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EDITOR'S MESSAGE

ALISON WALSH, ACCREDITED SPORTS DIETITIAN



As we end another year, it's time to reflect again on FUEL and all it has offered SDA members over the year. We've brought you continuing education through our monthly "Supplements under the microscope section". We've featured lots of inspirational member stories, conference summaries, book and webinar reviews, and reminders through "Getting to know you" of the founders of this great organisation of ours.

We've reported back on members representing SDA at sporting events, sports dietitians attending international sporting events such as the 2014 Sochi Winter Olympics and 2014 Commonwealth Games in Glasgow, what's happening at SDA HQ, and news from the SDA President. Every issue has been action-packed and this Bumper Summer Edition is no exception! This is our traditional double-length edition and if you don't have time to read it in the busy month of December, download it and

read it at your leisure in the quieter-paced January.

Thank you to the generosity of members who have contributed to this year's FUEL editions. It benefits all hearing about what you've achieved in your own sporting attempts, or professionally working with athletes, or in running a business. Others can learn from you, and it gives you recognition in the field as an expert. Please continue to keep the articles coming next year – besides assisting to build great editions of FUEL, you can also claim valuable CDP points!

From my family to yours, enjoy this special time of year however you celebrate it, and I look forward to producing many more informative and enlightening issues of FUEL in 2015!

CHRISTMAS BREAK

After another wonderful year – we're looking forward to a break!
The SDA office will be officially closed from 4pm Friday 19
December, re-opening Monday 5 January 2015.

Stay well, stay safe over the festive break, and looking forward to
doing more amazing work with you and for you in the new year.



PRESIDENT'S UPDATE **ALAN MCCUBBIN, ADVANCED SPORTS DIETITIAN**



Cha-ching! That's the sound of our company tax refund filling the SDA bank account courtesy of the Australian Taxation Office. As mentioned in my annual report for 2013-14, SDA has been granted income tax exemption status. Not only do we no longer have to pay company tax, but we've now been paid back every penny we ever paid them, with interest.

So what do we do with that money? Save it for a rainy day, use it for key projects or infrastructure, or something else? That's still to be determined, with a new SDA strategic plan soon to pave the way. Our current five year plan is coming to a close next year, so in mid-February 2015, the board will be gathering for a weekend to nut out the path forward. This time we'll only be looking three years into the future, as we feel that anything beyond that is too unpredictable in this modern world of ours.

Amongst the key questions the board will be discussing are probably the biggest two of all – what is the core purpose of SDA, and how does that purpose guide our board and office staff in deciding what we should and shouldn't be doing? Is SDA a networking platform, a professional development clearinghouse, an industry regulator, a marketing and advocacy group, or some combination of these things (or none of them)?

Armed with fresh results from our member's survey (thanks to all that took time to respond), feedback from the current board, market research (more on that in a moment) and some additional feedback that the office team are working on, we aim to answer this question and use it as the springboard for our new strategic plan. Of course we'll feed that back to you when it's ready.

The end of our current five year plan next year will also mark the five year anniversary of our super Executive Officer Melinda Jacobsen. Those of you who've been involved in SDA for longer than that will definitely appreciate the impact that Mel and her team have had on the organisation during that time – financially we're in great shape, we have a new logo, an established Career Development Pathway, an expanded office team, a marketing focus with which to promote Accredited Sports Dietitians, the quality and quantity of our events has grown substantially, and the board are able to focus their time on strategic issues rather than the day-to-day operations.

The final pieces of that five year plan are falling into place now. The new SDA website will be ready in early 2015, with a bunch of features to help funnel potential clients into your practice, as well as a more user-friendly way to log your activities for the Career Development Pathway.

We'll also be gaining new insights into the minds of committed athletes when it comes to sports nutrition through a market research project. This project will help us understand the views of committed athletes around sports nutrition and performance, their awareness and perception of Accredited Sports Dietitians, and what hurdles need to be overcome for them to be knocking down your door for an appointment. The results of this work will not only inform SDA's marketing strategy, but will also be available for each of you as members in order to sharpen up your own marketing efforts. Stay tuned for more in early-to-mid-2015.

