

SPORTS
DIETITIANS
AUSTRALIA
ANNUAL
REPORT
2011-2012

SDA
SPORTS
DIETITIANS
AUSTRALIA

CELEBRATING
15 YRS

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

One thing is for sure; when it comes time to writing the President's report, I am never short of inspiration. It's more often a case of how am I possibly going to choose which SDA highlights to include in just one page! Firstly, I would like to start by thanking SDA members and the Board for allowing me the honour of continuing to be your President for another term. I am humbled by the ongoing appointment and am determined to ensure SDA continues to grow and flourish while I'm in the position (and beyond).

Since I last put pen to paper, we have celebrated another milestone – SDA's 15 year anniversary. Our anniversary celebrations culminated in a mega-event – our very first Public Lecture held at BMW Edge at Federation Square. Titled *"The Journey of Sports Nutrition"*, and in the expert hands of the ever entertaining SDA Life Member and dietitian, Glenn Cardwell, we explored the history and evolution of sports nutrition as a science and a career pathway for dietitians. Following the public lecture, MC extraordinaire Karen Inge fielded questions from the 270 strong audience to our expert panel, the cream of the crop of Australian Sports Dietitians - SDA Fellows Helen O'Connor and Louise Burke, Alan McCubbin and Glenn Cardwell.

Following the lecture, we celebrated in true SDA style with a cocktail reception held at Transit Cocktail Lounge, overlooking the Yarra River, MCG and Arts Centre. Not only was this event a time to reflect on 15 years of SDA achievements, we also celebrated a number of individual achievements within the profession and organisation. We inducted two inaugural SDA life members, Glenn Cardwell and Lorna Garden, and two new SDA Fellows Greg Cox and Sarah Dacres-Manning. Congratulations to all of you, and we are grateful for your efforts and contributions to SDA and the entire profession. Enjoy the "centrefold spread" recapping the evening in this annual report.

SDA also delivered our first ever conference, entitled *Fuel for Results* in October 2011. The conference was extremely well attended with 157 delegates enjoying the plethora of internationally re-nowned expert presenters. We look forward to the prospect of running more events like this in the future.

Once again, SDA partnered with ESSA for the 5th Annual Exercise and Sports Science and 7th Sports Dietitians Australia update in April 2012 on the Gold Coast. This conference allows us to showcase sports nutrition and the valuable contributions of Accredited Sports Dietitians to the wider sports science community, as well as promote our close working relationship with exercise scientists in striving for a common goal – the peak health and performance of our clients. Our members were well represented on the program and their presentations were some of the highlights of the conference.

We welcomed two new members to the board. Jeremy Pak joined as the first 'non-sports dietitian' appointment. (*You might remember we voted to alter our constitution last year to allow appointment of non-SDA members to the board*). After our annual Board performance evaluation, it was clear that the board needed expertise to a fill skill gap in the areas of business and finance. Jeremy has been an outstanding addition to the board and has quickly become "one

of us". His enthusiasm and dedication has been inspiring and has shown us just how valuable an external person's analysis and expert knowledge can contribute to SDA's vision. We also welcomed Sophy Porter (back) to the board. Sophy was a board member in 2006-2008, so it's nice to have her back in the fold and contributing again. SDA also welcomed new office staff this last year with Liz Georgeson and Liza Holdsworth joining us.

The SDA Board and staff continuing to flourish under the highly competent guidance of our Executive Officer, Melinda Jacobsen. Melinda is non-stop in her pursuit for opportunities to improve SDA's profile in the community and, most importantly, keeps the needs of our members always at the forefront. SDA member satisfaction remains high and we thank Melinda for her continued efforts in 2011-12. She has done an amazing job this year, particularly with the many changes that have taken place with our office staff.

SDA continued to provide members with a wide range of activities to further their Career Development Pathway (CDP) opportunities. Members have embraced the process and we are seeing Accredited Sports Dietitians being sought out by the general public, elite sport and media alike. A fantastic achievement by all involved, in particular the Education Committee who has overseen its development and implementation. As I write this, I am witnessing Australia's best athletes battle it out on the world stage, knowing that behind each of our amazing Australian Olympians, is an equally amazing Accredited Sports Dietitian who has at some point been part of our amazing Sports Nutrition Course (SNC).

We continue to be an education force nationally and internationally with our extremely popular nutrition courses. As always, special mention needs to be made of our tireless Education Committee for their ongoing efforts in organising the SNC both overseas and at home. Also, thanks to our members who represent SDA on national and international conference organising and scientific committees. In a partnership with Griffith University, under the guidance of Ben Desbrow and his team, SDA has been preparing our first position paper on the nutrient needs of adolescent athletes. The development of this will certainly put SDA on the map as leaders in the field on this topic. We thank Ben and the expert contributors for their work on this project.

SDA has enjoyed its continued relationships with our corporate partners including Gatorade, Sustagen Sport, Almond Board Australia, Kellogg's Sustain and Dairy Australia. We thank them for their ongoing support which allows us to provide our members with opportunities.

Finally, I would like to personally thank each of our SDA board members for their ongoing commitment to SDA. The individual contributions of board members are greatly appreciated by me, Melinda, the SDA office personnel and the membership.

And so we close the chapter on an amazing year for SDA. I, for one, can't wait to see what comes next. All I can think is - hold onto your hats!

EXECUTIVE OFFICER REPORT



MELINDA JACOBSEN

As I write this, the 30th Olympiad is well underway in London and what an exciting build up it has been. The Olympics have represented a unique opportunity to showcase the amazing work of our members in what I've come to appreciate really is a team effort, in getting any athlete, team or weekend warrior to their 'start line'. Hours of dedication, commitment and self resolve - qualities that exist in all SDA members I meet.

