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TWITTER SDA HITS 5000 FOLLOWERS AND HELPS AN ATHLETE ACHIEVE A PB AT THE GOLD COAST MARATHON

By Alison Walsh, Accredited Sports Dietitian



In March 2014, SDA hit their 5000th follower! To celebrate this milestone, SDA contacted that follower and offered them a complimentary session with an Accredited Sports Dietitian. The lucky winner, Sam Elliot from Melbourne, was thrilled as he was

in training for the Gold Coast Marathon and was determined to better his effort from the Melbourne Marathon in 2013. Working with Sam was a great fit with SDA's focus on targeting the committed athlete, and raising the importance of great sports nutrition for performance.

Sam had previously worked with Katherine Shone (Accredited Sports Dietitian and Victorian State Representative for SDA), so contacted her again and arranged the consultation at her Olympic Park Sports Medicine Centre office. (Sam funded a few extra visits with Katherine to complete the work required on his sports nutrition.) Sam, the President of the Barwon Rowing Club, described himself as an ex-rower who was now getting into running. When he consulted Katherine in 2010, they worked on optimising his pre and post training recovery snacks, meeting his overall daily protein and carbohydrate requirements, the development of a race day fluid and food plan, and a personalised carbohydrate loading plan.

This time around, Katherine worked with Sam on the following:

- sensible eating and adhering to specified portion sizes, as he was wanting to lose weight and increase energy levels;
- after weight had decreased slightly and training intensity increased, Katherine suggested Sam increase from the traditional 1/4, 1/4, 1/2 plate rule to the 1/3, 1/3, 1/3 portions, especially on run days to compliment his training load (Katherine also discussed moderating volume ie. less on rest/light days, more on heavy days); and
- modified his post training recovery drink from a basic P30 or Aussie Bodies Recovery drink, to a fruit smoothie including WPI, milk, yoghurt, fruit and L-glutamine for optimal recovery.

Katherine also asked him to start experimenting with various gels (eg. Gu Roctanes, to increase sodium intake), and start practicing with sports drink (similar to what would be provided on race day).

Of course, general health tips always come into play and he was advised to ensure adequate calcium intake by ensuring his almond milk was fortified, and to include a salad or vegies with his main meal.

He was pretty confident with the carbohydrate loading plan Katherine had given him to use in the past, but was keen to make a few changes to his race day gel and fluid plan to prevent cramping and ensure his legs didn't give out in the last 10km. (Katherine worked on completing some sweat rate testing with Sam to assist with formalising fluid plan. His results suggested a sweat loss of 1 - 1.2L per hour (13-19 degree conditions).)

At his first consult with Katherine in March 2014, Sam weighed in at 90kg (height 185cm) giving him a BMI of 26.4. Initially his goal weight was 88kg but in the end Sam got down to 86kg comfortably (BMI 25). He reported to feel the best he had ever felt when running and was recording personal best times, indicating his weight loss endeavours had not compromised his training performance.

So, with all this expert advice and assistance with planning, how did Sam go? This is the email Sam sent to Katherine the day after the Gold Coast Marathon:

Hi Katherine,

I hope all is well. Thought that I'd shoot you a quick email about how I went yesterday at the Gold Coast Marathon. All went well, very well. I ran a 3:08.47, a PB and by almost 8 minutes. I am rapt! I knew by my pace through the 16 week training program that I could run a sub 3:10 and could run as low as 3:06. I felt good and was on pace for the first half and was only slower by 4 minutes on the second half. The quads did go/hit the wall again after about 26km (coinciding with coming out into the direct sunlight again...) but I was able to put my mind into the right place, rely on the training that I had done as well as trusting the nutrition and hydration plan we put in place and not let it blow out too much. I promised myself not to run over a 5 minute km throughout the marathon and the worst I ran were three 4:49's.

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I took on water and Endura at every station until just after half way. I found that after every time I took on water or Endura after that point I would get a stitch for a few minutes afterwards. I took on Endura only from that point and the stitches stopped. I also took the GU Rocktane gels every 30mins with the last at 2:30hrs being the chocolate flavour. I'm not a big fan of the taste nor the thickness of them but they did the job.

