

SPORTS
DIETITIANS
AUSTRALIA
ANNUAL
REPORT
2010-2011

1. OUR MEMBERS ARE SOUGHT AFTER AS **LEADERS AND INFLUENCERS** IN SPORTS NUTRITION PRACTICE

2. SDA IS A **DYNAMIC, DIVERSE AND RESPONSIBLE** ORGANISATION

3. ACTIVE AUSTRALIANS KNOW AND ENGAGE A SPORTS DIETITIAN AS PART OF THEIR TEAM OF PROFESSIONALS TO **HELP ACHIEVE THEIR PERSONAL GOALS**

4. OUR ACCREDITATION PROCESS IS **ROBUST, RIGOROUS, RECOGNISED AND HIGHLY REGARDED**

5. SDA WILL **PROVIDE RESOURCES** TO ITS MEMBERS; AND **PROMOTE THE BENEFITS** OF SPORTS NUTRITION AND ITS MEMBERS

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PRESIDENT REPORT



KELLIE HOGAN

2011 has been a year of tremendous consolidation of some wonderful and positive changes we saw in the preceding year. Our Executive Officer, Melinda Jacobsen, has been with us now for a full 18 months and she continues to drive SDA forward through her ongoing review and improvement of current processes and operations, as well as through Melinda's continual search for ways to enhance SDA and identify opportunities that benefit our members and advance the organisation. We thank Melinda for her outstanding efforts in 2010-2011.

In December 2010, at the annual SDA board planning meeting, we tweaked our vision - SDA - creating leaders in sports nutrition practice INSPIRE - EDUCATE - EMPOWER. At this meeting, the board also crystalised our 2010-2015 Strategic Goals:

- Our members are sought after as leaders and influencers in sports nutrition practice
- SDA is a dynamic, diverse and responsible organisation
- Active Australians know and engage a Sports Dietitian as part of their team of professionals to help achieve their personal goals
- Our accreditation process is robust, rigorous, recognised and highly regarded
- SDA will provide resources for its members; and promote the benefits of sports nutrition and its members.

SDA board members and office personnel have kept our vision and strategic goals at the forefront of all decisions and regularly reflect on them when guiding our practices and reviewing opportunities. The 12month Action Plan of activities, that deliver these goals, has almost all been achieved, which is a great result for both the SDA office and board members.

This year has also seen further implementation of the Career Development Pathway (CDP), in particular the addition of Advanced Sports Dietitian status along with our existing Accredited Sports Dietitian. We hope members have embraced the program and now find themselves immersed in it. SDA will continue to provide members with opportunities that complement their career development pathway and we look forward to the future roll out of the communication plan to the wider sporting and general populations. This will further assist with one of our key organisational goals to ensure members are sought after in the field of sports nutrition.

SDA has, once again, been sought after internationally as educators and leaders in the field of sports nutrition education. We ran our Sports Nutrition Course in Canada and the feedback and evaluations of attendees was outstanding. Thank you to our dedicated Education Sub-committee for their tireless hard work in organising the Sports Nutrition Course both overseas and at home. We also thank those members who represent SDA on national and international conference organising and scientific committees.

SDA has also undergone a face lift in 2011. The feedback we have received on our new look logo, website, factsheets and all printing

collateral has been tremendous. We love the more contemporary and sleek SDA that has emerged from this re-branding process.

Again, SDA continued to cement strong relationships with our corporate partners including Gatorade, Sustagen Sport, Almond Board Australia, Kellogg's Sustain and Dairy Australia. Each partnership delivers member learning and earning opportunities as well as credible nutrition messages.

With the assistance of Melinda, the board has undertaken regular risk management audits and an annual board performance review. A key risk to be identified through this process has been the issue of knowledge transfer within the SDA office and the board. We have many SDA staff and board members brimming with history and processes. The development of a succession plan and a detailed policy and procedure manual has been an excellent way to document this information. Further, as a result of changes approved to the constitution at last year's AGM, SDA has implemented a Board rotation policy, whereby every year half of Board positions are re-elected; and the ability to appoint non SDA members to the board to improve diversity and fill identified skill gaps. These changes are as a result of the great work undertaken in 2010 by SDA's Structure and Governance Committee.

The board performance review process allows the board to obtain feedback on its overall performance as a group and measure a range of governance practices, in our efforts to continually strive for improvement. The process has allowed us to clearly monitor overall board performance and identifying any skill gaps and certainly assists in ensuring the board is efficient, effective and focused on its duties. Individual board members have also taken part in self assessment. I would like to thank the board of 2011 for their ongoing and tireless commitment to SDA. Without your individual contributions, SDA would not be in the wonderful position we find ourselves in today.

We had a number of board and staff changes in 2011. Sadly Karina Savage stepped down from the board in February and was ably replaced at short notice by Simone Allen. Thank you to both Karina and Simone for their contributions. The office also welcomed Helen Duong to support and administer our education courses and membership. Daniela Manche was appointed as our 'in-house' sports dietitian and Alison Walsh continued to assist SDA with editing of our monthly newsletter Fuel.

Finally, it is with tremendous sadness that we will bid farewell to Shesiedo Ringdahl, our office manager, in August 2011. Shesiedo has been with SDA for over four years and has been an amazing asset and instrumental in driving the organisation forward, with much of this work undertaken independently, showing great initiative and commitment. SDA thanks Shesiedo for her dedication and loyalty and wishes her nothing but luck in her future endeavours.

That brings to a close another action packed year for SDA. I am excited by the future and the potential that lies ahead for our organisation; not the least of which are SDA's 15th year anniversary celebrations - how quickly we have grown!

EXECUTIVE OFFICER REPORT



MELINDA JACOBSEN

With clear strategic direction and defined action plans, as well as a great new professional look, SDA continued its strong performance and growth in 2010-2011.

SDA and its members represent the forefront of sports nutrition information and practice in Australia and, as it's emerging, possibly the world. While sport is the Australian way, the country still finds itself in an obesity epidemic; now, more than ever, Australians need to get active and eat well. Accredited Sports Dietitians provide scientifically sound sports nutrition messages and support active Australians to achieve their goals, whether that's completing a 5km fun run, cycling around Australia or winning Olympic/ World Champ medals. You can read more about the interesting and varied work of our members later in this report.

It was another busy year and we celebrate the following achievements:

- SDA rebranded – quite by accident, and with guidance and support from Caramel Creative, SDA embarked on a rebranding exercise and the results speak for themselves. Our new logo evokes a strong, credible message that has been rolled out across all collateral, website and education program material. The parent blue hues are used for member communications; the orange hues for community communications. The blue/green spectrum allows us to select hues for individual activities and programs, like the green used for our Conference in October 2011.
- Website upgrade – quietly in the background, we have refreshed the SDA website and introduced a number of new features, including a more interactive "Find an Accredited Sports Dietitian" map; Mentoring matching system; improved features to be used for SDA member e-communication; and the addition of a plethora of new Fact Sheets. We also took the opportunity to update much of the content to ensure the website becomes 'the destination' for sports nutrition information and resources.
- Career Development Pathway progression – building on the implementation of the CDP in 2010, we introduced an Advanced Sports Dietitian level; developed SDA member logos which depict a member's accreditation and can be used in their personal collateral; and conducted the first random audit of members logged activities.
- Human Kinetics partnership - to support member professional development, SDA has partnered with Human Kinetics to provide free online subscription to IJSNEM for our Accredited and Provisional Sports Dietitian members. This bi-monthly journal is a 'must read' to remain up to date with the latest sports nutrition research.
- Strong social media presence – with expert guidance from consultant, Samantha Bell, SDA has gone viral on Twitter (@SportsDietAust) and Facebook. These mediums have been a great way to communicate, not only with our members, but the broader community and position SDA as the experts in sports nutrition information.