This is my third EO report and I enjoy the chance it gives me to reflect on another year with this great organisation. This year has been peppered with significant celebrations, an inaugural Conference, staff and Board changes, membership retention strategies and ongoing profile-raising of our members and industry - all in the quest of creating an exemplar peak membership organisation. This year's highlights include:

- 15 year anniversary celebrations – suffice to say our free Public Lecture and Cocktail Party were a great success and I reiterate Kellie's congratulations to our new Fellows and Honorary Life members, more of which you can read about later in this report
- Inaugural SDA Conference – under the guidance of a great organising committee, we hosted a jam-packed one-day professional development event at Victoria University Conference Centre. Keynotes were a highlight along with the difficult task of choosing between high quality concurrent sessions on a range of emerging sports nutrition issues.
- Good Governance – part 1 – this year we filled skill gaps at a Board and Committee level. I'm really enjoying working with new Board member, Jeremy Pak, to raise the finance and audit expertise in the organisation, as well as our new Marketing & Communications Committee, which brings great PR, marketing and digital and social media talent to guide our activities.
- Good Governance – part 2 – the Board has established six KPIs covering membership growth and retention, course conversion, prudent financial delivery of our courses, and reinvestment of profits into member PD opportunities and promotion. Another way we'll strive towards our five year goals.
- Increased media presence – we issued two media releases to coincide with our Public Lecture (October 2011) and the London Olympic Games (June 2012). Our social media followers are growing exponentially as we position SDA as the experts in sports nutrition practice. We're also a bit chuffed at the many credible organisations that are 'following' us and media outlets seeking from comment us!
- Continuing strong corporate and industry partnerships – along with those listed on page 11, we also partnered with FIT Health Insurance, which received ACCC approval to offer its members additional benefits if they consult a SDA Accredited Sports Dietitian.

The only constant in life is change and this year was no exception. I would be lying if I said the year has been an easy one, with respect to seeking the best team to continue on our growth trajectory. For

many months, while it may have looked like a duck swimming on a pond, smooth and graceful, below the surface I was paddling like mad managing and guiding the organisation as we farewelled Shesiedo, welcomed Robyne Dawson, farewelled Robyne, welcomed Liz Georgeson, farewelled Helen Duong and welcomed Liza Holdsworth. Suffice to say, I'm very confident the right team is now in place to deliver on activities set by the Board and I look forward to kicking goals with them, while having a bit of fun along the way. And my thanks to Dani Manche and Alison Walsh for their continued positive contributions.

The SDA Board have been a rock of strength and I thank them for their support when difficult decisions had to be made. Similarly, the Education Committee, which continues to strive for continuous improvements in the CDP, and the Marketing & Communications Committee, have been of great support and guidance. Every Board and Committee member carries out their duties with enthusiasm and passion and I thank them for their valuable contributions.

This year's Action Plan included a raft of activities to create more member learning and earning opportunities, and an important avenue through which we do this is via State meetings. Thank you to each of our State Coordinators (Gemma, Marc, Katherine, Gaye, Erica, Charina and Lara) who do a fabulous job of creating and delivering diverse PD and social events for their respective states, more of which can be read in State Reports.

Finally, I'm pleased to be able to report on another financially strong result. The Board has executed its financial responsibilities with prudence, guiding a sound investment strategy and positioning SDA to a point where it will reinvest a proportion of this profit into member PD opportunities next financial year, while still having sufficient cash reserves.

There's a strong sense SDA is on the cusp of something amazing. The number of media enquiries into the office is increasing, hits to our website are increasing and we're gathering followers via our social media channels exponentially. SDA is a wonderful organisation that I have the privilege to oversee and I'm really looking forward to the next 12 months and more.

SDA STRUCTURE

BOARD OF DIRECTORS



KELLIE 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.



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.



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.



BEN DESBROW COMPANY SECRETARY

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

Current Role: Dietitian consultant to A2 Dairy products. 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 (RCCCPi), Griffith Health Institute.



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.



SIMONE ALLEN

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.



SOPHY PORTER

B. Sc (Nutr), Postgrad Hons (Dietetics)

Current Role: Sports Dietitian with The Emirates Western Force, WA Rugby Academy, and The Perth Glory, as well as health promotion with The Rottnest Channel Swim Association and The David Wirrpanda Foundation.



JEREMY PAK

B. Mgmt Studies (Accounting), Member - NZICA

Current Role: Commercial Manager – Strategy & Planning at Witchery/Mimco. Previously an Accountant with Fonterra and Contact Energy (NZ).

MANAGEMENT

Melinda Jacobsen – Executive Officer

Liz Georgeson - Office Manager (from Feb 2012)

Helen Duong - Administration (to May 2012)

Daniela Manche – 'In-house' Sports Dietitian

Alison Walsh – Editor FUEL

SDA FELLOWS

SDA recognises the outstanding and inspirational contribution to the field of sports nutrition and SDA, in both research and education, by the following Fellows Prof Louise Burke, Dr Helen O'Connor, Karen Inge, Ruth Logan, Dr Deb Kerr, Dr Fiona Pelly, Dr Liz Broad, Holly Frail, Kerry Leech, Greg Cox and Sarah Dacres-Manning.

SDA LIFE MEMBERS

To commemorate SDA's 15 year anniversary, the SDA Board and Fellows agreed to introduce an Honorary Life Membership category to recognise those who have made an outstanding contribution to the existence or effectiveness of SDA during or post their membership. SDA congratulates Glenn Cardwell and Lorna Garden as our inaugural Life Members.

COMMITTEES

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

- Education – Greg Shaw (Chair), Greg Cox, Alan McCubbin
- Marketing and Communications – Alan McCubbin (Chair), Brooke Tully, Peter Giles, Teri Lichtenstein
- 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

MEMBERSHIP

SDA membership remained steady throughout 2011-2012, with 400 members by year end. At the November Board Planning Day, two changes were agreed and introduced in January 2012 to grow our membership and improve the way we communicate with members in each category. They also help us measure the way we service, communicate and track members through the CDP, against agreed Board KPIs.

The first was to extend student membership beyond dietetics, allowing any student, regardless of degree, to benefit from SDA resources and networks. It also gives us an opportunity to influence their career choices to consider sports nutrition.

The second was to introduce 'Provisional Sports Dietitian' category to identify those graduated dietitians who were pursuing a sports nutrition career. This way we can support the 'next generation' of Accredited Sports Dietitians with targeted job and PD opportunities.

