

SPORTS
DIETITIANS
AUSTRALIA
ANNUAL
REPORT
2012-2013

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VISION:

Create leaders in sports nutrition practice

STRATEGIC GOALS:

- Our members are knowledgeable and have attributes to be sought after as leaders in sports nutrition practice;
- SDA is a dynamic, diverse and responsible organisation;
- Active Australians know and engage a Sports Dietitian to help achieve their personal goals;
- Our accreditation ensures consistent, high quality service by members to their clients; and
- Raise the profile of sports nutrition benefits and what Sports Dietitians do.

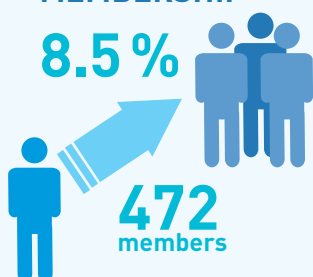
VALUES:

- Integrity: We strive for mutual respect with those with whom we work. We are honest and ethical with high standards for right conduct and practice. We deliver a level of expertise that is highly credible.
- Collaboration: We collaborate with others to ensure we have the greatest knowledge. We work with individuals, organisations, schools and corporate businesses towards a common goal.
- Education: We are knowledgeable in the area of sports nutrition. We oversee a leading edge accreditation system. We are evidence based, analytical and problem solvers.
- Market Leader: We are dynamic and responsive. We are proactive in finding solutions. Our CDP ensures our members are attaining the highest level of qualifications.

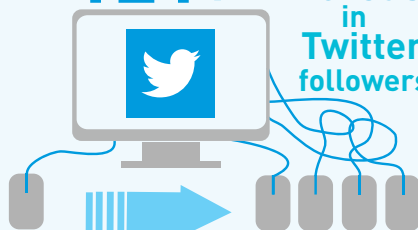
THE YEAR BY NUMBERS

GROWTH IN MEMBERSHIP

8.5 %



121% Increase
in
Twitter
followers



May 2013 **13,778**
the highest
number of
visitors
to web site



Board,
Committee **22**
and staff members
involved in the day-to-day
SDA operations



660
attendees
at SDA
courses and events



21 SDA
events and courses
to support our members'
professional development
and educate the fitness
industry about referring
to a Sports Dietitian

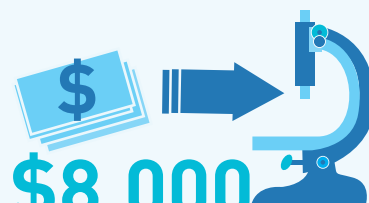


1428696

SDA logo Trade Mark TM
number: we're starting
to build
a symbol of trust

7,400

words contained in
the Position
Statement - Sports
Nutrition for the
Adolescent Athlete



\$8,000

invested in our
inaugural
Research Grant Initiative
to encourage more
sports nutrition research

26



projects agreed at
our Board planning
week-end retreat - it
was nice to give back
to our volunteer
Board members who
give so much of their
time to lead this
great organisation

34%



of Accredited Sports
Dietitians voted using
our new **online
voting system** for
the election of board
members



7,000



Special Olympics athletes in
Australia who will potentially
have access to our members for
sports nutrition information at
their state sporting event

22%

increase
in net profit



6



corporate partners, including
our newest partner, Accor
Hotels as our preferred
Accommodation / Venue
Partner

We've had a great year
delivering member learning
and earning opportunities
like the online dairy module
(with Dairy Australia),
attending sporting events
(with Gatorade), & handing
out almonds at conferences
across the land.

PRESIDENT REPORT



KELLIE HOGAN

As 2013 begins to draw to a close, it is such a worthwhile activity to sit and reflect on yet another year of great achievement for SDA as we moved forward on our strategic goals. I want to offer my sincere thanks and gratitude to the Board, our amazing staff, and our committee members for their important contributions, which saw SDA once again take steps (leaps!) forward.

I feel, like I am sure many of you do, that the world of elite sport was dominated by the headlines around “sports supplements” for most of the year. This has perhaps highlighted now, more than ever, the importance of being appropriately qualified and recognised by your professional association. SDA as an organisation is contributing to setting the standard for qualifications in sports dietetics, and we are working at making sure our members are well placed to provide expert support to athletes with supplement questions.

As many of us who work with development age group athletes are aware, there are quite a few gaps in the literature around sports nutrition knowledge and practice guidelines for the adolescent athlete. To this end, SDA has partnered with Griffith University in Queensland to compile a Position Statement: Sports Nutrition for the Adolescent Athlete. This world first document clearly articulates nutritional requirements for up and coming athletes who are in their formative years of physical development. It is anticipated that the document will provide a much needed tool for parents and coaches to ensure health and wellbeing of young athletes while their bodies grow. A very special thanks to Ben Desbrow, Michael Leveritt and Jo McCormack for their work in pulling this body of work together. We also thank our members who contributed to the development of this paper at our SDA Update event held in Sydney in September 2012.