I was taught at school that the key to success is planning. If you fail to plan, you'll plan to fail. I had a training plan, I followed it through. I had a nutrition plan, I followed it through. I had a training recovery plan and I followed it though. I had a race plan incorporating hydration and nutrition and I followed that though bringing me the success I had on race day achieving a PB.

Thank you very much for your help through this preparation. I was a little jaded after the Melbourne Marathon last year and it took a bit to get going for this preparation. I had put on a bit of weight and couldn't get myself on track nutrition wise.

Once we put the nutrition plan into place things started to come together quickly and next thing you know I had lost 8+ kg's! So once again thank you.

Last week I entered the Melbourne Marathon so I'll have a couple of weeks off and then get back into it. My eventual aim is to go sub 3hrs. Whether it's Melbourne in 14 weeks or not I guess that's up to me!

Cheers, Sam.



GETTING TO KNOW YOU – PROF LOUISE BURKE

By Alison Walsh, Accredited Sports Dietitian



Throughout 2014 in FUEL, we have featured interviews with some of the founding members of SDA including Dr Helen O'Connor, Karen Inge, Lorna Garden, Dr Liz Broad, Glenn Cardwell, and Holly Frail. In this edition, we have the pleasure of meeting Prof Louise Burke from the

Australian Institute of Sport.

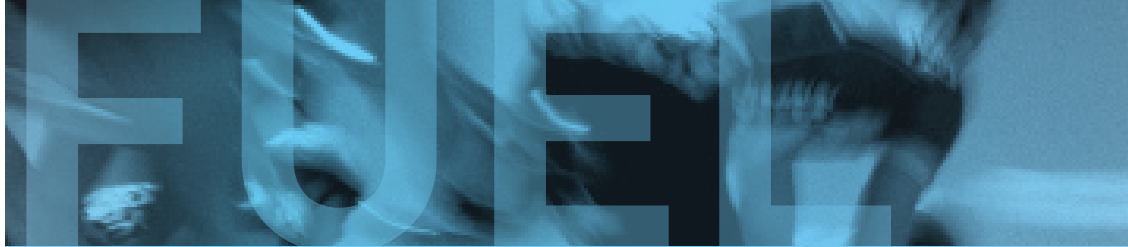
Louise Burke is a Fellow of Sports Dietitians Australia, a Fellow of Sports Medicine Australia and the American College of Sports Medicine, and was an inaugural board member of SDA. In 2009, Louise was awarded a Medal of the Order of Australia for her services to sports nutrition. Louise lives in Canberra with her two boys: husband Prof John Hawley and her 10 year old son Jack.

QUESTIONS FROM MEMBERS FOR FUEL

1. When did you first become involved with SDA and why?

I was involved from the start of SDA, along with the other stalwarts whose profiles in this series have told the nuts and bolts of the story. It was simply an idea whose time had come, but without the hard work of some special people we wouldn't have the incredibly robust organisation we now know. From the personal treasure box of memories, I remember all the butcher's paper we used in our inaugural planning meetings.

Thanks to the very insightful and generous activities of Karen Inge, these first meetings were facilitated by professionals due to the support of Uncle Tobys and Gatorade. Without this, I think we would have gone down a different road and evaporated over time. If it had been left up to me at the time, for example, I would have spent too much time fussing over the details of how we lifted professional knowledge and practice via education opportunities and accreditation. I would have done things on a shoestring, plotting from the ground up to produce people who attracted respect. Instead, our facilitators worked from the outside in, helping us to dream big and develop a profile and values.



We had flashy logos and business cards, a newsletter that looked like a bought one, and a launch with famous athletes who told the story of how expert nutrition advice from sports dietitians fuelled their winning performances. Food and sports products carried our logo and promoted the impression from the word go that we were a dynamic army of experts with sports nutrition fully covered.

In reality, we were a small bunch of overcommitted people who tried to squeeze in bits and pieces of SDA work between our real jobs. If people looking at the logo on the muesli bar boxes really knew the size of the early membership, they would have laughed at our audacity. But, as Kevin Costner told us, "If you build it, they will come". With the structure of a highly organised, highly credentialed organisation built above us, we simply grew in numbers and expertise to fill the expectations.

