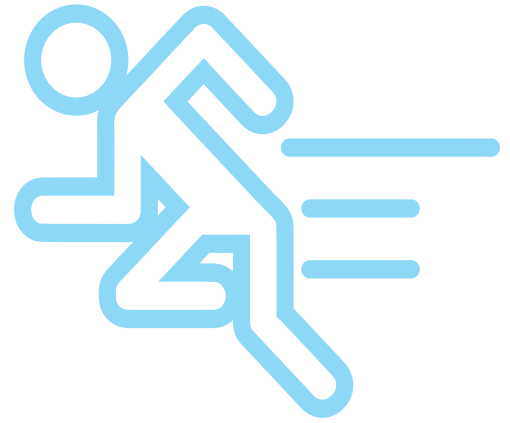


AR 19- 20

OUR VISION & VALUES



VISION

To be the leading source of evidence-based sports nutrition

.....

MISSION

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

.....

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 FOCUS

1. Creating leaders in evidence-based sports nutrition practice (members)
2. Increased engagement between AccSD and “Elite & Committed Athletes” (community)
3. Operational financial sustainability across consecutive years

TABLE OF CONTENTS

YEAR BY NUMBERS	1
KEY PRIORITY AREAS 2019-20	4
#1 – Grow Membership & Value	
#2 – Education	
#3 – Increase engagement	
#4 – Financial consistency year on year	
GOVERNANCE & OPERATIONS	25-28
- President's Report	
- Executive Officer's Report	
- Board + Staff	
- Committees + Significant others	
FINANCIAL REPORTS	30

CDP PROGRESSION



27 MEMBERS BECAME
ACCREDITED SPORTS
DIETITIANS



1 ACCREDITED SPORTS
DIETITIANS BECAME
ADVANCED SPORTS
DIETITIANS



FOLLOWERS

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



TWEET IMPRESSIONS

36.8K

– MONTHLY AVERAGE –

368,887

UNIQUE VISITORS
to SDA website over 12months

NEW WEBSITE VISITORS



52%

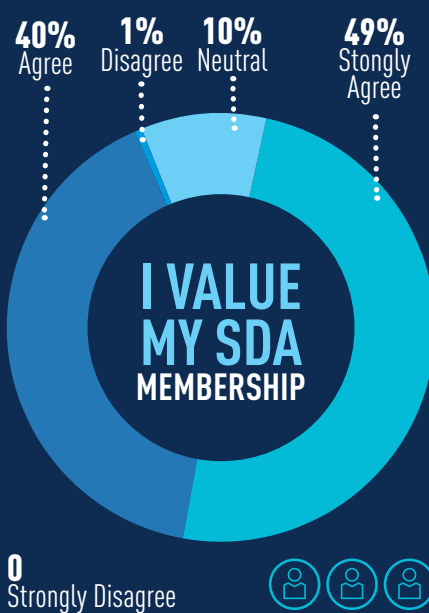


48%



COMMUNITY
DATABASE **10,518**
SUBSCRIBERS

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



0
Strongly Disagree



**SDA COURSES
AND EVENTS**

935 PARTICIPANTS

YEAR BY #NO.



21,042 LIKES

Our followers
are predominantly
25-35yo female

Over 40% of Facebook followers are international.

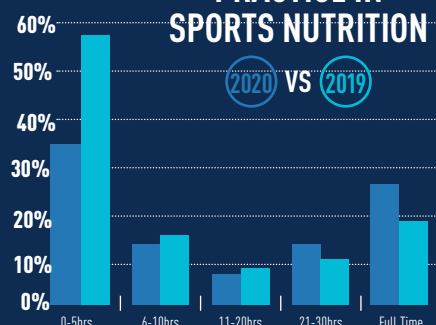


FOLLOWERS



FOLLOWERS

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



ASPIRATIONAL GOALS

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

STRATEGIES FY2019 – 2022

1. Creating leaders in evidence-based sports nutrition practice (members)
2. Increased engagement between AccSD and “Elite & Committed Athletes” (community)
3. Operational financial sustainability across consecutive years

WITH EVERYTHING WE DO, WE WILL SEEK SPONSORS TO FUND PROGRAMS AND PROJECTS, TO ENSURE FINANCIAL SUSTAINABILITY OF SDA

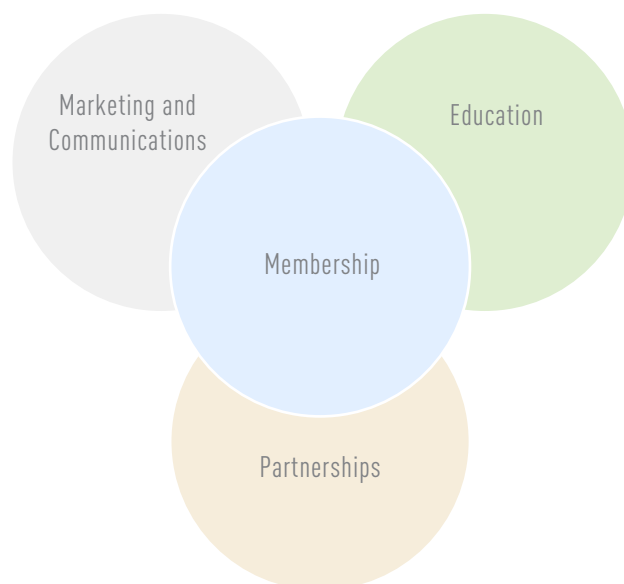
KEY PRIORITY AREAS 2019-20

- #1 Grow Membership & Value
- #2 Education
- #3 Increase engagement
- #4 Financial consistency year on year

KEY OPERATIONS FRAMEWORK

- Membership
- Education
- Communications
- Sponsorship

INTEGRATION OF KEY FUNCTIONS



KP #1

KEY PRIORITY #1

GROW MEMBERSHIP AND VALUE

KEY PRIORITY #ONE

GROW MEMBERSHIP AND VALUE

WHY

Our members form the backbone of SDA, they are our purpose. We need to provide the best information, education & continuous professional development opportunities to our members to perform at their peak. This assists our members to offer great service and nutrition advice, have successful businesses & rewarding careers; and help us 'fly the flag' for credible sports nutrition advice & the profession.

