008-2009 MEMBERSHIP CATEGORIES



FIGURE 3: 2009-2010 MEMBERSHIP DEMOGRAPHICS BY STATE AFFILIATION



EDUCATION

CAREER DEVELOPMENT PATHWAY (CDP) – GREG SHAW

SDA's mission is to inspire, educate and empower our members to be world leaders in sports nutrition practice. To meet this goal, a CDP was established to assist members in attaining the highest levels of qualification available in sports nutrition.

This pathway recognises the different levels of qualifications and experience that exist within SDA and also equips our members with continuing education and professional development opportunities and resources to provide state-of-the-art sports nutrition information to all Australians.

To be a SDA Accredited Sports Dietitian, members must meet the following four criteria:

- 2 years clinical experience from graduation date
- · Completion of SDA's four day Sports Nutrition Course
- APD membership with the Dietitians Association of Australia (DAA)
- Minimum 250 logged CDP points via SDA's website

The CDP activity database, a key infrastructure project throughout 2009, came 'online' in October 2009, formally commencing the implementation of CDP. This database is the key tracking tool of the CDP and its intuitive nature, and its ease of use, makes it a fantastic asset for SDA members when logging their professional development and professional experience activities. One of the key features of the database is the ability to store CDP documentation online. This allows members to easily demonstrate activities logged, when audited, and allow members to maintain a central and secure location for documentation relating to CDP activities.

At the beginning of 2010, the final implementation stage of the CDP commenced. Communication to members advised of the new membership levels and the levels of professional development and experience required to achieve 'accredited' (full) membership of SDA. Members were given a deadline of 30 June 2010 to log sufficient points within the database, as from 1 July compulsory settings within the database would be activated.

We are happy to announce 112 members met this deadline, which demonstrates the level of value that full SDA membership holds. SDA is now working with members who were unable to log sufficient points to ensure they achieve the required points by January 2011. From then onwards, the new membership categories will come into effect and members will be categorised into the appropriate membership level.

Throughout this process, SDA has been working extremely closely with members to make the transition seamless. Part of this process

has been the development of a number of protocols to ease the transition of members who, in the initial phases of the pathway, didn't fit the standard pathway model but have sufficient experience and knowledge to qualify for full membership. A Review Panel has also been established to consider exemption applications from members.

Over the coming 12 months, SDA will focus on nurturing our Associate members on the pathway to Accredited Sports Dietitian status, finalising our 'advanced' level, developing and conducting audits and continuing to identify professional development opportunities for our members.

COURSE OVERVIEW

SPORTS NUTRITION COURSE

Wow! What a year it has been for education courses! SDA continues to be the leaders in sports nutrition education worldwide. Throughout 2009-2010, two international Sports Nutrition Courses (SNC) were held in Canada and Hong Kong, as well as Australia, and all courses sold out within two days of opening for registrations. Course feedback has been extremely positive and suggests that, since the inception of this four day course over 15 years ago, the SNC is now recognised as the leading education opportunity in sports nutrition practice, both in Australia and around the world.

Presently, there are 140 dietitians on the interest list for the 2011 courses. While traditionally only held twice a year, SDA is considering an additional course at the Australian Institute of Sport to accommodate this high demand. We are also pleased to announce that another SNC course will be held, in partnership with the Dietitians of Canada, in Winnipeg from the 25-28 May 2011, building on the success of the first course in 2009.

Sports Nutrition Courses held in 2009-2010:

DATE	LOCATION	ATTENDANCE
19 – 22 November 2009	Canada	45
22 - 25 January 2010	Hong Kong	39
7–10 May 2010	Canberra	45

"THIS COURSE WAS THE BEST I HAVE ATTENDED IN A VERY LONG TIME. IT HAS INSPIRED, EXCITED AND REINFORCED MY COMMITMENT TO SPORTS NUTRITION. THANK YOU"

SNC participant, Canada November 2009

"FANTASTIC, PRACTICAL TIPS! EXCELLENT SOURCE OF INFORMATION, REALLY ENJOYED THE INTERACTION BETWEEN THE DIFFERENT LECTURERS AND LISTENING TO THE QUESTIONS THEY ASKED EACH OTHER"

SNC participant, Canberra May 2010

NUTRITION FOR EXERCISE & SPORT

Since the development of the Nutrition for Exercise & Sport course (NES) over 10 years ago, SDA has been keeping the health and fitness industry up-to-date with the latest sports nutrition information and how it can affect the health, fitness and performance of an individual. The NES course has established itself as a sound and powerful one day education course for personal trainers, sport coaches, health and physical education teachers, exercise physiologists and anyone else who has an interest in sports nutrition, and gives tips on how to apply this knowledge into practice. The course is accredited with Fitness Australia, Kinect Australia and Exercise & Sports Science Australia (ESSA).

Over the last six months, the Victorian and New South Wales courses sold out two weeks before the closing of registrations, and there are 15 and 48 people respectively on the interest list for the February 2011 courses.

Thank you to Sustagen Sport as the national sponsor for this course.

"THE COURSE FAR EXCEEDED MY EXPECTATIONS ON EVERY LEVEL. SPEAKERS WERE VERY KNOWLEDGEABLE; BEST OF ALL THE COURSE CONTENT WAS LIKE A LIGHT BULB MOMENT."

NES participant, Melbourne 2009

"THE PRESENTERS HAD A GOOD FEEL FOR THE TYPE OF PEOPLE ATTENDING, AND THE INFORMATION WAS RELEVANT TO THE DIFFERENT AGE GROUPS, FITNESS LEVELS AND TRAINING GOALS." NES participant, Sydney 2010

NES COURSES HELD IN 2009-2010

DATE	LOCATION	ATTENDANCE
NSW		
20 February 2010	Sydney	40
19 June 2010	Sydney	41
QLD		
27 July 2009	Brisbane	15
31 October 2009	Brisbane	32
17 April 2010	Brisbane	21
VIC		
5 September 2009	Melbourne	14

VIC		
5 September 2009	Melbourne	14
27 February 2010	Melbourne	46
22 May 2010	Melbourne	44

SA		
22 August 2009	Adelaide	19
20 March 2010	Adelaide	14

SDA ONE DAY UPDATE

The SDA One Day Update Course was held in Melbourne at SDA headquarters, Sports House, on Wednesday 26th May 2010, prior to the DAA Conference.

Sixty sports dietitians from around Australia attended, to listen to a series of presentations and case studies, by our accredited members, on "Team sports nutrition across the lifecycle – junior, recreational, elite". These sessions were recorded and are now available to download from SDA's website for Associate and Accredited Sports Dietitian members. In future, members will be able to download all lectures as a way to better support our rural/regional members to stay up-to-date on the latest sports nutrition information.

DAA CONFERENCE

As part of the DAA Conference, held in Melbourne from 27-29 May 2010, Board members Karina Savage, Greg Shaw and Alan McCubbin presented a workshop on "Exercise and Sports Supplements". Fiftyseven SDA and non-SDA dietitians attended the workshop. Feedback was positive, with many non-SDA members expressing interest to complete further education in sports nutrition and complete the SNC.