This year, SDA launched its inaugural Research Grant Initiative, to support more research in sports nutrition. Our panel of Janelle Gifford, Liz Broad and Ben Desbrow deliberated over seven high quality applications, and our congratulations to Dana Lis (Uni of Tasmania) and Jessica Spendlove (Uni of Sydney), who were each successful recipients of the \$4,000 grants. We can't wait to be informed of the outcomes. In 2014 we will increase the funding pool to support more research.

A growing topic of interest for members has been the need to maintain their APD. SDA's Education Committee and Board discussed the idea of whether being a DAA member and/or APD should be a mandatory requirement to be an Accredited Sports Dietitian (AccSD). The Board unanimously agreed that, as an organisation of dietitians who specialise in sports nutrition, APD is an important component of our Career Development Pathway (CDP). The APD credentialing process that DAA undertakes, to ensure suitable continuing education standards for dietetics, is not something that SDA does, nor has the capacity or resources to undertake. In addition, we do not wish to increase the membership fees to cover costs associated with doing so. Our by-laws were amended to specify that APD be a requirement to becoming an AccSD. We continue to promote our accreditation system as highly regarded and robust. It underpins the very expert nature of this profession to create a level of trust in the community; credentials that are ever-increasingly important as sport, in general, grapples with ensuring the highest quality expertise is provided.

Our SDA Sports Nutrition Course has really grown up, this year celebrating its 21st birthday! From its beginnings (a whole six years before SDA as an organisation was formed), our 4 day Sports Nutrition Course is now the jewel in our crown. The expression of interest list is 200 strong and growing. Many thanks to our Education Committee who oversee the delivery of this course, and special thanks to Greg Cox and Greg Shaw who, with Liza Holdsworth's expert help from SDA headquarters, co-ordinate the course at home and abroad.

Our SDA Conference is also fast becoming the must-attend event in the exercise and sports nutrition calendar, and we thank the efforts of our Conference Organising Committee who so generously give of their time to assist with the development of the program.

I could continue on like a proud mother about all of SDA's achievements and the wonderful things we are looking forward to doing in the coming year, however I must draw this report to a close, so I would like to finish the way I started by thanking in particular our committed and generous Board who donate their time and expertise so that SDA can continue to prosper. A special thank you to Melinda, our amazing EO whose integrity, hard working nature and commitment to SDA is so reassuring and inspiring to us as a Board and to our fantastic staff Georgie, Liza, Dani and Ali. Bring on 2014!!!

EXECUTIVE OFFICER REPORT



MELINDA JACOBSEN

Reflecting on another year with SDA makes me think how fast this one has gone. And in talking with many, it's not just me who thinks the year has gone fast. As I look back over my notes, diary and Board papers, once again SDA has punched above its weight and is moving forward in a positive way.

The "Year by Numbers" spread, in the previous page, is a great showcase of our efforts this year and is a wonderful tribute to the many who are involved in this organisation. Of course we couldn't do it without you, our members, who are just as passionate and inspiring. Makes our job quite easy really!

This year we 'upped the ante' in our collaboration efforts. SDA is working with industry partners ESSA and SMA to address the sports supplement challenges, and Fitness Australia to contribute to their Scope of Practice document. We've continued our strong partnerships with Gatorade, Dairy Australia, Sustagen, Almond Board of Australia and Kellogg Sustain, all of whom re-signed their contracts in 2012-13, and we welcomed Accor Hotels as our event venue and accommodation preferred partner. This partnership extended to include member access to competitive rates across all Accor properties for business or pleasure.

The office team are a joy to work with and I'm constantly amazed and inspired by our level of output. My thanks to Liza Holdsworth, Dani Manche and Alison Walsh for their ongoing positive contributions; and to Siobhan Crawshaw and Liz Georgeson who left during the year to pursue other adventures. In June 2013, we welcomed Georgie Clarke who boosts our marketing expertise in the office.

The SDA Board have once again been fabulous support as we rode the year's highs and lows. I am blessed to feel so valued and have such fun along the way. Through the Board evaluation, there was unanimous agreement it's really the Committees who do all the work! Personally, it's been a great pleasure to reconnect and work with Mike Harley who has guided our brand personality project. For a bunch of volunteers, every Board and Committee member carries out their duties with enthusiasm and commitment to this great organisation. Without them.... well, there wouldn't be SDA!

A big shout out to our State Coordinators (Gemma and Felicity, Marc, Katherine, Gaye, Louise and Adam, Charina and Lara) who do a fabulous job of creating and delivering diverse Professional Development and social events in their respective states, more of which can be read in the State Reports.

Finally, it's been another strong year financially with the Board executing its financial responsibilities with prudence. This result ensures SDA can continue to reinvest a proportion of profit into member PD opportunities next financial year, while still having sufficient cash reserves.

So, as we close the books on another successful financial year, we turn our focus to our second SDA Conference in October 2013 and start work on our new marketing plan and direction. Thanks for another awesome year!

