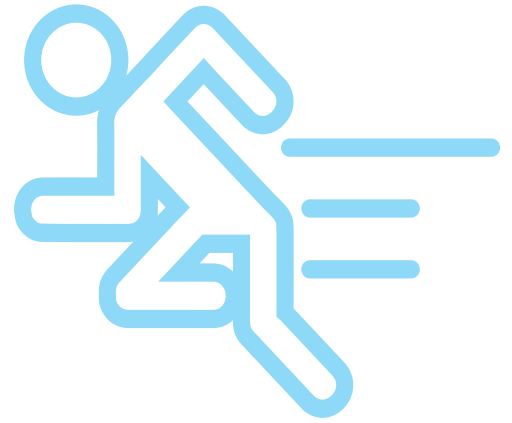


# AR 18- 19

# OUR VISION & VALUES



## VISION

To promote excellence in sports nutrition practice to enhance performance, health and well-being

.....

## PURPOSE

To serve our members, to support them to be exceptional sports dietitians

.....

## VALUES

- Empower people through collaboration to achieve
  - Educate ourselves to learn and share
  - Strive for excellence to be the best we can be
  - Integrity in everything we deliver
- .....

## STRATEGIC GOALS 2017-2020

Strategic goal #1:

To be the leading sports nutrition hub in AU/NZ for sports professionals

Strategic goal #2:

Increased engagement between AccSDs and Seriously Sporty

Strategic goal #3:

Global leaders in sports nutrition

.....

## ASPIRATIONAL GOAL

That more active Australians know what an Accredited Sports Dietitian does

# TABLE OF CONTENTS

<b>YEAR BY NUMBERS</b>	<b>1</b>
<b>KEY PRIORITY AREAS 2018/19</b>	<b>4</b>
<ul style="list-style-type: none"><li>- Membership</li><li>- Education</li><li>- Increase Engagement</li><li>- New growth platform</li></ul>	
<b>GOVERNANCE &amp; OPERATIONS</b>	<b>23-26</b>
<ul style="list-style-type: none"><li>- President's Report</li><li>- Executive Officer's Report</li><li>- Board + Staff</li><li>- Committees + Significant others</li></ul>	
<b>FINANCIAL REPORTS</b>	<b>28</b>

## CDP PROGRESSION



## FOLLOWERS

From predominantly industry related health care professionals, organisations and overseas dietitians

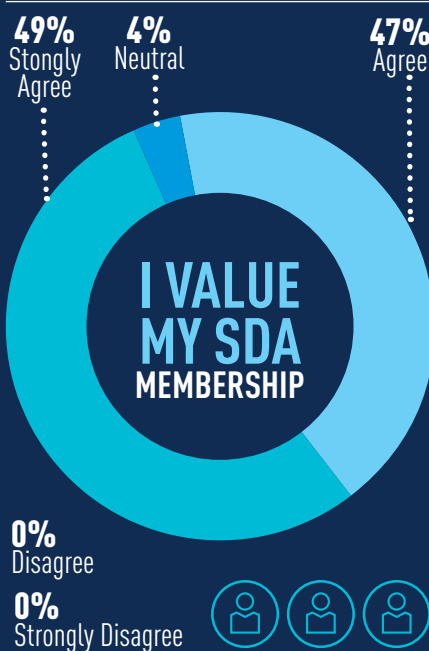
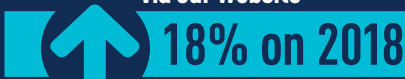


2017-18 = 295,987  
Increase of 26.8%. 24% increase in new users.



## COMMUNITY DATABASE 9,978 SUBSCRIBERS

including active Australians, coaches, parents, teachers, exercise and health professionals and dietitians captured via our website



## SDA COURSES AND EVENTS 361 PARTICIPANTS

# YEAR BY YEAR #NO.



## 20,507 LIKES

Our followers are predominantly 25-35yo active females, SDA members and people studying dietetics or have a strong interest in nutrition.

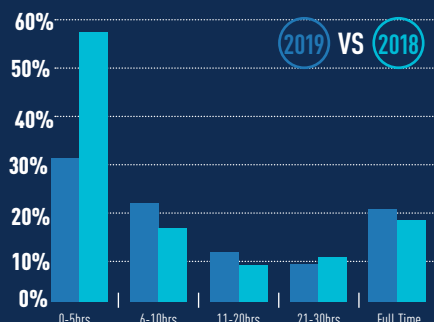
Over 40% of Facebook followers are international.



## Activated SDA's INSTAGRAM & LINKEDIN Presence



## AVERAGE HOURS PER WEEK SDA MEMBERS PRACTICE IN SPORTS NUTRITION



# ASPIRATIONAL GOALS

- That more active Australians know what an Accredited Sports Dietitian does

## STRATEGIES FY2017 – 2020

1. To be the leading sports nutrition hub in AU/NZ for sports professionals
2. Increased engagement between AccSD's & Seriously Sporty
3. Global leaders in sports nutrition

WITH EVERYTHING WE DO, WE'LL SEEK PARTNERS/SPONSORS TO FUND PROGRAMS AND PROJECTS, TO ENSURE FINANCIAL SUSTAINABILITY OF SDA

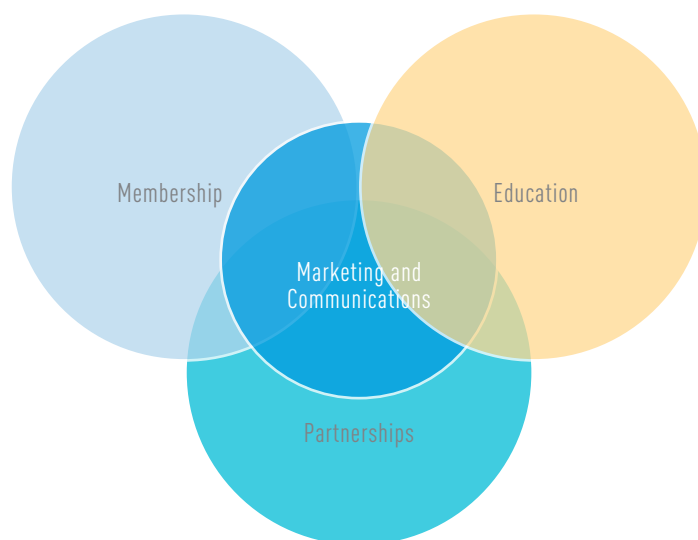
## KEY PRIORITY AREAS 2019

- #1 Grow membership & value
- #2 Education – grow opportunities
- #3 Increase engagement
- #4 New growth platform

## KEY OPERATIONS FRAMEWORK

- Membership
- Education
- Communications
- Sponsorship

## INTEGRATION OF 4 PILLARS





# KP #1

## KEY PRIORITY #1

GROW MEMBERSHIP AND VALUE

## KEY PRIORITY #ONE

# GROW MEMBERSHIP AND VALUE

## WHY

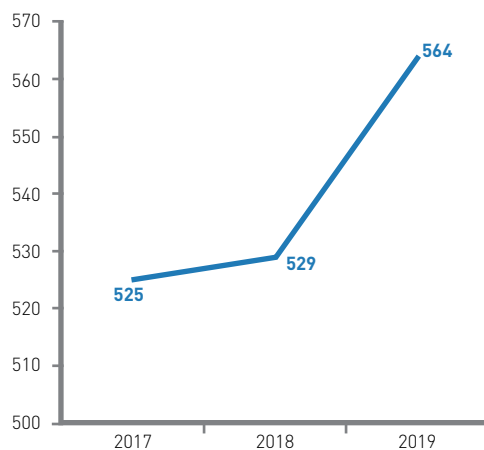
Our members are our reason for being, our purpose. We need them to be smart & savvy to ensure they offer great service; have successful businesses & rewarding careers; and help us 'fly the flag' for credible sports nutrition advice & the profession. We need to provide the best information, education & continuous professional development opportunities to our members to perform at their peak.

## CAREER PROGRESSION

We congratulate...