SDA is in the process of scoping out a new technology solution to increase operational efficiencies, enable automated marketing processes and deliver personalised member experiences.

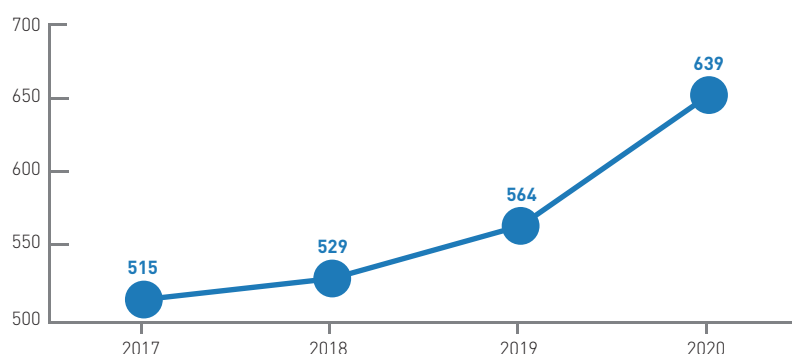
This new technology platform is designed to create value for SDA members by promoting positive engagement opportunities between members, and within the sports nutrition community.

CAREER PROGRESSION

We congratulate...

- 27** Members becoming Accredited Sports Dietitians
- 1** Accredited Sports Dietitians becoming Advanced Sports Dietitians

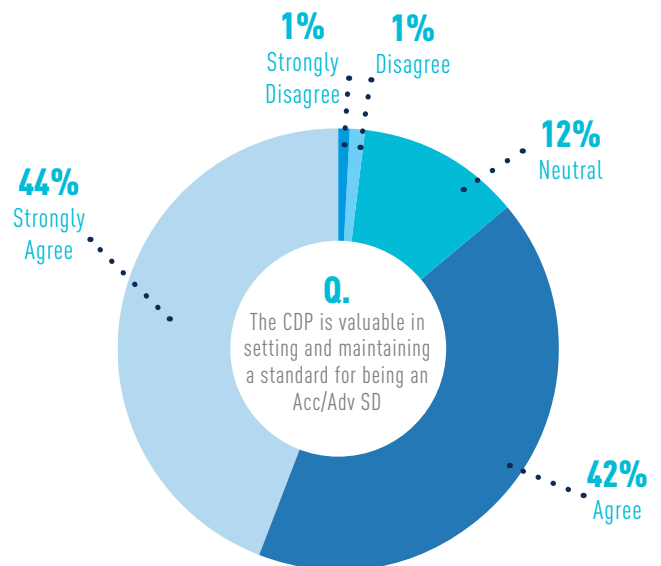
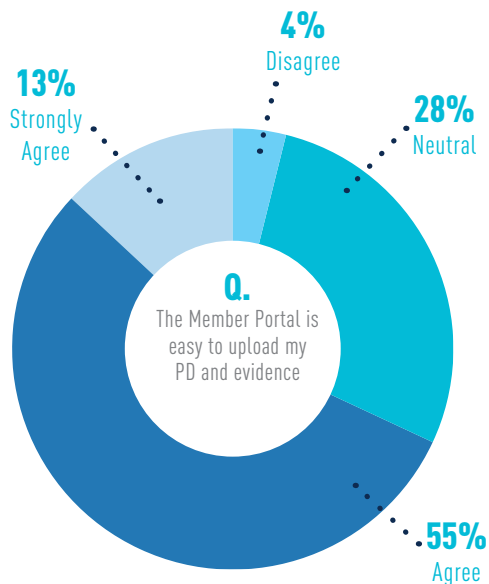
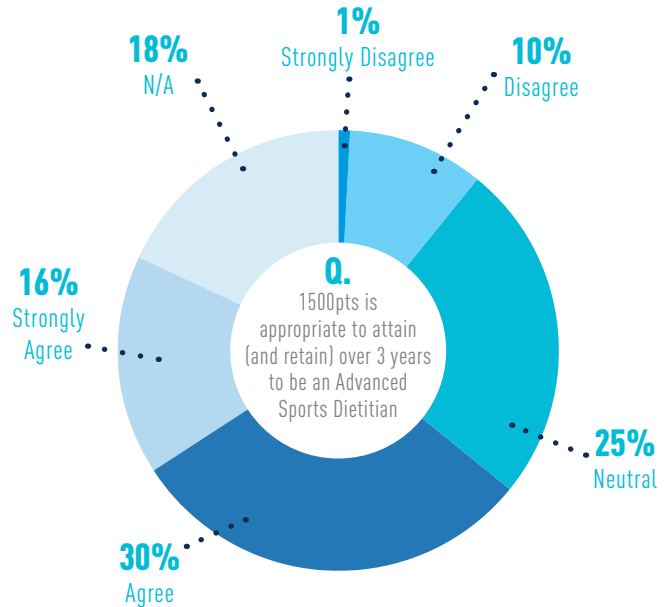
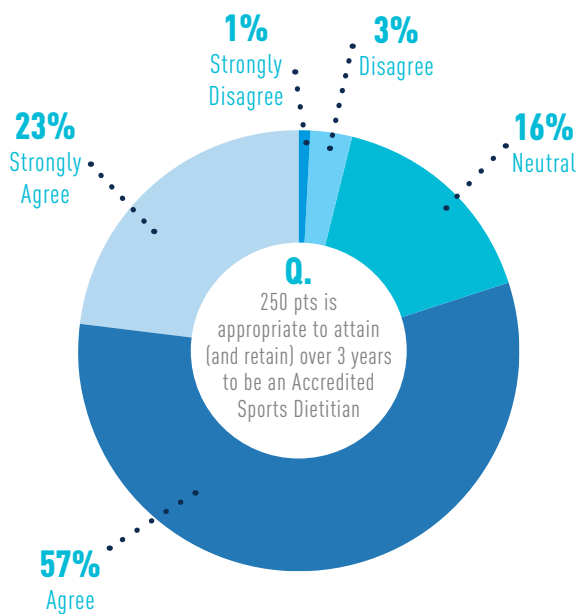
MEMBERSHIP GROWTH