In early 2012, the SDA Board agreed on six KPIs, namely to maintain course cost per participant; conversion of Sports Nutrition Course interest list to course registrations; membership turnover through CDP categories; grow membership; maintain high membership satisfaction; and invest 25% of net profit annually into member PD activities, including a portion into raising the profile of Accredited Sports Dietitians in the community.

Two specifically relate to membership and a number of activities have been articulated in our Action Plan for 2012 to achieve these and to continue this work.

FIGURE 1
2011-12 Membership as at 1 July 2012 – 400

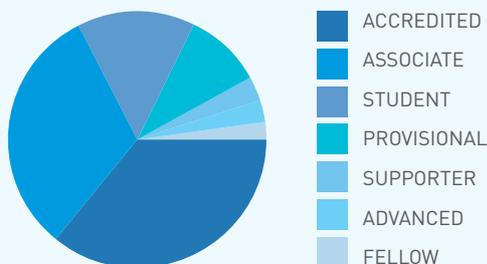
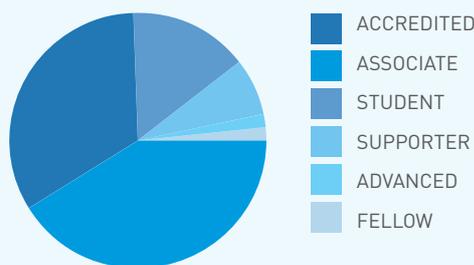


FIGURE 2
2010-2011 Membership at 1 July 2011 - 413



A snap shot of our membership*:

- 32% have been a SDA member for 2-4 years, and a further 34% have been members for 7+ years.
- The main reasons for joining SDA continue to be professional recognition; networking opportunities and continuing education. Access to sports nutrition information is also highly rated.
- 48% of respondents work between 1 to 5 hours a week in sports nutrition. Only 12% are full time sports dietitians.
- 87% of members surveyed agreed SDA meets their sports nutrition needs.

* responses from our annual member survey undertaken November 2011 n=101

SDA FELLOWS

Greg Cox

Upon graduating from Dietetics in 1992, Greg's first sports nutrition experience was gained through a consultant contract with the AIS Sprint Canoe unit on the Gold Coast in 1993. In 1995, he was the successful recipient of the Berrivale Sports Nutrition Fellowship and subsequently went back to work with the sprint canoe unit while also designing and chairing a third year sports nutrition course at the University of Queensland within the School of Human Movement.

After a brief stint at Colorado State University, Greg was offered an ongoing position back at the AIS and an opportunity to complete a Masters in Sports Nutrition at Deakin University. As a Senior Sports Dietitian within AIS Sports Nutrition, Greg has gained considerable experience in the nutrition management of elite sporting teams and individual athletes and has been fortunate to be a member of the research team at the AIS, involved in projects relating to ergogenic aids, hydration, dietary manipulation, and clinical practice within sports nutrition. Most recently, Greg is close to fulfilling his PhD at Deakin University on 'Carbohydrate intake strategies to enhance endurance exercise performance'.

Over the last ten years Greg has also been a state coordinator and board member for SDA, and has been instrumental in developing the Career Development Pathway as well as fostering and co-convening the 4-day Sports Nutrition Course within Australia and overseas.

Sarah Dacres-Manning

After completing the Post Graduate Scholarship position, in Physiology and Applied Nutrition, at the AIS in 1990, Sarah began working as a sports dietitian consulting to the NSW Academy of Sport, the North Sydney Rugby League Team, Sydney University sporting teams and athletes, as well as setting up her private practice, Dynamic Dietitians.

Sarah spent some time in Melbourne, rowing and consulting to the Victorian Institute of Sport, as well as undertaking private practice work, consultancy and ghost writing with Karen Inge at the Institute of Health and Fitness, covering sports such as netball, sailing, AFL and rowing. On returning to Sydney at the end of 1994, Sarah recommenced work with the NSW Institute of Sport, consulting to many professional football teams including rugby union and league, and soccer.

Since 2000, Sarah has been a Sports Nutrition expert for DAA, completed her Level 3 in anthropometry with ISAK and has consulted with the Olympic Athlete provider scheme, assisted with the Sydney 2000 Olympics and Para-Olympics. Additionally through her private practice, Sarah works with golfers, sailors, triathletes, pool and ocean swimmers, ballet dancers, surfers and surf lifesaving. Sarah has been an SDA member since its inception in 1996.



EDUCATION

CAREER DEVELOPMENT PATHWAY

This year was a year of consolidation for the Career Development Pathway (CDP) as the mechanism to support SDA members log their professional development and experience, to maintain their accreditation level. From our annual member survey (November 2011), we were pleased that 89% of surveyed members agree to or strongly agreed the CDP is valuable in setting and maintaining a standard for being an accredited sports dietitian; and 59% agreed or strongly agreed the website was easy to use to upload professional development and professional experience points.

Improvements made during this year include:

- adding new professional development and experience activities to better reflect daily work activities and professional development opportunities on SDA members; and
- introducing the Advanced Sports Dietitian status level in recognition of members who have at least five years professional experience and have undertaken significant sports nutrition development activities. Congratulations to ten accredited sports dietitians who have achieved the Advanced Sports Dietitian status

In 2011-12, we also increased our efforts to create and generate ongoing learning opportunities for members, with particular focus on online learning (*we know approx 87% of our membership are female, many of whom step away from their professional commitments momentarily to have a family*).

To this end, we've aligned with *Education in Nutrition*, who coordinate regular dietetic and sports nutrition professional development webinars, the presenters of which have included SDA members. Similarly, we continue our partnership with Human Kinetics to offer Accredited Sports Dietitians & Provisional Sports Dietitians free online subscription to the International Journal of Sports Nutrition and Exercise Metabolism.

SDA's strategic plan includes a number of activities focused on member retention such as increasing online learning opportunities; and, marketing and awareness raising of sports dietitians in the broader community which, in turn, will lead to greater job opportunities for Sports Dietitians.

CDP AUDIT PROCESS

To maintain the CDP integrity, and reflect SDA's commitment to best practice, SDA continued its CDP Audit program. 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.