- 24** Members becoming Accredited Sports Dietitians
- 8** Accredited Sports Dietitians becoming Advanced Sports Dietitians

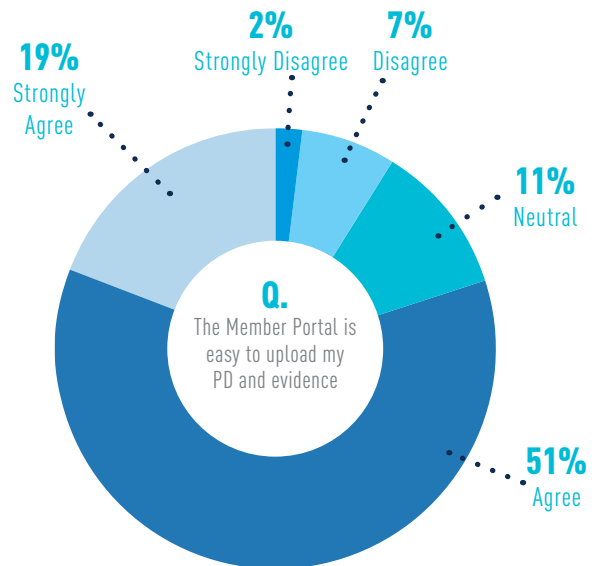
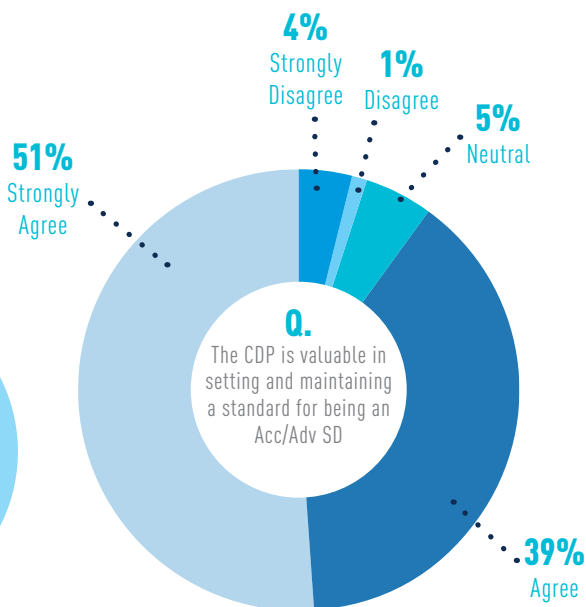
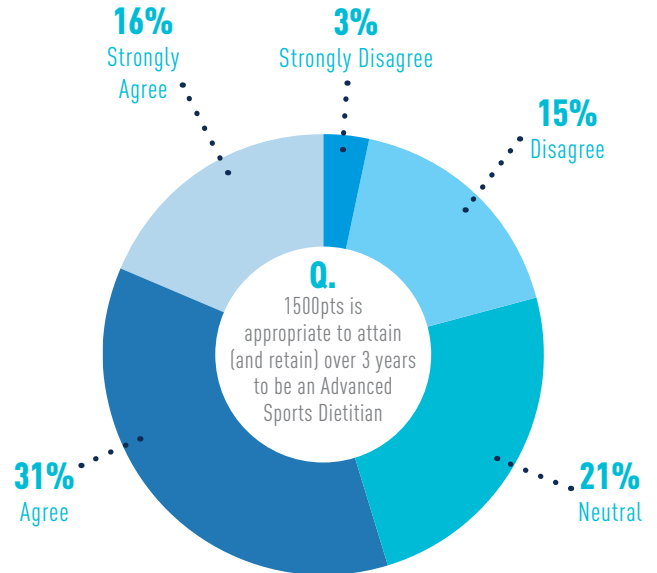
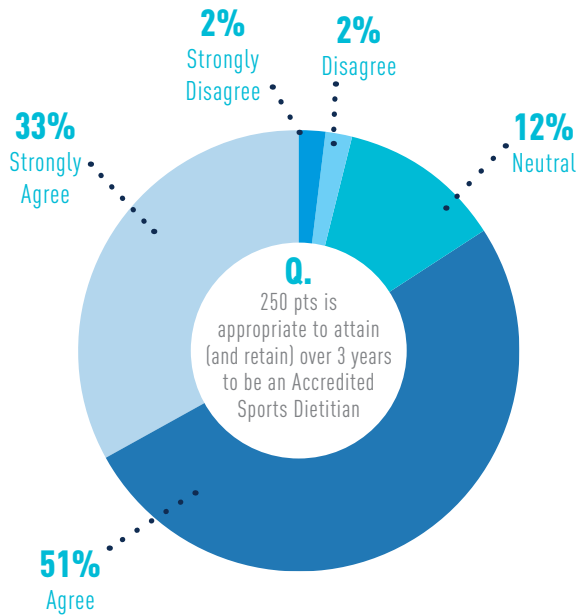
## MEMBERSHIP GROWTH





## KEY PRIORITY #ONE

### CAREER DEVELOPMENT PATHWAY



### 2019 CDP ACTIVITIES

Total CDP points logged during 2018-19:

- 2,195 individual CDP activities logged (2018 = 2,747)
- 58,351 Total CDP points logged (2018 = 72,281)

## KEY PRIORITY #ONE

### CONNECTING WITH UNIVERSITIES

SDA made it a priority to connect in with universities across Australia, encourage students to become student members of SDA and to promote the sports nutrition career pathway. We had a range of our members and SDA headquarters staff present to the students and explain the pathway to becoming a Sports Dietitian. Our members were able to share their personal career journeys to inspire students and see how rewarding being a Sports Dietitian can be. Presenters received 10 CDP points for presenting.

**We were fortunate to receive support from Chobani and Freedom Foods who donated product for the students to enjoy throughout the presentations .**

#### QUEENSLAND

- Griffith University
- University of the Sunshine Coast

#### AUSTRALIAN CAPITAL TERRITORY

- University of Canberra

#### NEW SOUTH WALES

- University of Wollongong

#### VICTORIA

- Deakin University
- La Trobe University
- Monash University
- Swinburne University of Technology
- Victoria University