EDUCATION

CAREER DEVELOPMENT PATHWAY

The Career Development Pathway (CDP) is integral to being recognised as an Accredited Sports Dietitian and expert in the field. Given the events of 2013, with the use of supplements in sport, the CDP sets the benchmark for knowledge and practical experience required to be called an Accredited Sports Dietitian, with members with higher level academic qualifications and practical experience, being recognised as Advanced Sports Dietitians

From our last three annual member surveys, members' rated that the CDP is valuable in setting and maintaining a standard, and that the website is easy to use to upload activities, is increasing with each year.

SDA's Education Committee expertly oversees queries and system improvements to the CDP. This year we welcomed Kristen Mackenzie to the Committee to join 'the Gregs' (Greg Cox and Greg Shaw) and Alan McCubbin. The Committee approved a number of additional activities into the CDP.

To support our members' professional development, SDA continued our partnership with Human Kinetics, to offer Accredited Sports Dietitians and Provisional Sports Dietitians free online subscription to the International Journal of Sports Nutrition and Exercise Metabolism journal. Education in Nutrition continue to offer sports nutrition webinars as further professional development.

In July 2013, some members will complete their first three year re-accreditation cycle. We hope members have been reading the e-communications in the lead up to this to ensure all retain their accreditation status.

CDP Audit

To maintain the CDP integrity, and reflect SDA's commitment to best practice, SDA continued its CDP Audit program. With a looming three year reaccreditation cycle commencing July 2013, we conducted two audits in 2013. In January, nine Accredited Sports Dietitians and two Provisional Sports Dietitians were randomly selected for audit. The July audit is underway at the time of writing with a further seven accredited members selected.

Once again, the process highlighted difficulties faced by members who are not retaining appropriate evidence of logged activities and, for some, the challenge of undertaking sufficient sports nutrition work to maintain their accreditation.

COURSE OVERVIEW

SPORTS NUTRITION COURSE

Our four day Sports Nutrition Course educates participants in how to convert the science of sports nutrition into practical and meaningful interventions for athletes and coaches. It is a pre-requisite to becoming an Accredited Sports Dietitian.

In 2012-13, SDA ran two courses. The first in Malaysia (November 2012), was attended by 25 participants, including 5 from Australia and 14 sports dietitians from the National Malaysian Institute of Sport. The second was in Canberra (May 2013) attended by 43 participants.

With each course, the content is refined, the sessions improved, and feedback noted. With a growing interest list, an important outcome from this year has been to incorporate an application process to ensure SDA provisional members working in sports nutrition have first opportunity to attend and gain the knowledge they can use immediately when they return from the course.

Thank you to 'The Gregs' – Messrs Cox and Shaw, who continue to delight and entertain ourselves and participants with their expertise and humour, making this 4 day course memorable for many!!



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. It continues to exceed expectations of all its participants and debunk many nutrition myths that exist in "PT-land".

During 2012-13, SDA ran a total of 17 courses across all capital cities, including for the first time, Darwin, attracting a total of 509 participants. With our new partnership with Accor Hotels, all courses were run at Accor properties resulting in smoothly administration and a new level of professionalism.

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.



And special thanks to Liza Holdsworth at SDA Headquarters for her tireless work in coordinating all these education courses each year.

MEMBERSHIP

We had a growth spurt! By year end, SDA had a membership of 472. For a number of years we've been perplexed by the steady nature of our membership around the 400 mark. To try and shift that, at previous Planning Days we agreed on activities to improve our retention and attract new members which obviously are having the right affect. Another contributing factor has been the increased interest in our Sports Nutrition Course. To manage the ever-growing waiting list, preference is given to SDA members who are currently working in the sports nutrition industry. We've noticed an increase in our Associate membership around application time.

From our annual member survey, the top three reasons for joining continue to be professional recognition, networking opportunities and, depending on where you're at in your sports nutrition career, either access to sports nutrition information or continuing education.

Our membership is diverse and includes over 50 members residing overseas. We also continued our work with supporting the next generation of Accredited Sports Dietitians, our provisional members, with job and professional development opportunities.