As we wind down for this year I want to thank everyone who contributes towards making SDA the great organisation that it is. The office staff (Mel, Georgie, Marie and Ali) are the ones that make all of this happen, so a massive thanks to them. The board and committee members give up their time and help shape the direction of SDA – thank you. And everyone else who's contributed in one way or another: state co-ordinators; volunteers that help with our events and with the Special Olympics Australia activities; those who've written articles for FUEL, the blog and media outlets; presenters at our courses and conferences; and everyone who gets along to their state branch meetings. All of you contribute to the vibrant community of sports dietitians in this country.

So let's look forward to another massive year in 2015. Our biennial conference will be back in October 2015, bigger and better than ever (at least that's what the recently formed organising committee have promised me!). Our website will be live, we'll have a new plan of attack with the 2015-2018 strategic plan, and SDA will continue to go from strength to strength. Have a great holiday season, get some rest if you can, and we'll see you in 2015.

MARATHON SWIMMING IN THE ENGLISH CHANNEL

By Tara Diversi, Advanced Sports Dietitian



Every June to October, the English Channel swimming season begins, and a number of Aussies head for England to follow their dream of swimming to France. The English Channel is the best-known marathon swim challenge, but more and more challenges are popping up for adventure swimmers to try

to conquer. The Oceans 7 includes seven swims throughout the world – The English Channel, The Irish Channel (From Northern Ireland to Scotland), Gibraltar Strait (From Spain to Africa), The Molokai Channel (Hawaii), Catalina Channel (California), The Tsugaru Channel (Japan) and the Cook Strait (New Zealand). Before I started training for the English Channel, I had never met a Channel swimmer. *(See March 2013 issue of FUEL which tells of Tara's swim)*

This season, I was lucky enough to work with 34 swimmers from around the world in their marathon swim challenge. 24 English Channel swimmers, 4 Irish Channel swimmers, 2 Gibraltar Strait swimmers, 3 Catalina Channel swimmers and 1 Molokai Channel swimmer. It is difficult to choose just one inspirational person to profile within this case study. As with many big adventures, each person had their own challenges that they had to overcome to reach their goals. All swims and swimmers, including the four that were unsuccessful this year, were an inspiration.

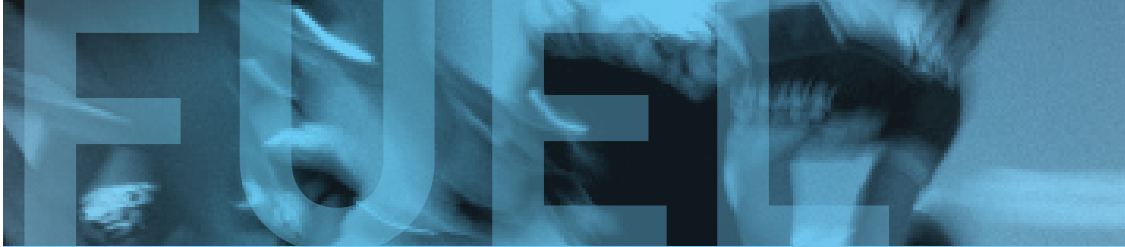
One thing I love about marathon swimming is that it is very inclusive. You can be young or old, fat or thin, and even injured, and still be successful in the sport. Everyone is starting to finish as their first goal, achieving a time is not a priority for most, and each swim whether it be the world record for the all-time fastest or all-time slowest time is celebrated to the same degree. We had swimmers from 15 years of age through to 73 years of age, with body fat percentages from 13 percent through to 48 percent and who swam in open water at 2.5km per hour through to 4.7km per hour. Our quickest swimmer in the channel this year was just over 9 hours, our slowest was just under 17 hours. Like all adventure sports, there are a few misconceptions and misunderstandings about what athletes should be doing in terms of nutrition. Many professionals who try to help these athletes don't understand the intricacies of the sport, and prescribe a plan based on another adventure/endurance sport that is not directly transferrable to that new sport.