#### WESTERN AUSTRALIA

- Curtin University
- Edith Cowan University

#### SOUTH AUSTRALIA

- Flinders University

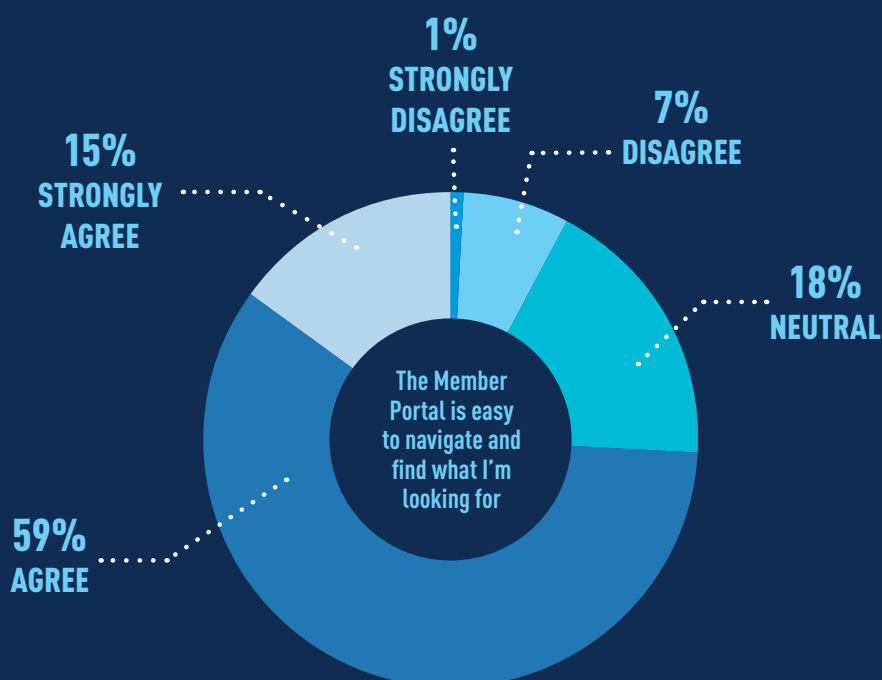
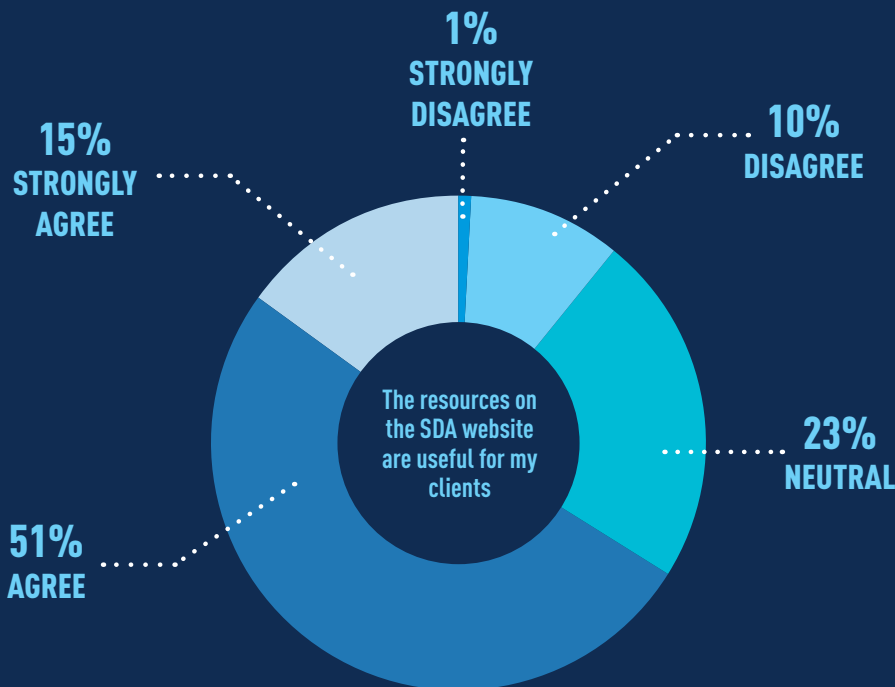


## KEY PRIORITY #ONE

### WEBSITE

Our website is continuing to become THE “go to” website for nutrition content, tips, recipes, latest news and research for seriously sporty individuals and their networks; help them find a local sports dietitian; and provide members with easy, intuitive, user-friendly access to a variety of resources and tools that support them to be exceptional.

**We're proud to report from our Annual survey:**



### MEMBER COMMUNICATIONS

#### Fuel

Fuel magazine publication continued to pull together the experiences, knowledge and insights of members for the benefit of their colleagues and keeping members updated with happenings in the sports nutrition realm.

#### CDP

SDA continued to provide members with a monthly CDP update, providing a comprehensive compilation of the latest research to assist with ensuring current, evidence-based practice.

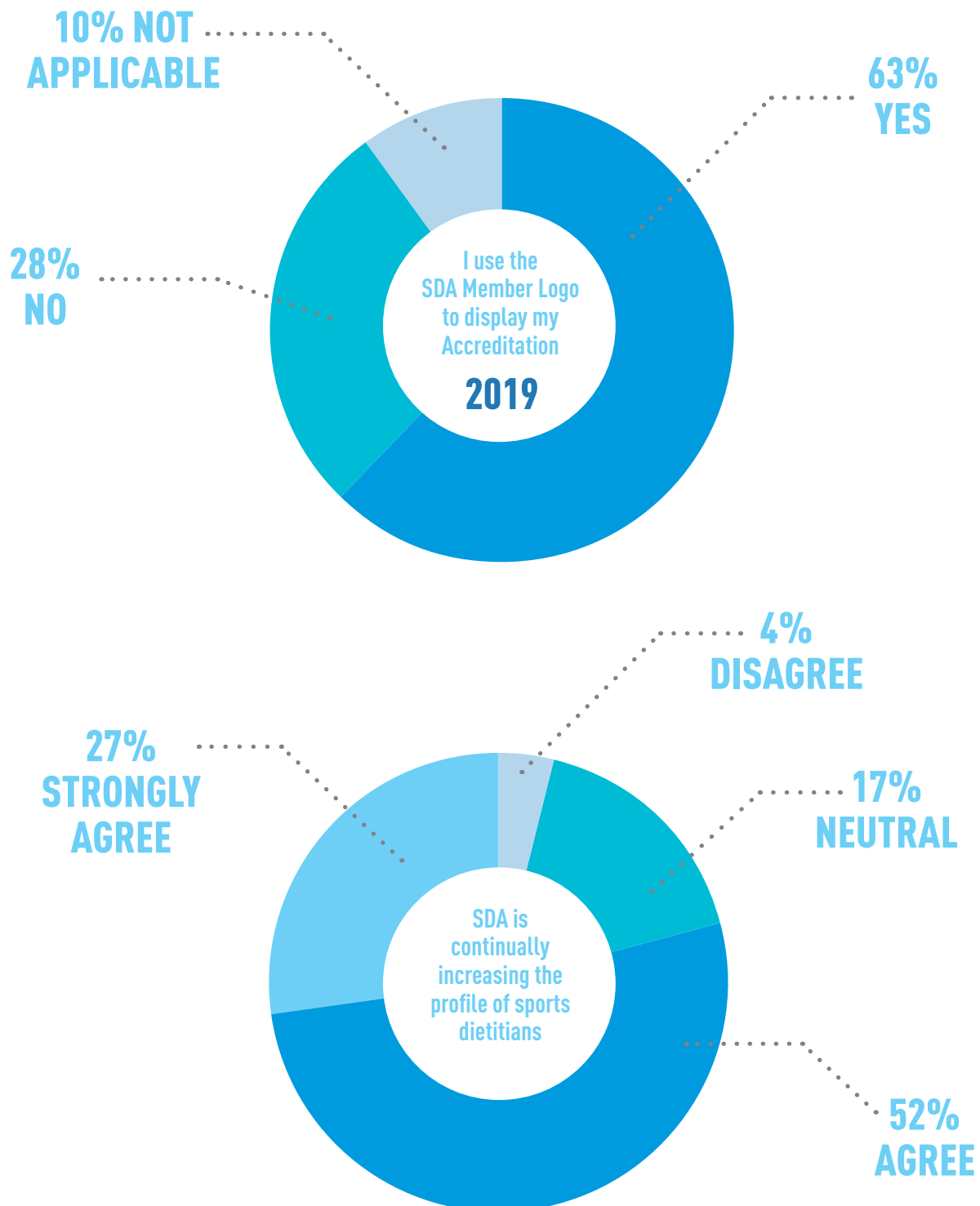
#### eDMs

Helping members stay informed of relevant products in the market is key and SDA again continued this through partner eDMS providing useful product insights.

## KEY PRIORITY #ONE

### AccSD CREDENTIAL LOGO USE

As part of our strategy to increase awareness of the profession, the Accredited Sports Dietitian logo plays an integral role as a symbol of trust, giving active Australians peace of mind for credible sports nutrition advice. We're rapt to see members increasingly displaying their SDA accreditation logo.