This year 16 Accredited Sports Dietitians and 3 Provisional Sports Dietitians were randomly selected for audit in January 2012. While all passed, the process did highlight challenges faced by members who are not retaining appropriate evidence of all logged activities.

COURSE OVERVIEW

NUTRITION FOR EXERCISE & SPORT COURSE

The Nutrition for Exercise and Sport course (NES) supports health and fitness industry professionals to stay up-to-date with the latest sports nutrition information. Accredited with Fitness Australia, Physical Activity Australia and Exercise & Sports Science Australia (ESSA), the course continues to punch above its weight meeting and exceeding expectations of all its participants.

During 2011-12, SDA conducted a total of 17 courses across all capital cities, including one on the Sunshine Coast QLD, attracting a total of 516 participants.

This year was the first full year of the 'new and improved' course, with topics covered in the context of three client's typical of what a fitness consultant might see, providing very practical tools for trainers to help their clients achieve their goals. Also, in 2012, SDA was approached to deliver the course 'in-house' to Fitness First personal trainers in Adelaide and Melbourne.

SDA acknowledges the support of Sustagen Sport as the national sponsor for this course, the many Accredited Sports Dietitians who present and our Student and Associate members who assist with on-the-day coordination.

"ALL 3 SESSIONS, ALTHOUGH SEPARATE IN CASE STUDIES, WORKED WELL TOGETHER TO GET AN OVERALL AND WELL BALANCED NUTRITIONAL KNOWLEDGE OF WHAT THE BODY NEEDS DEPENDING ON THE INDIVIDUALS TRAINING GOALS. IT WAS ALL EXTREMELY INTERESTING. I ADMIRE ALL THE SPEAKERS VERY HIGHLY. THANK YOU FOR THE KNOWLEDGE!"

NES Participant, Perth, March 2012

"IT WAS A GOOD INVESTMENT; THE PRESENTATIONS WERE ALL INTERESTING, PROFESSIONAL AND MOVED AT A GOOD PACE"

NES Participant, Canberra, June 2012

SPORTS NUTRITION COURSE

This year, our Sports Nutrition Course celebrated its 20th anniversary. Beginning in 1991, when it was administrated by the Australian Sports Medicine Federation (now Sports Medicine Australia), it was the first professional education course in sports nutrition for Australian dietitians. The 4-day sports nutrition course requires participants to successfully undertake a pre-course examination to ensure all course participants have a sound understanding of the theoretical model that forms the basis of sports nutrition advice. The 4-day course outline has been slowly modified over-time to show-case the insight and practical skills of leading sports dietitians within Australia to successfully convert sports nutrition research into meaningful interventions to athletes, coaches and support staff; regardless of whether the information is for the weekend warrior or the elite athlete.

Dietitians involved in developing the course reads like a 'who's-who' of SDA Fellows and Life Members!

In 1996, when SDA was formed, we naturally assumed the administration roles and ownership of the SNC. Since 2006, the course has been run 15 times, both within Australia (10) and overseas (5). The course is now in the very capable hands of the "two Gregs" – Greg Cox and Greg Shaw with many leading sports dietitians involved such as Louise Burke, Liz Broad, Helen OConnor, Nikki Jeacocke and Gary Slater. In 2011-12, two Sports Nutrition Courses were held at the AIS in Canberra, attracting 64 participants collectively. We look forward to convening a second course for 2012 in Malaysia this coming November.

"SO GLAD I ATTENDED. THE CONTENT IS PRESENTED SO WELL AND IT IS SO MUCH MORE INSPIRING THAN READING A TEXTBOOK. THE SPEAKERS WERE REALLY DOWN TO EARTH, KNEW THEIR STUFF AND WERE GOOD AT SHARING IT. THANK YOU"

- SNC participant, May 2012

ESSA/SDA CONFERENCE

In April 2012 on the Gold Coast, over 850 delegates and 31 exhibitors gathered at the 5th Exercise & Sports Science Australia Conference and 7th Sports Dietitians Australia update. The theme, "From Research to Practice" attracted world class keynote speakers who shared their scientific research and findings combined with guidelines and course of action for everyday practice. Keynotes include Prof Tim Noakes, Prof Romain Meeusen, Dr Roanne Segal, Prof Peter Brubaker, Prof Robert Newton and Prof Neil King.

SDA took the opportunity to organize a social gathering for members attending the conference. We were delighted to have Professor Melinda Manore, of Oregon State University join as our special guest.

Special thanks to Gary Slater for his invaluable contribution to the Conference Organising Committee, SDA members who were available to 'man our stand' the SDA and Almond Board stands in the trade exhibition, and to Prof Louise Burke and Greg Shaw who presented as part of the program.

SDA CONFERENCE

SDA CONFERENCE

A highlight of this financial year was the inaugural SDA Conference. It was the flagship event amongst other activities held to celebrate SDA's 15year anniversary. Entitled *Fuel for Results - the science of successful sports nutrition*, the Conference was an important professional development opportunity for our members and other professionals interested in sports nutrition. The one-day conference provided members with the opportunity to hear about the latest research, and its practical application in sports nutrition practice. Events like this will ensure SDA achieves its vision to create leaders in sports nutrition practice.

The Conference Organising Committee assembled a world class line up of eminent Accredited Sports Dietitians and Sport Scientists to present on a variety of topics covering the themes of supplementation; the science of sports nutrition; and nutrition for specific sports. Sessions included the effects of buffering on performance, nitrates for sport use, nutrition for immune health, Vitamin D deficiency, the science of altitude and winter sports and nutrition for recovery, team sports, strength sports, endurance and athletes on an energy budget.

The program also included two outstanding keynote sessions – the first by Prof Louise Burke and Prof David Pyne on Supplements in Sports and the second by Prof Mark Hargreaves on Exercise science and sports dietetics in a molecular age. Poster presentations on the latest research occurring around Australia rounded out the program.

Once again, SDA would like to extend its thanks to our sponsors, Sustagen and Victoria University; trade exhibitors Dairy Australia, Gatorade, Ferrero/Nutella; our student members who volunteered; all the presenters; SDA staff and finally, the Conference Organising Committee - Greg Shaw, David Bishop, Benita Lalor, Susie Parker-Simmons and Andrew McAinch.