For example, a marathon nutrition plan or ironman nutrition plan do not work well in marathon swimming. So athletes turn to people who have done the event previously with no nutrition expertise. In marathon swimming they can become very passionate about their opinions, and this can make it difficult to get athletes to make better nutrition choices for their performance, and their health. Because success is seen as completing the swim, consideration to reducing common symptoms such as swollen mouth, vomiting, nausea, diarrhoea, inability to urinate, or feeling uncomfortable due to the cold are not taken into account. Performance on time is also not a focus for many. To combat the cold, swimmers are encouraged to increase body fat, and many do without an upper limit or focus on their health status as they increase their body weight. This year I was consulted by three people who were successful English Channel swimmers in the past five years, who had now developed Type 2 Diabetes, all blaming the excess weight they gained to be able to swim the Channel.

As part of my PhD work looking at marathon swimming at Bond University, we partnered with Vladswim, a Sydney swimming squad who boast the most number of English Channel crossings from a single club in 2012, 2013 and 2014. The coaches Vlad and Charm are very positive about swimming for fun, and skilled in coaching open water swimmers. Once you meet them, it is easy to see how they inspire so many people to take on a challenge

Despite all swims being amazing this year, there were two that stood out for me this season: that of Cyril Baldock and Stuart Johnson. Both swimmers did amazing swims, and both were a pleasure to work with – always helping out other swimmers when they could.

Cyril Baldock was the fifth Australian to swim the English Channel in 1985 at 41 years of age. At the time of his first swim, the oldest channel swimmer record was 60 years, and he promised his mentor, English Channel legend Des Renford, that he would swim the channel again, to break the oldest person record. As the years progressed, he became the oldest person to swim the English Channel at 70 years and 9 months.



NEWSLETTER

VOLUME #127 DEC/JAN

In 1985, nutrition was a little different. Cyril recalls “We stopped every four hours, so I only drank twice in my first swim”. Because of this, Cyril was very laid back about his weight and nutrition. In two swims that Cyril completed with ingestible temperature sensors, Cyril became hypothermic with body temperatures at 32 degrees Celsius. The first eight hour swim we observed saw him showing up with two bottles of Gatorade and a gel. He is a sensible person, so only needed the information to be provided to him in order for him to take control of his weight gain to get to his goal weight (from 75kg – 78kg), and to ensure he understood what he needed to take to fuel himself for his swim.

Cyril’s swim was faster than the 2014 average of 14 hours, reaching France in 12 hours and 45 minutes. A respectable time for anyone, let alone a 70 year old.



Stuart Johnson is a Finance Executive and father of two young up and coming swimmers. He has found his way into the record books with the equal most two-way English Channel crossings at three crossings in 2011, 2012 and 2014. This year, and in 2012, Stuart’s goal was to become the fourth person to swim a triple crossing of the English Channel. This year he was ever so close.

In 2012, he was taking ibuprofen and paracetamol in his swim, and was drinking strong coffee with added carbohydrate and mostly solid foods. After swimming for almost 16 hours straight, Stuart started to suffer from severe reflux, so much so that he could not take in any more nutrition for the last six hours of his two-way swim. As it turned out, his crew member had been giving him too much ibuprofen and resulted in him developing ulcers in his oesophagus that required surgery when he was back in Australia.

SDA - Creating Leaders in Sports Nutrition Practice

This year, Stuart put greater emphasis on his nutrition. He switched to mostly liquid nutrition throughout his swim and included a mix of carbohydrate types from Ovaltine, maltodextrin, waxy maize starch, honey, and fructose powders in a pre-determined concentration. Drinks were flavoured with tea, juice or ginger cordial. Occasionally he had food – milky ways or snakes if he wanted them, and baked beans at the end of each crossing. We trialled his swim nutrition plan and made small changes as needed throughout the year.



His swim was legendary – he received four awards from the Channel Swim Association – fastest swim of the year (nine hours and four minutes), fastest swim by a man, fastest two-way swim, and greatest feat of endurance. He fell short of his goal of three-way swim, but he made it further (2.5 laps) than any Australian, and anyone has in the English Channel in the past 24 years. He says he won’t go back, but I for one am watching this space.