FIGURE 1
2012-13 Membership at 1 July 2013 - 472

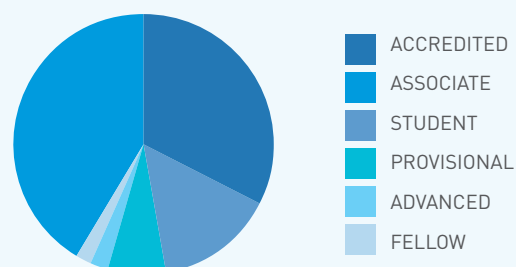
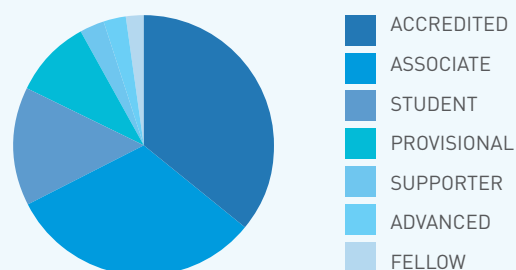
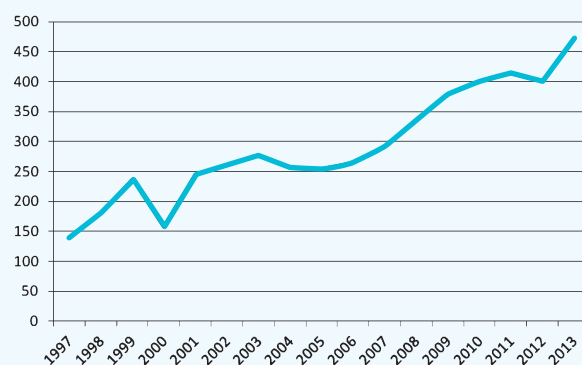


FIGURE 2
2011-12 Membership as at 1 July 2012 - 400



And because we love graphs, here's how the membership has tracked since the inception of SDA in 1997:



SDA EVENTS

SDA Update

The SDA Update event is aimed at educating SDA members and practising dietitians on the latest emerging issues, research and information within the sports nutrition industry. SDA held two Update events this financial year.



The first, in September 2012, brought together SDA members to review and contribute to SDA's Position Statement on Nutrition for Performance and Health of Adolescent Athletes. A collaboration between SDA, Griffith University and an expert panel, this important (and we believe world first!) document considers what is currently known about nutrition for adolescent athletes and what nutrient requirements are essential for this age group to not only get the best performance, but stay well in the process.

Over 90 members came together in Sydney to consider the paper's contents covering carbohydrates, protein, iron, vitamin D, fluids and body image issues. Special thanks to Ben Desbrow, Jo McCormack and Michael Leveritt who are driving the research project; Richard Woodward for facilitating; our expert panel members - Prof Louise Burke, Dr Greg Cox, Assoc Prof Kieran Fallon, Dr Matthew Hislop, Ruth Logan, Nello Marino, Prof Susan Sawyer, Greg Shaw, Dr Anita Star, Helen Vidgen, and all our members who attended.



The second Update took place in Canberra in May 2013. SDA members heard from a team of AIS Sports Dietitians, all SDA members, covering topics of the evolution of sports nutrition across recent Olympic Games, catering for teams, energy availability, and supplements. These presentations are now available online.

Thanks to a number of people for their important contributions – Liz Broad and Kristen Mackenzie who helped develop the program; our presenters - Louise Burke, Jo Mirtschin, Brownen Lundy and Alison Garth; Alan McCubbin for his help recording all the sessions; our members who were able to join us; and the Novotel Canberra for hosting.

Australia Fitness Expo/FILEX

SDA was back at the Australian Fitness Expo/FILEX in April 2012 in Sydney. Attendance figures for the three day event were 33,967 visitors, up 16.8% on the 2012 attendance. We'd love to say that all of those people visited the SDA stand but that wouldn't quite be true! However, we were really happy with the increased number of enquiries at the stand as we promoted our Nutrition for Exercise and Sport Course, "How to become a Sports Dietitian" and ran a "Know your Carb" competition. Suffice to say that many were stumped by the task, suggesting increased attendance at our course in future!

Thank you to our SDA members who joined us on the stand – Kate Clarke, Jennifer Madz, Zoe Watt, Caitlin Reid, Susie Burrell, Chloe McLeod, Lara Mathers, Rebecca Jarman, Andrea Powell and Dani Manche who pulled the stand together pre-event.



beActive Conference

Be active 2012 was held in Sydney from 31 October to 3 November, 2012. This conference incorporated three conferences: the 4th International Congress on Physical Activity and Public Health (ICPAPH), the Australian Conference of Science and Medicine in sport (ACSMS), and the National Sports Injury Prevention Conference (NSIPC). With over 1300 delegates from 48 different countries, it presented an ideal opportunity to learn, network and build relationships across multidisciplinary boundaries.

SDA had a trade display to promote Accredited Sports Dietitians, distribute factsheets and sponsor products, and information on how to become a member. Our thanks to Charina Kullen, Andrea Powell, Zoe Watt, Caitlin Reid and Sue Jones for lending their expertise.

We've also had two articles published by SDA members in SMA's Sport Health magazine: the Summer issue featured Louise Burke on "Reflections on the London Olympics", and Johan Leech was in the Autumn issue discussing "Emerging Prominence of Nutrition in Injury Management".

sport health

VOLUME 31 • ISSUE 1, 2013

Concussion

The new guidelines and implications from the 4th International Consensus Conference on Concussion in Sport

Nutrition in injury management
Is it being overlooked?