## KEY PRIORITY #ONE

### STATES WRAP-UP

SDA is fortunate to have a bunch of passionate sports dietitians who fly the flag for the organisation and the profession around the country. They give their time voluntarily and with limited resources. Our heartfelt gratitude to the following State Coordinators for their time and effort to bring innovative and social activities to their local membership:

Australian Capital Territory (ACT) – Kate Gemmell

South Australia (SA) – Meg Lemon

Queensland (QLD) – Andrew Hall

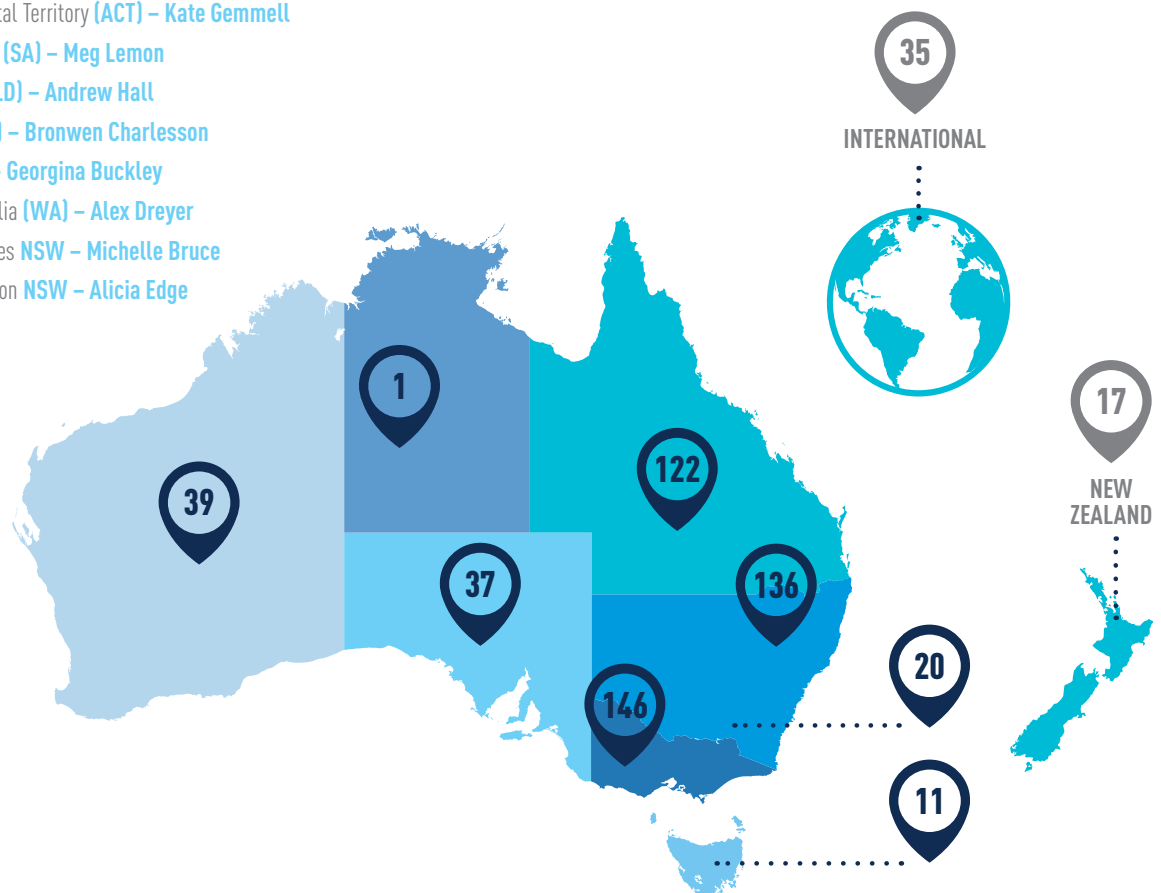
Tasmania (TAS) – Bronwen Charlesson

Victoria (VIC) – Georgina Buckley

Western Australia (WA) – Alex Dreyer

New South Wales NSW – Michelle Bruce

Newcastle Region NSW – Alicia Edge



### BELOW IS A WRAP UP OF WHAT OUR MEMBERS HAVE LEARNED AND HEARD OVER THE PAST 12 MONTHS:

- Tasmania has a new branch coordinator, Suzie Waddingham, who is excited to get back into Sports Dietetics.
- Victoria has a new branch coordinator, Georgie Buckley, who has organised some great meetings including the first meeting of the year, organised with Ola Luczak at the Maribyrnong Sports Academy.
- In Western Australia, Alannah McKay, a PhD student presented her research on iron metabolism, dietary manipulation and immune function. Clare Wood also discussed iron deficiency in woman's cricket and the sessions were streamed for those unable to make it.
- In order to encourage Sports Dietitians in NSW to get together, a Facebook group was created and Michelle Bruce is the organiser.
- Kate Gemmell the state coordinator for ACT organised a meeting at the AIS. The Supernova 4 study has just been completed so some interesting papers should be released very soon
- Queensland members benefited from the insights of Kerry Leech regarding female athletes and iron; Eliza Freney regarding travel immunity guidelines and Matthew Pye: Bodybuilding Supplement Roundup 2019: What's being sold to teenagers by a multibillion-dollar industry, and what evidence exists for it?
- South Australia members have been treated to insightful presentations covering nitrates, PREP'D Hydration, REMs, body composition protocols, gut health, veganism, insects as the next fuel source and travelling teams from both a HCP and athlete perspective.



# KP #2

## KEY PRIORITY #2

EDUCATION - GROW OPPORTUNITIES

# EDUCATION

## GROW OPPORTUNITIES

### WHY

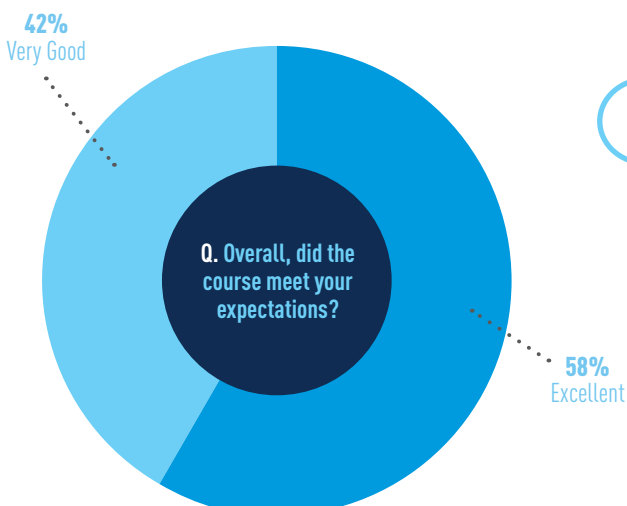
Evidence-based practice is at the core of SDA and its members. It is vital that members have a strong knowledge platform on which to commence their sports nutrition career and an ongoing pathway to continue to develop and advance their knowledge and expertise.

### SDA COURSES & EVENTS - 361 PARTICIPANTS

#### SPORTS NUTRITION COURSE

This unique course educates our next generation of sports dietitians on how to convert the science of sports nutrition into practical and meaningful interventions for athletes and coaches. We're grateful to the nationally and internationally recognised sports nutrition professionals who present, incorporating the latest information on sports nutrition and provide personal insights in working with athletes. Completion of this 4-day course is a key criteria to becoming an Accredited Sports Dietitian.

**This year 76 Dietitians completed the Sports Nutrition Courses, the first held at Deakin University, Waurin Ponds Campus in November 2018, and the second at Melbourne Sports and Aquatic Centre & VIS in May 2019.**



*"Great for getting up to date with the latest research in sports nutrition. Wanting to also participate in research post the course."*

*"The course was brilliant, all the presenters were approachable and motivated to help us all learn and have the best experience possible. The practical sessions, group activities, etc were a great way to break up the days. Whilst the days were very long, there was a lot of content to cover!! SDA you do a brilliant job of organising this course!"*

*"Great knowledgeable presenters that gave really good practical insights and use of knowledge and evidence based information. All the presenters were wonderful."*



## KEY PRIORITY #TWO

# THE SPORTS NUTRITION ESSENTIALS COURSE (SNEC)

The Sports Nutrition Essentials Course provides foundational sports nutrition knowledge for new graduates in dietetics and experienced Accredited Practising Dietitians who require a foundational understanding of sports nutrition to be able to support and guide their clients in the right direction for more advanced sports nutrition support. One hundred and twenty-seven participants undertook this fully online course across two iterations.