KEY PRIORITY #ONE

CAREER DEVELOPMENT PATHWAY

Pie charts from our 2020 Annual member survey



2020 CDP ACTIVITIES

Total CDP points logged during 2019-20

- 2,115 individual CDP activities logged (2019 = 2,195)
- 58,923 Total CDP points logged (2019 = 58,351)

KEY PRIORITY #ONE

CONNECTING WITH UNIVERSITIES

SDA made it a priority to connect in with universities across Australia and encourage students to become student members of SDA and promote the sports nutrition career pathway.

COVID-19 has certainly impacted SDA's ability to connect in with students face to face. As a show of support to future student members interested in pursuing the sports dietetic pathway, we offered a free 3 month membership. A presentation was recorded by SDA's Vice President Dom Condo and rolled out to all Universities which resulted in close to a 25% increase in the SDA student community.

The universities SDA connect with to promote the SDA membership and Sports Nutrition Essentials Course are listed below.

QUEENSLAND

- Griffith University
- University of the Sunshine Coast
- Queensland University of Technology

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

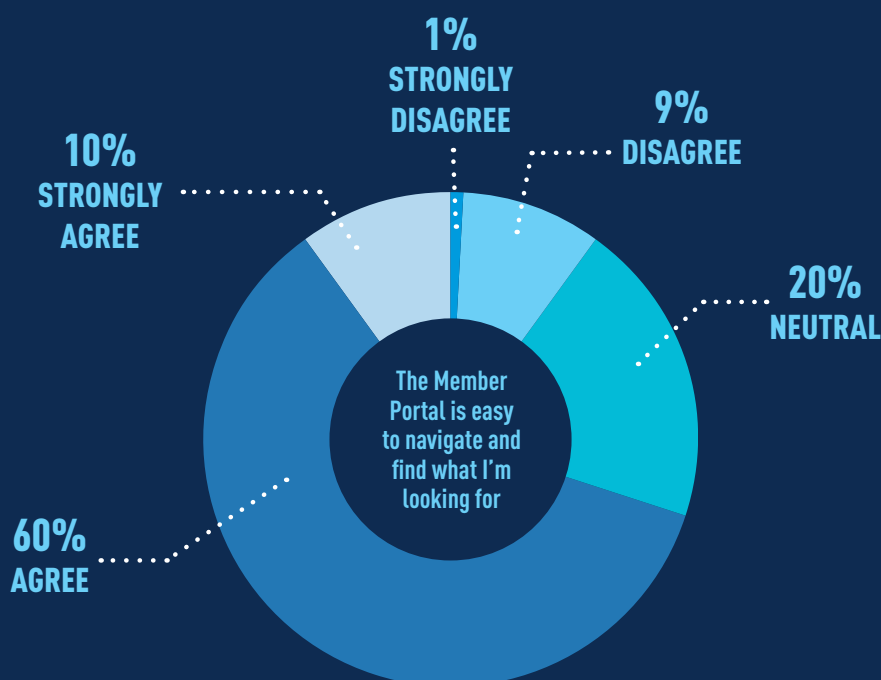
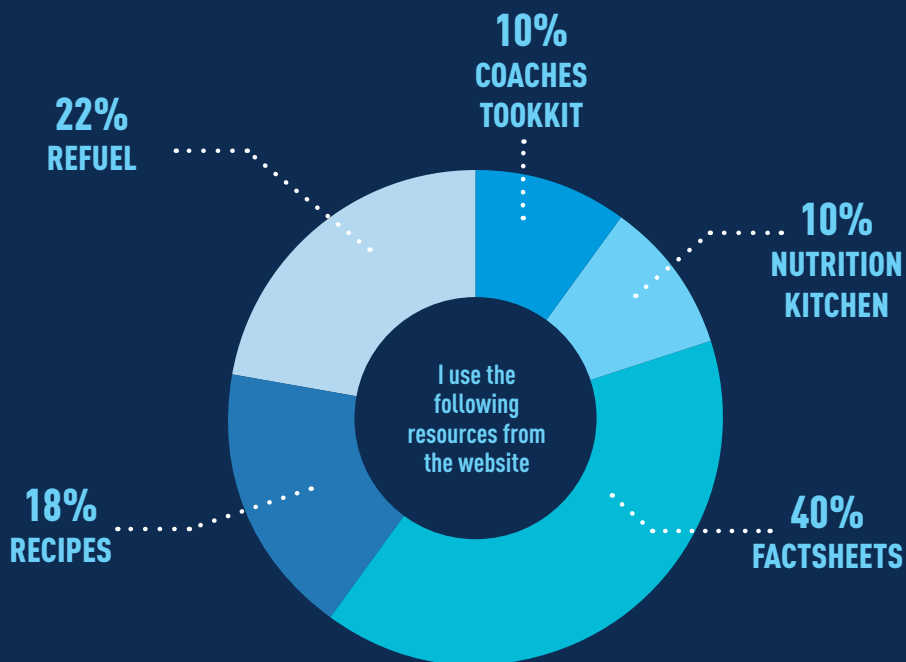