My first role within SDA was to get the education of members off the ground, and it started with the 4 Day SDA Course and the accompanying textbook, *Clinical Sports Nutrition*. Again, there was some Chutzpah involved. In 1990 we convinced McGraw Hill Publishers (MGH) that we had the goods to deliver a world class text book on sports nutrition - at a time when the profession was still developing, and most of us didn't have convincing credentials as authors or scientists. It was a gamble for MGH to entrust the task to a group of eager practitioners - and as we prepared to hand in the copy for the 5th edition of this international textbook, I think we can say they showed good judgment and we have continued to rise to the occasion. The first course was held on the first weekend in October in 1990 at the AIS, with each of the lecturers/contributors also doubling up as students - in other words, we ran the course for each other and certified each other as the first accredited graduates. My chief memory of the weekend was that it was also the AFL Grand Final: a drawn game in the Preliminary Finals delayed the finals schedule by a week due to the need to replay the match. I had to suck up missing my first Grand Final in many years. (A good trivia question: Who kicked 5 goals in the 1990 Grand Final? The answer: Essendon. It was a total walkover. I didn't miss much!!)

2. How have you seen SDA change over the years?

SDA has gone from strength to strength because it has adapted to the times and new challenges/opportunities. It has profited from wise input of some of its key members, especially around strategic planning and good business sense. It has benefitted from a good mixture of valuing its heritage and old fogies like me, while handing its future to younger people with enthusiasm and new ideas.

The Gregs have continually evolved the 4 day course as an entry to a CDP program that actually works. The business model adapted ahead of time to be less reliant on sponsorship and more flexible with a range of other income streams. The website and social media interaction keeps it well positioned in a crowded marketplace. It's a hard time to be a dietitian these days, but I think SDA is well positioned to ride out the challenges.

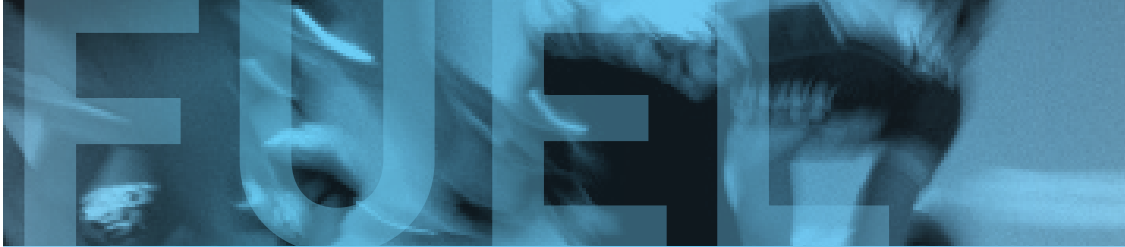
3. What do you think is unique about SDA?

SDA is unique as a professional organisation that has been strategic and responsive to adapting itself. It has credibility which it has earned, and it has a game plan for continuing to produce people who will demonstrate its expertise. For a relatively small group of people, it has moved mountains. I don't know of any other country in which sports nutrition is so dominated by sports dietitians. We are the envy of most.

4. What are your qualifications?

Deakin, Deakin and Deakin for BSc, Post Grad in Dietetics and PhD. I wish I could say that it was a well-thought out academic pursuit, but I fell on each by accident, and the two most serendipitous actions of my under-graduate life were:

1. Meeting Professor Richard Read at Deakin, whose own fascination with nutrition and his marathon sporting goals awakened in me the interest in sports nutrition. Richard was a great mentor, doctoral supervisor and friend, and when I recently did the ALS Ice Bucket challenge I reflected on just how much he shaped my life before he died from Motor Neurone Disease
2. Writing to my football idol, Trevor Barker, St Kilda Football Club's dashing champion. I addressed a letter to him via the club street address, with some sort of diatribe on how important it was to eat well for optimal performance. Trevor gave the letter to the club doctor, who contacted me and invited me in my final year of dietetics to be involved with the club and implement a nutrition program at the club from 1980-82. It's funny where those turning points in your life come from. Cancer killed Trevor in his 30s, but when I got to consult to the Saints again from 2006-2008, his elderly Dad was a presence at every training session. So I got to hang out with Jack Barker and hear how Trevor rated vegetables highly and never ate dessert. Well done me!



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5. What does your work involve?