ESSA/SDA CONFERENCE – "RESEARCH TO PRACTICE"

Held on the Gold Coast, Queensland, in April 2010, this year's theme was Research to Practice: Science & Nutrition in Exercise & Sport, and provided practitioners with applied knowledge and expanded on the importance of diet to sport and exercise. Key note speakers included Professor Scott Powers, from the Department of Applied Physiology and Kinesiology at the University of Florida; Professor Stuart Phillips from the Department of Kinesiology and Adjunct Professor, Medicine (Physical Medicine and Rehabilitation) - McMaster University Canada; Professor Paul Hodges, a NHMRC Principal Research Fellow in the Division of Physiotherapy at the University of Queensland.

Special thanks to Anthony Meade, past SDA president and Board member, and Gary Slater for their valuable contributions on the Conference Organising Committee. Their involvement was integral to ensuring the program contained a strong sports nutrition focus.

SPORTS MEDICINE AUSTRALIA "BE ACTIVE 09" CONFERENCE

The SMA "be Active 09" Conference was held in Brisbane in October 2009 and provided delegates with the latest research and practical information in sports science, sports medicine, physical activity promotion and sports injury prevention. Our thanks to Fiona Pelly and Kerry Leech, for their involvement on the organising committee, as well as our members who lead a variety of sports nutrition related sessions covering ultra-endurance/adventure sports case studies; Food Provisions for athletes; new technologies in body composition assessment; does nutrition help or hinder training adaptation; and supplementation 2010 and beyond.

A highlight of the Conference was the SDA Dinner. Vicki Wilson (OAM) one of Australia's most decorated and successful netball players, joined us as our guest speaker and Holly Frail and Kerry Leech were welcomed as SDA fellows.

2009-2010 FELLOWSHIPS



HOLLY FRAIL

With Dietetic and Human Movement qualifications, Holly started her own private practice in Brisbane, Eat Smart Nutrition Consultants, with a strong emphasis on sports nutrition. Holly has consulted to Queensland-based Australian Institute of Sport (AIS) athletes and sports including diving, squash, rugby union, water polo, as well as many Queensland Academy of Sport

(QAS) athletes in women's water polo, rugby league, individual swimmers and rowers. Between 1989 and 1999, Holly consulted to both the Australian and Queensland Rugby Union teams, from under 19 to senior level, and has been the sports dietitian for the Brisbane Broncos National Rugby League (NRL) team since the club's formation in 1987.

As well as her work with elite athletes and teams, Holly has coordinated sports nutrition education in schools, such as Kelvin Grove State College Sports Schools of Excellence in soccer, tennis, golf and dance, and in junior development programs with the Brisbane Broncos and Easts Rugby League.

Holly also lectures at: Queensland University of Technology (QUT) and the University of Queensland (UQ) to Human Movements Dietetics and Food Science students; for Sports Medicine Australia at numerous coaching courses; fitness leader courses; public sports nutrition forums; school and club sporting groups; corporate health seminars; and is a regular presenter at the Queensland SDA Nutrition for Exercise and Sport (NES) courses.

A founding member of SDA, Holly continues to play an active role in the Queensland state meetings and is a long time mentor of SDA members and student members.



KERRY LEECH

Having graduated 21 years ago and, after three years as a clinical dietitian at Royal Brisbane Hospital, Kerry began work in private practice with Holly Frail in Brisbane and is now a director of Eat Smart Nutrition Consultants. During this time, Kerry has consulted to squash and softball AIS athletes in Queensland, and has been the Nutrition Co-ordinator and provider for swimming and women's

football for the QAS.

Since 1994, Kerry has been the consultant sports dietitian with Netball Australia, a role in which she has coordinated a national nutrition network, developed education material for the development of representative players, and worked with Australian Diamonds and National squads. This included developing the "Net, Set, Go Recipe booklet", published by San Remo and distributed to all "Net, Set, Go" participants and spectators at ANZ netball championship and Netball International test matches. In recent years, Kerry has also consulted to Brisbane Roar soccer team.

Kerry guest lectures for many groups including: QUT and UQ to Human Movement, Dance, Dietetics and Food Science, and Dentistry students; Sports Medicine Australia and SDA at numerous coaching courses; Fitness leader courses; public sports nutrition forums; school and club sporting groups; and in corporate health areas.

Also a founding member of SDA, Kerry remains active in the Queensland state meetings, was part of the 2009 SMA Conference organising committee, and continues to mentor SDA members and student members.

SDA FELLOWS	
RESEARCH	EDUCATION
LOUISE BURKE	LIZ BROAD
DEB KERR	KAREN INGE
FIONA PELLY	RUTH LOGAN
	HELEN O'CONNOR

OUR CORPORATE PARTNERS

THROUGH STRATEGIC ALLIANCES WITH CORPORATE PARTNERS, SDA BRINGS CREDIBLE NUTRITION MESSAGES TO THE CONSUMER, TO HELP THEM MAKE HEALTHIER FOOD CHOICES AND PROVIDE A MEDIUM THROUGH WHICH TO COMMUNICATE ACCURATE NUTRITION INFORMATION BASED ON SOUND SCIENTIFIC PRINCIPLES. THIS YEAR, WE WERE DELIGHTED TO CONTINUE OUR STRONG RELATIONSHIPS WITH THE FOLLOWING CORPORATE PARTNERS:

GATORADE

Since 1997, Sports Dietitians Australia has been working with Gatorade to improve the health and performance of active people of all levels, through increasing the awareness of the benefits of optimal hydration and nutrition. A wide range of activities have been delivered by SDA sports dietitians as part of this year's agreement including:

- Project White Line and Coaches Education Courses aimed at educating coaches, athletes and university students, these courses have run country wide to a variety of sports such as cricket, rugby, soccer, swimming, pole vaulting, netball, hockey and tennis;
- Endurance the latest innovation from Gatorade is a specialised formula of the sports drink designed to meet the needs of athletes during longer, more intense workouts. SDA assisted Gatorade with the promotion and education of the product when it hit the streets in mid 2010; and
- Presentations, sweat testing and product sampling have also been conducted at events such as City to Surf, Port Macquarie Ironman, Youth off the Streets, FILEX Conference (Sydney, April 2010), SDA state meetings and many local club events.

SUSTAGEN SPORT

SDA and Nestle' Healthcare Nutrition initiated a relationship in 2006 to increase awareness of Sustagen Sport among key healthcare professionals and sportspeople of all levels. This includes SDA's logo on-pack of 900g Sustagen Sport tins as well as a number of specific activities:

- National Sponsor of our Nutrition for Exercise and Sport (NES) Courses:
- Assisting Sustagen Sport with development and testing of recipes for active sports people. Tasty treats developed included white chocolate and raspberry muffins, tuna risotto and shepherd's pie;
- Supporting Sustagen Sports Trainer of the Year award with review of nutrition education information material and presence at the annual awards evening;
- Sponsorship of our Gluten Free Fact Sheet; and
- Ongoing product sampling at the Sports Nutrition and Nutrition for Exercise and Sport Courses.