KEY PRIORITY #ONE

WEBSITE

With the continuous development and expansion of relevant resources, the SDA website remains the 'go to' website for nutritional content, tips, recipes, factsheets and the latest news and research for active individuals. Our resources can be used to guide, share and encourage the dissemination of credible sports nutrition advice and to support the health, wellbeing and performance of athletes regardless of their level of sport or activity.

We're proud to report from our Annual survey:



MEMBER COMMUNICATIONS

Fuel

The SDA Fuel newsletter continues to keep members informed and up to date with important information to guide their sports nutrition practice. Fuel offers a great opportunity for members to stay connected and communicate positive experiences, knowledge, and insights.

CDP

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

eDMs

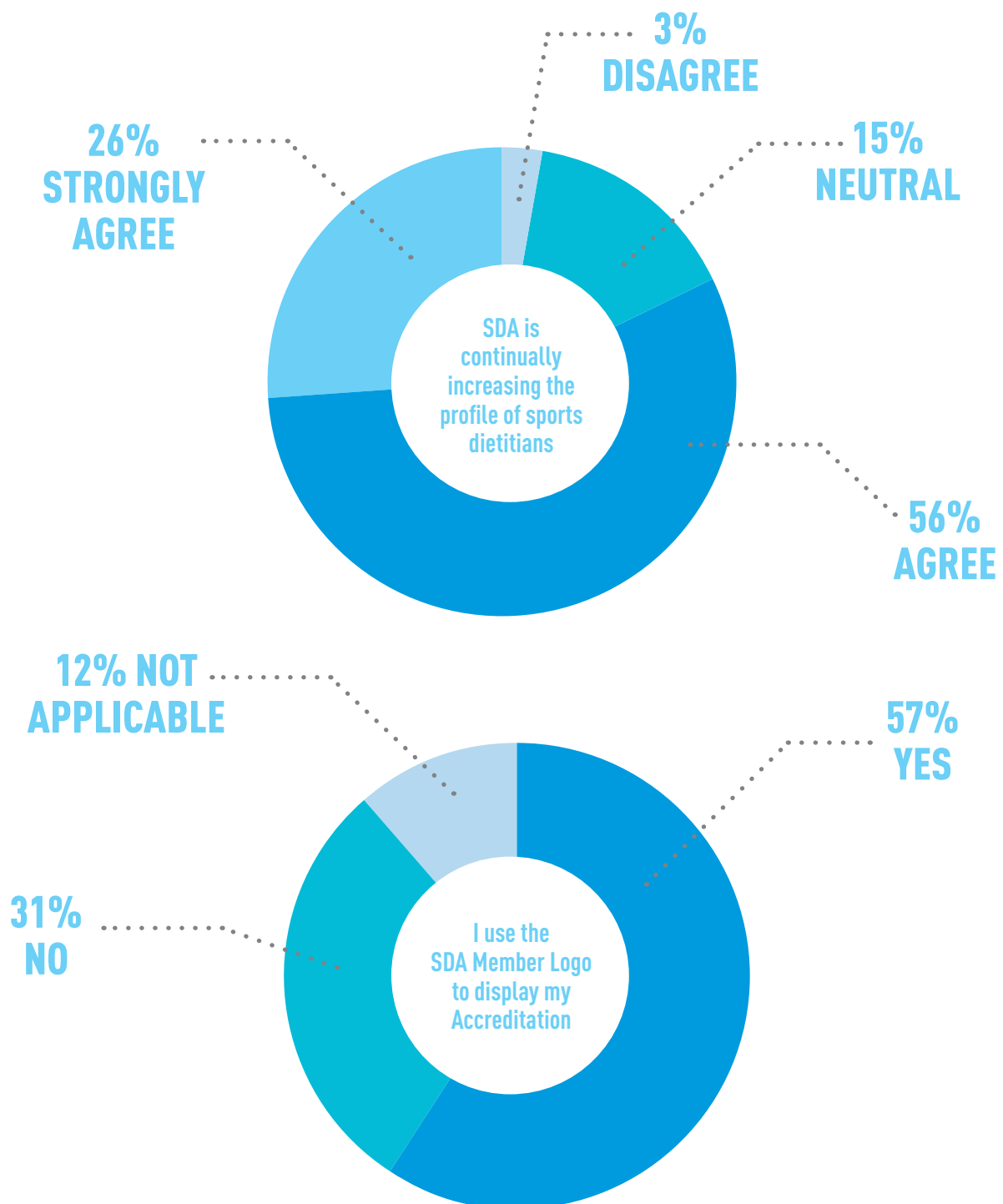
Partner eDMs are a great way to help members stay informed of relevant products and services in the market.