## MASTERCLASS SERIES

### PHYSIQUE MANIPULATION

The first in SDA's masterclass series adopting a blended learning approach saw 87 Accredited members undertake four pre learning modules in the lead up to face-to-face, highly interactive case study workshops. For member convenience, the face-to-face workshops were held in each of Brisbane, Sydney and Melbourne and the opportunity to undertake pre learning was well received. SDA recognises and appreciates the efforts of its members who provided their expertise in the development of the online content and facilitation of the face to face workshops, Dr Gary Slater, Angelique Clark, Bronwen Lundy, Dr Reid Reale and Jessica Spendlove.

### EATING DISORDERS

Twenty-eight Accredited members undertook advanced learning in the area of eating disorders. A blended learning format was adopted under the guidance of eating disorder experts Shane Jeffrey and Fiona Sutherland across Brisbane, Sydney and Melbourne.

## WORKSHOPS

### Gut Health in Endurance Athletes with Dr Ricardo Costa

With an ever-increasing focus on the impact of gut health in the nutrition space and beyond, 18 SDA members had the opportunity to advance their knowledge in relation to gut health in the endurance athletic population. This was achieved through consideration of the theory and participation in a workshop & practical laboratory activity.

## WEBINARS

Our webinars offer members a cost effective, accessible professional development activity. All webinars are recorded and available, along with presenter slides, post-webinar.

DATE	TOPIC	ATTENDANCE
22/08/18	Working with Professional Teams - Michelle Cort	Registered = 39 Attendance = 25





# KP #3



## KEY PRIORITY #3

INCREASE ENGAGEMENT

# INCREASE ENGAGEMENT

## WHY

Increasing SDA's reach and engagement advances the awareness and importance of evidence-based sports nutrition practice. Through increasing the number of connections via membership, the SDA community database & the SDA social media community, demand for the services of SDA members will increase.

Work is in progress to develop a comprehensive marketing strategy that will drive an increase in reach and engagement across SDA's various communities. Considerations include the expanded reach of ReFuel magazine and increased uptake of members using it as a valuable tool for clients as well as developing further engagement strategies for social media and industry collaboration in the advocacy space.





## KEY PRIORITY #THREE

### Fuel

500+ Sports Dietitian Members

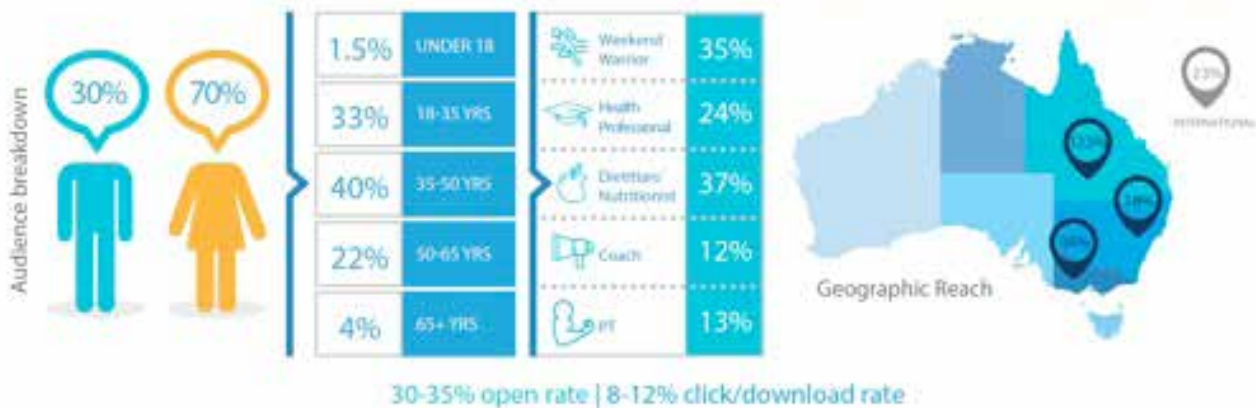
Showcasing evidence based research, case studies, professional development resources and tips tailored for qualified Sports Dietitians



### ReFuel

9500+ Subscribers

Showcasing the role nutrition plays in exercise performance from qualified, evidence based practitioners tailored for the community and health professionals



## GOOGLE GROUPS

The SDA Google Groups forum remains a key opportunity for membership engagement. It breaks down geographical barriers to truly enhance opportunities for member collaboration, support and the sharing of knowledge.





# KP #4

## KEY PRIORITY #4

### NEW GROWTH PLATFORM

# NEW GROWTH PLATFORM

## WHY

Technology is ever-evolving and it is important SDA is proactive to meet and protect the needs of members.

.....

Works are in progress to scope out the current technology landscape and identify risks and opportunities and potential partnerships or alliances that will further enhance the practice of SDA members.





# ON THE SIDE

## DIETITIANS UNITE CONFERENCE

Simone Austin & Jess Rothwell flew the SDA flag at the Dietitians Unite Conference in Sydney in March 2019, meeting and connecting with fellow Dietitians.



## CHINA SPORTS NUTRITION INDUSTRY FORUM

Simone Austin attended the forum in China (as an invited, fully-funded guest) where they were very interested in understanding SDA, how it runs and how they could form something similar to support their professionals working in sports nutrition in China.



## MEMBER ACHIEVEMENTS

We recognise and pay tribute to all our members who achieve in many areas across their sports nutrition profession, in sport itself and in life. We make particular mention of:

- Dr Gary Slater – appointed to the role of National Performance Nutrition Network Lead
- Dr Gary Slater & Sally Walker – appointed to the role of AOC Sports Dietitians, Tokyo 2020
- Gaye Rutherford, Kylie Andrew & Siobhan Crawshaw – AOC Paralympic Sports Dietitians, Tokyo 2020
- Chloe McLeod – Women's Health Magazine Top 25 Women of Influence
- Linden Hall – Australian World Championships representative – Middle distance
- David Bryant – Para-triathlete ITU World Cup, France, Silver Medal
- Tara Diversi – First Australian woman to complete 1 mile ice swim
- Meg Lemon – UCI Para-cycling Road World Championships - 2 Bronze Medals
- Millie Clark – Australian Olympic representative - marathon
- Matildas' utilisation of Alicia Edge (Compeat Nutrition) innovative software for delivery of performance nutrition during FIFA World Cup.

And to all our members who have accomplished book publications during this period, which further advances the reach of evidence-based sports nutrition knowledge.



## PRESIDENTS REPORT

# SIMONE AUSTIN



**“WE ARE ALL SDA TOGETHER  
AND WE WILL ACHIEVE MORE”**

Dear SDA fellow members ('SDA Tribe'),

It's hard to believe we are at the end of another financial year and this is my fourth President's Annual Report. We started the year with Bev Friend as our CEO and then recruited back Marie Walters as our new Executive Officer, after her Education and Membership Lead role she previously held at SDA. Marie has hit the ground running and has been excellent in working through changing the membership renewal to one date for everyone at mid year, the IT issues that of course came with that and helping facilitate all that comes in a conference year!

As we continue to create leaders in sports nutrition with our members, we are also increasing the awareness of sports dietitians in the community. You will see the growth in our social media engagement and the reach of the ReFuel magazine.

Within our dietetic profession we are also making sure they know we are here! Collaborations continue with DAA, I took a trip to Canberra to support DAA fighting for a National Nutrition Strategy and also attended the China Sports Nutrition Industry forum as an invited and fully-funded guest where I was able to convey the SDA model and how they may be able to implement similar strategies to support the sports nutrition profession in China. Board members have also been representing SDA at numerous forums and conferences across the year.

Education is a key component of what SDA provides to members. It is also an important revenue stream. The Education Committee work tirelessly to plan a program of webinars, Masterclasses, Sports Nutrition Course and the CAL Sports Nutrition Essentials course. The SNC course had planned to visit NZ however it didn't quite get there but will plan to in 2021. Fuel magazine provides an important resource to members and it is fantastic to see that through this, ReFuel and all educational avenues so many new members

contributing to our wonderful organisation. What a talented bunch we have to all learn from. We will be revising and looking to expand the education offerings within Australia and overseas.