The SDA website has copies of the full program and summary of 'tweets' from the day.



OUR PARTNERS

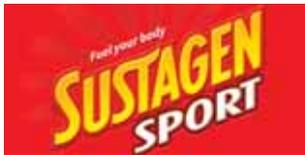
CORPORATE

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

AUSTRALIA CAPITAL TERRITORY

ERICA STEPHENS

In the last 12 months, ACT members have met on five occasions at the Australian Institute of Sport (AIS). We have a wide range of members, including private practitioners, AIS and ACT Academy of Sport Dietitians, University based researchers and lecturers as well as students. The ACT has engaged in a number of Professional Development (PD) opportunities for its members, including: catering and menu options for the 2012 London Olympic Games (Jo Mirtschin), an update on DEXA scans for body composition analysis (Alisa Nana), fluid balance and sodium losses in Rugby Sevens players (Christine Dziedzic), a group journal review, and feedback from attendees of the American College of Sports Medicine (ACSM) and Exercise and Sport Science Australia conferences held this year. In June, our Nutrition for Exercise & Sport course was held, with presentations given by Alison Garth, Adam Zemski and Greg Shaw.



NEW SOUTH WALES

CHARINA KULLEN

Over the past 12 months, NSW members took a new approach in encouraging member participation by holding a half-day Professional Development (PD) event. Held in June 2012, and attracting nearly 30 members, the program was packed with great speakers including Matt Hoon, PhD student working with the AIS, on the effects of nitrate supplementation on exercise performance; Tara Diversi who gave an outstanding presentation on how to influence athletes; Laura Iredale presenting her MND research on nutrition knowledge of Soldiers; Dr Jarrod Meerkin, from Measure Up, gave an insight into body composition and application of DEXA in practice; Rebecca Hay provided an informative update from the ESSA/SDA conference; and Dr Helen O'Connor presented a motivating overview of her experience at the ACSM conference in the USA.

NSW members have also been busy promoting SDA. Janelle Gifford and I gave a talk to nutrition students at the Sydney University covering life as a Sports Dietitian and the benefits of membership with SDA, while Julian Ong and Justine Medin represented SDA at the Gatorade stand at the Sydney Half Marathon Expo.



QUEENSLAND

LARA MCCAMBRIDGE

The QLD branch has enjoyed another year of success, learning and challenges and we're proud to have Kellie Hogan continue her role as SDA President.

Our meetings have been well attended by members and students, and we have been privileged to have members share their knowledge and experiences in their work. We've had updates from Greg Cox and his work with members of the Australian Olympic team, Lauren Nugent gave us her reflections of experiences and knowledge learnt at the ACSM conference, Holly Frail and Kerry Leech keep us up to date with QAS sports and projects, and Rebecca Downes shared her experiences working with Dave Allen and his amazing cycle around Australia. The QLD branch has conducted taste testing and reviews of the new Gatorade G Series products. We are all looking forward to another fantastic year ahead!



SOUTH AUSTRALIA

MARC CAMPBELL

The SA branch has continued to hold meetings every two months and enjoyed some great Professional Development (PD) sessions. These have included Olivia Warne presenting on the nutrition management of some of the Australian track cyclists at the World Championships in Melbourne, covering the development and structure of competition nutrition plans as well as discussing some practical aspects of providing nutrition to athletes at a multi-day event; Sports Scientist, Dr Andrew Vogler, presented an overview of physiological responses during endurance exercise and adaptations to training, as well as discussing fitness testing for endurance athletes and its use in training programs; and Marion McKay gave a great session on presentation skills, which looked at presentation planning and delivery, discovering your own style as a presenter and self-evaluation, as well as tips on formatting and layout. We have also conducted product testing of Belvita breakfast biscuits.

Over the coming year we look forward to continuing professional development and networking opportunities at meetings and increasing attendance at meetings with both existing and student members.



TASMANIA

GAYE RUTHERFORD

Interest in sports nutrition has grown in Tasmania in the past 12 months, with a number of new members/sports dietitians relocating to our lovely state from both interstate and overseas. We have also experienced an increasing number of enquiries from students interested in sports nutrition as a career, boding well for boosting SDA member numbers in the state in the future.

The main medium for communication in 2011-12 remained our quarterly teleconferences, which were well attended by our core members. In 2012 the Tasmanian branch purchased a USG PEN refractometer and held a phone-based professional development (PD) session around the use and application of this resource. We look forward to using it to promote good hydration in athletes across the state.

Following on from the great success of our first Tasmanian NES course in Launceston in 2011, a course is being held in Hobart in August 2012.



VICTORIA

KATHERINE SHONE

After 11 years, it was with great sadness that the Victorian branch farewelled Kerry Otto as our State Coordinator. We thank her for her great work and valuable insights, especially working with adolescent athletes over the years. Despite stepping down in her official role, it has been great to see Kerry at most meetings...guess she just can't stay away!

In March 2012, the first Ironman Melbourne was held and proved to be a significant sporting event, with six Victorian members being involved in 'manning' the Gatorade stand. At the following meeting, this stimulated much discussion, sharing frustrations when athletes leave their race day nutrition plans to the last minute! Another highlight during the year included a guest presentation by Georgie Rist and Dr Graham Smith, from MyGene, on the science behind Nutrigenetics and various gene testing options that are now available. Finally, we've also conducted tasty product reviews on Food for Health snack bars and mueslis; James White Beetroot Juice; Stamina Shots; Sanitarium One Square Meals and Chobani Greek Yoghurt. A big thank you to Dani, Helen, Alan and Alison who collectively organised these various samples.



WESTERN AUSTRALIA

GEMMA QUAYLE

The WA branch continued to focus on increasing attendance at branch meetings, which has been successful with consistent turnout. WA membership is currently at 30, with an increase attributed largely to our enthusiastic student members who avidly attend branch meetings and are given the opportunity to network with sports dietitians and be involved in work experience opportunities.