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. SDA credentials are recognised both in Australia and overseas and it is great to see so many members displaying the AccSD 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 through the State Coordinator roles. 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/ Nathan Cook

Tasmania (TAS)

Suzie Waddingham

Victoria (VIC)

Georgina Buckley/ Brittany Andreola

Western Australia (WA)

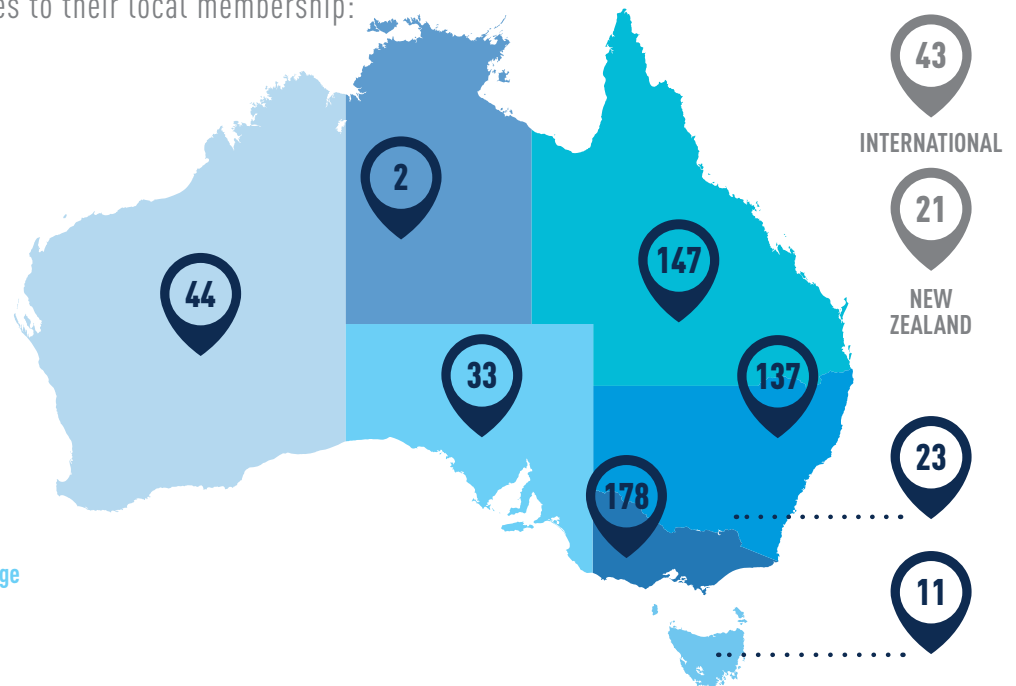
Bronwen Charlesson

New South Wales NSW

Michelle Bruce, Bonnie Lai and Alicia Edge

Newcastle Region (NSW)

Alicia Edge



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

- Tasmania was lucky enough to have Suzie Waddingham as their state coordinator. Suzie undertook some great work on member engagement and started investigating sports dietitians in Tasmania and how to grow the field. Suzie has recently stepped down as the coordinator for Tasmania and we thank her for her great work!
- Victoria would like to thank, Georgie Buckley, who has organised some great meetings for Victoria. Brittany Andreola has taken over the role and has been proactive at organising meetings to support Victorians during the difficult COVID-19 period.
- NSW is fortunate to have Bonnie Lai step up and share the state coordinator role with Michelle Bruce and Alicia Edge. Amanda Watts presented on climbing nutrition. We also created a Facebook group page for NSW SDA members to allow more opportunities for networking, collaboration and sharing of information.
- This year Queensland had three meetings. The first was in person (so long ago) with Tara Diversi during her presidential tour where we discussed her career and the strategic direction for Dietitians Australia. Our second meeting was a catch up to see how everyone was going with lockdown, a chance to chat and learn from each other on ways to adapt your practice. Our most recent meeting was talking about resources, these were voted one of the top reasons members love SDA. We discussed the new coach's toolkit, and how we use resources + why resources are so important for communication.
- ACT SDA had three meetings over the past financial year. Whilst numbers were low at most of these meetings spirits were high. Especially when one member turned up with their 3 children and all

their delightful snacks. One of these meetings there was PD with a review of a recent journal article on chocolate milk. Our final meeting for the year was held via zoom due to COVID restrictions. This was one of the better turn outs for the ACT SDA crew as we had members dialling in from interstate and even SDA staff in Melbourne joined us. That's about all I can say for the ACT SDA adventures for 2019-20. Looking forward to more!

- In SA, Meg Lemon has organised meetings that have explored new ways to connect and share ideas in the changing environment - utilising zoom to connect with other members, share knowledge and experiences, professional development opportunities - such as the Compeat or SASMA Conference or webinars. We have shared experiences regarding the impact of changes on athletes, sporting teams and their delivery of nutrition practices both in a sporting and private practice context and how we can learn from this going forward in our practice.
- Western Australia held meetings at WAIS on Tuesday or Wednesday evenings. The topics of discussion included:
 - Supplement risk assessment with Beth Allanson and Bronwen Charlesson
 - Christmas wind up
 - Reconnection meeting in June to discuss impact of COVID-19 on sports nutrition in WA. Largest meeting yet with over 25 people attending including 2 via Microsoft Teams. Discussion lead by Simone Allen and Hannah Baker.

The group currently includes a range of experienced to new graduate dietitians and students. It generates lots of discussion and interest. It provides an encouraging place to ask questions and learn from your peers. We look forward to seeing everyone next year.