Early onset knee osteoarthritis after ACL reco
The patellofemoral joint and the long-term outcomes

- The concept of 'zero tolerance' in concussion
- Concussion modifiers – factors that influence the timing of recovery
- Physical sideline tests for the assessment of concussion
- Concussion management in children
- Life and education after a severe brain injury
- An interview with Australian Rugby Union's Chief Medical Officer



Ironman Melbourne, Port Macquarie with Gatorade

As part of our agreement with Gatorade, SDA members played an integral part representing SDA at the Gatorade stand at the Ironman expos in Melbourne and Port Macquarie.

Thanks to Tess Griersmith and Helen Duong in Melbourne, and Alison Caiafa in Port Macquarie for their involvement.



STATE REPORT

AUSTRALIA CAPITAL TERRITORY

ADAM ZEMSKI/LOUISE CATO

2013 has seen the ACT SDA branch move to quarterly meetings with a focus on providing PD opportunities for members. It's been great to see good attendance from a small state of Sports Dietitians, together with representation from our student members. There have been many PD opportunities for members, including an invitation to the recent NSW half day PD opportunity and presentations from ACT Sports Dietitians Bronwen Lundy and Hannah Every-Hall at the SMA Lightweight Athlete seminar held at the AIS. We've also had some great in-house PD sessions, including: ACSM feedback from Alisa Nana and Alison Garth; Ned Brophy-Williams from AIS Performance Recovery presenting on current recovery strategies (including a few novel ideas); and product testing of a2 milk and natural yoghurt, and Swisse Energy and Recovery Bars. Sadly we are farewelling a few of our current members to other (warmer!) states, however we look forward to catching up at future SDA events and hearing about their activities and achievements.



QUEENSLAND

LARA MCCAMBRIDGE

The Queensland branch of Sports Dietitians Australia has once again had a fantastic year. This year we have been privileged to have some of our members share their research and conference experiences. We had Holly Frail and Kerry Leech give us an update from the ECSS 2012 and 2013 conferences. Their reports were really informative and both conferences sounded fabulous! In February 2013, Kerry provided an update from QAS and we had an interesting discussion surrounding the recent supplement scandals. Ben Desbrow presented some of his recent research at Griffith University, and we have had two presentations from Joe Spelta on his unique experience working with a world record-breaking attempt of a wind surfer. We are looking forward to the SDA Conference in Melbourne and another exciting year ahead!



NEW SOUTH WALES

CHARINA KULLEN

This year NSW SDA continued to draw a large audience with another great half-day event. The program was packed with great speakers including Sarah Dacres-Manning who gave an educational and practical presentation on insulin resistance and the athlete; Exercise and Sports Scientist Catriona Burdon, who gave an overview of her PhD investigating the effects of cold drinks on hydration and endurance performance; Christine Dziedzic, who was generous enough to give two presentations: one on measuring sweat sodium concentration using the regional absorbent path method and the other on performance nutrition for rugby 7's; and Louise Bell who talked about her experience as the team dietitian for Australian sailing for the London Olympics. Zoe Watt and Rachel Walsh also ran a taste testing and product review of some Endura products.

NSW SDA also held an evening networking event and were fortunate enough to have Dr Joanna McMillan give an outstanding presentation and Q & A on paleo diets overall and their applicability to athletes.

NSW will continue to focus on increasing membership and participation in CPD events, and is now working with the ACT branch to open the state half-day events to all available members of SDA. Our thanks to Charina Kullen for her efforts as State Coordinator, as she passes the baton to Rebecca Hay and Zahra Munas.



SOUTH AUSTRALIA

MARC CAMPBELL

Over the past year the SA branch has looked to continue to provide high quality professional development sessions at state meetings. These have included Steph Gaskell discussing feeding strategies for a 6-day multi-stage ultra-endurance running event (Goretex Trans-Rockies) which she competed in; an update from Dr Nick Kasmeridis from Adelaide BodyScan on DEXA scans for body composition analysis and its use in practice; an informative summary from the 2013 SDA One Day Update; as well as some product testing of Jalna yoghurts including their new Proheart range.

The branch meetings have also been great networking opportunities where we've looked at ways to promote work and observation opportunities amongst members, and we've continued to develop links with the universities to promote SDA to student members. In the coming year we look forward to continuing the regular branch meetings and PD to meet the needs of members.



TASMANIA

GAYE RUTHERFORD

SDA member numbers in Tasmania received a small boost with several new members moving to the Apple Isle from interstate or overseas. A noteworthy new addition is Dana Lis, who has relocated to Launceston from the Canadian Institute of Sport. Dana is already busy promoting SDA, working to organise a Level 1 & 2 accredited ISAK course in the state, and presenting at the 2013 ESSA Tasmanian Branch conference on Nutritional Manipulations for Body Composition Changes.

With our members dispersed across the state, our meetings continue to be via teleconference. In 2013 we have succeeded in making sports nutrition a prime focus at the DAA TAS Branch weekend workshop with Siobhan Moran presenting as a keynote speaker on her role as the Paralympic Dietitian with the Australian team in London 2012.