- Welcome to Dairy Australia – SDA is delighted to be partnering with Dairy Australia and support their endeavours to promote dairy (milk, cheese and yoghurt) as great before, during and after sporting activity food. We're looking forward to bringing members some great online learning, with their support.
- Nutrition for Exercise and Sport (NES) courses – based on participant feedback, SDA undertook a major review and update of both our "Active Adult" and "Junior Athlete" courses. With the NES continuing to be extremely popular amongst the fitness industry, the improvements have been well received and embraced, as offering very practical solutions to sports nutrition issues.
- Our partnerships – SDA is grateful for the continued support of corporate partners - Gatorade, Sustagen Sport, Kellogg's Sustain and the Almond Board of Australia. Further, we continue to forge strong relations with industry partners - SMA, ESSA, DAA and Fitness Australia – and work together to support member learning.
- Strong financial result - As you will see in the financial pages, SDA has once again delivered a fantastic financial result. Throughout the year, it has always been the Board's goal to accrue sufficient capital reserves to support one years' trading if, hypothetically, SDA had to close its doors. I'm pleased to report we have achieved that goal and SDA will now look at opportunities to invest in member professional development.

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, this year we welcomed Helen Duong to provide integral administrative support to our education courses and membership. Shesiedo Ringdahl continued to do an outstanding job as Office Manager and her responsive and efficient support rates highly with members. Sadly, in August 2011, Shesiedo will be leaving SDA to pursue her career goals. It has been an absolute pleasure working with Shesiedo, who has been marvelous support to me as I settled into the EO role. We wish her every success. Daniela Manche is now a permanent feature in the SDA office as our resident sports dietitian and Alison Walsh, recently back from baby #2, has and will continue editing FUEL.

"A rolling stone gathers no moss" and I can assure you, with plans well underway for SDA's inaugural Conference in October 2011 and associated 15 year anniversary celebrations and a packed calendar of activities for 2012, there is definitely no moss on us!

MEMBERSHIP

SDA membership continued to grow, albeit steadily, throughout 2010-2011, reaching 413 by year end. Pleasing to note was the increase in the number of accredited sports dietitians to 138, student members (26.5%), and supporter members (57%). SDA will continue to focus on enhancing the Career Development Pathway and more information appears later in this report.

FIGURE 1
2010-2011 MEMBERSHIP AT 1 JULY 2011 - 413

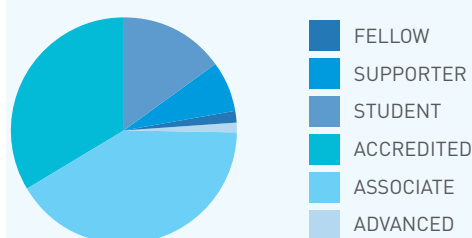
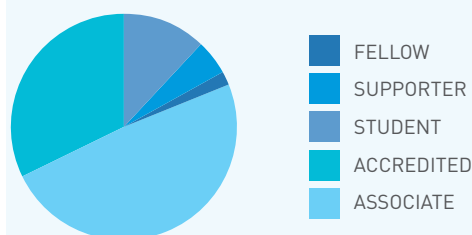


FIGURE 2
2009-2010 MEMBERSHIP - 401



In November 2010, we surveyed our members and received 111 responses, representing 72% of our accredited membership and 28% of our Associate membership; a great result! Based on responses, here's a snapshot of our membership in the sports nutrition industry:

- 38% have been a SDA member for 2-4 years. Membership rates drop to 16% for 5-6 years but a further 32% have been members for 7+ years.
- Main reasons for joining SDA are Professional Recognition; Continuing Education and Access to Sports Nutrition information.
- Over half (54%) of the membership work between 1-5hr a week in sport nutrition. Only 11% are full time sports dietitians.
- The majority of the membership is working with Active Adults, followed by Active Teens and Elite Athletes/Teams. This may reflect the growing trend of more Australians getting active, as well as an increasing awareness of the benefits of sports dietitians.

MEMBER INNOVATION



Yoghurt Culture is a new and exciting concept in the health industry. It is the first mobile fresh & frozen yoghurt bar [outlet] in Australia, developed by member Cherie Gwozdzewski.

Working as a nutritionist and dietitian for several years, Cherie found that clients would often complain they could not find low fat or frozen yoghurt that was good for them as well as tasted

good. This feedback, together with Cherie's love of ice cream and the use of dairy products for athlete recovery, led to the development of Yoghurt Culture. The result is nutritious frozen yoghurt with all the health benefits of yoghurt that tastes like ice cream. Yoghurt Cultures' fresh and frozen yoghurt varieties are 98% fat free, a good source of calcium and contain live active cultures.

Yoghurt Culture aims to provide good nutrition, either as food service at events and functions, a permanent Yoghurt Bar in workplaces, sporting venues or school canteens and dining halls that is a cost effective and healthy option for staff, athletes and children. www.yoghurtculture.com.au.



IPEE DAILY IPHONE APP

IPEE DAILY is a hydration assessment tool designed to be easily used by athletes and active, healthy people. It is a scientifically based tool which provides a valid and reliable assessment of waking hydration status.

IPEE daily combines the latest in technology with scientific based findings

to provide a practical solution to maximise daily performance at work, training or competition. It is currently available through the iTunes App store. IPEE Daily was created by EPS Nutrition – Greg Shaw, Gary Slater and Greg Cox, all of whom are SDA members.

EDUCATION

CAREER DEVELOPMENT PATHWAY

After 'activating' the Career Development Pathway (CDP) database at 1 July 2010, the CDP continues to mature and support SDA members to log their professional development and experience activities to maintain their accreditation level.

We were delighted with the response from members, in our annual survey (November 2010), that 90% of members agreed or strongly agreed that the CDP is valuable in setting and maintaining a standard for being an accredited sports dietitian; 55% agreed or strongly agreed that 250pts was easily attainable every 3 years to retain accreditation (25% were neutral); and 73% agreed or strongly agreed the website was easy to use to upload PD points.

SDA's strategic plan includes a number of activities focused on member retention (increasing online learning opportunities), marketing and awareness raising of sports dietitians in the broader community which, in turn, will hopefully lead to more job opportunities to keep members in the industry (and as part of SDA) for longer.

Throughout the year we have also listened to members and continuously updated the 'approved' activities that can be logged.