KP #2

KEY PRIORITY #2

EDUCATION - GROW OPPORTUNITIES

EDUCATION

GROW OPPORTUNITIES

WHY

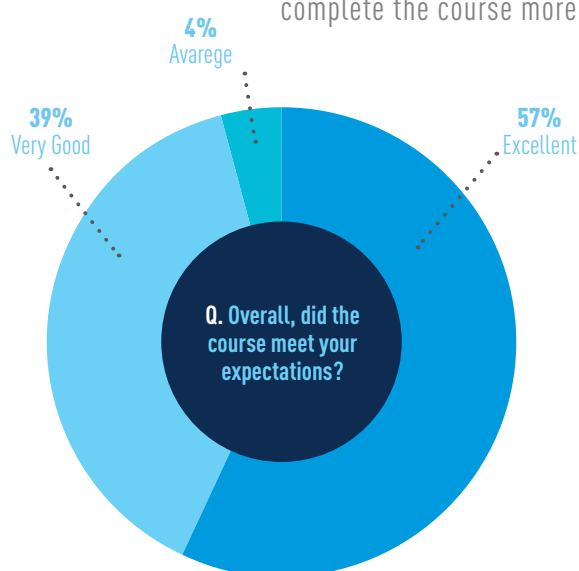
Evidence-based practice is at the core of SDA and its members. It is vital that members have a strong knowledge platform on which to commence their sports nutrition career and an ongoing pathway to continue to develop and advance their knowledge and expertise.

SDA COURSES & EVENTS - 935 PARTICIPANTS

Sports Nutrition Course (SNC)

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 are 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 criterion to becoming an Accredited Sports Dietitian.

This year SDA planned to run the usual two courses per year however COVID-19 had other plans. The Board and Education Committee brought forward its work towards bringing the Sports Nutrition Course into the online space and progress is well underway. The new model of this flagship course will be more comprehensive, with expanded learning outcomes and utilising the flexibility that online learning brings, whilst retaining the fundamental asset of this course which is the connectivity into the profession and with peers that sets the foundation for a sports dietitian's career pathway. International Dietitians will also be able to complete the course more readily.



The November 2019 SDA was able to be completed face to face at the Melbourne Sports and Aquatic Centre & VIS with maximum attendees.



"I loved it. Speakers were passionate about it. They gave a lot of their time so stay on late and answer questions. Really knowledgeable speakers who deliver the information really well and very engaging."

"I left feeling so inspired and excited to begin building my career in sports dietetics! Thank you!"

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. This year, the SNEC course was updated by our presenters, Alan McCubbin, Ali Disher, Dom Condo and Jess Rothwell. This course was held twice and included a large intake of international students.

MASTERCLASS SERIES

Working with Teams

SDA's masterclass series saw 45 Accredited members undertake four pre learning modules in the lead up to face-to-face, highly interactive case study workshops. The face-to-face workshops were held in Melbourne as a pre-conference event. The masterclass content and program was developed by leaders in their fields; Eliza Freney, Jessica Spendlove, Peta Carige, Dane Baker and Lisa Middleton.

Workshops

Sodium in Sports Nutrition Workshop

This workshop focused on the practical outcomes, and what practitioners can advise athletes around sodium given our current state of knowledge. Alan McCubbin led the pre-conference workshop and reviewed current and recently emerging evidence with outcomes of significance to athletes in various sports settings.

Webinars

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

DATE	TOPIC	ATTENDANCE
Jul 16, 2019	ASADA supplement update- Dr Larissa Trease from ASADA with contributions from Medicine, Science, Legal and Education teams to cover topics relevant to Sports Dietitians.	Registered = 125 Attendance = 76
Aug 21, 2019	Fibre is more than roughage: The role of prebiotic fibre on gut health- Sonja Kukuljan Head of Nutrition at Freedom Foods Group Ltd.	Registered = 22 Attendance = 15
Oct 03, 2019	Introduction to Eating Disorders for Sports Dietitians- Hilary Smith from The National Eating Disorders Collaboration.	Registered = 161 Attendance = 74
May 28, 2020	Iron strategies for altitude and beyond- Rebecca Hall- Sports dietitian for the Olympic Winter Institute of Australia and at Australian Catholic University as a Research Dietitian.	Registered = 163 Attendance = 101
Jun 04, 2020	The Impact of Isolation and Sport Reboot on Athlete Body Image and Eating Behaviour- Nikki Jeacocke from The AIS who has been working in partnership with the National Eating Disorders Collaboration (NEDC).	Registered = 71 Attendance = 48
Jun 25, 2020	Acute Weight Loss Strategies in Combat Sports- Rob Skinner- Senior Sports Dietitian with Acrobat and Combat Sports at the United State Olympic Training Center.	Registered = 69 Attendance = 44



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 and 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. This includes increasing the readership of ReFuel magazine, an increase in the uptake of members using SDA developed resources, social media engagement strategies and industry collaboration.