Over the year, working with so many Channel swimmers reiterated my belief that there is not a one size fits all approach to nutrition for marathon or adventure swimmers, but there are definite patterns emerging. The conditions and practicalities need to be considered. It is quite interesting that “just in case” plans and nutrition solutions are used quite often, so in an unpredictable world, think about all of the good, the bad, and the ugly possibilities.

THE ROLE OF THE WINTER SPORTS DIETITIAN IN AMERICA IN 2014

By Susie Parker-Simmons, Sports Dietitian, United States Olympic Committee

As the United States Olympic Committee (USOC) Winter Sport Dietitian, this year provided me with great diversity in my work. 2014 commenced with the end of a four year cycle, the Winter Olympic Games; the month of May was the time for planning the next Olympic quad and the final six months was spent working with a larger number of teams, many new athletes, and commencing a Sport Dietetics Network. This article will summarise some of the interesting work I experienced this year in Winter Sports.

Sochi Olympics:

In Sochi, I was one of four Sport Dietitians for Team U.S.A. I worked in the Mountain and Endurance Olympic Villages, and coordinated the food service program for the U.S. Ski and Snowboard Association's (USSA) offsite housing. This was my fourth Winter Olympic Games and it was one of the most challenging. Some of the issues experienced were:

1. Losing the USSA team's outside housing two weeks before the Games commenced. I spent my first three days in Sochi reviewing potential housing for this team as their Athlete Director had not yet arrived. I housed the four chefs in a hotel until the future housing was determined.
2. Upon arrival to the Mountain Village, the Dining Hall was not ready for service and it opened on Day Three of the Games. Upon opening, the Australian Sports Dietitian (Siobhan Crawshay) and I assessed the food safety of the meals and there were many areas of concern. We worked with the local organising committee and then the International Olympic Committee to try to provide safe foods for athletes to eat.
3. The Olympic terror threat triggered by the actions of the Black Widows in the weeks prior to the Games caused an initial ban on food and fluids being brought into the Villages and venues. It took three Chef de mission meetings to cancel this ban which allowed us as Sport Dietitians to continue with our work.

High Performance Plans:

In May 2014, each Winter National Governing Sport (NGB) attend a board meeting at the USOC to present their review of the last four years, overall success at the Winter Olympics, their next four year plan, and budget. The USOC provides funding and service providers (Sport Science and Medicine staff) to all sports on a yearly basis. For some sports the USOC funding is their total income for the year and for others it is a component.

I spent the month of May reading high performance plans, listening to presentations, debating with staff on funding distribution between sports and then watching the impact of the USOC decisions.

Winter Sports Servicing:

2014 was the fourteenth year I have been involved with the USSA and it was my fourth Olympic Games assisting them. Most of my dietetics servicing is with their athletes which includes Alpine Skiing, Freestyle Skiing, Nordic Sports, Snowboard Disciplines and Freeskiing. This NGB provides 75% of the Olympic medals for America.

Due to the start of a four year cycle, I was directed to increase my servicing to other Winter Sports such as biathlon, sliding sports, figure skating and speed skating. As a consequence I started a Sports Dietetics Network for the Winter Sport folio. This included contracting out Sports Dietetic services to decentralised sports such as figure skating, and hiring a Sports Dietitian for a sport such as Speed Skating. For these sports I help write and manage the program which the local dietitian implements. I also handed over some of my work with USSA to the Chef Sport Dietitian who is hired full time to provide a food service program. Each week I speak to members of the Network who the USOC hired to provide assistance and direction where needed.

New Activities:

This year also allowed me to determine a testing protocol and treatment plan for the Winter Sports in Vitamin D. Interestingly, the athletes who have had a sports dietitian with their sport previously, their vitamin D status were generally in normal ranges. For the sports that were adopting this new testing protocol, up to 90% of the athletes were depleted or deficient. I also spent time this year looking at the high energy expenditure sports such as biathlon and cross-country skiing and reviewing their bone mineral density. These athletes are at risk of low bone mineral density due to their potential low energy availability, low vitamin D status and minimal weight bearing exercise. The z-scores often were low-normal for many athletes and a prevention program will be implemented in future years.