The beauty of my work at the AIS is that in any one day I can be out running with my race walkers as we refine their race nutrition practices, then dashing into the lab taking biopsies and time-trial data, followed by writing policies or education material, catching up with a team member and finishing off with a cooking class with a young athlete. Sports Nutrition comes in many forms and all are important in helping athletes to achieve their goals.

6. What has been your career highlight to date?

There have been lots of fantastic opportunities and moments in my career – too many to mention. Some have been about attending fabulous sporting events, others have been about seeing athletes I've worked with achieving records and podium finishes. I've crossed a few of my own finishes with a feeling of pride, completed a few tasks with satisfaction, and received some nice forms of recognition along the way. I have an incredibly wonderful group of colleagues/friends at the AIS and internationally so the line between work and play is blurred. What's uppermost in my mind at the moment is that next year is the 25th year of the Department/Discipline of Sports Nutrition at the AIS, and I've been compiling a list of past and present team members in preparation to organise something special. In doing this, I have had a chance to reflect on what a stellar cast I've had a chance to work with and what an amazing team I'm currently surrounded by. It makes it fun to come into work each day even when it feels you're up to your armpits in alligators. And you really do get satisfaction from seeing all the fabulous things that your "children" grow up to do.

7. What do you like doing when you are not working?

I like to hang out with my boys – Jack the smaller one and John the bigger one. The smaller one keeps life full with his playdates and sports commitments, and we like to plan trips to our favourite parts of the world. I'm hoping to bag a few more Big City marathons on these trips with the aim of not getting slower as I get progressively more ancient. Thanks to iTunes, I can combine training with watching the golden age of TV on the treadmill or ergo. My reading habit has waned a little but I still think about the book I might write one day. I wish it had been "The Rosie Project" – that would definitely have sorted out my problem of being a New Yorker trapped in the body of someone who lives in Canberra.



SUPPLEMENTS UNDER THE MICROSCOPE

POLYPHENOLS

By Alison Patterson (nee Garth), Advanced Sports Dietitian

Continuing on with our monthly review series of supplements this month we're going to take a look at polyphenols. Polyphenols are gaining increasing interest in the sporting community but, as yet, scientific evidence supporting the role of polyphenols on performance warrants further research. Given the broad scope of polyphenols, this piece will merely provide an overview and it is recommended that you check out the reading list below if you'd like to dig a little deeper into the research.

What are polyphenols?

The term "polyphenols" describes a wide array of naturally occurring biological compounds found in fruits and vegetables. There are several categories of polyphenols, defined by their chemical structure (see table below). Although various polyphenols are found in a wide variety of fruits and vegetables, the amount in each portion is relatively small which could explain the recent interest in supplementation.

Group	Example Food Sources
Phenolics	<ul style="list-style-type: none"> Coffee beans, tea leaves
Flavonoids – includes: <ul style="list-style-type: none"> Flavonols (e.g. quercetin) Flavones Isoflavones Anthocyanins Flavanones Flavanols (e.g. EGCG) 	<ul style="list-style-type: none"> Deep green vegetables, cherry tomatoes Parsley, celery Soy products Dark blue & red fruit or vegetables, red wine Citrus fruit, tomato paste Tannins, grape seeds, cocoa
Stilbenes – includes; <ul style="list-style-type: none"> Resveratrol Piceid 	<ul style="list-style-type: none"> Wine, red grapes Red grape juice
Lignans	Seeds, legumes, wholegrains

Polyphenols and performance

Polyphenols are claimed to exert their benefits through their anti-inflammatory and/or antioxidant capacities. As such, research to date has investigated the effect of polyphenols on markers of oxidative stress, muscle fatigue, exercise-induced muscle damage, VO₂max and overall exercise performance (in both brief-high intensity and endurance/ultra-endurance activities).



Athletes that may benefit from polyphenols supplementation

At this stage there is insufficient evidence to suggest which (if any) athletes may benefit most from polyphenol supplementation. Endurance athletes may be candidates with a meta-analysis looking at quercetin supplementation showing a positive improvement on VO₂max with quercetin supplementation but the improvement was deemed trivial at 1.94%. Of note however, although there has been only limited research to support any benefits of polyphenol supplementation, there has also been no consistently negative effects on performance reported.