SDA continues to have corporate partners and businesses advertising in our Fuel and ReFuel magazine. With careful scrutiny to ensure value alignment these will continue as they are important to our financial viability as we work towards a profit year. The loss again this year has been a concern to the Board that we continue to work on, with the next strategic plan focusing on revenue streams. With the conference revenue looking positive we should make a profit next financial year. With our 2016-2019 strategic plan coming to an end the new strategic plan will ensure strategies continue to focus on the financial benefit to the business along with service delivery to members.

Our longstanding Board member Dr Gregory Cox stood down from the Board in October 2018 and I thank him for his immense contribution to the SDA Board during the 14 years of his tenure.

All the members of SDA make it the fantastic professional membership organisation it is. With a dedicated Board and team in the office I can see we will continue to thrive. A big thank you to our Board, sub committees and others who volunteer their time to SDA.

We are all SDA and together we will achieve more.

Simone Austin  
President

## EO'S REPORT

# MARIE WALTERS



**“IT’S GREAT TO BE BACK  
WITH THE SDA TRIBE!”**

I’m so thrilled to be back at SDA and am honoured to be at the helm of the operations of such a great organisation. The membership that makes SDA are a truly passionate, intelligent and committed group who work tirelessly to uphold the highest of evidence-based standards in sports nutrition. Furthermore, the extent of mentoring and nurturing given by the most advanced of the profession to support those starting out never ceases to amaze me.

The 2018-19 year was led largely by my predecessor Bev Friend alongside Jess Rothwell (In-House Sports Dietitian); Georgie Sutherland (Events & Partnerships); Emilia Renney (Education); Aimee Morabito (Social Media) and Tracy Abbott (Membership & Operations) and I acknowledge their efforts and energy in progressing SDA on its pathway.

I pay special acknowledgment to Georgie Sutherland, who leaves SDA at the end of October 2019, for all the work she has contributed to SDA since 2013. Particularly her skills in bringing to life our biennial conference and her collaborations with and support of our partners during this period. We also thank Tracy Abbott who left SDA in May 2019 to pursue her passion in the gym space.

The 2018-19 year covered a range of ground in the Education space, continuing with two iterations of the 4-day Sports Nutrition Course, two iterations of the Sports Nutrition Essentials online course which is run in collaboration with DAA, as well as the Physique Masterclass which has progressed into a model of blended learning. For the first time this year we ran the Australian 4-day SNC course outside of Canberra, with the November course held at Deakin University, Waurin Ponds campus and the May course held at Melbourne Sports & Aquatic Centre & the VIS in South Melbourne. The year has also encompassed significant

planning and preparations for the biennial conference in October 2019.

During May and June our membership model completed a major step by transitioning to a single renewal date of 1 July. This will simplify the renewal process for both members and the SDA HQ team moving forward and we will continue to work towards further streamlining membership administration with the objective of minimising members’ time & energy to administer their membership.

Our Fuel and ReFuel eMags continue to inform, educate and showcase the fantastic work of SDA’s members. And we continue to see a month on month increase in those who connect in with SDA via our social platforms.

Financially, the net profit remained in deficit for this financial year, largely due to a budgeted educational event not progressing. Work continues to ensure responsible operational expenditure is maintained in conjunction with strategies to increase SDA’s operational revenue.

I am very much looking forward to a great year ahead which will encompass a review of the organisational vision and strategy to ensure SDA continues to be aligned with the needs and goals of the membership and further forges ahead with access to evidence-based sports nutrition for all.

Marie Walters  
Executive Officer

# SDA BOARD



**SIMONE AUSTIN**  
PRESIDENT

*B.Sc, Masters of Nutrition & Dietetics, AccSD, APD*

AccSD Hawthorn AFL football club, Swisse Wellness, Private practice, Corporate health presentations, DAA media spokesperson, Rokeby Farms Ambassador.



**DOMINIQUE CONDO**  
VICE PRESIDENT

*BSc; Masters in Nutr & Diet; PhD; APD; AccSD*

DC Consulting Private Practice; Lecturer, Deakin Uni; Sports Dietitian at Geelong Cats AFL



**ANOOP SINGH**  
COMPANY SECRETARY

*MBA, Master of Arts (Eco), Bachelor of Arts (Eco Hons), CPA*

COO International, Healthscope; Previously Director, Australian Diagnostics, GM – Pathology, Symbion Health Ltd; Commercial Mgr – Mayne Health



**MIKE HARLEY**

*BSc; Grad.Dip (Bus.Admin), GAICD*

Country Director, Xpotential + Director, Percolate Pty Ltd. Previously Marketing & Innovation Director, National Foods; Global Category Director, Fonterra Brands



**CHLOE MCLEOD**

*BNutr & Diet, APD, AccSD*

Sports Dietitian Private Practice – Balmain Sports Medicine, Redfern Physio & Sports Medicine; Owner/ Director at Chloe McLeod Dietitian



**ALI (ALICE) DISHER**

*BAppSc (Ex Phys) / BHlthSc (Nut & Diet) PhD (current), AccSD, APD*

QAS Dietitian, QLD Rugby League, QUT Academic Staff, Private Practice Dietitian



**ELIZA FRENEY**

*BAppSc; Masters in Dietetics; IOC Diploma, APD, AccSD*

Sports Dietitian to Cricket Australia; Ripen Health - Private Practice



**FIONA MANN**

*BHlthSc(Nutr & Diet)(Hons), Accredited Sport Dietitian, APD, MBA*

Food and Movement Private Practice



**JO MIRTSCHIN**

*BHlthSc(Nutr&Diet)*

AIS Food Service Dietitian



**SONJA KUKULJAN**

*BAppSci., Grad Dip Human Nutr,  
Masters Nutrition Dietetics, PhD, APD,  
AccSportsDiet*

Group General Manager Nutrition  
Freedom Foods Group Nutritionals



**DR GREGORY COX**

*BHMS, Grad Dip Nutr & Diet,  
Masters Health Science (Human  
Nutrition), PhD, APD SDA Fellow*

Associate Professor Bond  
University, Nutrition Lead  
Paddle Australia, Nutrition Lead  
Triathlon Australia

# SDA HQ



**MARIE WALTERS**

EXECUTIVE OFFICER



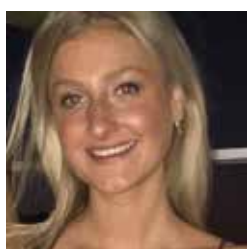
**JESS ROTHWELL**

IN-HOUSE SPORTS DIETITIAN



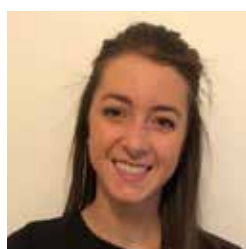
**GEORGIE SUTHERLAND**

PARTNERSHIPS & EVENTS



**EMILIA RENNEY**

MEMBERSHIP & EDUCATION



**AIMEE MORABITO**

SOCIAL MEDIA



# COMMITTEES

Our Committees ensure strong governance, expert opinion and great input into program development. Each is 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 and voluntarily.



## FINANCE AUDIT AND RISK

**Anoop Singh (Chair), Fiona Mann**

**Guest: Simon Power, Baillieu Limited (Investment Adviser)**

Oversees all aspects of SDAs financial & risk management, audit and investment strategy

### ACHIEVEMENTS THIS YEAR:

- Steady growth of SDA's Investment Strategy
- Overseeing prudent financial management



## EDUCATION

**Greg Shaw (Chair), Dr Greg Cox, Kathryn Jackson, Ali Disher, Jess Rothwell & Emilia Renney**

Oversees all Career Development Pathway (CDP) matters; provides content direction for SDA events and conferences.

### ACHIEVEMENTS THIS YEAR:

- Oversight of Sports Nutrition Courses delivered in Australia (Nov '18 & May '19)
- Oversight and review of Sports Nutrition Essentials course
- Ongoing content ideas for webinar series
- Ongoing planning of Masterclass and Workshop programs



## BIENNIAL CONFERENCE PLANNING

**Alan McCubbin (Chair), Dr Greg Cox, Siobhan Crawshaw & Michelle Cort, Georgie Sutherland**

Oversight of all aspects of the 2019 Conference, including scientific program content and review of abstracts submissions.