ADVANCED SPORTS DIETITIAN ACCREDITATION LEVEL

SDA members can now attain Advanced Sports Dietitian level, once the relevant criteria are met, namely accumulation of 1500pts logged via the CDP (i.e. 750pts for professional development and 750pts for professional experience activities), and undertaken a minimum 5 years clinical experience. As part of the re-accreditation process, Advanced Sports Dietitians will be required to accrue 1500pts every 3 years.

USE OF SDA MEMBER LOGO

SDA members are now encouraged to display a SDA Member logo which depicts their accreditation level, such as those shown below. A usage policy has also been developed to ensure brand integrity.



CDP AUDIT PROCESS

To maintain the CDP integrity, and reflect SDA's commitment to best practice, SDA implemented the CDP Audit. The purpose of the audit process is to:

- Promote awareness and understanding of the standards required by the CDP;
- Ensure a high level of compliance amongst members participating in the CDP;
- Identify members who are not demonstrating the expected standards, and provide a mechanism for support and monitoring to ensure members retain their accreditation; and
- Contribute to the continuous improvement of the CDP by identifying gaps and/or barriers for participants to meet the requirements.

A CDP Audit policy was developed and, in January 2011, 13 SDA members were randomly selected for the inaugural audit. All passed with flying colours but some interesting observations (and helpful hints) were ensuring members obtain appropriate evidence of all logged activities exists and maximizing the website system to upload and save such documents.

SDA looks forward to continuing to work with its members to maximise the investments made in the CDP to achieve our 5 year goal of ensuring our accreditation process is robust, rigorous, recognised and highly regarded.

EDUCATION

COURSE AND CONFERENCE OVERVIEW

SPORTS NUTRITION COURSE

SDA continues to be a leader in sports nutrition education worldwide. In May 2011, SDA supported Dietitians of Canada to host their second Sports Nutrition Course (SNC) in Winnipeg, Canada, building on the success of the first course in 2009. As with the two courses held in Canberra, Australia, participant feedback was 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 nationally and internationally. In 2012, we're looking forward to delivering in Malaysia!

Thanks to Greg Cox and Greg Shaw for their continued valuable involvement as course co-ordinators.

Table: Sports Nutrition Courses held in 2010- 2011

DATE	LOCATION	ATTENDANCE
17-20 November 2010	Canberra	40
5-9 May 2011	Canberra	35
25-28 May 2011	Canada	25

"THIS WAS A GREAT COURSE. THE PRESENTERS' EXPERTISE, WILLINGNESS TO SHARE, AND PASSION FOR SPORT WAS INCREDIBLE AND VERY MUCH APPRECIATED. I WOULD HIGHLY RECOMMEND IT TO ANY DIETITIAN PARTICIPATING IN SPORT AND ANY DIETITIAN INTERESTED IN WORKING IN THE FIELD."

- SNC participant, Canada

"THE COURSE EXCEEDED MY EXPECTATIONS. THE PATIENCE AND HELPFULNESS THAT EACH PRESENTER ANSWERED AN UNENDING ARRAY OF QUESTIONS WITH IS TO BE APPLAUDED. I HAVE LEARNT SO MUCH AND AM VERY GRATEFUL FOR ALL THE PRACTICAL ADVICE GIVEN OVER THE 4 DAYS!"

- SNC participant, Canberra

NUTRITION FOR EXERCISE & SPORT COURSE

The Nutrition for Exercise and Sport course (NES) supports the health and fitness industry stay up-to-date with the latest sports nutrition information and provides practical advice on how nutrition can affect the health, fitness and performance of an individual. Developed over 10 years ago, this course is now recognised as a sound and powerful one day education course for personal trainers, sport coaches, health & physical education teachers and exercise physiologists. The course is accredited with Fitness Australia, Kinect Australia and Exercise & Sports Science Australia (ESSA).

This year, SDA assembled a panel of Accredited Sports Dietitians to undertake a major review of the 'Active Adult' course. Based on feedback from participants, the course has been refreshed and reformatted into three case studies typical of clients who might present to fitness industry trainers. The result is a very practical and informative one-day professional development activity. Special thanks to Tanya Lewis, Gary Slater, Kylie Andrew, Joanne Shinewell and Alan McCubbin for their time and expertise with the review.

SDA acknowledges the support of Sustagen Sport as the national sponsor for this course.

SDA also undertook a review of our 'Junior Athlete' NES course. This course has lay dormant for some years and, with opportunities emerging to present this course at grass roots sporting level, the time was right to refresh and update. The major change has been reducing the course to a half-day session, which could also be modularised and delivered over a number of sessions. Special thanks again to Simone Allen, Fiona Collins, Dana Craven, Adam Zemski and Ruth Logan for their time and expertise with the review.

"OVERALL AN EXCELLENT AND WELL INFORMATIVE COURSE. VERY INTERESTING AND A GREAT PRESENTATION WITH RELATIVE INFORMATION I CAN USE FOR MYSELF AND WITHIN MY WORK. THANK YOU"

NES Participant, Melbourne, October 2010

"FOR A FIRST TIME "NEWLY STRUCTURED" COURSE, I THOUGHT THE WAY THE SESSIONS WERE DELIVERED AND DIVIDED INTO CASE STUDIES WERE A VERY INTERESTING WAY TO DELIVER THE COURSE AND I ENJOYED EVERYTHING INCLUDING THE PRESENTERS :)"

NES Participant, Sydney, June 2011

NES COURSES HELD IN 2010-2011

DATE	LOCATION	ATTENDANCE
NEW SOUTH WALES		
11 September 2010	Sydney	41
26 February 2011	Sydney	40
4 June 2011	Sydney	42
QUEENSLAND		
11 September 2010	Gold Coast	14
30 October 2010	Sunshine Coast	31
12 March 2011	Brisbane	40
18 June 2011	Brisbane	40
VICTORIA		
21 May 2010	Melbourne	40
9 October 2010	Melbourne	32
19 February 2011	Melbourne	40
21 May 2011	Melbourne	45
WESTERN AUSTRALIA		
30 October 2010	Perth	40
12 March 2011	Perth	40
AUSTRALIAN CAPITAL TERRITORY		
3 July 2010	Canberra	20
25 June 2011	Canberra	18
SOUTH AUSTRALIA		
31 July 2010	Adelaide	25
19 March 2011	Adelaide	18

SDA ONE DAY UPDATE

The SDA One Day Update Course was held in Adelaide, on Wednesday 25th May 2011, prior to the DAA Conference. Titled "Crossing Over – When Clinical and Cultural Issues challenge Sports Nutrition Practice" – An update on managing clinical and cultural dietetic issues in an athletic population, participants heard from expert presenters on topics covering pathology, food allergy intolerances, FODMAPs and cultural and religious considerations in sport; the later topic being most relevant given next year's London Olympic Games will fall during Ramadan.

The sessions were recorded and are now available to download from SDA's website for Associate and Accredited Sports Dietitian members, as a way to support our members to stay up-to-date on the latest sports nutrition information, irrespective of their geographical location.