Finally this year finishes with the Sports Scientists moving into the new Sport Science facility at the Colorado Springs Training Center. This will provide the sports dietitians and physiologists with an environmental chamber, an education kitchen, and a resting metabolic rate/anthropometry room.

AGREEMENTS (CONTRACTS) FOR SERVICES

By Justin Stempel, Lawyer



As sports dietitians, we are presented with contracts from time to time, and often consider signing them without really understanding what we are signing. Justin Stempel, lawyer, offers some practical advice on contracts and agreements below.

In this highly litigious age, it is becoming more and more important to take steps to ensure disputes don't arise. The best fight is always the one you didn't have! A well drafted Agreement (or Contract) which clearly sets out the rights and obligations of the parties will go a long way to establishing long-term, fruitful, professional relationships. Many members are approached by organisations to provide a service and are given a "one-size-fits-all" agreement and told to "sign it and start working"! This happens in many industries and while this type of arrangement can run smoothly in many instances, there are many which end up turning out badly.

The significant thing about a well prepared Agreement is that it protects both parties. Spending time at the beginning of the relationship to consider all the possibilities and opportunities and (most importantly!) having these incorporated into the Agreement, will largely ensure matters don't end up being the subject of a nasty dispute (which inevitably involves additional fees, not to mention the emotional strain). The purpose of the Agreement is not purely to determine how a dispute will be resolved; it is to ensure both parties understand their roles with a view to avoiding disputes in the first place.

While ideally all people / organisations should have an Agreement for services reviewed by their lawyer, I understand that many will say they do not wish to incur that expense.

So here are a few things that you should keep in mind when you are handed an Agreement for signing (please note this is not to be treated as an exhaustive list):

- Read it. Then read it again.

- Ensure the correct entities are the contracting parties. That is, if you trade under a company name, make sure the Agreement specifies this. Similarly, where the other party is a company, ensure its ACN or other relevant registration details are specified.
- Consider the discussions that have taken place leading up to this point – were any promises made which have not been included in the Agreement? This is very important, as only those things included in the Agreement will be relevant if problems arise in the future.
- Carefully review the time commitments (the weekly number of hours, the length of the Agreement, etc) to ensure you are able to satisfy your obligations.
- A very important discussion to have in an industry such as this one is the ownership of Intellectual Property. There is always a juggling act between ensuring the service provider (ie. you the sports dietitian) is able to use their work for other endeavours while the organisation which is paying for the service will also want ownership in that work. Significantly, if proper consideration is not given to this aspect, the service provider may find themselves in breach of the Agreement in circumstances where they use the same work for a different organisation.
- Look closely at the payment terms. These should be on commercial terms. It is often preferable, depending on the circumstances, for payment to be within 14 days of issuing invoice, or similar. It is concerning when an Agreement states payment will be made in 150 days, for example.
- Get accounting advice where required. If you have a company structure in place that alters the manner in which funds are being received at your end, ensure the Agreement does not compromise this structure.
- If there are any "Restraint of Trade" clauses which restrict your ability to perform similar services for a specified period of time after termination of the Agreement, ensure these are acceptable to you and if not, try to negotiate these.

- Watch out for “Indemnities” clauses. Ensure these are reasonable in the circumstances as these clauses can result in you ending up largely out of pocket
- While this can be a more technical aspect, ensure the “Governing Law” is appropriate. Typically, this should be in the State and country where the services are being provided. This is important because if there is a dispute which cannot be resolved and the parties resort to court proceedings, these will need to follow the process provided in the Agreement. If the “Governing Law” is highly inappropriate, parties may find they need to commence proceedings in another State or even country!