### "KEEPING YOU COOL"

- Planning of a comprehensive two-day program for October 2019 themed around heat and exercise, for the lead up to Tokyo 2020 Olympics
- Engagement of high calibre sports dietitian and sports science presenters
- Creative initiatives to increase engagement

## SIGNIFICANT OTHERS

From time to time, SDA utilised members of our Expert Scientific Panel to consider, review and guide SDA's scientific content, resources and direction

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

## SDA FELLOWS

SDA acknowledges our **Fellows** - inspirational practitioners who have made an outstanding contribution to the field of sports nutrition in both research and education, as well as their service to SDA

**Prof Louise Burke, Dr Helen O'Connor, Karen Inge, Ruth Logan, Dr Deb Kerr, Dr Fiona Pelly, Dr Liz Broad, Holly Frail, Kerry Leech, Dr Greg Cox and Sarah Dacres-Manning**

**HONORARY LIFE MEMBERS: GLENN CARDWELL AND LORNA GARDEN**

**SPORTS DIETITIANS AUSTRALIA LTD**

**A.B.N. 97 075 825 991**

**FR  
18-  
19**

**FINANCIAL REPORT**

**FOR THE YEAR ENDED**

**30 JUNE 2019**

# CONTENTS

DIRECTORS' REPORT	30
AUDITORS' INDEPENDENCE DECLARATION	31
STATEMENT OF COMPREHENSIVE INCOME	32
STATEMENT OF FINANCIAL POSITION	33
STATEMENT OF CHANGES IN EQUITY	34
STATEMENT OF CASH FLOWS	34
NOTES TO THE FINANCIAL STATEMENTS	35
DIRECTORS' DECLARATION	40
AUDITORS' REPORT	41



# SDA FINANCIAL REPORT 18-19

## DIRECTOR'S REPORT

The directors present their report on the company for the financial year ended 30 June 2019.

### INFORMATION ON DIRECTORS

The names of each person who has been a director during the year and to the date of this report are:

**Simone Austin, Dominique Condo, Anoop Singh, Mike Harley, Gregory Cox (resigned October 2018), Alice Disher, Chloe Mcleod, Eliza Freney, Fiona Mann, Joanne Mirtschin (started October 2018), Sonja Kukuljan (started October 2018)**

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

### OPERATING RESULTS

The loss of the company after providing for income tax amounted to \$19,414.

### SIGNIFICANT CHANGES IN THE STATE OF AFFAIRS

There have been no significant changes in the state of affairs of the Company during the year.

### PRINCIPAL ACTIVITIES

The principal activities of the company during the financial year were inspiring, educating and empowering sports dietitians to be world leaders in sports nutrition practice.

No significant change in the nature of the company's activity occurred during the financial year.

### EVENTS AFTER THE REPORTING DATE

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.


### ENVIRONMENTAL ISSUES

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

### AUDITORS' INDEPENDENCE DECLARATION

The lead auditors' independence declaration in accordance with section 307C of the Corporations Act 2001, for the year ended 30 June 2019 has been received and can be found on page 5.

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

Director:   
Simone Austin

Director:   
Anoop Singh

Dated this 16th day of September 2019

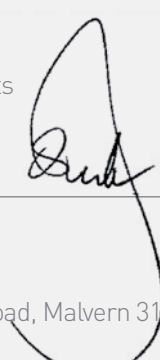
# AUDITORS' INDEPENDENCE DECLARATION

## UNDER SECTION 307C OF THE CORPORATIONS ACT 2001 TO THE DIRECTORS OF SPORTS DIETITIANS AUSTRALIA LTD

We declare that, to the best of our knowledge and belief, during the year ended 30 June 2019 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.

**Name of Firm:** Mitchell Wilson  
Chartered Accountants

**Name of Partner:**   
Doug Mitchell

**Address:** 261-271 Wattletree Road, Malvern 3144

**Dated this 17th day of September 2019**

**STATEMENT OF PROFIT OR LOSS AND OTHER  
 COMPREHENSIVE INCOME FOR THE YEAR ENDED  
 30 JUNE 2019**

	NOTES	2019 \$	2018 \$
<b>INCOME</b>			
Sales revenue	3	6,067	7,222
Cost of sales		(5,041)	(5,963)
Gross profit		1,026	1,259
Other revenue	3	362,618	450,876
<b>EXPENDITURE</b>			
Administration expenses		(24,493)	(19,640)
Auditor expenses		(4,300)	(4,230)
Depreciation expenses		(12,219)	(12,481)
Employee expenses		(219,078)	(216,040)
Operating expenses		(35,084)	(26,287)
Other expenses		(87,884)	(192,693)
		(383,058)	(471,371)
<b>PROFIT (LOSS) AFTER INCOME TAX</b>		(19,414)	(19,236)

## **STATEMENT OF FINANCIAL POSITION**

### **AS AT 30 JUNE 2019**

	NOTES	2019 \$	2018 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	4	112,501	55,714
Trade and other receivables	5	47,432	15,835
Inventories	6	2,340	3,899
Other current assets	7	27,268	2,969
<b>TOTAL CURRENT ASSETS</b>		<b>189,541</b>	<b>78,417</b>
<b>NON-CURRENT ASSETS</b>			
Financial assets	8	614,237	619,711
Property, plant and equipment	9	6,874	19,093
Intangible assets	10	2,136	1,731
<b>TOTAL NON-CURRENT ASSETS</b>		<b>623,247</b>	<b>640,535</b>
<b>TOTAL ASSETS</b>		<b>812,788</b>	<b>718,952</b>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and Other Payables	11	27,744	15,737
Provisions	12	7,723	11,438
Other current liabilities	13	157,570	52,612
<b>TOTAL CURRENT LIABILITIES</b>		<b>193,037</b>	<b>79,787</b>
<b>TOTAL LIABILITIES</b>		<b>193,037</b>	<b>79,787</b>
<b>NET ASSETS</b>		<b>619,751</b>	<b>639,165</b>
<b>EQUITY</b>			
Retained earnings	14	619,751	639,165
<b>TOTAL EQUITY</b>		<b>619,751</b>	<b>639,165</b>

## STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2019

	NOTES	RETAINED EARNINGS \$	TOTAL \$
<b>BALANCE AT 1 JULY 2017</b>		658,401	658,401
Profit / (Loss) after income tax		(19,236)	(19,236)
<b>BALANCE AT 30 JUNE 2018</b>		639,165	639,165
Profit / (Loss) after income tax		(19,414)	(19,414)
<b>BALANCE AT 30 JUNE 2019</b>		619 751	619 751

## STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2019

	NOTES	2019 \$	2018 \$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from courses, sponsorships and memberships		371,602	393,108
Payments to suppliers and employees		(386,846)	(450, 185)
Interest received		87	316
Receipts from other sources		35,635	38,769
<b>Net cash provided by (used in) operating activities</b>	15	20,478	(17,992)
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Payments for intangiblest		(405)	(1,731)
<b>Net cash provided by (used in) investing activities</b>		(405)	(1,731)
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>			
Returns on investments		(13,286)	(17,260)
Withdrawals		50,000	(17,260)
<b>Net cash provided by (used in) financing activities</b>		36,714	(18,272)
Net increase (decrease) in cash held		56,787	(36,983)
Cash at beginning of financial year		55,714	92,697
Cash at end of financial year	4	112 501	55 714

## **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2019**

The financial reports cover Sports Dietitians Australia Ltd as an individual entity. Sports Dietitians Australia Ltd is a public company limited by guarantee incorporated and domiciled in Australia.

The functional and presentation currency of Sports Dietitians Australia Ltd is Australian dollars.

The financial report was authorised for issue by the Directors on 31 August 2019.

Comparatives are consistent with prior years, unless otherwise stated.