ALMOND BOARD OF AUSTRALIA

Commencing in 2006, SDA's partnership with the Almond Board of Australia (ABA) continues to deliver nutrition messages about the benefits of almonds for active people. Activities we have undertaken in the preceding year included:

- Assisting ABA on their stand at the ESSA/SDA conference (Gold Coast, 2010); and
- Direct member communications in line with ABA's the seasonal promotion, such as "Australian Almonds in Blossom" spring campaign and "Win \$1000 for your Club" competition.

KELLOGG'S - SUSTAIN

SDA is delighted to have established a relationship with Kellogg's via on-pack logo recognition on Sustain 575g cereal box. Available in all leading supermarkets across Australia, Sustain was recently rated by Joanna McMillan-Price as one of the top four breakfast cereals with respect to providing appropriate nutritional value at the start of the day, a story which aired on A Current Affair in July 2010.









STATE OVERVIEWS

QUEENSLAND - SALLY GARRARD

SDA Queensland has had a great year of meetings with consistent attendance, including several new student members, and more structured professional development activities: the most popular activity being the Gatorade Sweat Patch testing session. This year, we welcomed back Michelle Cort, who works and travels with Cricket Australia. State meetings are always preceded by Queensland Academy of Sport (QAS) Nutrition Network meetings.

KEY EVENTS IN 2009-10:

- SDA Queensland Student Breakfast(s) Two events, held at the University of Queensland, aroused much interest and support. A further two breakfasts will be held in second semester.
- Gatorade support A number of sporting events have capitalized
 on the pro-bono tub and powder including 500km road relay; Griffith
 University research into CHO supplementation during one hour
 intense cycling; rugby club training camp; Noosa Triathlon Club;
 and the BCI Ride West Charity ride. Similarly, more Queensland
 members have been utilising the sweat testing kits for athletes
- Professional Development A more structured year of professional development was implemented and included a variety of sessions such as - Weight management in the athlete setting (Kerry Leech); Gatorade sweat patch testing (Greg Cox); Protein wrap-up from the ESSA Conference (Holly Frail); Recovery tools (Kerry Leech); Recovery project being implemented by the University of Sydney; Sustagen product update; ACSM conference summary (Greg Cox); and a case study involving an endurance cyclist riding around Australia (Bec Downs).

To round out the year, a Nutrition for Exercise & Sport (NES) Course was held on the Gold Coast in September and on the Sunshine Coast in October; a Level 1 Anthropometry Courses at University of Queensland in October; and the SMA Conference in Port Douglas and our Christmas celebration dinner are both scheduled for November.

SOUTH AUSTRALIA – NATALIE VANDERHAAK

Over the past year, five state meetings have been held in South Australia (SA). Meeting at the Women's and Children's hospital has increased attendance as many members work at or close by the hospital. This year a number of new members completed the Sports Nutrition Course at the Australian Institute of Sport (AIS), and three Nutrition for Exercise and Sport (NES) courses were held, providing members with paid presenting opportunities. We also introduced a more structured professional development calendar at our meetings.

KEY EVENTS IN 2009-10:

- Rather than student breakfasts, a number of successful student afternoon teas were held where Anthony Meade (former SDA president) presented a number of case studies.
- Three NES courses were well attended and we are grateful for the members who presented. Feedback from participants has been good with some great ideas about how the course can be improved.
- To add an international flavor, Fabriccio Forchino presented anthropometrical data on various soccer players as well as male

- and female recreational athletes in Argentina. It was interesting and informative to discuss and explored the differences between SA and Argentina in anthropometrical data collection and use.
- Karina Savage presented feedback on the SDA/EESA conference, particularly around protein metabolism and muscle protein synthesis with regards to type, amount, and timing of protein ingestion.
- Jan Stirling, the new Executive Officer for SMA South Australia, provided an overview of her role and encouraged discussion about opportunities for SDA-SA to work with SMA to strengthen our relationships and raise our profile as leaders in sports nutrition.
- A sweat test practical, and subsequent discussions regarding the results, is planned for later in 2010.

TASMANIA – GAYE RUTHERFORD

SDA membership remains small in Tasmania (we have six members throughout the State) and, given the wide spread location of members, regular face to face meetings are replaced by 'virtual' electronic contact.

2010 has seen a small growth in sports nutrition opportunities, with regular work opportunities coming from the Tasmanian Institute of Sport, as well as the establishment of a National Nutrition Working Group by Cricket Australia also creating more work opportunities for local sports dietitians. There are also strong mentoring relationships between members and new graduates.

In the coming year, key challenges for SDA-Tasmania will be to both identify opportunities to facilitate member meetings, and assist and support members' career development.

WESTERN AUSTRALIA – GEMMA QUAYLE

As the new Western Australia (WA) State Coordinator, taking over from Felicity Willis who is currently venturing overseas to work as a dietitian in the UK, I'm pleased to report a positive 2009-2010 year for our state. We had several new members attend the SNC at the AIS in May and our student memberships have increased thanks to two successful student breakfasts held in July and August, at Curtin University and Edith Cowan University respectively. Experienced sports dietitians presented to the students about their work, career development and their passion for the industry. To support the students, we are currently developing a database to allow communication between sports dietitians and student members to gain work experience and other opportunities within sports nutrition.

KEY EVENTS IN 2009-2010:

- Bethanie Allanson talked about her work at the English Institute of Sport (EIS) and AIS, with a case study on the Female Athlete Triad in distance runners.
- Clare Wood presented on nutrition for jockeys, with a focus on making weight in sport and the politics related to the sport.
- Matt Burton, an ironman athlete travelling to Hawaii 2010, discussed sports nutrition from an athlete's perspective, including gut issues, training and competition nutrition in practice and travelling nutrition.

Our members are also representing SDA across a number of high profile areas - Clare Wood and Julie Meek have recently joined the Western Australia Institute of Sport (WAIS) as sports dietitians. Bethanie Allanson is working with the AIS hockey teams and Tennis Australia. Simone Allen has attended the Busselton Ironman and Half Ironman events; continues to support the West Coast Waves and Perth Lynx Basketball Leagues; and worked with endurance athlete, Tom Smitheringale, planning training and expedition nutrition for his solo and unsupported 800km trek to the North Pole. Sophy Porter is working with a range of sporting teams, including Australian Football League (WAFL) teams Fremantle Dockers, Western Australia Football League (WAFL) teams, The Emirates Western Force Rugby Union; the WA Rugby Academy; Western Warriors Cricket Club; and the Perth Glory Soccer Club.

For the first time since 2008, SDA will hold a Nutrition for Exercise & Sport (NES) course in Perth scheduled for 30th October 2010. Coordinated by Anderson Jones, one of our new members, this course has already attracted a positive response from the public. We will also undertake a member survey to gain feedback on how to increase member involvement in our branch meetings, as well as areas of interest in professional development.

VICTORIA – KERRY OTTO

This year Victoria has again had a varied and interesting education program thanks to Alan McCubbin. Throughout the year we have had a number of products to reviews, thanks to Chelsea Kennedy supplying new products from Musashi, and to Jalna for providing a variety of yoghurts. Attendance at meetings continues to be small but regular — at our last meeting Alan McCubbin had organised Skype and although no one took advantage of this we hope more will in the future.