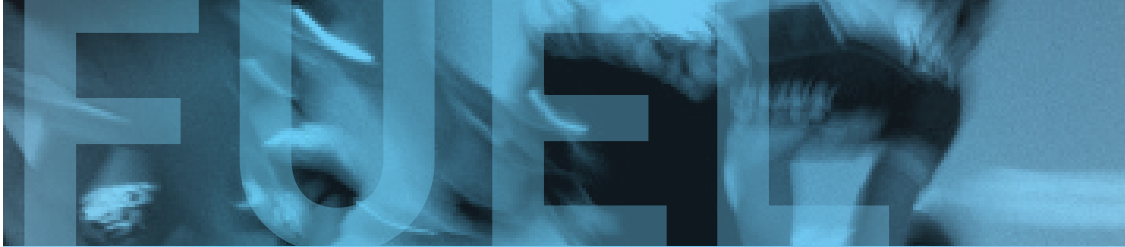
As can be seen, there are many important aspects to consider when reviewing an Agreement. Failure to ensure the Agreement has been tailored to suit the parties’ needs can have dire results.

Naturally, where a party is not sure about any clauses in the

Agreement, they should obtain appropriate advice. In terms of fees, most law firms will charge an hourly rate and these should be discussed at the outset – for everyone’s benefit. Finally, if you are taking an Agreement to a lawyer – always keep a copy for yourself. This way, you can easily discuss the contents of the Agreement (and more importantly, you do not have to pay your lawyer to photocopy it for you!).

Good luck!

Justin is a lawyer with Weir and Stempel Pty Solicitors in Melbourne and has vast experience in a variety of areas of law including general commercial, contract and commercial litigation. His clients include both local and interstate individuals and organisations. Justin can be contacted at w-n-sl@bigpond.net.au or on (03) 9859 8719.



SUPPLEMENTS UNDER THE MICROSCOPE: END OF YEAR CDP QUIZ

Prepared by Alison Patterson, Advanced Sports Dietitian



Having put several “Supplements Under the Microscope” together this year, we thought it was a timely opportunity for an end of year quiz to consolidate your learning to date. Simply complete the quiz below and check your answers on the following page – if you make a mistake have a look back at the previous editions of FUEL for more

details. Once you’ve finished the quiz, log your points on the CDP section of the website (don’t forget to upload evidence).

Good luck!

1. Which of the following sporting situations would least benefit from probiotic supplementation?

- a) Athletes with prior history of recurrent illness
- b) Athletes undertaking a heavy training block
- c) Athletes undertaking a light training block
- d) Athletes traveling for training or competition

2. Choose the most correct statement from the options below:

- a) Carnitine supplementation should be considered a key strategy for fat loss in athletes
- b) Athletes wanting to use carnitine should avoid carbohydrate when consuming their supplement
- c) Vegetarians are likely to have a lower carnitine intake than those who regularly consume meat in their diet
- d) The long term safety of carnitine is well studied

3. Which of the following foods contain polyphenols?:

- a) Bananas
- b) Bread
- c) Corn
- d) Parsley

4. Which of the following is not a Branched Chain Amino Acid (BCAA)?

- a) Leucine
- b) Isoleucine
- c) Valine
- d) Proline

5. Which of the following groups of athletes may benefit from BCAA supplementation?

- a) Athletes on a restricted energy budget
- b) Athletes who have sufficient protein in their recovery meal
- c) Athletes who consume carbohydrate during training
- d) All of the above

*Answers are on the last page.

WEBINAR REVIEW: TEAM USA SPORT NUTRITION SUPPORT AT THE SOCHI WINTER OLYMPIC GAMES

By Alison Walsh, Accredited Sports Dietitian

Human Kinetics, the publisher of many wonderful sports nutrition texts, has partnered with the Collegiate and Professional Sports Dietitians Association (a member driven national not-for-profit organisation chartered in the state of Texas, USA) to host a series of four webinars for sports nutrition professionals. The seminars are one hour long and consist of a 45 minute lecture and 15 minutes question time (from when they were presented as a live presentation):

- Team USA Sport Nutrition Support at the Sochi Winter Olympic Games
- Culinary Recovery: Practical Solutions to Feed Success
- Creating a Functional Sport Performance Team
- Understanding mTOR Regulation to Develop Exercise Training Programs by Dr. John Ivy

Registration information and recorded webinar presentations can be found on the Human Kinetics website at www.HumanKinetics.com/Webinars and are free to access.