In 2012 we had two members, Kate DePaoli and myself, complete the IOC Diploma in Sports Nutrition, and in 2013, Juliana Lisboa has commenced her Diploma.



WESTERN AUSTRALIA

GEMMA QUAYLE /FELICITY WILLIS

This year SDA WA has continued to achieve our goal of providing our members with high quality professional development sessions. The highlights from this year's meetings included WAIS exercise physiologist and researcher discussing research and practical considerations for etiology of iron deficiency in athletes. We also had an assistant professor at the University of WA and a WAIS cycling coach attend and present at our meetings. Product reviews for the year have included Sanitarium's Vive and Energise, and a new WA 'natural' sports drink, Bindi (a WA made product from an athlete with a pharmacy background).

SDA WA members were on hand to offer advice and assist participants at several events across the year including the Tri West Fest event and the HBF Run for a Reason. Our members continue to assist athletes from a range of sports at the elite and recreational level. The meetings are a great way to discuss successes and challenges with these athletes as well as topical issues (we may have digressed to supplements a few times this year!).



VICTORIA

KATHERINE SHONE

Despite stepping down as long-standing Vic State co-ordinator, Kerry Otto has not been able to stay away and continues to be a regular attendee at Vic meetings. Having SDA board member Alan McCubbin at most meetings is also great - his valuable contributions on the latest sports nutrition research and updates on SDA Board activities helps keep us all up to date.

Over the last 12 months, Vic members have had lots of fun taste testing and evaluating products Dextro Energy Products, My - T Juice, Jalna Pro Heart yoghurt, Riceplus, Chobani yoghurt and Heinz Soup of the Day. Having Alan run a workshop on DIY Sports Drinks and Gels proved extremely valuable giving us all some great ideas for working with the ever increasing population of fructose malabsorbers.

One of the biggest highlights for the year was having Jose Areta presenting on his research investigating the timing and distribution of protein ingestion during prolonged recovery from resistance exercise. Whilst whetting our appetite, he was unable to share his final conclusions, instead making us wait to get the scoop at the 2013 SDA Conference. To round out the year, Dr Tanusha Cardoso presented on Iron Studies and her research on IV Iron Supplementation with distance runners with low or sub optimal ferritin levels.



SDA BOARD OF DIRECTORS



(Back (l to r) Alan, Jeremy, Greg Shaw, Adam & Greg Cox) (Front (l to r) Dani, Simone, Liz, Sophy, Liza, Mel, Kellie & Marian)

KELLIE HOGAN (PRESIDENT)

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

Senior Program Manager Nutrition Australia Qld, Accredited (Advanced) Sports Dietitian - Gold Coast Titans NRL Team, Qld Academy of Sport Men's Hockey and Cycling Programs, Cycling Australia BMX High performance program.

MARIAN CORNETT

Bachelor of Science (Honours); Master of Science (Research); Grad Dip. Diet, APD;

Level 3 Anthropometrist

Accredited Sports Dietitian in private practice working with road cycling, football, swimming, triathlon and boxing; Project Manager Moyne Health; Tutor Deakin University.

SOPHY PORTER

B.Sc (Nutr & Food Sci), Post Grad Hons, APD.

Accredited Sports Dietitian working with the Emirates Western Force, WA Rugby Academy and The Perth Glory. Previously Sports Dietitian for The Fremantle Dockers.

ALAN MCCUBBIN (VICE-PRESIDENT)

B. Nutr & Diet, Dip. Mgmt, APD, Acc SD

Quality & Performance Manager in Continuing Care and Acting Ambulatory & Allied Health Manager, Austin Health; Director - Next Level Nutrition, Accredited Sport Dietitian at LifeCare Ashwood Sports Medicine. Specialising in triathlon, road cycling, ultrarunning and mountain biking.

GREGORY COX

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

APD FSDA

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

GREG SHAW

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

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

SIMONE ALLEN (COMPANY SECRETARY)

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

Owner of Nutrition Works, sports nutrition private practice; Advanced Sports Dietitian- WNBL West Coast Waves and Triathlon WA. WAIS Dietitian for Technical Sports (gymnastics, diving, athletics and swimming).

JEREMY PAK

Chartered Accountant (NZICA), B.Mgmt Studies (Accounting).

Commercial Manager - Strategy & Planning with Witchery & Mimco.

Previously Brand Accountant at Fonterra Australia, Retail Finance role with Contact Energy and audit experience across numerous industries such as retail, manufacturing, banking and education.

ADAM ZEMSKI

BNutDietet, BCom, IOC Diploma of Sports Nutrition, Level 2 Anthropometrist, APD

Accredited Sports Dietitian at Empower Nutrition, private practice in Brisbane. Previously Nestle Fellow at AIS, clinical roles, and contacted sports dietetic roles including for the Western Bulldogs AFL club.