The Education Sessions have included:

- Summary of SMA Conference 2009;
- Body Composition Analysis using the "Bodpod" by Andy Garlick who does the Bodpod analysis;
- The latest word on B Alanine presented by Alan McCubbin;
- An overview of the SDA/ESSA conference by Daniela Manche;
- John Banky, a dentist who has assisted with the production of the SDA fact sheet on Dental Health, spoke to us about the problems associated with acidic food and how best to deal with this: and
- Summary of the SDA One Day Update by Alan McCubbin.

Thanks to all the speakers – your contribution is much appreciated.

This year has also seen the introduction of the State Coordinators Teleconference with Melinda Jacobsen as chairperson. We hope this will help us share ideas and improve attendance at meetings.

A big thank you to Shesiedo, Melinda and Daniela for their ongoing help. We were pleased to welcome Melinda to one of our meetings and hope she will enjoy her work with SDA.

NEW SOUTH WALES – EMILIE ISLES

The NSW branch had a great end to 2009, with a well attended meeting to hear the wise words of Tara Diversi, dietitian and manager / owner of Health Management in Cairns. Tara gave an excellent presentation on career pathways and development, as well as business growth and organisation. 2010 has since proceeded with a planning meeting early in the year followed by a recent hydration testing workshop in August. Branch members must be thanked for their involvement with multiple NES seminars, all of which have been well attended.

There has been a great response from new graduates this year, with many attending the 4 day Sports Nutrition Course at the AIS, as well as attending state branch meetings and assisting with NES seminars.

With traffic congestion in Sydney contributing to large commutes, the attendance of state branch meetings has been much appreciated. In moving forward, we are currently considering the move towards more workshop style meetings, where we will potentially offer half day seminars as a way of increasing attendance at meetings by making sure we are maximising the benefits to attending members, as well as offering greater professional development opportunities for members who attend.

AUSTRALIAN CAPITAL TERRITORY – NIKKI JEACOCKE

The Australian Capital Territory (ACT) branch has had a successful year with regular state meetings now well established. Over the past 12 months ACT Members have maintained a strong presence in national SDA activities.

KEY EVENTS FOR 2009-2010:

- Six branch meetings have been held, with two more planned to round out the year. Held at the Australian Institute of Sport (AIS) Sports Nutrition department, each consists of a professional development (PD) activity featuring interesting topics and presenters including:
 - Sweat testing practical session (Christine Dziedzic);
 - Power lifter case study (Greg Shaw);
 - American College of Sports Medicine (ACSM) case study and conference feedback (Liz Broad);
 - Ultra-endurance trail running case study (Siobhan Moran & Christine Dziedzic):
 - Open water swimmer case study (Caroline Salisbury); and
 - Various conference reports ESSA/SDA, ACT Sports Medicine Australia, and SDA One Day Update.
- ACT members have also been involved in organising and presenting at a range of sports nutrition events at a local, national and international level including the SNC's in Canberra, Hong Kong and Canada, DAA Conference & SDA's One Day update (Melbourne), ACSM (Baltimore, USA), SDA/ESSA Conference (Gold Coast), ISAK Level 1 and 2 Anthropometry courses (Canberra), and ACT SMA conference (Batemans Bay).

As we look towards 2011, ACT SDA looks forward to providing more PD opportunities, including a half day PD update, continuing to promote SDA to students at the University of Canberra.

SDA IN THE COMMUNITY

NOT ALL OUR MEMBERS WORK CLOSELY WITH HIGH LEVEL ATHLETES AND SPORTING TEAMS. HERE'S A SNAPSHOT OF SOME 'OUTSIDE THE SQUARE' EXPERIENCES AND VALUABLE INPUTS OF OUR MEMBERS:



SPORTS DIETITIAN TO THE WIGGLES!

BY FIONA PELLY

My involvement with The Wiggles started in 2002 when I was asked to give nutrition advice to the four Wiggles and their dance team. At this stage, the guys had started to travel extensively in the USA and were spending more and more time on the road (and the skivvies

don't allow for any additional padding!). The guys were pretty fit and healthy, particularly Geoff (purple) and Anthony (blue). Sam (the new yellow Wiggle) was part of their dance team at the time.

My work suddenly took more of a food service slant when I was asked to review the menu at a play centre they were opening in Sydney, and then develop the menu for the 'Yummy Yummy' cafe at Dreamworld on the Gold Coast. To assist parents with making appropriate choices, we came up with the concept of a 'thumbs up' ranking for menu items based on the nutrient composition. At the same time, they were entering into arrangements with food companies wanting to use The Wiggles brand. The Wiggles have always strongly believed in sending responsible messages to young children and decided that all potential food products should be sent to me for approval. I recognised the need to establish nutrient criteria for assessing food endorsement for young children. This has lead to research investigating the influences on food choice and labelling schemes for parents and young children.

The Wiggles group are an enthusiastic dynamic team and I've thoroughly enjoyed my time working with them (with the added bonus of attending concerts!). One personal highlight was recording a DVD segment on healthy eating ... it's certainly a different experience discussing food with Dorothy the Dinosaur!



PRACTISING WHAT SHE PREACHES -COMMONWEALTH GAMES ATHLETE & SPORTS DIETITIAN!

BY JOANNE MIRTSCHIN

The role of foodservice dietitian at the AIS is a balancing act. It involves duties from the sports nutrition side and lots from the foodservice side. I work closely with

professional and technical staff which is incredibly rewarding.

Feeding up to 150 athletes, and up to 450 visitors, each meal has its complications, but the team is dedicated to ensuring our athletes are looked after. As our motto says "We're feeding athletes today and educating them for tomorrow". We want to ensure our athletes are the best prepared they can be, for both their current and future sporting careers whatever path that will take them on.

As an athlete myself, it's important to know that your nutritional needs are taken care of, and having the skills to ensure my own nutritional needs are on track has been very valuable (especially as I have been working hard to gain 8kg of muscle mass for the Commonwealth Games in Delhi 2010). Making the team for the Commonwealth Games as a shot-putter, has been an incredible journey and has made all the training on cold, wet Canberra winter days worth it. The support of the sports dietitian community has been absolutely huge and an incredible blessing - it's been great to share the journey with them. So, I guess my life is a balancing act, not only as a foodservice and sports dietitian, but as an athlete, and making the two work together. But it makes the rewards that come from success all the more sweet.



UNITED STATES OLYMPIC COMMITTEE

BY SUSIE PARKER-SIMMONS

My role at the United States Olympic Committee (USOC) was as a Senior Sports Dietitian from 1999-2010. My roles included helping develop a sport dietetics department; working with a variety of Olympic athletes from many sports; initiating a sports dietetic

workshop to assist in Sports Dietetic certification; overseeing Olympic menus and servicing American athletes at the Olympic Games; developing a fellowship program; and co-ordinating a sports nutrition website. I also worked with the United States Ski and Snowboard Association (USSA) from 2001-2006.

What I enjoyed most about my time working in America is that it provided me with opportunities that Australia would not have, for example: working at the Olympics; working with Winter Sports; environmental physiology (eg. altitude, pollution, cold); managing and developing a sport dietetics department; and travelling the world!

I am now back in Melbourne, working at the Victoria Institute of Sport (VIS) as the Sport Science Co-ordinator, managing the sport science department which includes specialists in physiology, biomechanics, performance technologist, and sport psychology. I will also be servicing teams in physiology and nutrition.