I watched the webinar entitled “Team USA Sport Nutrition at the Sochi Winter Olympic Games”. This was presented by Alicia Kendig, Dietitian. Alicia was part of the USOC sports nutrition team of dietitians who attended Sochi, along with our very own Aussie dietitian working in the US, Susie Parker-Simmons (see Susie’s article earlier in FUEL). Nanna Meyers also worked with the US Winter Olympians at Sochi.

In the webinar, Alicia talked about what she and her US Sports Nutrition Department for Winter Sports do on a day to day basis to support athletes – for example, nutrition and hydration assessment, food service, meal planning etc. The sports nutrition department worked with the following Team USA sports: biathlon, bobsled / skeleton, figure skating, women’s ice hockey, luge, ski and snowboard and speed skating. The athletes ranged from 14 years to over 50 years. Alicia explained that different sports have different aims from nutrition (eg. sliding sports want mass because being heavier allows them to slide faster down the mountain, so their aim is to increase muscle mass).

Alicia then follows this with a discussion of each sport with respect to characteristics of training (ie. location, travel, intensity etc) and nutrition challenges (eg. often training in winter environments can make it harder to access fresh fruit and vegetables).

Alicia explained that at Sochi, the dietitian’s role was to make sure athletes had:

- Enough food;
- Familiar food;
- Food available in remote locations;
- Foods suitable for people with allergies and intolerances;
- High quality food for immune system; and
- Variety in food to prevent boredom.

Alicia described other areas of her role in Sochi, and finished off with many photos showing nutrition in action at the Games. This was then followed by questions at the end. These free webinars are a great concept to get across many nutrition messages of working within teams in a fascinating context! And so handy being able to access it any time that fits in with work and family life. Look for further reviews of webinars in this series in upcoming editions of FUEL in 2015.

SDA HQ UPDATE

SAVE THE DATE: SDA CONFERENCE 2015

The Organising Committee's convened and the ideas are amazing for our 3rd SDA Conference, scheduled for 23 & 24 October 2015 in Melbourne, Victoria (venue to be confirmed). We've taken on board your feedback from our 2013 event and stretched the conference over two days with less concurrent sessions so you can attend more. The program theme is being finalised, suffice to say it will be an exceptionally practical conference that's a bit 'outside the square'.

Keep an eye on the SDA website and e-news for updates!

#LCHF #PALEO #REALFOOD #CONFUSED

It's been hard to miss all the attention given to the latest diet 'craze' Low Carbohydrate, High Fat (LCHF) and Paleo, in all its many varieties. To see what all the fuss is about and to get a sense of who's attending these events, I went along, with a number of SDA members, to a recent seminar in Melbourne.

Now, as you know, I'm not a dietitian – just a humble Executive Officer with expertise in business, Not For Profit organisations, and common sense. After hearing the presentations, I couldn't help but think what many people claim LCHF to be is really just another way of encouraging people to eat real food, much less of the processed stuff, perhaps a little more meat/fat and less of grains/cereals. I 'get' that there is no evidence attached to these theories...yet...and we're still years away from knowing what health implications there may or may not be as a result of such diets over a period of time.

Many of you have been in touch with the office looking for SDA to contribute to the debate, which lead to a discussion on the issue at a recent Education Committee meeting. On one hand, it doesn't make sense to add more fuel to the fire or more attention to the "pundits" claiming this 'new way' to a better life. Yet on the other, we do need to take a stand for evidence based practice and educating the masses that what works for him/her, may not work for you.

What I love about you guys (sports dietitians) is you're clever and creative. On any given day I can only imagine the weird and wonderful food philosophies you must hear (...can someone write a book please?!), yet you're able to listen, consider and find the best (food) solution to optimise your client's training and help them perform. And that is your greatest asset.