Our goal this year was to provide our members with high quality professional development sessions at branch meetings. Professional Development (PD) sessions have included guest presentations by an exercise physiologist and WAIS coach; Simone Allen on conducting sweat testing and Terreen Stenvers provided us with an insight into working as a sports dietitian for an AFL team.

As well as having two representatives on the SDA Board, in Simone Allen and Sophy Porter, WA members continue their work with athletes from the WAIS that are bound for the London Olympics and with a number of sporting groups including soccer, tennis, AFL, triathlon, netball, rugby and basketball teams.



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FINANCIALS

**SPORTS DIETITIANS AUSTRALIA
LIMITED (A.B.N. 97 075 825 991)**

**FINANCIAL REPORT FOR
THE YEAR ENDED 30 JUNE 2012**

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DIRECTORS' REPORT

Your directors present their report on the company for the financial year ended 30 June 2012.

Directors

The names of the directors in office at any time during, or since the end of the year are:

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

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

Review of operations

The profit of the company for the financial year after providing for income tax amounted to \$73,995.

Significant changes in the state of affairs

No significant changes in the company's state of affairs occurred during the financial year.

There has been no significant change in the nature of these activities during the year.

Likely developments and expected results of operations

Likely developments in the operations of the company 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 company.

Auditors' Independence Declaration

A copy of the auditors' independence declaration as required under section 307C of the Corporations Act 2001 is set out on page 3.

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

Directors



Kellie Hogan

Directors



Alan McCubbin

Environmental regulation

The company's operations are not regulated by any significant environmental regulation under a law of the Commonwealth or of a state or territory.

Dividends

No dividends were paid during the year and no recommendation is made as to the dividends.

The directors do not recommend the payment of a dividend.

Options

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

Indemnification of officers

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 company.

Proceedings on Behalf of the Company

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.

Dated this 30th day of August 2012.

AUDITORS' INDEPENDENCE DECLARATION

Under Section 307C of the Corporations Act 2001 to the directors of Sports Dietitians Australia Limited

We declare, that to the best of our knowledge and belief, during the year ended 30 June 2012 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.



E.E. Yianni
Principal

Yianni & Co
Chartered Accountants
Level 20, 114 William Street, Melbourne, Victoria 3000

Dated this 30th day of August 2012.

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2012

	NOTES	2012 \$	2011 \$
Revenue	2	549,370	559,852
Changes in inventories of finished goods and work in progress		(6,644)	(6,157)
Raw materials and consumables used		(5,043)	(18,518)
Advertising expenses		(19,493)	(13,550)
Auditors' remuneration	3	(4,000)	(3,800)
Depreciation and amortisation expenses		(19,638)	(17,081)
Employee benefits expenses		(130,958)	(108,937)
Freight and cartage		(688)	-
Other expenses		(261,397)	(269,246)
PROFIT BEFORE INCOME TAX	4	101,511	134,877
Income tax expense	5	(27,516)	(36,267)
PROFIT FOR THE YEAR		73,995	98,610
TOTAL COMPREHENSIVE INCOME FOR THE YEAR		73,995	98,610

STATEMENT OF FINANCIAL POSITION FOR THE YEAR ENDED 30 JUNE 2012

	NOTES	2012 \$	2011 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	6	497,309	339,186
Trade and other receivables	7	90,730	131,075
Inventories	8	8,973	15,617
Other current assets	9	1,258	1,156
TOTAL CURRENT ASSETS		598,270	487,034
NON-CURRENT ASSETS			
Property, plant and equipment	10	12,573	27,465
TOTAL NON-CURRENT ASSETS		12,573	27,465
TOTAL ASSETS		610,843	514,499
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	11	181,795	139,553
Tax liabilities	12	8,463	28,356
TOTAL CURRENT LIABILITIES		190,258	167,909
TOTAL LIABILITIES		190,258	167,909
EQUITY			
Retained earnings	13	420,585	346,590
TOTAL EQUITY		420,585	346,590

STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2012

	NOTES	RETAINED EARNINGS	TOTAL
		\$	\$
BALANCE AS AT 1 JULY 2010		247,980	247,980
Profit attributable to equity shareholders		98,610	98,610
BALANCE AS AT 30 JUNE 2011		346,590	346,690
Profit attributable to equity shareholders		73,995	73,995
BALANCE AS AT 30 JUNE 2012		420,585	420,585

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2012

	NOTES	2012	2011
		\$	\$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers		666,085	530,834
Payments to suppliers and employees		(478,389)	(416,849)
Interest received		22,582	12,805
Income tax paid		(47,409)	(24,431)
NET CASH PROVIDED BY OPERATING ACTIVITIES	14	162,869	102,359
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for property, plant and equipment		(4,746)	(16,534)
NET CASH USED IN INVESTING ACTIVITIES	6	(4,746)	(16,534)
Net increase in cash held		158,123	85,825
Cash at beginning of financial year		339,186	253,361
Cash at end of financial year		497,309	339,186

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2012

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The financial statements cover Sports Dietitians Australia Limited as an individual entity. Sports Dietitians Australia Limited is a company limited by shares, incorporated and domiciled in Australia.

BASIS OF PREPARATION

The financial statements are general purpose financial statements that have been prepared in accordance with Australian Accounting Standards (including Australian Accounting Interpretations) of the Australian Accounting Standards Board (AASB) and the Corporations Act 2001. The company is a for-profit entity for financial reporting purposes under Australian Accounting Standards.

Australian Accounting Standards set out accounting policies that the AASB has concluded would result in financial statements 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 as issued by the IASB. Material accounting policies adopted in the preparation of these financial statements are presented below and have been consistently applied unless stated otherwise.

The financial statements, except for the cash flow information, have been prepared on an accruals basis and are based on historical costs, modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities. The amounts presented in the financial statements have been rounded to the nearest dollar.

The financial statements were authorised for issue on by the directors of the company.

ACCOUNTING POLICIES

INCOME TAX

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

Current income tax expense charged to profit or loss is the tax payable on taxable income. Current tax liabilities (assets) are measured at the amounts expected to be paid to (recovered from) the relevant taxation authority.