ONE MAN'S EPIC JOURNEY TO THE NORTH POLE!

BY SIMONE ALLEN

Working with Tom Smitheringale on his "One Man Epic" is what sports nutrition is all about.

I received a call from Tom in June 2009 asking if I'd be interested in planning his nutrition for a solo and unsupported 800km trek to the North Pole from

February to April 2010. From then on I worked with Tom on his training and expedition nutrition to help him maximise his energy levels and achieve optimal body composition. While the whole experience was fascinating here are some of my favourite facts:

- 1. Tom planned to eat five meals daily. Each of meal varied between ~7,100 and 11,000 kilojoules (kJ). The average daily intake for an adult is 8700kJ, which means every meal or snack Tom needed to eat was equivalent to an average adult's total DAILY intake.
- Tom aimed to eat 40,700 to 42,500 kJ DAILY to help meet his huge energy requirements.
- 3. The team Exercise Physiologist estimated Tom's BMR to be ~9,000 kJ and, with the type and duration of exercise Tom would be doing each day, Tom would burn ~18,800kJ to 35,250 kJ while on the ice DAILY.
- 4. Tom's daily food packs had to be limited to approximately 1.2 kg so that overall his total food weight on his sled was about 85kg. Not an easy task to fit so many kJ into very little kg!
- 5. From June 2009 to January 2010, we worked on "fattening" Tom up with regular monitoring of weight, skinfold assessment and gradual build-up of kJ from a baseline of ~17,000kJ each day. Tom gained ~11kg in this time with at least half estimated to be added fat mass
- 6. We developed a daily menu of foods that were light in weight, energy dense and primarily high in fat and carbohydrates. Tom had two different "menus" Pack A (45 packs), each providing ~40,700kJ and weighing 1267g; and Pack B (25 packs), each providing ~42,500 kJ and weighing 1363g.

The end result - Tom unfortunately fell through the ice on day 48 and had to be extracted. He returned to Perth with some frostbite and ~30kg lighter but is already planning his next expedition, which I'm looking forward to helping fuel!



FOOTBALL FEDERATION AUSTRALIA – NATIONAL NUTRITION LEAD

BY NIKKI JEACOCKE

As the National Nutrition Lead for the Football Federation Australia (FFA), my role incorporates team and individual servicing support, coach education, coordination of the FFA Nutrition network

and policy development. This includes support for all FFA national teams, ranging from the Socceroos and Matildas (Australia's national male and female team, respectively) all the way through the development spectrum to the under 13 boys and girls national teams.

This year has been an exciting one with the Socceroos competing at the 2010 FIFA World Cup in South Africa, whilst the Matildas won the Asian Football Confederation (AFC) Women's Asian Cup and, in the process, qualifying for the 2011 FIFA Women's World Cup in Germany.

Both teams presented significant nutritional challenges during their tournaments — altitude for the Socceroos and heat and humidity for the Matildas. In the co-ordination and administrative aspect of my role, I have also been establishing a FFA Nutrition network, linking state nutrition service providers (SIS/SAS and club teams) and the FFA. In support of this network, a current focus has been to develop policy outlining core FFA nutrition servicing. When implemented, this project aims to enhance the nutrition knowledge and practices of footballers, across the country, by supporting their development pathway with nutrition education and services.

GUIDING SPORTS NUTRITION EDUCATION AND STANDARDS

This year, SDA was approached by a number of organisations to inform the development of education programs, or be part of reviews of course content, with respect to sports nutrition.

Australia & New Zealand Food Standards (ANZFS) will shortly be undertaking a review of Standard 2.9.4 covering Formulated Supplementary Sports Food. From an initial meeting with Board member Greg Shaw, they will be inviting an SDA member to be part of their review panel later in 2010.

Victoria University will introduce a Masters in Dietetics course from 2011, to fulfill a growing unmet demand for multi-skilled dietetic professionals. As a member of their Advisory Panel, Kylie Andrew has provided valuable input into the sports nutrition and private practice components.

Service Skills Australia sought advice from SDA regarding industry specific requirements for implementing the Sport, Fitness and Recreation Training Package (SIS10). Lisa Sutherland and Tanya Lewis have made significant contributions to ensure quality delivery and assessment, as well as appropriate anthropometric standards for body composition.

SDA BOARD OF DIRECTORS



PRESIDENT LISA SUTHERLAND

B. App.Sc (Human Movement), Master Nutrition and Dietetics, Grad Cert Sports Nutrition, Cert. IV (Personal Trainer)

Lisa is a Sports Dietitian and Fitness Consultant from Melbourne, working as a consultant to a variety of professional sporting teams, organisations and private practice.

Lisa works with a variety of individual athletes and teams, including St Kilda Football Club, Melbourne Vixens Netball Club and Lifecare Sports Medicine clinics. Lisa is currently on maternity leave.



ALAN MCCUBBIN

B. Nutr & Diet, AN, APD

Alan has worked as a sport dietitian in a variety of sporting areas including Australian Football League (AFL) football, Olympic sailing, road cycling and mountain biking, triathlon, soccer and cricket. Currently, Alan is the consultant dietitian to the Coburg Tigers (Victorian Football League (VFL)), Melbourne Triathlon Club, and

the Tour de Cure cycling team. Alan has also worked with athletes from junior to Olympic level and has presented at the SDA/ESSA and DAA conferences.



GREG SHAW

B.HSc (Nutr and Diet), IOC Diploma of Sports Nutrition, Level 3 Anthropometrist, APD

Greg has been a sports dietitian for over 10 years. As an internationally ranked swimmer and a member of the Australian Swim Team for five years, his interest and experience in sports nutrition was strengthened. Greg has worked with elite teams such as the Brisbane

Lions Football Club, Queensland Reds Rugby Union, and individually with Olympic champions and world record holders; consulting to Australian, Queensland and British swimming teams, and the Queensland Academy of Sport (QAS). Currently, Greg is the lead nutrition provider for Australian Swimming and a sports dietitian at the Australian Institute of Sport (AIS).



KARINA SAVAGE

B. App. Sc (Exercise and Sports Science), BND, APD

Karina has experience both in private practice and clinical settings. Her private practice specialises in paediatrics and sports nutrition and she works as a consultant sports dietitian to the South Australian National Football League (SANFL) club and West Adelaide

Football Club. Karina also has eight years clinical experience as Senior Paediatric Dietitian at the Women's and Children's Hospital with key specialty in Gastroenterology.



GREG COX

BHMS, Grad Dip Nutr and Diet, Masters Health Science (Human Nutrition)

Greg is a senior sports dietitian and has been part of the AIS since 1998, having completed the AIS Berrivale Sports Nutrition Fellowship in 1995. He has a background in exercise physiology and nutrition, which has served as a perfect foundation to deliver state-of-the-art

nutrition programs to athletes and sporting teams. Greg currently works with triathlon, diving, and women's water polo in a joint capacity as Sports Dietitian and Sports Science Medicine Manager. His research interests are nutritional strategies to maximise performance in high intensity endurance sports, ergogenic aids, and fluid needs in sport, and is in the final stages of completing his PhD studies in this area. Greg has contributed to numerous sports nutrition resources, including the best-selling Survival cookbook series produced by the AIS, and recently co-authored The complete Guide to Food for Sports Performance with Dr Louise Burke.