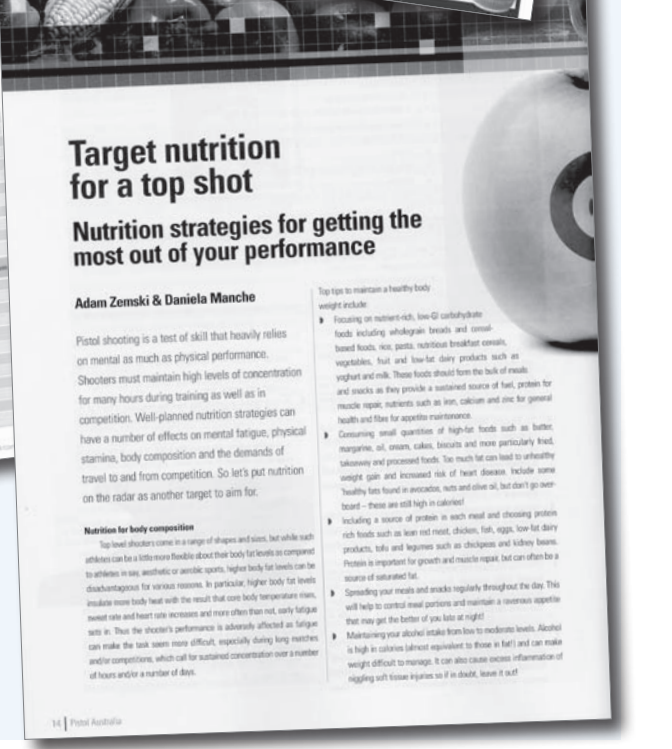
DAA CONFERENCE

As part of the DAA Conference, held in Adelaide from 26-29 May 2011, Anthony Meade and Natalie Vanderhaak presented a workshop on "Sports Nutrition for the Gym Junkie". The session was a sell out with 75 SDA members and non-SDA dietitians attending the workshop and feedback was positive.

ACHPER INTERNATIONAL CONFERENCE

In April 2011, ACHPER held their International Conference in Adelaide. SDA was part of the program with two presentations - Karina Savage presented on Sports Nutrition in Adolescence – an active and healthy life reflecting optimism and well being and Erica Stephens presented her recent research titled "Attitudes, Knowledge and Awareness of Directors of Physical Education on the use of dietary supplements and ergogenic aids by adolescent athletes – is there a policy need?" Stephanie Gaskell was also on hand to distribute SDA flyers and information from our section of the Human Kinetics stand.

SDA IN THE MEDIA



AND IN 2010/11 SDA LAUNCHED INTO THE SOCIAL MEDIA SPACE WITH A PRESENCE ON FACEBOOK AND REGULAR TWEETS ON TWITTER.

ARE YOU 'FOLLOWING' US ON TWITTER @SportsDietAust ?

DO YOU 'LIKE' US ON FACEBOOK?

<http://www.facebook.com/sportsdietitiansaustralia>

OUR PARTNERS

CORPORATE

Through partnerships, SDA provides credible nutrition messages based on sound scientific principles, to help the consumer make healthier food choices. This year, we were delighted to continue our strong relationships with the following corporate partners:

GATORADE



SUSTAGEN SPORT



ALMOND BOARD OF AUSTRALIA



KELLOGG – SUSTAIN



DAIRY AUSTRALIA



INDUSTRY

SDA recognises, and acknowledges the support of, the following industry partners, with whom it works to provide member professional development:

SPORTS MEDICINE AUSTRALIA (SMA)



EXERCISE SPORTS SCIENCE AUSTRALIA (ESSA)



DIETITIANS ASSOCIATION OF AUSTRALIA (DAA)



FITNESS AUSTRALIA



HUMAN KINETICS



STATE REPORT

QUEENSLAND

SALLY GARRARD/LARA MCCAMBRIDGE

SDA Queensland had another busy and successful year. Our meetings continue to have consistent turn out from members and students, and we are proud to have Queensland member Kellie Hogan as SDA president.

The roll out of the Career Development Pathway has kept everyone busy, with lots of discussion at meetings, and encouragement for all to log points to achieve Accredited Sports Dietitian or Advanced Sports Dietitian status. Also, Rebecca Downes, Ali Disher and their 'Race Around Australia' cyclist, David Allen, have provided us with an insight into the huge nutrition challenges of this journey.

With some very experienced Accredited Sports Dietitians in Queensland we enjoyed great professional development sessions:

- Kerry Leech and Michelle Cort presented on travel and menu management.
- Ben Desbrow updated us on Griffith University's current research on caffeine and alcohol.
- Holly Frail and Kerry Leech provided feedback from the ACSM conference including the areas of vitamin D, nutrition for injury, making weight, protein and weight loss.

There was a good representation from Queensland members at the Powerbar Conference in Canberra, and earlier in the year we conducted taste testing of Carman's products. Gary Slater has also been part of setting up the Nutrition and Dietetics course at the University of Sunshine Coast

SOUTH AUSTRALIA

NATALIE VANDERHAAK

Over the past year, the South Australia (SA) branch has held five meetings at the Women's and Children's hospital, where many members work at or nearby. Highlights for the year included Stephanie Gaskell's presentation on her nutrition preparation before and during the North Face 100km race in the Blue Mountains and the challenges involved in carbohydrate loading, the distribution of carbohydrates across the day, choice of supplements and hydration; and Natalie's presentation on the latest evidence around protein timing, type and quantity for increasing muscle mass, which was subsequently presented at the National Dietitians Association of Australia (DAA) conference held in Adelaide.

Throughout the year the SA branch has been instrumental in supporting other key events:

- Australian Council for Health, Physical Education and Recreation (ACHPER) conference - Karina Savage presented on Sports Nutrition for Adolescence, and Stephanie Gaskell represented SDA in the trade exhibits, as part of the Human Kinetics stand.
- SDA 1-day Update course - Anthony Meade presented on Pathology, and Stephanie Gaskell on issues that may be faced by sports people with IBS and FODMAP intolerances.
- National DAA conference - Anthony and I presented a workshop titled "Sports Nutrition for the Gym Junkie". This workshop included information on the principles of training, sports nutrition for exercise, and protein timing, type and quantity for muscle gain.

TASMANIA

GAYE RUTHERFORD

Despite SDA membership in Tasmania remaining small, 2011 has been a highly successful year for increasing communication and activity within the state with the commencement of quarterly member teleconferences greatly assisting members to share experiences and work opportunities. In addition, Tasmanian members are now able to participate in SDA Victorian Branch meetings via teleconference, and we thank the Victorian Branch greatly for extending this PD opportunity to us.

In 2011-2012, we are excited to be hosting Tasmania's first NES Course in August as well as continuing with our regular teleconferences.

WESTERN AUSTRALIA

GEMMA QUAYLE

Anderson Jones is temporarily overseeing the WA branch while Gemma is taking some personal leave.

The WA branch continues to receive strong interest from student dietitians at Curtin and Edith Cowan Universities. Students have had the opportunity to be involved in work experience with WA members, facilitated by a matching system where students are emailed about upcoming events and requirements (eg. skin folds, sweat testing). Simone Allen has been integral in this, offering several opportunities to students.