KEY PRIORITY #THREE

Fuel

639+ Sports Dietitian Members

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

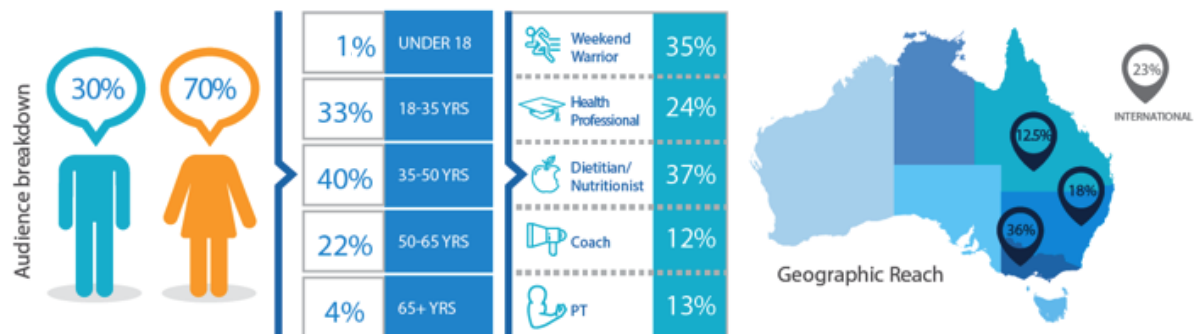


40-55% open rate | 20-30% click/download rate

ReFuel

10,500+ Subscribers

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



30-35% open rate | 8-12% click/download rate

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

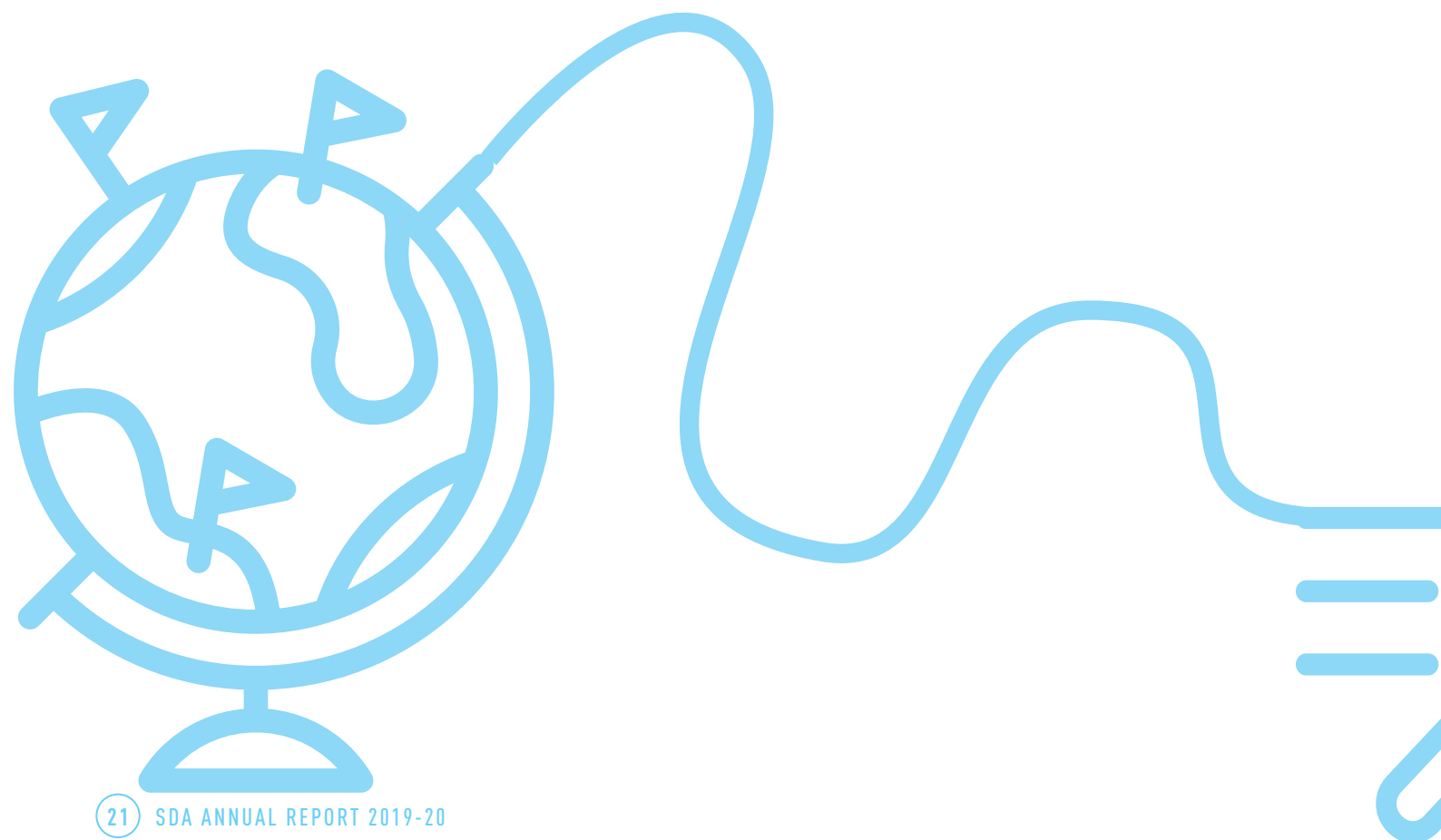
KEY PRIORITY #4

FINANCIAL CONSISTENCY YEAR ON YEAR

FINANCIAL CONSISTENCY YEAR ON YEAR

WHY

With SDA hosting its conference on a biennial cycle, SDA's financial landscape fluctuates between conference and non-conference years. Whilst financial prudence and stability is always a core priority for SDA, it is the objective of the Board and management to increase activations in non-conference years to provide more consistency to financial revenue and expenses year on year which in turn provides greater consistency and reliability for reinvestment into further supporting SDA's membership.



FLYING THE SDA FLAG

DIETITIANS AUSTRALIA CONFERENCE - GOLD COAST

August 2019 Simone Austin, Dom Condo, Chloe McLeod, Ali Disher, Fiona Mann, Marie Walters, and other members flew the SDA flag at the 2019 DA Conference. Simone Austin, Dom Condo and Chloe McLeod all took to the stage to showcase sports nutrition. It was a full and engaging few days which provided many opportunities to connect and engage with our broader dietetics community.