Recommended dosing strategy

It's too early to determine a recommended dosing strategy for polyphenol supplementation. The dose amount and duration used in research is highly varied (e.g. quercetin doses range from 500-1000mg/d supplemented over 5 days to 42 weeks). Adding to the complexity of dosing, the bioavailability of different types of polyphenols may vary dramatically.

Potential side effects

Given that polyphenols are found in such a wide variety of fruits and vegetables it is generally assumed that there are no negative side effects but the long-term safety of supplementation has not yet been established. It is also unknown whether polyphenols ingested in isolation or in concentrated supplement form may interact with the intake of other nutrients

Literature worth a read

Myburgh. Polyphenol supplementation: Benefits for exercise performance or oxidative stress? *Sports Med.* 2014; 44 (Suppl 1): S57-S70

Pelletier DM et al. Effects of quercetin supplementation on endurance performance and maximal oxygen consumption: A meta-analysis. *Int J Sports Nutr Exer Metab.* 2013; 23: 73-82

O'Connor et al. Grape consumption's effects on fitness, muscle injury, mood and perceived health. *Int J Sports Nutr Exer Metab.* 2013; 23: 57-64

O'Fallon et al. Effects of quercetin supplementation on markers of muscle damage and inflammation after eccentric exercise. *Int J Sports Nutr Exer Metab.* 2012; 22: 430-437

GOING BEYOND THE SCIENCE OF SPORTS NUTRITION

By Teri Lichtenstein, Accredited Sports Dietitian

In August 2014, on a cold and wintry rainy Saturday morning in Melbourne, I drove out to Pakenham (56km south east of the city) to attend the Special Olympics Australia Victorian state games. This was a last minute decision when an opportunity had come up via head office, and given I did not have much planned for that Saturday morning, I thought I would go along and see what it was all about. After a quick catch up with Mel Jacobsen (from SDA HQ) to get insights as to what had worked well at previous events, and with a car full of visual aids such as sugar comparisons of different drinks and healthy plate models (see image), I arrived at the sports centre and set up the SDA table (see image below).



Unfortunately, due to road blocks, many of the athletes and their families arrived later than expected and I did not get much opportunity to chat to anyone before the opening event, but what an opening event it was! Standing in the back with the rest of the support team, I was amazed and humbled by the enthusiasm, pride and dedication of these athletes. I listened in awe as a young athlete described how he had been bullied at school due to his intellectual disability and how he overcame it and has become confident in public speaking. I watched how the families and carers of these athletes supported and cheered from the grandstand as their teams came marching forward bearing the team flags. I have attended many sporting events and seldom have I felt such a high level of excitement in the room. Following the address by the Minister for Sport and Recreation (the Hon Damian Drum), the police service came in to assist the athletes in carrying the torch and the VIC Special Olympics were officially opened.

Having the SDA presence gave the athletes and their carers the opportunity to enquire about nutrition, be it for general healthy eating or specific sport requirements. The visual resources were great as they allowed athletes with intellectual disability to understand many of the nutrition concepts.

To be honest, I engaged with fewer athletes and their carers than I would have hoped to, but to be present at that opening ceremony and wave to the athletes that were so proud to be taking part in a state games, was worth more than all the sports science information I could ever give. This was an incredibly humbling and rewarding experience that reminded me of why I became a sports dietitian in the first place: to interact with people and to see others, no matter what level of ability, to get the most out of their life and embrace exercise and sport.

SDA HQ UPDATE

SERVICE SKILLS AUSTRALIA – AN UPDATE ON FITNESS QUALIFICATIONS REVIEW

El Presidente, Alan McCubbin, has been busy representing SDA at numerous meetings with Service Skills Australia (SSA) and Fitness Australia (FA) around the proposed changes to the fitness qualifications.

You'll be pleased to hear that he's successfully negotiated that the term "Accredited Sports Dietitians" (AccSDs) be included in every nutrition unit competency for the Certificate III and IV, with unanimous agreement from the Dietitians Association of Australia (DAA) and FA. This means that all Registered Training Organisation (RTO's) must (to achieve and maintain accreditation of their course) include content that explains the roles of both Accredited Practising Dietitians (APDs) and Acc SDs, and when to refer to whom. So every personal trainer who goes through every course once these new standards are implemented (likely sometime in 2015 or 2016) will learn what an AccSD is and when to refer to us! This includes assessable competencies in the Certificate III and IV that confirm a graduate can demonstrate they can identify clients who require referral to an APD and/or Acc SD and do so. Hooray!!