Our members continue to be involved in sports nutrition at both the recreational and professional level. Clare Wood and Julie Meek continue in their roles at WAIS as the Sports Dietitians, working with a range of both individual and team sports. Bethanie Allanson is working with the AIS hockey teams and Tennis Australia. Simone Allen works regularly with athletes from a range of disciplines including triathletes in the ever-popular Busselton Ironman, as well as the West Coast Waves and Perth Lynx. Sophy Porter is working with a range of sporting teams, including AFL team Fremantle Dockers, WAFL teams, The Emirates Western Force and WA Rugby Academy, Western Warriors and Perth Glory Soccer Club. Meanwhile, other members participate in rewarding work with athletes in private practice.

VICTORIA

KERRY OTTO

This year SDA Vic has welcomed a number of new young members to our meetings and the return of Susie Parker –Simmons after 10 years in the USA. We have alternated a morning meeting at the V.I.S. with an evening meeting at Sports House, which has certainly opened the meetings to a wider range of people.

Our education sessions have been excellent and thanks to Alan McCubbin who co ordinates these. A big thanks to all the speakers; your contribution is greatly appreciated. These have included:

- Susie Parker-Simmons' insight into her 10 years in the USA working in Winter Sport and with the USA Olympic Committee and issues athletes face when training/competing at altitude. Susie also presented a summary of the American College of Sports Medicine Conference she attended in June 2011.
- Alan McCubbin's overview of the Powerbar conference held at the A.I.S. in November.
- Jose Areta, a PhD student working with John Hawley (RMIT), presented his preliminary findings on the mechanisms determining muscle protein synthesis and the role of exercise, feeding and exercise and feeding together in the stimulation of muscle accretion.
- We have also taste tested and product reviewed yoghurts, ice-cream, gels and sports drinks which have been both enjoyable and a lot of fun, as well as a useful exercise to bring to our attention products we may otherwise not encounter.

NEW SOUTH WALES

EMILIE ISLES

SDA New South Wales has continued to focus on increasing attendance at branch meetings and have been fortunate enough to have some wonderful presentations. In March, Fiona Pelly travelled from Queensland to present all of her work from the 2000 Sydney Olympics to the more recent 2010 Commonwealth Games in Delhi. Her presentation provided great insight into the often hidden work of sports dietitians in regards to food service at these major sporting events. This was followed at the most last meeting by a supplement update from Sally Walker and discussion of the lead-up to London 2012. Charina Kullen also presented, focussing on her fascinating work within the armed forces. Charina's work is ongoing and we look forward to hearing more of her work in the future.

AUSTRALIAN CAPITAL TERRITORY

SIOBHAN MORAN

It has been a busy 12 months for the ACT branch with attendance at the 6-weekly meetings averaging 10-11 people (including 2-3 student members). Highlights for the year include a presentation by Dr John Kellett on the role of Vitamin D for athletes, an interactive discussion with lightweight rower Hannah Every-Hall on the nutrition requirements and challenges faced by weight-category athletes, as well as feedback from attendees to the ACSM, ECSS and DAA conferences. We also ran a successful student breakfast with 20 students listening to insightful talks by ACT branch members on their career pathways and current roles as sports dietitians, as well as a presentation by David Crawshaw (Beijing Olympic gold medallist) on his experiences with sports dietitians throughout his rowing career. Over the next year, we look forward to ongoing professional development and networking within the profession, particularly amongst our student members.

SDA IN THE COMMUNITY



STEPHEN GURR
RESIDENT ACCREDITED
SPORTS DIETITIAN AT
ASPIRE ACADEMY,
DOHA, QATAR

The past year at the Aspire Academy has been a challenging and rewarding one. I have now been here for 16 months and continue to relish the opportunity to work with people quite literally from all around the world, whether they are athletes, sports science or coaching staff.

I'm currently working exclusively with the football (soccer) program, slowly developing my knowledge of the technical and tactical aspects of the game, which I hope will enhance the level of servicing I can provide. Over the last three months, I have had the opportunity to travel with a number of these teams as they test their wares against some of the best youth teams in Europe. Among the many highlights of these tours was the Under 16 team making the semi-final of the Lisbon Cup, claiming the scalp of European powerhouse Sporting Lisbon along the way, and the Aspire Africa team's all conquering performance in the Milk Cup in Northern Ireland, where they beat Manchester United 5-1 in the final (Note - While most attributed the win to our player's superior strength, power and tactical know how, I would like to think it had something to do with all the nutella pancakes they consumed during the week long tournament, along with the flat coke and lollies provided at half time!)

Over the last six months, two new Sports Dietitians have joined the team (Fabricio Forchini from Argentina and Richard Allison from England), staffing additions that will allow us to provide a greater level of services to the Aspire student and senior National team athletes.

In addition to the hydration and fluid balance testing, anthropometrical assessment and various educational activities we continue to conduct as part of our routine servicing of the athletes, over the coming year, we also hope to develop and implement a nutrition curriculum targeting primarily the younger athletes in the Academy, establish a teaching kitchen, as well as work closely with the Exercise Physiology department on some applied research projects.

Despite a promising start, I regret to say that some of my Arabic language skills have fallen by the wayside, though hopefully they will pick up again once the new semester starts. That aside, some key words and phrases I have (I hope!) made it that little bit easier to work with the predominantly Arabic speaking students. These include:

PHRASE/WORD (PHONETIC SPELLING)	ROUGH TRANSLATION
Yala Shebab	Hurry young men
Muffy muschular	No problem
Shu heerdal?	"What is this?!"
Wala zen	Very good
Montaze	Excellent

While I continue to be impressed by the students' insatiable appetite for fresh fruit, dates, laban (savoury yoghurt drink), lemons and dates, I am equally frustrated in my attempts to convince the majority of the student athletes of the health and performance benefits of consuming vegetables other than chick peas, cucumber and tomatoes!



REBECCA DOWNES
'RACE AROUND AUSTRALIA'

In late 2010, SDA Queensland banded together to tackle the case of David Alley; a 35 year old police officer with a quest to "Race Around Australia" in October 2011 to raise money for the Royal Flying Doctors Service. Ali Disher, student dietitian extraordinaire, and I were lucky enough to lead the case; with Ali being an integral part of Dave's travelling team. This year saw Dave and the team tackle

three 5-10 day trial rides, where we collected daily fluid balance and food diaries, allowing us to slowly fine tune our fluid and nutrition plan, ready for the race to start on 12 September 2011. While Dave was an ideal athlete to work with (he was so good at matching his fluid intake to loss that during a 10 day trial, his morning USG was under 1.02 for 9 days!), we did encounter some nutrition challenges. Feeding a travelling team of 6 for days on end with only camper van cooking and storage facilities, and planning for inevitable flavour fatigue, required careful consideration. However, we are all set for take-off next month, with Dave confident he can meet the 400km/day required to beat the current world record.

A word from Ali:

The case study has been a fantastic learning curve for me so far - from not enough fluid vs too many wee breaks (we even had to consider how much time this wasted roadside!), to the entire team keen on discussing their bowel movements, it's been one hell of a ride! Jokes aside, I've learnt an enormous amount, particularly surrounding ultra endurance hydration and effectively combating flavour fatigue. I now know not to overlook the seemingly 'smaller' but definitely important issue - support crew nutrition. I can't wait to kick off and be a part of this fantastic journey!