ZOË WATT

B. App. Sc, Masters of Nutrition and Dietetics,

Zoe is a sports dietitian working in private practice at Nutritionlab and Sydney Sports Medicine Centre. Zoe also consults to sporting teams and clubs, corporate clients and nursing homes. She is a Level 1 Anthropometrist and a sports nutrition provider to the New South

Wales Institute of Sport (NSWIS) tennis, swimming and soccer teams. Zoe is also an SDA consultant to Gatorade and represents the company at various sporting events.



SONJA KUKULJAN

B.p. Sc (Human Movement), Grad Dip (Human Nutr), Master Nutrition and Dietetics, APD

Sonja has 18 years experience in the health and fitness industry and has worked in numerous health and fitness clubs as a sports dietitian to recreational athletes since 2002, while pursuing her interest in the science of sports nutrition. In February 2003, Sonja

was awarded a scholarship to complete her PhD candidature within the 'Centre for Physical Activity and Nutrition Research' at Deakin University. Her PhD research has involved conducting a unique longitudinal study to investigate the effects of exercise and nutrition on musculoskeletal health in men over 50 years of age. In February 2006, Sonja took up the position of Unit Chair and Principal Lecturer in Sports Nutrition, School of Exercise and Nutrition Sciences at Deakin University. Sonja is now the dietitian consultant to A2 Dairy products.



KELLIE HOGAN

B. HSc. (Nutr & Diet) (Hons), APD

Kellie is sports dietitian/nutritionist working as a project manager in the area of community nutrition education for school aged children at Nutrition Australia, as well as working as a private practice dietitian at various locations on the Gold Coast. She currently is consultant dietitian to the Gold Coast Titans Rugby

League team and the Queensland Academy of Sport Cycling and Men's hockey programs.



SIMONE ALLEN

B.Sc (Nutr & Food Sci), Grad Dip Diet, APD.

Simone has been a sports dietitian for eight years and runs "nutrition works", a private practice specialising in sports nutrition in Perth. Simone works with several sporting groups including Men's Gymnastics WA, West Coast Waves Basketball Leagueand Triathlon WA. Simone was a national level gymnast

and coached at a national level for 15 years, so appreciates the importance of practical and realistic advice. She also assisted Tom Smitheringale with his nutrition for his solo and unsupported 800km trek to the North Pole earlier in 2010.

MANAGEMENT

Melinda Jacobsen Shesiedo Ringdahl Deanna Nikodijevic Alison Walsh and Daniela Manche

EXPERT PANEL

SDA is dedicated to the delivery of practical sports nutrition education for its members and provide up- to-date sports nutrition information based on sound scientific principles. To maintain this high level of resource provision, an Expert Panel has been established to ensure a suitable level of peer review is maintained across all higher level member applications and resources developed. Panel Members and their areas of expertise are listed below:

MEMBER	AREA OF EXPERTISE
LIZ BROAD*	Carbohydrate, Protein, Supplements, Rowing, Triathlon, Para-athletes
HELEN O'CONNOR*	Metabolism, Weight loss in athletes, Anthropometry, Rugby League, Female athletes
RUTH LOGAN*	Adolescent athlete nutrition
FIONA PELLY*	Food service nutrition, Para- athletes
DEB KERR*	Female athletes, bone health, Nutrient intake, Anthropometry, Hockey
LOUISE BURKE*	All areas
KAREN INGE*	Public health sports nutrition, Sports nutrition across the lifecycle
GARY SLATER	Anthropometry, Protein Metabolism
BEN DESBROW	Caffeine, Rehydration, Adolescent supplementation
MICHELLE CORT	Hydration, Cricket, AFL
HOLLY FRAIL*	Rugby League, Rugby Union, Adolescent athlete nutrition education
LOUISE BELL	Triathlon, Sailing
CLARE WOOD	Team sports/ hydration
DAVID DRISCOLL	Supplementation, Power sports, Body building, Power lifting
GREG COX	Endurance sports, Hydration, Carbohydrate

^{*} Denotes SDA Fellow

FINANCIALS

SPORTS DIETITIANS AUSTRALIA LIMITED (A.C.N. 075 825 991)

FINANCIAL REPORT FOR THE YEAR ENDED 30 JUNE, 2010

TABLE OF CONTENTS:

AUDITOR INDEPENDENCE DECLARATION PROFIT AND LOSS STATEMENT BALANCE SHEET STATEMENT OF CHANGES IN EQUITY STATEMENT OF CASH FLOWS NOTES TO THE FINANCIAL STATEMENTS DIRECTORS DECLARATIONS AUDIT REPORT

AUDITOR INDEPENDENCE DECLARATION

- We declare to the best of our knowledge and belief, during the year ended June 30, 2010, there have been: i. no contraventions of the auditor independence requirements as set out in the Corporations Act 2001 in relation to the audit; and
- ii. no contraventions of any applicable code of professional conduct in relation to the audit.

Yianni & Co.

Chartered Accountants

E.E. Yianni Principal

Dated in Melbourne this 13th day of September, 2010.

PROFIT AND LOSS STATEMENT FOR THE YEAR ENDED JUNE 30, 2010

	Notes	2010	2009
		\$	\$
Revenue from Ordinary Activities	2	412,605	331,061
Borrowing costs expense		(-)	(-)
Cost of purchases & materials		(6,519)	(2,974)
Depreciation expense		(5,443)	(3,270)
Employee benefits expense		(115,914)	(96,923)
Other expenses from ordinary activities	3	(183,197)	(174,969)
Profit share of associates & joint ventures		-	-
Profit from ordinary activities before tax		101,532	52,925
Income tax relating to ordinary activities	4	(24,431)	(10,342)
Profit from ordinary activities after tax		77,101	42,583
Profit (loss) on extraordinary items after tax		-	-
Net Profit (Loss) for Year		77,101	42,583
Profit attributable to outside interests		(-)	(-)
Net Profit (loss) attributable to members		77,101	42,583

BALANCE SHEET AS AT 30 JUNE, 2010

	Notes	2010	2009
Current Assets		\$	\$
Cash	5	253,361	210,945
Receivables	6	89,988	35,739
Inventories	7	9,460	2,999
Other	8	1,156	1,029
Total current assets		353,965	250,712
Non-Current Assets			
Property, plant & equipment	9	28,012	8,421
Other	8	200	200
Total non-current assets		28,212	8,621
Total assets		382,177	259,333
Current Liabilities			
Accounts payable	10	24,821	20,602
Tax Liabilities	11	22,424	7,093
Other	12	86,952	60,759
Total current liabilities		134,197	88,454
Non-Current Liabilities		nil	nil
Total liabilities		134,197	88,454
Net Assets		247,980	170,879
Equity			
Retained profits / (accumulated losses)	13	247,980	170,879
Total Equity (Deficiency)		247,980	170,879

STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE, 2010

	2010	2009
	\$	\$
As at July 1, 2009		
Issued Shares	-	-
Asset Revaluation Reserve	-	-
Retained Earnings	170,879	128,296
	170,879	128,296
Profit/(Loss) for Year	77,101	42,583
Issue of Shares for Year	-	-
Revaluation of Assets	-	-
Dividends Paid	-	-
Balance as at June 30, 2010	247,980	170,879
Represented by		
Issued Shares	-	-
Asset Revaluation Reserve	-	-
Retained Earnings/(Accumulated Losses)		170,879
	247,980	170,879

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE, 2010

	2010	2009
	\$	\$
Cash Flow From Operating Activities		
Receipts from customers	373,504	344,880
Interest Received	9,796	8,297
Payments to suppliers and employees	(306,750)	(267,065)
Borrowing costs	(-)	(-)
Income tax paid	(9,100)	(1,803)
Net cash provided by (used in) operating activities (note 2)	67,450	84,309
Cash Flow from Investing Activities		
Payment for property, plant & equipment	(25,034)	(6,872)
Net cash provided by (used in) investing activities	(25,034)	(6,872)
Net increase (decrease) in cash held	42,416	77,437
Cash at the beginning of the year	210,945	133,508
Cash at the end of the year (note 1)	253,361	210,945

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE, 2010

	2010	2009
	\$	\$
Note 1. Reconciliation Of Cash		
For the purposes of the statement of cash flows, cash		
includes cash on hand and in banks and investments in		
money market instruments, net of outstanding bank		
overdrafts.		
Cash at the end of the year as shown in the statement		
of cash flows is reconciled to the related items in the		
balance sheet as follows:		
udidite stieet as fullows.		
Cash at Bank	253,361	210,945
Cash on hand	-	
	253,361	210,945
Note 2. Reconciliation of Net Cash Provided		
By/Used In Operating Activities To Operating Profit		
After Income Tax		
Operating profit ofter income toy	74,198	42,583
Operating profit after income tax Depreciation	5,443	3,270
Increase/(decrease) in provision for income tax	14,434	8,539
Other appropriations	14,404	0,000
Changes in assets and liabilities net of effects of		
purchases and disposals of controlled entities:		
(Increase) decrease in trade and sundry debtors	(54,249)	(27,784
(Increase) decrease in inventory	(6,461)	(1,203
(Increase) decrease in prepayments	(127)	161
Increase (decrease) in trade creditors and accruals	8,019	8,843
Increase (decrease) in other creditors	26,193	49,900
Increase (decrease) in sundry provisions		

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE, 2010

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

This financial report covers Sports Dietitians Australia Limited as an individual entity. Sports Dietitians Australia Limited is a Company Limited by guarantee, incorporated and domiciled in Australia.

Basis of Preparation

The financial report is a general purpose financial report that has been prepared in accordance with Australian Accounting Standards (including Australian Accounting Interpretations) of the Australian Accounting Standards Boards and the Corporations Act 2001.

Australian Accounting Standards set out accounting policies that the AASB has concluded would result in a financial report containing relevant and reliable information about transactions, events and conditions. Compliance with Australian Accounting Standards ensures that the financial statements and notes also comply with International Financial Reporting Standards. Material accounting policies adopted in the preparation of this financial report are presented below and have been consistently applied unless otherwise stated.

The financial report has been prepared on an accruals basis and is based on historical costs, modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

Accounting Policies

Income Tax

The income tax expense (revenue) for the year comprises current income tax expense (income) and deferred tax expense (income).

Current income tax expense charged to the profit or loss is the tax payable on taxable income calculated using applicable income tax rates enacted, or substantially enacted, as at reporting date. Current tax liabilities (assets) are therefore measured at the amounts expected to be paid (recovered from) the relevant taxation authority.

In assessing its income tax liability, Sports Dietitians Australia Limited applies the principle of mutuality to its revenue and expenses. Revenue in the form of member receipts represents mutual income and is not subject to income tax. Expenses associated with such mutual activities are not deductible for income tax purposes. All other receipts and payments are classified for income tax purposes in accordance with income tax legislation.

Inventories

Inventories are measured at the lower of cost and net realisable value. The cost of manufactured products includes direct materials, direct labour and an appropriate portion of variable and fixed overheads. Overheads are applied on the basis of normal operating capacity. Costs are assigned on the basis of weighted average costs.

Property, Plant and equipment

Each class of property, plant and equipment is carried at cost or fair value as indicated less, where applicable, any accumulated depreciation and impairment losses.

Increases in the carrying amount arising on revaluation of land and buildings are credited to a revaluation reserve in equity. Decreases that offset previous increases of the same asset are charged against fair value reserves directly in equity; all other decreases are charged to the income statement.

Plant and Equipment

Plant and equipment are measured on the cost basis less depreciation and impairment losses.

The carrying amount of plant and equipment is reviewed annually by directors to ensure it is not in excess of the recoverable amount from these assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the assets' employment and subsequent disposal. The expected net cash flows have been discounted to their present values in determining recoverable amounts.

The cost of fixed assets constructed within the Company includes the cost of materials, direct labour, borrowing costs and an appropriate proportion of fixed and variable overheads.

Subsequent costs are included in the asset's carrying amount or recognised as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to the Company and the cost of the item can be measured reliably. All other repairs and maintenance are charged to the income statement during the financial period in which they are incurred.

Depreciation

The depreciable amounts of all fixed assets including building and capitalised lease assets, but excluding freehold land, is depreciated on a straight line basis over the asset.

The asset's residual values and useful lives are reviewed, and adjusted if appropriate, at each balance sheet date.

An asset's carrying amount is written down immediately to its recoverable amount if the assets' carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are included in the income statement. When revalued assets are sold, amounts included in the revaluation reserve relating to that asset are transferred to retained earnings.

Financial Instruments

Initial Recognition and Measurement

Financial assets and financial liabilities are recognised when the entity becomes a party to the contractual provisions to the instrument. For financial assets, this is equivalent to the date that the Company commits itself to either purchase or sell the asset (i.e.; trade date accounting adopted).

Financial Instruments are initially measured at fair value plus transaction costs except where the instrument is classified 'at fair value through profit or loss' in which case transaction costs are expenses to profit or loss immediately.

Impairment of Assets

At each reporting date, the Company reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the assets carrying value over its recoverable amount is expensed to the income statement.

Impairment testing is performed annually for goodwill and intangible assets with indefinite lives.

Where it is not possible to estimate the recoverable amount of an individual asset, the Company estimates the recoverable amount of the cash generating unit to which the asset belongs.

Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with Banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within short-term borrowings in current liabilities on the balance sheet.

Revenue and Other Income

Revenue is measured at the fair value of the consideration received or receivable after taking into account any trade discounts and volume rebates allowed. Any consideration deferred is treated as the provision of finance and is discounted at a rate of interest that is generally accepted in the market for similar arrangements. The difference between the amount initially recognised and the amount ultimately received is interest revenue.

Revenue from the sale of goods is recognised at the point of delivery as this corresponds to the transfer of significant risks and rewards of ownership of the goods and cessation of all involvement in those goods.

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument.

Revenue recognition relating to the provision of services is determined with reference to the stage of completion of the transaction at reporting date and where outcome of the contract can be estimated reliably. Stage of completion is determined with reference to the services performed to date as a percentage of total anticipated services to be performed. Where the outcome cannot be estimated reliably, revenue is recognised only to the extent that related expenditure is recoverable.