In conjunction with the Education Committee, we've also developed a referral flowchart for fitness professionals that both FA and DAA loved. They are keen to co-endorse this with us and want it included in SSA's Companion Guide for the Certificate III and IV, which is the document SSA produce that guides RTOs on how to practically implement the units. The good thing is it means it will be suggested by SSA to RTOs that the flowchart is used when delivering the course; the drawback is SSA can't mandate the flowchart be used, but at least it's in there!

FA also insisted to SSA that only APDs should be able to conduct the assessment of competency for each of the nutrition units in Cert III and IV. SSA accepted this and has written it into the next draft of the competencies. This means that RTOs will be have to contract APDs to do the assessments of their students in all nutrition units. Course content delivery however is outside of the scope of SSA so they cannot mandate that APDs or AccSDs have to deliver the content. But it's a step in the right direction.

So a big thumbs up to Alan, the Education Committee and Board for their leadership and advocacy on this issue. It's a great outcome for AccSDs. And if you're interested in becoming an "assessor" for these courses, you'll need your Certificate IV in Workplace Training and Assessment. So you've got a year or two to get the qualification.

THOSE 'ROGUE' OVERSEAS AND LOCAL COURSES

Thanks to those members who shared the various "become a nutrition expert" online courses coming in from the US. We've raised this issue with Fitness Australia, particularly the course by Precision Nutrition they had endorsed. Fitness Australia confirmed this endorsement will cease as part of the review of their accreditation of every CEC course that exists with them, a process that begins in November and will take one to two years to complete given the large number of courses.

ANNUAL REPORT HIGHLIGHTS

Our 2013-14 Annual Report is with the 'creatives' and we're excited to share these highlights:

- Website – highest number of visitors to the site was 14,135 in November (following our Public Lecture and Conference perhaps?)
- Social Media – Twitter followers up 60% and weekly Facebook reach up 38%
- 1,258 attendees at our courses and events
- Two high quality PD events – Supplements Symposium and SDA Conference
- Position Statement on Sports Nutrition for Adolescent Athletes accepted by IJSNEM
- Ongoing partnership with Special Olympics Australia

A highlights flyer will be coming to you later in October and the full annual report will be available on the SDA website by early October.

BOARD ELECTIONS

There are four (4) board positions for election at this year's Annual General Meeting and nominations close Friday 3 October.

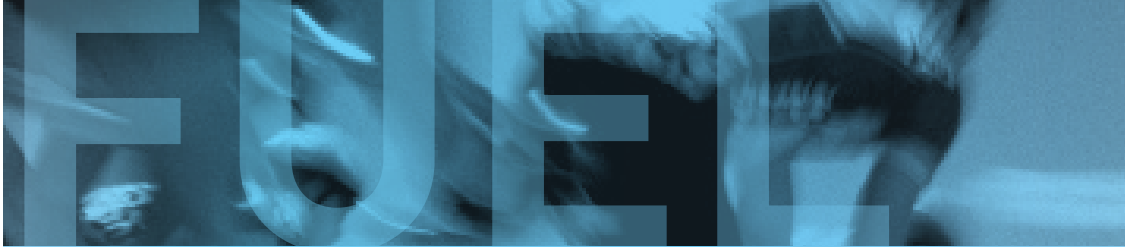
A list of all candidates is available in the Members' Section of the SDA website. Online voting takes place between 8 – 15 October, if you're an AccSD, AdvSD or Fellow. Don't miss your chance to help shape the future of SDA.

AGM – FRIDAY 16 OCTOBER 2014, CANBERRA

SDA's Annual General Meeting will be held Thursday 16 October 2014, 5.30 – 6.15pm, in the Swan Room, National Convention Centre, Canberra. This is part of the beActive (SMA) Conference.

At the AGM, the President and Auditors reports, Balance Sheet, and Profit and Loss will be presented as well as the election of four Board members.

Stay well
Team SDA – Mel, Georgie, Marie and Ali



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CONTACT US

Please contact us at info@sportsdietitians.com.au
for any of the following:

- Comments and feedback
- Change of contact details
- Enquiries regarding membership

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