Deferred income tax expense reflects movements in deferred tax assets and deferred tax liability balances during the year as well as unused tax losses.

Current and deferred income tax expense (income) is charged or credited directly to equity instead of profit or loss when the tax relates to items that are recognised outside profit or loss.

Except for business combinations, no deferred income tax is recognised from the initial recognition of an asset or liability where there is no effect on accounting or taxable profit or loss.

Deferred tax assets and liabilities are calculated at the tax rates that are expected to apply to the period when the asset is realised or the liability is settled and their measurement also reflects the manner in which management expects to recover or settle the carrying amount of the related asset or liability.

Deferred tax assets relating to temporary differences and unused tax losses are recognised only to the extent that it is probable that future taxable profit will be available against which the benefits of the deferred tax asset can be utilised.

Where temporary differences exist in relation to investments in subsidiaries, branches, associates, and joint ventures, deferred tax assets and liabilities are not recognised where the timing of the reversal of the temporary difference can be controlled and it is not probable that the reversal will occur in the foreseeable future.

Current tax assets and liabilities are offset where a legally enforceable right of set-off exists and it is intended that net settlement or simultaneous realisation and settlement of the respective asset and liability will occur. Deferred tax assets and liabilities are offset where:

1. a legally enforceable right of set-off exists; and
2. the deferred tax assets and liabilities relate to income taxes levied by the same taxation authority on either the same taxable entity or different taxable entities where it is intended that net settlement or simultaneous realisation and settlement of the respective asset and liability will occur in future periods in which significant amounts of deferred tax assets or liabilities are expected to be recovered or settled.

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.

PLANT AND EQUIPMENT

Plant and equipment are measured on the cost basis and are therefore carried at cost less accumulated depreciation and any accumulated impairment losses.

In the event the carrying value of plant and equipment is greater than the estimated recoverable amount, the carrying value is written down immediately to the estimated recoverable amount. A formal assessment of recoverable amount is made when impairment indicators are present.

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 statement of comprehensive income during the financial period in which they are incurred.

DEPRECIATION

The depreciation method and useful life used for items of property, plant and equipment (excluding freehold land) reflects the pattern in which their future economic benefits are expected to be consumed by the company. Depreciation commences from the time the asset is held ready for use. Leasehold improvements are depreciated over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements. The depreciation method and useful life of assets is reviewed annually to ensure they are still appropriate.

The assets' residual values and useful lives are reviewed, and adjusted if appropriate, at the end of each reporting period.

An asset's carrying amount is written down immediately to its recoverable amount if the asset's 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 recognised in profit or loss. When revalued assets are sold, amounts included in the revaluation surplus 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 transactions costs except where the instrument is classified 'at fair value through profit or loss', in which case transaction costs are expensed to profit or loss immediately.

IMPAIRMENT OF ASSETS

At the end of each reporting period, the company assesses whether there is any indication that an asset may be impaired. The assessment will include considering external and internal sources of information, including dividends received from subsidiaries, associates or jointly controlled entities deemed to be out of pre-acquisition profits. If such an indication exists, an impairment test is carried out on the asset by comparing the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use to the asset's carrying amount. Any excess of the asset's carrying amount over its recoverable amount is recognised immediately in profit or loss unless the asset is carried at a revalued amount in accordance with another Standard (e.g. in accordance with the revaluation model in AASB 116). Any impairment loss of a revalued asset is treated as a revaluation decrease in accordance with that Standard.

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.

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

TRADE AND OTHER RECEIVABLES

Trade receivables are recognised initially at the transaction price (i.e. cost) and are subsequently measured at cost less provision for impairment. Receivables expected to be collected within 12 months of the end of the reporting period are classified as current assets. All other receivables are classified as non-current assets.

At the end of each reporting period, the carrying amount of trade and other receivables are reviewed to determine whether there is any objective evidence that the amounts are not recoverable. If so, an impairment loss is recognised immediately in statement of comprehensive income.

EMPLOYEE BENEFITS

Provision is made for the company's liability for employee benefits arising from services rendered by employees at the end of the reporting period. Employee benefits that are expected to be settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits payable later than one year have been measured at the present value of the estimated future cash outflows to be made for those benefits. In determining the liability, consideration is given to employee wage increases and the probability that the employee may not satisfy vesting requirements. Those cash outflows are discounted using market yields on national government bonds with terms to maturity that match the expected timing of cash flows.

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 statement of financial position.

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. For this purpose, deferred consideration is not discounted to present values when recognising 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 the end of the reporting period 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.

TRADE AND OTHER PAYABLES

Trade and other payables represent the liabilities at the end of the reporting period for goods and services received by the company that remain unpaid.

Trade payables are recognised at their transaction price. Trade payables are obligations on the basis of normal credit terms.

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 Tax Office (ATO).

Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the statement of financial position.

Cash flows are presented on a gross basis. The GST components of cash flows arising from investing or financing activities, which are recoverable from or payable to the ATO, are presented as operating cash flows included in receipts from customers or payments to suppliers.

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 AND OTHER INCOME

	2012	2011
	\$	\$
REVENUE		
Sales revenue:		
Sale of goods	9,790	18,244
Membership, sponsorship and course fees	514,207	524,063
	523,997	542,307
Other revenue:		
Interest received	22,582	12,805
Other revenue	2,791	4,740
	25,373	17,545
TOTAL REVENUE	549,370	559,852
Interest revenue from:		
Interest received	22,582	12,805
Total interest revenue on financial assets at fair value through profit or loss	22,582	12,805
Other revenue from:		
Sundry Income	2,791	4,740
Total other revenue	2,791	4,740

NOTE 3 - AUDITORS' REMUNERATION

Auditors Fees	4,000	3,800
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NOTE 4 - PROFIT FOR THE YEAR

Profit before income tax from continuing operations includes the following specific expenses:		
EXPENSES		
Cost of sales	11,687	12,361
Depreciation of property, plant and equipment	19,638	17,081