FILEX - HEALTH & FITNESS EXPO SYDNEY, 15-17 APRIL 2011

What a fun and hectic three days FILEX was this year! Team SDA headed to Sydney for the 2011 FILEX Health & Fitness Expo. The SDA stand looked great and was a hive of activity as we spruiked our re-vamped Nutrition for Exercise and Sport Course, signed up Supporter members, showed off our new website, including how people can "Find a Sports Dietitian" in their local area, and sold cookbooks. Our sponsors were generous with sample products (thanks to Gatorade, Sustagen Sport, Almond Board of Australia and Kellogg's Sustain), which helped 'lure' people into the stand. SDA launched the new and improved NES Course for the Active Adult with help from Joanna McMillan and Tanya Lewis, who 'talked it up' in their nutrition presentations.

A special big thank you to our SDA members who joined us on the stand - Rebecca Hay, Pascale Bridge, Glenys Zucco, Rachel Gerathy, Zoe Watt, Caitlin Reid and Kate De Agnoli.



A TALE OF TWO SPORTS DIETITIANS THE 2010 AFL GRAND FINAL (AND REPLAY)

PART ONE: BY EMMA RIPPON

Accredited Sports Dietitian for the Collingwood Football Club and managing director of Eat Well Nutrition Service.

The build up to the 2010 Grand Final was just like any other game preparation week from a nutritional point of view. I went through the process of discussing game day nutrition, knowing that nerves might be a barrier to adequate fuel and fluid intake. I chatted to each player to help fine tune their individual "plan of attack". When the big day arrived, we had our routine game day food and fluid protocol in place. Really, the game was a stock-standard process... until the final siren!

We hadn't planned on being part of a drawn Grand Final. Recovery food was scarce. Scrambling around in the change rooms, we found a few leftover sandwiches, and some sports bars. The player drink bottles were quickly re-filled, and we raced onto the arena to deliver the rations to the shell-shocked players. Trying to encourage recovery food was a real challenge; no-one could comprehend what had just happened.

Fortunately for us, our home facilities lie just across the road from the MCG. We have in-house caterers who were swiftly put into action to deliver some recovery food, and the local pizza shop was put on notice for pizzas ASAP. Within about 30 minutes, the players were back at the club, starting their recovery, refuelling and rehydrating.

The next day at recovery, we had some very sore and fatigued bodies. My role was to ensure the players had continued a good nutritional recovery process from the previous night. We had breakfast catering at the club, to optimise and encourage some crucial macronutrient intake. Most players lingered a lot longer than usual for recovery that day, so we continued to get as much food into them as possible.

The week that followed was a return to the usual. We kept an eye on the weather, but it would be no hotter than the day of the drawn Grand Final. Lead up, game day, and hydration plans stayed the same for most players. As the replay Grand Final progressed, fortunately this time things went our way!



PART TWO: BY DANIELA MANCHE

Accredited Sports Dietitian for the St Kilda Football Club, and consultant to the Victorian Institute of Sport, Sports Dietitians Australia and private clients



There was a new level of excitement and anticipation in the air at Moorabbin in the lead up to the last weekend in September, 2010. Superstitions were flying around our volunteer "angels", (like supporter gear remaining unwashed

from the previous game for extra luck!). As the sports dietitian in charge organising catering during the lead-up week, I was also quite nervous as there had been some cases of food poisoning in the previous years' Grand Final parade (thought to be due to some dodgy cold meat and salad rolls) so I wasn't taking any chances!! The players were quiet and withdrawn that day of the parade and whilst I had reminded players about their usual nutrition routine on game day earlier in the week, it felt right to leave the boys alone with their thoughts that day.

We turned up to play and I think I was more nervous than the players!! We went through the motions as we had during the year and the energy felt right... Until halfway through the dramatic last quarter, hardly able to sit on the bench, I was informed of a sewerage problem (for those who need details, sewage was pushing back up the drains into the showers in the change rooms) and the rooms (and everything in them) were being evacuated while the game was in its final minutes. What should have been a neat goal off Stephen Milne's foot bounced in for a point and the siren blew the draw. Shock and emptiness.

And then... Oh, the change rooms!! And recovery!! No one had planned for any of this! Relocated to the opposite end of the ground, there was no sign of any food or fluid for the players. Finally, after a few frantic minutes, the nutrition bag was discovered in a corner and bars and drinks were handed out to the players who were in a trance-like state. I overheard one of the trainers say "[a draw] is like dancing with your sister... you do it because you have to but it doesn't feel right!"

Going back the next week, holidays were postponed, arrangements were made and the players were supported as much as possible but the air hung with frustration and discontent. Turning up for the replay, it felt as though the players were less 'hungry' for the game than the week before and the game reflected it. After a very heartbreaking scene in the change rooms after the game, the players look to the next year to keep their finals hopes alive.

SDA BOARD OF DIRECTORS



KELLY HOGAN
PRESIDENT

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

Current Roles: Sports dietitian/nutritionist project manager - Nutrition Australia; Accredited Sports Dietitian - Gold Coast Titans Rugby League team; Queensland Academy of Sport Cycling and Men's hockey programs.



BEN DESBROW

Masters Health Science (Human Nutr), Grad Dip Sc (HMS), Grad Dip Sc (Nutr & Diet), BSc

Current Role: Senior Lecturer and Bachelor of Nutrition and Dietetics Convenor - Griffith University, Gold Coast Campus; Unit Leader - Nutrition Research Emerging Area, Research Centre for Clinical and Community Innovation (RCCCI), Griffith Health Institute.



ALAN MCCUBBIN
VICE -PRESIDENT

B. Nutr & Diet, AN, APD

Current Roles: Director Next Level Nutrition; Accredited Sport Dietitian - Coburg Tigers (VFL) football, Melbourne Triathlon Club, Olympic sailing, road cycling (Tour de Cure), mountain biking, triathlon, soccer and cricket.



GREG COX

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

Current Role: Senior Sports Dietitian - Australian Institute of Sport (AIS); Lead nutrition provider for triathlon, diving and women's water polo.



SONJA KUKULJAN
COMPANY SECRETARY

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

Current Role: Dietitian consultant to A2 Dairy products.



ZOË WATT

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

Current Role: Sports Dietitian working in private practice at The Athlete's Kitchen working with NSWIS tennis, swimming and soccer teams, as well as corporate clients and nursing homes.



GREG SHAW

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

Current Role: Sports Dietitian - Australian Institute of Sport (AIS); Lead nutrition provider for Australian Swimming.



SIMONE ALLEN (APPOINTED 9/3/11)

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

Current Role: Sports Dietitian in private practice "nutrition works" working with Men's Gymnastics WA, West Coast Waves and Triathlon WA.



KARINA SAVAGE (RESIGNED 21/2/11)

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

Current Role: Sports dietitian in private practice specialising in Paediatrics and Sports Nutrition; Sports Dietitian to West Adelaide Football Club (SANFL).