All revenue is stated net of the amount of goods and services tax (G.ST).

Goods and Services Tax (GST)

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office. In these circumstances, the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the balance sheet are shown inclusive of GST.

Cash Flows are presented in the cash flow statement on a gross basis, except for the GST component of investing and financing activities, which are disclosed as operating cash flows.

Comparative Figures

When required by Accounting Standards, comparative figures have been adjusted to conform to changes in presentation for the current financial year.

NOTE 2 – REVENUE

		2010	2009
		\$	\$
Sales revenue		4,067	5,323
Other revenue			
	Course registrations	160,753	137,726
	Full members	12,092	15,996
	Associate members	2,468	2,407
	Student members	1,764	1,588
	Overseas members	3,204	3,290
	Supporter members	2,710	-
	Accredited Sports Dietitians	8,138	-
	Late fees collected	593	797
	Sponsorship fees received	203,220	151,855
	Interest Received	9,796	8,297
	Other income	3,800	3,782
		412,605	331,061

NOTE 3 - EXPENSES

Charging as Expense:		
Amortisation of non-current assets:		
Research and development costs:		
Remuneration of the auditors:	2,500	2,500

NOTE 4 – INCOME TAX

Prima Facie tax payable on operating profit is		
reconciled to the income tax provided in the		
accounts as follows:		
Prima Facie tax payable on operating profit		
before income tax @ 30%	30,460	15,877
Add:		
Tax effect of:		
- other non-allowable items	_	621
- expenses in respect to members' income	_	
- under provision for income tax in the prior year		-
Less:		
Tax effect of:		
- other allowable items	(621)	(676)
- principle of mutuality	(5,408)	(5,480)
- recoupment of prior year's losses	(-)	(-)
- over provision for income tax in prior years	-	-
Income tax attributable to operating profit:	24,431	10,342
NOTE 5 – CASH		
Bank accounts		
- Cash at bank	253,361	210,945
Other cash items		
- Cash on hand	-	-
	253,361	210,945
NOTE 6 - RECEIVABLES		
Current		
Trade Debtors	89,988	35,739
Sundry Debtors – A.T.O.	-	-
G.S.T. Receivable	-	
	89,988	35,739

NOTE 7 – INVENTORIES

Current		
Stock on Hand	9,460	2,999
	9,460	2,999
NOTE 8 – OTHER ASSETS		
Current		
Prepayments	1,156	1,029
	1,156	1,029
Non Current		
Other	200	200
	1,356	1.229
NOTE 9 – PROPERTY, PLANT AND EQUIPMENT		
Office Equipment, Furniture and Other		
At cost	45,266	24,031
Less: Accumulated depreciation	(17,254)	(15,610)
	28,012	8,421
NOTE 10 – ACCOUNTS PAYABLE		
Current		
Unsecured		
Trade creditors	17,023	15,050
Other creditors	-	-
GST payable	7,798	5,552
	24,821	20,602
NOTE 11 – TAX LIABILITIES		
Current		
Income Tax	22,424	7,093
	22,424	7,093
NOTE 12 – OTHER LIABILITIES		
Current		
Advance payments	86,952	60,759

86,952

60,759

NOTE 13 – RETAINED EARNINGS

Retained Profits from prior years	170,879	128,296
Profit(Loss) for period	77,101	42,583
Transfers from reserves	-	-
Transfers to reserves	-	-
	247,980	170,879

NOTE 14 – ISSUED CAPITAL

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

NOTE 15 – REMUNERATION OF AUDITOR

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

Auditing the accounts		2,500
Other services	872	784
	3,372	3,284

NOTE 16 – RELATED PARTIES TRANSACTIONS

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

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

Directors

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

Alan McCubbin	Lisa Sutherland
Kellie Hogan	Greg Shaw
Gaye Rutherford	Karina Savage
Gregory Cox	Janelle Gifford
Sonja Kukuljan	Simone Allen
Tanya Lewis	Zoe Watt

Director's Remuneration:

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

Number of directors whose income from the Company or any related parties were within the following bands:	No	No
0-\$9,999	6	6
Retirement and Superannuation Payments: Prescribed benefit given during year by the Company or a related party to a director or prescribed superannuation fund in connection with the retirement from a prescribed office.	Nil	Nil

DIRECTORS' DECLARATION FINANCIAL YEAR ENDED 30 JUNE, 2010

The Directors have determined that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

The Directors of the Company declare that: -

- 1. The Financial statements and notes, as set out herein, present fairly the Company's financial position as at 30 June, 2010 and its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements.
- 2. At the date of this statement, in the Directors opinion, there are reasonable grounds to believe that the Company will be able to pay its debts as and when they become due and payable.
- 3. In the Directors opinion the Company has kept such accounting records as correctly record and explain the transactions and financial position of the Company and in such a manner as would enable the financial statements to be conveniently and properly audited in accordance with Corporations Law.

This declaration is made in accordance with a resolution of the Board of Directors of the Company and is signed for and on behalf of the Directors by: -

die Testerland

DIRECTOR

Dated in Melbourne this 13th day of September, 2010.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF SPORTS DIETITIANS AUSTRALIA LIMITED (A.C.N. 075 825 991)

Report on the Financial Report

We have audited the accompanying financial report of Sports Dietitians Australia Limited which comprises the balance sheet as at June 30, 2010 profit and loss statement and cash flow statement for the year ended that date, a summary of significant accounting policies and other explanatory noted and the directors' declaration.

Directors' Responsibility for the Financial Report

The directors of the Company are responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards (including the Australian Accounting Interpretations) and the financial reporting requirements of the Company's constitution. This responsibility includes designing, implementing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances. In Note 1, the directors also state, in accordance with Accounting Standard AASB 101; "Presentation of Financial Statements", that compliance with the Australian equivalents to International Financial Reporting Standards (IFRS) ensures that the financial report, comprising the financial statements and notes, complies with IFRS.

Auditors' Responsibility

Our responsibility is to express an opinion on the financial report based on our audit. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditors' judgement, including the assessment of the risks of material misstatement of the financial report, whether due or fraud or error. In making those risk assessments, the auditors consider internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

INDEPENDENT AUDIT REPORT TO THE MEMBERS OF SPORTS DIETITIANS AUSTRALIA LIMITED (A.C.N. 075 825 991)

INDEPENDENCE

In conducting our audit, we have complied with the independence requirements of Australian professional ethical pronouncements.

AUDITOR'S OPINION

In our opinion:

- (a) the financial report of Sports Dietitians Australia Limited is in accordance with the Company's constitution, including;
 - (i) giving a true and fair view of the Company's financial position as at June 30, 2010, and of its performance for the year ended on that date; and
 - (ii) complying with Australian Accounting Standards (including the Australian Accounting Interpretations) and the Company's constitution.
- (b) The financial report also complies with the International Financial Reporting Standards as disclosed in Note 1.

YIANNI & CO.

E.E. YIANNI PRINCIPAL

CHARTERED ACCOUNTANTS

Dated in Melbourne this 13th day of September, 2010.