NOTE 5 - INCOME TAX EXPENSE

The components of tax expense comprise:		
Income Tax Expense	27,516	36,267
The prima facie tax payable on profit before income tax is reconciled to the income tax expense as follows:		
Prima facie tax payable on profit before income tax at 30% (2011: 30%):	30,453	40,463
Add:		
Tax effect of:		
• Non deductible items	-	753
• Additions to provisions	1,820	-
	32,273	41,216
Less:		
Tax effect of:		
• Other deductible items	754	-
• Principle of mutuality	4,003	4,949
Income tax expense attributable to company	27,516	36,267

NOTE 6 - CASH AND CASH EQUIVALENTS

Cash - Fixed Deposits	271,244	253,601
Cash at Bank - CBA	3,145	3,753
Cash at Bank - CBA	122,920	81,832
	497,309	339,186
RECONCILIATION OF CASH		
Cash at the end of the financial year as shown in the statement of cash flows is reconciled to the related items in the statement of financial position as follows:		
Cash and cash equivalents	497,309	339,186
	497,309	339,186

NOTE 7 - TRADE AND OTHER RECEIVABLES

CURRENT		
Trade Debtors	90,530	130,875
Security Deposits	200	200
	90,730	131,075
he company does not hold any financial assets whose terms have been renegotiated, but which would otherwise be past due or impaired.		

NOTE 8 - INVENTORIES

CURRENT		
Stock on Hand	8,973	15,617

NOTE 9 - OTHER CURRENT ASSETS

CURRENT		
Prepayments	1,258	1,156

NOTE 10 - PROPERTY, PLANT AND EQUIPMENT

Plant and Equipment:		
At cost	66,546	61,800
Accumulated depreciation	(53,973)	(34,335)
TOTAL PLANT AND EQUIPMENT	12,573	27,465

NOTE 11 - TRADE AND OTHER PAYABLES

CURRENT		
Sundry Creditors	4,665	-
Trade Creditors	5,052	17,831
Income in Advance	150,088	111,626
GST Control Account	15,924	10,096
Provision for Holiday Pay	6,066	-
	181,795	139,553

NOTE 12 - TAX

LIABILITIES		
CURRENT		
Provision for Income Tax	8,463	28,356

NOTE 13 - RETAINED EARNINGS

Retained earnings at the beginning of the financial year	346,590	247,980
Net profit attributable to members of the company	73,995	98,610
Retained earnings at the end of the financial year	420,585	346,590

NOTE 14 - CASH FLOW INFORMATION

RECONCILIATION OF CASH FLOW FROM OPERATIONS WITH PROFIT AFTER INCOME TAX		
Profit after income tax	73,995	98,610
NON-CASH FLOWS IN PROFIT		
Depreciation	19,638	17,081
Charges to tax provisions	(19,892)	5,932
CHANGES IN ASSETS AND LIABILITIES, NET OF THE EFFECTS OF PURCHASE AND DISPOSALS OF SUBSIDIARIES		
(Increase) Decrease in current inventories	6,644	(6,157)
(Increase) Decrease in current receivables	40,345	(40,887)
(Increase) Decrease in prepayments	(102)	-
Increase (Decrease) in sundry creditors and accruals	(2,287)	3,106
Increase (Decrease) in other creditors	38,462	24,674
Increase (Decrease) in current provisions	6,066	-
	162,869	102,359

NOTE 15 - FINANCIAL RISK MANAGEMENT

The company's financial instruments consist mainly of deposits with banks, local money market instruments, short-term investments, accounts receivable and payable, loans to and from subsidiaries, bills and leases.

The totals for each category of financial instruments, measured in accordance with AASB 139 as detailed in the accounting policies to these financial statements are as follows:

FINANCIAL RISK MANAGEMENT POLICIES

The directors' overall risk management strategy seeks to assist the company in meeting its financial targets, whilst minimising potential adverse effects on financial performance.

Risk management policies are approved and reviewed by the Board of Directors on a regular basis. These included the credit risk policies and future cash flow requirements.

The main purpose of non-derivative financial instruments is to raise finance for company operations.

The company does not have any derivative instruments at 30 June 2012.

DIRECTORS' DECLARATION

The Directors of the Company declare that:

- The financial statements and notes, as set out on pages 1 to 17, are in accordance with the Corporations Act 2001 and:
 - comply with Australian Accounting Standards, which, as stated in accounting policy Note 1 to the financial statements, constitutes explicit and unreserved compliance with International Financial Reporting Standards (IFRS); and
 - give a true and fair view of the financial position as at 30 June 2012 and of the performance for the year ended on that date of the company.
- 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.

This declaration is made in accordance with a resolution of the Board of Directors.

Directors

Directors


Kellie Hogan


Allan McCubbin

Dated this 30th day of August 2012.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF SPORTS DIETITIANS AUSTRALIA LIMITED ABN 97 075 825 991

REPORT ON THE FINANCIAL REPORT

We have audited the accompanying financial report of Sports Dietitians Australia Limited which comprises the statement of financial position as at 30 June 2012 and the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year ended on that date, a summary of significant accounting policies, other explanatory information 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 that gives a true and fair view in accordance with Australian Accounting Standards (including Australian Accounting Interpretations and the Corporations Act 2001 and for such internal control as the directors determine is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error. In Note 1, the directors also state, in accordance with Accounting Standard AASB 101: Presentation of Financial Statements, that the financial statements comply with International Financial Reporting Standards (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' judgment, 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 the Corporations Act 2001. We confirm that the independence declaration required by the Corporations Act 2001, provided to the directors of the company, would be in the same terms if provided to the directors as at the date of this auditor's report.

AUDITOR'S OPINION

In our opinion:

- (a) the financial report of Sports Dietitians Australia Limited is in accordance with the Corporations Act 2001, including:
 - (i) giving a true and fair view of the company's financial position as at 30 June 2012 and of its performance for the year ended on that date; and
 - (ii) complying with Australian Accounting Standards (including Australian Accounting Interpretations) and the Corporations Regulations 2001; and
- (b) The financial report also complies with International Financial Reporting Standards as disclosed in Note 1.



E.E. Yianni
Principal

Yianni & Co
Chartered Accountants
Level 20, 114 William Street, Melbourne, Victoria 3000

Dated this 30th day of August 2012.