MANAGEMENT

Melinda Jacobsen – Executive Officer

Shesiedo Ringdahl - Office Manager

Helen Duong - Administration

Daniela Manche – 'In-house' Sports Dietitian

Alison Walsh – Editor FUEL (until April 2011)

SDA FELLOWS

Congratulations to the following inspirational practitioners and thank you for making such an outstanding contribution to the field of sports nutrition in both research and education: Prof Louise Burke, Dr Helen O'Connor, Karen Inge, Ruth Logan, Dr Deb Kerr, Dr Fiona Pelly, Dr Liz Broad, Holly Frail and Kerry Leech.

SUB COMMITTEES

SDA's Sub-Committees ensure strong governance, expert opinion and input into program development. Each is guided by Board-approved Terms of Reference and Board members are appointed to Sub-Committees in accordance with their individual expertise. SDA is extremely grateful to all sub-committee members who give of their time willingly.

- Education – Greg Shaw (Chair), Greg Cox, Alan McCubbin
- Expert Scientific Panel – Greg Cox (Chair), Louise Bell, Liz Broad, Louise Burke, Michelle Cort, Ben Desbrow, David Driscoll, Holly Frail, Karen Inge, Deb Kerr, Ruth Logan, Helen O'Connor, Fiona Pelly, Gary Slater, Clare Wood.

During 2010-2011, SDA activated the following additional sub-committees to assist with specific activities outlined in the Strategic Plan:

- SDA Conference Organising Committee – Greg Shaw (Chair), Benita Lalor, Susie Parker-Simmons, Andrew McAinch, David Bishop
- NES Review Panel (For the Active Adult) – Gary Slater, Kylie Andrew, Joanna Shinewell, Tanya Lewis
- NES Review Panel (For the Junior Athlete) – Simone Allen, Fiona Collins, Dana Craven, Adam Zemski

FINANCIALS

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

**FINANCIAL REPORT FOR
THE YEAR ENDED 30 JUNE 2011**

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DIRECTORS' REPORT

Your directors submit the financial accounts of the Company for the year ended 30 June 2011.

DIRECTORS

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

Kellie Hogan	Gregory Cox
Alan McCubbin	Simone Allen
Sonja Kukuljan	Zoe Watt
Greg Shaw	Ben Desbrow

PRESIDENT

KELLIE HOGAN

Qualifications - B Hlth Sci. (Nutr & Diet) (Hons) APD

Current Roles - Sports Dietitian/Nutritionist project manager - Nutrition Australia; Accredited Sports Dietitian - Gold Coast Titans Rugby League team; Queensland Academy of Sport Cycling and men's hockey programs.

VICE PRESIDENT

ALAN MCCUBBIN

Qualifications - B Nutr Diet, AN, APD

Current Roles - Director Next Level Nutrition; Accredited Sports Dietitian to Coburg Tigers (VFL) Club, Melbourne Triathlon Club, Olympic sailing, road cycling (Tour de Cure), mountain biking, triathlon, soccer and cricket.

SECRETARY

SONJA KUKULJAN

Qualifications - BAppSc (Human Movement), Grad Dip (Human Nutr), Master Nutrition & Dietetics, APD

Current Role - Dietitian Consultant to A2 Dairy Products.

PRINCIPAL ACTIVITIES

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

BOARD MEMBERS

GREG SHAW

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

Current Role - Sports Dietitian - Australian Institute of Sport (AIS); Lead Nutrition provider for Australian Swimming.

GREG COX

Qualifications - BHMS, Grad Dip Nutr and Diet, MHSc (Human Nutrition)

Current Role - Senior Sports Dietitian at the Australian Institute of Sport (AIS); Lead nutrition provider for triathlon, diving and women's water polo.

ZOE WATT

Qualifications - Bachelor of Applied Science, Masters of Nutrition and Dietetics, APD

Current Roles - Sports Dietitian working in private practice at The Athlete's Kitchen working with NSWIS tennis, swimming and soccer teams, as well as corporate clients and nursing homes.

BEN DESBROW

Qualifications - Masters Health Science (Human Nutrition), Grad Dip Sc (HMS), Grad Dip SC (Nutrition and Diet), BSc

Current Roles - Senior Lecturer and Bachelor of Nutrition and Dietetics Convenor - Griffith University, Gold Coast Campus; Unit Leader - Nutrition Research Emerging Area, Research Centre for Clinical and Community Innovation (RCCCI), Griffith Health.

SIMONE ALLEN

Qualifications - B.Sc (Nutr and Food Sc) and Grad Dip Diet, APD

Current Roles - Sports Dietitian in private practice "Nutrition Works," working with Men's Gymnastics WA, West Coast Waves and Triathlon WA.

RESULTS

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

Year ended 30 June 2011	\$ 98,610
Year ended 30 June 2010	\$ 77,101

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

As a result of the introduction of Australian equivalents to International Financial Reporting Standards (IFRS), the Company's financial report has been prepared in accordance with those standards. A reconciliation of adjustments arising on the transition to Australian equivalents to IFRS is included in this report.

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the economic entity, the results of those operations, or the state of affairs of the economic entity in future financial years.

Likely developments in the operations of the economic entity and the expected results of those operations in future financial years have not been included in this report as the inclusion of such information is likely to result in unreasonable prejudice to the economic entity.

The economic entity's operations are not regulated by any significant environmental regulation under a Law of the Commonwealth or of a State or Territory.

Dividends paid or declared since the start of the financial year are as follows:-

- a. No dividends or distributions were declared during the year.
- b. No dividends or distributions were declared on June 30, 2011 for payment for the year ended June 30, 2012.

No options over issued shares or interests in the Company or a controlled entity were granted during or since the end of the financial year and there were no options outstanding at the date of this report.

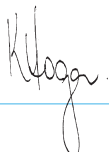
No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the economic entity.

No person has applied for leave of Court to bring proceedings on behalf of the Company or intervene in any proceedings to which the Company is a party for the purpose of taking responsibility on behalf of the Company for all or any part of those proceedings.

The Company was not a party to any such proceedings during the year.

A copy of the auditor's independence declaration as required under section 307C of the Corporations Act 2001 is set out on page 19 of these accounts.

Signed in accordance with a resolution of the Board of Directors:



Directors

Dated in Melbourne this 26th day of August, 2011.

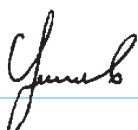


Directors

AUDITOR INDEPENDENCE DECLARATION

We declare to the best of our knowledge and belief, during the year ended June 30, 2011 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 26th day of August, 2011.