SDA MANAGEMENT & STAFF

Melinda Jacobsen – Executive Officer

Liz Georgeson – Office Manager (to May 2013)

Liza Holdsworth – Membership & Course

Daniela Manche and Siobhan Crawshaw – 'In-house' Sports Dietitians



Georgina Clarke
Marketing & Projects
(from June 2013)



Alison Walsh
Editor FUEL

SDA FELLOWS

SDA acknowledges the following inspirational practitioners for their 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, Kerry Leech, Greg Cox and Sarah Dacres-Manning.

HONORARY LIFE MEMBERS

Glenn Cardwell and Lorna Garden

COMMITTEES

SDA's Committees ensure strong governance, expert opinion and great 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, Kristen Mackenzie

Oversees all things relating to the CDP; provides content direction for SDA events and conferences and, with the two Gregs on the team, it's all pretty light and funny.

- **Marketing & Communications**

Alan McCubbin (Chair), Brooke Tully, Teri Lichtenstein, Mike Harley.

Coordinates the implementation of SDA's marketing, communication and social media strategies to raise the profile of SDA and our amazing members.

- **SDA Conference Organising Committee (2013)**

Alan McCubbin (Chair), Andrew McAinch, Vernon Coffey, Stephanie Gaskell.

Creating another exceptional SDA Conference in October 2013; curating the scientific program, speakers, concurrent streams, abstracts and poster presentations.

- **SDA Expert Scientific Panel***

Greg Cox, Louise Bell, Liz Broad, Louise Burke, Michelle Cort, Ben Desbrow, Holly Frail, Karen Inge, Deb Kerr, Ruth Logan, Helen O'Connor, Fiona Pelly, Gary Slater, Clare Wood.

From time to time, members of this panel of experts are utilised to consider, review and guide SDA's scientific content, resources and direction.

FINANCIALS

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

**FINANCIAL REPORT FOR
THE YEAR ENDED 30 JUNE 2013**

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DIRECTORS' REPORT

Your directors present their report on the company for the financial year ended 30 June 2013.

Directors

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

Kellie Hogan	Simone Allen
Alan McCubbin	Sophie Porter
Greg Cox	Jeremy Pak
Greg Shaw	Adam Zemski
Marian Cornett	

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 \$90,138.

Significant changes in the state of affairs

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

Principal Activities

The principal activities of the company during the financial year were to foster and develop sports nutrition and dietetics in Australia.

No significant change in the nature of these activities occurred during the year.

Events Subsequent to the End of the Reporting Period

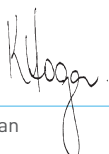
No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

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

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.

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.

Directors



Alan McCubbin

Dated this 26th day of August 2013

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 2013 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.



Ermis Yianni
Principal

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

Dated this 26th day of August 2013

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2013

	NOTES	2013 \$	2012 \$
Revenue	2	588,389	549,370
Changes in inventories of finished goods and work in progress		(118)	(6,644)
Raw materials and consumables used		(2,997)	(5,043)
Advertising expenses		(20,628)	(19,493)
Auditors' remuneration	3	(4,318)	(4,000)
Depreciation and amortisation expenses		(9,502)	(19,638)
Employee benefits expenses		(159,690)	(130,956)
Freight and cartage		(1,993)	(688)
Other expenses		(269,642)	(261,397)
PROFIT BEFORE INCOME TAX	4	119,501	101,511
Income tax expense	5	(29,363)	(27,517)
PROFIT FOR THE YEAR		90,138	73,994
TOTAL COMPREHENSIVE INCOME FOR THE YEAR		90,138	73,994

STATEMENT OF FINANCIAL POSITION FOR THE YEAR ENDED 30 JUNE 2013

	NOTES	2013 \$	2012 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	6	547,542	497,309
Trade and other receivables	7	69,218	90,730
Inventories	8	8,855	8,973
Other current assets	9	1,731	1,258
TOTAL CURRENT ASSETS		627,346	598,270
NON-CURRENT ASSETS			
Property, plant and equipment	10	6,993	12,573
Tax assets	11	125	-
TOTAL NON-CURRENT ASSETS		7,118	12,573
TOTAL ASSETS		634,464	610,843
LIABILITIES			
CURRENT LIABILITIES			
Trade and other payables	12	116,127	181,795
Tax liabilities	11	7,614	8,464
TOTAL CURRENT LIABILITIES		123,741	190,259
TOTAL LIABILITIES		123,741	190,259
NET ASSETS		510,723	420,584
EQUITY			
Retained earnings	13	510,723	420,584
TOTAL EQUITY		510,723	420,584

STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2013

	NOTES	RETAINED EARNINGS \$	TOTAL \$
BALANCE AS AT 1 JULY 2011		346,590	346,590
Profit attributable to equity shareholders		73,994	73,994
BALANCE AS AT 30 JUNE 2012		420,584	420,584
Profit attributable to equity shareholders		90,138	90,138
BALANCE AS AT 30 JUNE 2013		510,722	510,722