So, in short, the Committee felt the following key messages are appropriate and a good reminder on where we stand as a profession on the issue:

- Sports dietetics is a research based practice.
- AccSDs embrace all food beliefs and philosophies and are THE experts to tailor the best dietary plan for the individual that incorporate these beliefs.
- LCHF and Paleo are not for everyone – people should see an AccSD to get the most out of their diet to assist daily training, performance and recovery.
- There will always be new fad diets. Only AccSDs can cut through the confusion and offer a unique plan that's right for active individuals.

Maybe you have others and I'd love you to email me!

At the end of the day, we live in an increasingly obese society. If people want to lose weight, be happier and live longer and these 'fads' help them kick old habits and start eating better, then that is a good start - Mel.



SDA HQ UPDATE

ANNUAL MEMBER SURVEY RESULTS

Thanks to you all for completing our Annual Member Survey. We always learn a lot about you – here are some of those insights:

- Reasons for being a SDA member continue to be professional recognition, continuing education and networking opportunities, in that order for AccSDs. For our ProvSDs and student members, “Continuing Education” ranked highest;
- Roughly 70% of ProvSDs and 45% of AccSDs respondents work less than five hours per week in Sports Nutrition. Over 50% of members consult to less than ten new clients monthly;
- Increasing the awareness of sports dietitians and therefore increasing the demand is very important to you. We’re embarking on some market research into the industry so you can better tailor your communications to an engaged audience;
- More specifically you thought SDA should inform the gym goers that PTs are not the best place to go for diet advice. Via our partnership with Fitness Australia we’re looking into doing this;
- A good chunk of members have “active lifestyle” clients along with “committed athletes” and “elites”.... so we’re including the non-performance oriented exercise market in our research to see if we have extra growth opportunities.
- 50% of our Accredited Sports Dietitians said they receive 25% of their referrals from the SDA “Find a sports dietitian” portal. If you’re not already listed, jump on board for potential missed opportunities (*Accredited members only);
- 96% of you LOVE the CDP monthly wrap up. We’re working up some new plans to implement more communications when the new website goes live in March;
- 48% agree the CDP is valuable in setting and maintaining a standard for being an Accredited Sports Dietitian, 73% agree that 250 CDP is adequate to reflect expertise; and
- 40% of members do not use their SDA logos to display accreditation, we encourage you to join the community and support your industry.

Congratulations to Emma Coleman, Kathleen Miles, Lauren Stribley and Erin Michael – winners of our iTunes vouchers

Team SDA - Mel, Georgie, Marie, Ali P & Alison W

SUPPLEMENTS UNDER THE MICROSCOPE: END OF YEAR CDP QUIZ ANSWERS

Supplements Under the Microscope: End of Year CDP quiz answers

1. Which of the following sporting situations would least benefit from probiotic supplementation?
 - a) Athletes with prior history of recurrent illness
 - b) Athletes undertaking a heavy training block
 - c) Athletes undertaking a light training block
 - d) Athletes traveling for training or competition

2. Choose the most correct statement from the options below:
 - a) Carnitine supplementation should be considered a key strategy for fat loss in athletes
 - b) Athletes wanting to use carnitine should avoid carbohydrate when consuming their supplement
 - c) Vegetarians are likely to have a lower carnitine intake than those who regularly consume meat in their diet
 - d) The long term safety of carnitine is well studied

3. Which of the following foods contain polyphenols?
 - a) Bananas
 - b) Bread
 - c) Corn
 - d) Parsley

4. Which of the following is not a Branched Chain Amino Acid (BCAA)?
 - a) Leucine
 - b) Isoleucine
 - c) Valine
 - d) Proline

5. Which of the following groups of athletes may benefit from BCAA supplementation?
 - a) Athletes on a restricted energy budget
 - b) Athletes who have sufficient protein in their recovery meal
 - c) Athletes who consume carbohydrate during training
 - d) All of the above

NEWSLETTER

VOLUME #127 / OCTOBER 2013

CONTACT US

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

- Comments and feedback
- Change of contact details
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