PROFIT AND LOSS STATEMENT FOR THE YEAR ENDED 30 JUNE 2011

	NOTES	2011 \$	2010 \$
Revenue from Ordinary Activities	2	559,852	412,605
Borrowing costs expense		(-)	(-)
Cost of purchases & materials		(12,361)	(6,519)
Depreciation expense		(17,081)	(5,443)
Employee benefits expense		(111,408)	(115,914)
Other expenses from ordinary activities	3	(284,125)	(183,197)
Profit share of associates & joint ventures		-	-
Profit from ordinary activities before tax		134,877	101,532
Income tax relating to ordinary activities	4	(36,267)	(24,431)
Profit from ordinary activities after tax		98,610	77,101
Profit(loss) on extraordinary items after tax		-	-
Net Profit(Loss) for Year		98,610	77,101
Profit attributable to outside interests		(-)	(-)
Net Profit(loss) attributable to members		98,610	77,101

BALANCE SHEET AS AT 30 JUNE 2011

	NOTES	2011 \$	2010 \$
CURRENT ASSETS			
Cash	5	339,186	253,361
Receivables	6	130,875	89,988
Inventories	7	15,617	9,460
Other	8	1,156	1,156
Total current assets		486,834	353,965
NON-CURRENT ASSETS			
Property, plant & equipment	9	27,465	28,012
Other	8	200	200
Total non-current assets		27,665	28,212
TOTAL ASSETS		514,499	382,177
CURRENT LIABILITIES			
Accounts payable	10	27,927	24,821
Tax Liabilities	11	28,356	22,424
Other	12	111,626	86,952
Total current liabilities		167,909	134,197
NON-CURRENT LIABILITIES		NIL	NIL
TOTAL LIABILITIES		167,909	134,197
NET ASSETS		346,590	247,980
EQUITY			
Retained profits / (accumulated losses)	13	346,590	247,980
Total Equity (Deficiency)		346,590	247,980

STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2011

	2011 \$	2010 \$
AS AT 1 JULY 2010		
Issued Shares	-	-
Asset Revaluation Reserve	-	-
Retained Earnings	247,980	170,879
	247,980	170,879
Profit/(Loss) for Year	98,610	77,101
Issue of Shares for Year	-	-
Revaluation of Assets	-	-
Dividends Paid	-	-
BALANCE AS AT 30 JUNE 2011	356,590	247,980
REPRESENTED BY		
Issued Shares	-	-
Asset Revaluation Reserve	-	-
Retained Earnings/(Accumulated Losses)	356,590	247,980
	356,590	247,980

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2011

	2011 \$	2010 \$
CASH FLOW FROM OPERATING ACTIVITIES		
Receipts from customers	530,834	373,504
Interest Received	12,805	9,796
Payments to suppliers and employees	(416,849)	(306,750)
Borrowing costs	(-)	(-)
Income tax paid	(24,431)	(9,100)
Net cash provided by (used in) operating activities (note 2)	102,359	67,450
CASH FLOW FROM INVESTING ACTIVITIES		
Payment for property, plant & equipment	(16,534)	(25,034)
Net cash provided by (used in) investing activities	(16,534)	(25,034)
Net increase(decrease) in cash held	85,825	42,416
Cash at the beginning of the year	253,361	210,945
Cash at the end of the year (note 1)	339,186	253,361

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2011

	2011 \$	2010 \$
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:		
Cash at Bank	339,186	253,361
Cash on hand	-	-
	339,186	253,361
NOTE 2. RECONCILIATION OF NET CASH PROVIDED BY/USED IN OPERATING ACTIVITIES TO OPERATING PROFIT AFTER INCOME TAX		
Operating profit after income tax	98,610	77,101
Depreciation	17,081	5,443
Increase/(decrease) in provision for income tax	5,932	15,331
Other appropriations		
Changes in assets and liabilities net of effects of purchases and disposals of controlled entities:		
(Increase) decrease in trade and sundry debtors	(40,887)	(54,249)
(Increase) decrease in inventory	(6,157)	(6,461)
(Increase) decrease in prepayments	-	(127)
Increase (decrease) in trade creditors and accruals	3,106	4,219
Increase (decrease) in other creditors	24,674	26,193
Increase (decrease) in sundry provisions	-	-
Net cash provided by (used in) operating activities	102,359	67,450

NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2011

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 (received 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 (GST).

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

	2011 \$	2010 \$
Sales revenue	18,244	4,067
Other revenue		
• Course registrations	252,940	160,753
• Full members/ Accredited Sports Dietitians	17,150	20,230
• Associate members	6,332	2,468
• Student members	1,013	1,764
• Overseas members	2,307	3,204
• Supporter members	1,746	2,710
• Late fees collected	480	593
• Sponsorship fees received	242,095	203,220
• Interest received	12,805	9,796
• Other income	4,740	3,800
	559,852	412,605

NOTE 3 - EXPENSES

CHARGING AS EXPENSE:		
Amortisation of non-current assets:		
Research and development costs:		
Remuneration of the auditors:	2,800	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%	40,463	30,460
Add:		
Tax effect of:		
• other non-allowable items	753	-
• expenses in respect to members' income	-	-
• under provision for income tax in the prior year	-	-
Less:		
Tax effect of:		
• other allowable items	(-)	(621)
• principle of mutuality	(4,949)	(5,408)
• recoupment of prior year's losses	(-)	(-)
• over provision for income tax in prior years	(-)	(-)
Income tax attributable to operating profit:	36,267	24,431

NOTE 5 - CASH

Bank accounts		
• Cash at bank	85,585	253,361
Other cash items		
• Cash fixed deposits	253,601	-
	339,186	253,361

NOTE 6 - RECEIVABLES

CURRENT		
Trade Debtors	130,875	89,988
Sundry Debtors – A.T.O.	-	-
G.S.T. Receivable	-	-
	130,875	89,988

NOTE 7 - INVENTORIES

CURRENT		
Stock on Hand	15,617	9,460

NOTE 8 - OTHER ASSETS

CURRENT		
Prepayments	1,156	1,156
NON CURRENT		
Other	200	200
	1,356	1,356

NOTE 9 - PROPERTY, PLANT AND EQUIPMENT

OFFICE EQUIPMENT AND FURNITURE		
At cost	61,800	45,266
Less: Accumulated depreciation	(34,335)	(17,254)
	27,465	28,012

NOTE 10 - ACCOUNTS PAYABLE

CURRENT		
Unsecured		
Trade creditors	17,831	17,023
Other creditors	-	-
GST payable	10,096	7,798
	27,927	24,821

NOTE 11 - TAX LIABILITIES

CURRENT		
Income Tax	28,356	22,424

NOTE 12 - OTHER LIABILITIES

CURRENT		
Advance payments	111,626	86,952

NOTE 13 - RETAINED EARNINGS

Retained Profits from prior years	247,980	170,879
Profit(Loss) for period	98,610	77,101
Transfers from reserves	-	-
Transfers to reserves	-	-
	346,590	247,980

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	2,800	2,500
Other services	1,000	872
	3,800	3,372

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:

Kellie Hogan	Gregory Cox	Sonja Kukuljan	Greg Shaw	Lisa Sutherland
Alan McCubbin	Simone Allen	Zoe Watt	Ben Desbrow	Karina Savage

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
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DIRECTORS' DECLARATION FINANCIAL YEAR ENDED 30 JUNE 2011

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, 2011 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:



Directors



Directors

Dated in Melbourne this 26th day of August, 2011.

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, 2011, profit and loss statement and cash flow statement for the year ended that date, a summary of significant accounting policies and other explanatory notes 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 to 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.

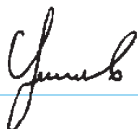
INDEPENDENCE

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, 2011, 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.



Gianni & Co.
Chartered Accountants



E.E. Yianni
Principal

Dated in Melbourne this 26th day of August, 2011.