### **1 BASIS OF PREPARATION**

The financial statements are general purpose financial statements that have been prepared in accordance with Australian Accounting Standards, Australian Accounting Interpretations and the other authoritative pronouncements of the Australian Accounting Standards Board (AASB) and the Corporations Act 2001.

These financial statements and associated notes comply with International Financial Reporting Standards as issued by the International Accounting Standards Board.

The financial statements 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 significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

### **2 SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

#### **INCOME TAX**

No provision for income tax has been raised as the entity is exempt from income tax under Division 50-5 of the Income Tax Assessment Act 1997.

#### **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 less depreciation and impairment losses.

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 depreciable amount of all fixed assets including building and capitalised lease assets, but excluding freehold land, is depreciated on a straight line basis over the asset's useful life to the company commencing 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 assets' residual values and useful lives are reviewed, and adjusted if appropriate, at the end of the 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 included in the statement of comprehensive income. When revalued assets are sold, amounts included in the revaluation reserve relating to that asset are transferred to retained earnings.

#### **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.

#### **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.

#### 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)

Revenue, expenses and assets are recognised net of the amount of goods and services tax (GST), except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO).

Receivables and payables are stated inclusive of GST.

Cash flows in the statement of cash flows are included on a gross basis and the GST component of cash flows arising from investing or financing activities which is recoverable from, or payable to, the taxation authority is classified as operating cash flows.

#### EMPLOYEE BENEFITS

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

### 3 REVENUE AND OTHER INCOME

	2019 \$	2018 \$
<b>REVENUE</b>		
<b>Sales revenue:</b>		
Sale of goods	6,067	7,222
<b>Other revenue:</b>		
Interest received	87	316
Other revenue	362,531	450,560
	<b>362,618</b>	<b>450,876</b>
<b>TOTAL REVENUE</b>	<b>368,685</b>	<b>458,098</b>
<b>OTHER REVENUE FROM:</b>		
Courses & Conferences	144,427	240,183
Memberships	87,976	83,196
Sponsorships	65,838	74,683
Investment Income Received	13,286	17,261
Other Income	19,764	19,654
Unrealised Gain on Current Investments	31,240	15,583
<b>TOTAL OTHER REVENUE</b>	<b>362,531</b>	<b>450,560</b>

	2019	2018
	\$	\$

#### 4 CASH AND CASH EQUIVALENTS

CBA - Cheque Acocunt	18,525	1,692
CBA - Business Saver	73,477	42,891
Paypal Account	20,499	11,131
	112,501	55,714

##### RECONCILIATION OF CASH

Cash and Cash equivalents reported in the statement of cash flows are reconciled to the equivalent items in the statement of financial position as follows:

Cash and cash equivalents	112,501	55,714
	112,501	55,714

#### 5 TRADE AND OTHER RECEIVABLES

##### CURRENT

Trade Debtors	47,432	15,433
Other Debtors	-	402
	47,432	15,835
	47,432	15,835

#### 6 INVENTORIES

##### CURRENT

At cost:		
Stock on Hand	2,340	3,899

#### 7 OTHER ASSETS

##### CURRENT

Prepayments	27,268	2,969
-------------	--------	-------

#### 8 OTHER FINANCIAL ASSETS

##### NON-CURRENT COLONIAL INVESTMENT ACCOUNT

Cash & Cash Equivalents	225,025	261,738
Other Investments	389,212	357,973
	614,237	619,711



	2019	2018
	\$	\$

## 9 PROPERTY, PLANT AND EQUIPMENT

Office Equipment - at Cost	27,033	27,033
Less Prov'n for Depreciation	(26,726)	(26,507)
	307	526
Website - at Cost	67,500	67,500
Less Prov'n for Depreciation	(60,933)	(48,933)
	6,567	18,567
<b>Total Plant and Equipment</b>	6,874	19,093
<b>Total Property, Plant and Equipment</b>	6,874	19,093

## 10 INTANGIBLE ASSETS

Trademark	2,136	1,731
<b>Total</b>	2,136	1,731

## 11 TRADE AND OTHER PAYABLES

<b>CURRENT</b>		
Trade Creditors	8,224	365
Other Creditors	-	4,027
Superannuation Payable	-	929
PAYGW Payable	2,076	3,253
GST Control Account	17,444	7,163
	27,744	15,737

## 12 PROVISIONS

Provision for Annual Leave	5,029	9,487
Prov'n for Long Service Leave	2,694	1,951
	7,723	11,438
<b>TOTAL PROVISIONS</b>	7,723	11,438

### ANALYSIS OF TOTAL PROVISIONS

Current	7,723	11,438
	7,723	11,438

## 13 OTHER LIABILITIES

<b>CURRENT</b>		
Income in Advance	157,570	52,612

	2019	2018
	\$	\$

## 14 RETAINED EARNINGS

Retained earnings at the beginning of the financial year	639,165	658,401
Net Profit / (Loss) after income tax	(19,414)	(19,236)
Retained earnings at the end of the financial year	619 751	639,165

## 15 CASH FLOW INFORMATION

<b>RECONCILIATION OF CASH FLOW FROM OPERATIONS WITH PROFIT AFTER INCOME TAX</b>		
<b>PROFIT / (LOSS) AFTER INCOME TAX</b>	(19,414)	(19,236)
<b>NON-CASH FLOWS IN PROFIT</b>		
Depreciation	12,219	12,481
Provision for Annual Leave	(4,458)	3,287
Unrealised Gain on Investments	(31 ,240)	(15,583)
Provision for Long Service Leave	743	1,951
<b>CHANGES IN ASSETS AND LIABILITIES, NET OF THE EFFECTS OF PURCHASE AND DISPOSALS OF SUBSIDIARIES</b>		
(Increase) / Decrease in Trade & Other Receivables	(31 ,597)	5,378
Increase / (Decrease) in Trade & Other Payables	12,007	(21,370)
(Increase) / Decrease in Other Current Assets	(24,299)	24,836
Increase / (Decrease) in Other Current Liabilities	104,958	(10,332)
(Increase) / Decrease in Stock	1,559	596
	20,478	(17,992)

## 16 STATUTORY INFORMATION

### Sports Dietitians Australia Ltd


The principal place of business is:  
**Level 2, 375 Albert Street, South Melbourne**

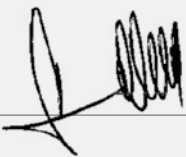
## DIRECTOR'S DECLARATION

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 3 to 16, for the year ended 30 June 2019 are in accordance with the Corporations Act 2001 and:
  - (a) comply with 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
  - (b) give a true and fair view of the financial position and performance of the company.
2. 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.

Director:   
Simone Austin

Director:   
Anoop Singh

Dated this 16th day of September 2019

# INDEPENDENT AUDITOR'S REPORT

**TO THE MEMBERS OF  
SPORTS DIETITIANS AUSTRALIA LTD  
A.B.N. 97 075 825 991**

## REPORT ON THE FINANCIAL REPORT

We have audited the accompanying financial report of Sports Dietitians Australia Ltd which comprises the statement of financial position as at 30 June 2019 and the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the directors' declaration.

## DIRECTORS' RESPONSIBILITY FOR THE FINANCIAL REPORT

The directors of the company are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards 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 gives a true and fair view and 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. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance about 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 of the financial report that gives a true and fair view 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, which has been given to the directors of the company, would be in the same terms if given to the directors as at the time of this auditor's report.

## AUDITORS' OPINION

In our opinion:

- (a) the financial report of Sports Dietitians Australia Ltd 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 2019 and of its performance for the year ended on that date; and
  - (ii) complying with Australian Accounting Standards and the Corporations Regulations 2001; and
- (b) The financial report also complies with International Financial Reporting Standards as disclosed in Note 1.

**Name of Firm:** Mitchell Wilson  
Chartered Accountants

**Name of Partner:**   
Doug Mitchell

**Address:** 261-271 Wattletree Road, Malvern 3144

**Dated this 17th day of September 2019**

# OUR PARTNERS

## CORPORATE



# OUR PARTNERS

## INDUSTRY