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2013

	NOTES	2013 \$	2012 \$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers		562,325	666,085
Payments to suppliers and employees		(495,866)	(478,389)
Interest received		18,032	22,582
Income tax paid		(30,337)	(47,409)
NET CASH PROVIDED BY OPERATING ACTIVITIES	14	54,154	162,869
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for property, plant and equipment		(3,921)	(4,746)
NET CASH USED IN INVESTING ACTIVITIES		(3,921)	(4,746)
Net increase in cash held		50,233	158,123
Cash at beginning of financial year		497,309	339,186
Cash at end of financial year	6	547,542	497,309

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2013

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

	2013	2012
	\$	\$
REVENUE		
Sales revenue:		
Sale of goods	5,103	9,790
Membership, sponsorship and course fees	548,017	514,207
	553,120	523,997
Other revenue:		
Interest received	30,491	22,582
Other revenue	4,778	2,792
	35,269	25,373
TOTAL REVENUE	588,389	549,370
Interest revenue from:		
Interest received	30,491	22,582
Total interest revenue on financial assets at fair value through profit or loss	30,491	22,582
Other revenue from:		
Sundry Income	4,778	2,791
Total other revenue	4,778	2,791

NOTE 3 - AUDITORS' REMUNERATION

Auditors Fees	4,318	4,000
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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	3,115	11,687
Depreciation of property, plant and equipment	9,502	19,638

NOTE 5 - INCOME TAX EXPENSE

The components of tax expense comprise:		
Income Tax Expense	29,363	27,517
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%):	35,850	30,453
Add:		
Tax effect of:		
• Non deductible items	958	-
• Additions to provisions	1,085	1,820
	37,893	32,273
Less:		
Tax effect of:		
• Other deductible items	3,738	753
• Principle of mutuality	4,667	4,003
• Addition to deferred tax asset	125	-
Income tax expense attributable to company	29,363	27,517

NOTE 6 - CASH AND CASH EQUIVALENTS

Cash - Fixed Deposits	384,222	371,244
Cash at Bank - CBA	11,903	3,145
Cash at Bank - CBA	151,417	122,920
	547,542	497,309
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	547,542	497,309
	547,542	497,309

NOTE 7 - TRADE AND OTHER RECEIVABLES

CURRENT		
Trade Debtors	56,559	90,530
Interest Receivable	12,459	-
Security Deposits	200	200
	69,218	90,730
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	8,855	8,973

NOTE 9 - OTHER CURRENT ASSETS

CURRENT		
Prepayments	1,731	1,258

NOTE 10 - PROPERTY, PLANT AND EQUIPMENT

Plant and Equipment:		
At cost	70,467	66,546
Accumulated depreciation	(63,474)	(53,973)
TOTAL PLANT AND EQUIPMENT	6,993	12,573

NOTE 11 - TAX

LIABILITIES		
CURRENT		
Provision for Income Tax	7,614	8,484
ASSETS		
Deferred Tax Asset	125	-

NOTE 12 - TRADE AND OTHER PAYABLES

CURRENT		
Sundry Creditors	10,297	4,665
Trade Creditors	18,552	5,052
Income in Advance	71,310	150,088
GST Control Account	6,287	15,924
Provision for Holiday Pay	9,681	6,066
	116,127	181,795

NOTE 13 - RETAINED EARNINGS

Retained earnings at the beginning of the financial year	420,585	346,590
Net profit attributable to members of the company	90,138	73,994
Retained earnings at the end of the financial year	510,723	420,584

NOTE 14 - CASH FLOW INFORMATION

RECONCILIATION OF CASH FLOW FROM OPERATIONS WITH PROFIT AFTER INCOME TAX		
Profit after income tax	90,138	73,994
NON-CASH FLOWS IN PROFIT		
Depreciation	9,502	19,638
Charges to tax provisions	(975)	(19,892)
CHANGES IN ASSETS AND LIABILITIES, NET OF THE EFFECTS OF PURCHASE AND DISPOSALS OF SUBSIDIARIES		
(Increase) Decrease in current inventories	118	6,644
(Increase) Decrease in current receivables	21,512	40,345
(Increase) Decrease in prepayments	(473)	(102)
Increase (Decrease) in sundry creditors and accruals	5,632	4,665
Increase (Decrease) in trade creditors	13,500	(12,779)
Increase (Decrease) in other creditors	(9,637)	5,828
Increase (Decrease) in current provisions	3,615	6,066
Increase (Decrease) in income in advance	(78,778)	38,462
	54,154	162,869

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 2013.

DIRECTORS' DECLARATION

The Directors of the Company declare that:

- The financial statements and notes, as set out on pages 1 to 18, 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 2013 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 26th day of August 2013

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 2013 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 2013 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.



Ermis Yianni
Principal

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

Dated this 26th day of August 2013

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



ACCOR HOTELS



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