- Fiona Pelly, SDA Fellow was admitted as a DA Fellow at 2019 DA Conference
- Georgie Buckley, PhD Student was recognised at the 2019 DA Conference for research into eating disorders in sport
- Dom Condo, SDA Vice President was recognised at the 2019 DA conference for evidence-based practice

MULTI-DISCIPLINARY WORKSHOP

SDA Board Member Jo Mirtschin attended the ESSA-led multi-disciplinary workshop at the AIS



SDA 2019 BIENNIAL CONFERENCE

SDA's 2019 Conference 'Keeping you Cool' was a great success! Here is a snapshot of the two days:

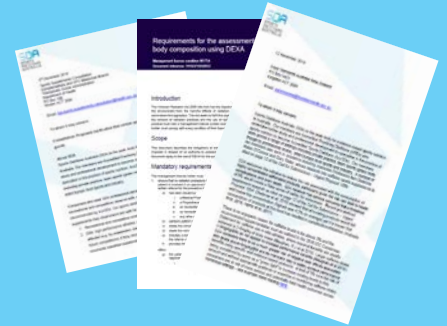
- 241 delegates
- 24 sponsors
- A fabulous goodie bag stacked with lots of great products
- 29 scientific posters
- 17 abstracts on the couch authors
- 8 new Excellence Awards Winners

Delegate feedback was very positive with the majority in agreement that presenters were interesting and had great knowledge of their topics.



INDUSTRY SUBMISSIONS

SDA made submissions regarding the Victorian DEXA review, FSANZ review of concentrated caffeine levels; and TGA review regarding classification of supplements as therapeutic goods. We thank our members who contributed their expertise and time for these submissions on behalf of the SDA profession.



2019 SDA EXCELLENCE AWARDS

- Excellence in Developing a Sports Nutrition Business – Alicia Edge, Compeat Nutrition
- Emerging Sports Nutrition Researcher – Rebekah Alcock
- Excellence in Sports Nutrition Mentoring – Associate Professor Helen O'Connor
- Excellence in Sports Nutrition Media – Chloe McLeod
- Excellence in Sports Nutrition Advocacy – Dr Gary Slater and Simone Austin
- Excellence in Sports Nutrition Education – Fiona Sutherland
- Life Achievement in Sports Nutrition – Adjunct Associate Professor Vicki Deakin



VALE ASSOCIATE PROFESSOR HELEN O'CONNOR



In January 2020, the SDA and broader sports community were heartbroken by the passing of SDA's founding President Associate Professor Helen O'Connor. Helen's impact on sports nutrition in Australia and beyond was immense. We thank the professional and personal friends of Helen who provided this fitting tribute:

Helen was a strong and significant leader of our profession, with incredible impact and reach. She was the inaugural President of Sports Dietitians Australia, from SDA's inception in 1996 until she handed the reigns over to Karen Inge in 2000. Helen was a visionary in her role in setting up SDA. She recognised the importance of building this organisation on strong foundations to ensure it could grow and develop and continue to raise the profile of sports dietitians both within Australia and internationally, and the importance of sports nutrition within professional and community settings.

She believed strongly in collaboration and this was showed in her negotiations in the early days with DAA and SMA to ensure that the formation of SDA had the support of both organisations. Helen was highly ethical and her diligence before making any directional decisions was admirable. Helen had an ability to hear different perspectives and negotiate to come to a common ground without losing focus on the ultimate goal. This shows her strength as a true leader.

Above all Helen was generous in so many ways and her focus was all about others, and creating opportunities for her fellow dietitians. This was particularly evident with the Sydney Olympic Games and how she was able to facilitate the involvement of SDA members – giving them a career highlight, which to this day was a once-in-a-lifetime experience for so many. While many of us have brilliant ideas, it takes a person like Helen O'Connor to make them happen.

Stepping back from the SDA Presidency did not stop Helen from continuing to make important contributions to SDA, and many other sports nutrition professional activities beyond.

Many of you will recall her body composition management workshops during the SDA courses... she had a unique gift for converting highly scientific dialogue into captivating snippets of information; she told so many funny and memorable stories, specific to her audience – a gift she carried into her university teaching and research supervision. As a leader in our profession, she was the kind of person everyone would do anything for! She could be incredibly persuasive, in the nicest possible way.

Helen was extremely talented at combining clinical judgement and experience into research questions, testing theories and ideas thoroughly, and answering relevant questions on behalf of our profession. Many of those questions no doubt came from her own work in the trenches.



She was a pioneer of the profession, initiating performance nutrition services for the Sydney Swans back in 1986 and consulted to a number of other professional teams, including the Canterbury Bankstown Bulldogs for 25 years. She also supported countless athletes like world Champion boxers Kostya Tszyu and Jeff 'the hitman' Harding, and many elite athletes and teams including those at the NSW Institute of Sport. One of Helen's claims to fame, as described in The Sydney Morning Herald...

Following his victory, viewers around the world listened as Harding publicly thanked O'Connor. "You don't normally hear athletes thanking their nutritionist" she says. "I nearly fell over. I felt really satisfied that I'd been able to provide him with advice which had a positive effect."

It's fair to say that today, we are all benefitting from Helen's work.

Uniquely, Helen had the beautiful combination of great clinical engagement as a highly regarded Sports Dietitian, alongside an academic perspective from her role at the University of Sydney. She maximised that combination as effectively as anyone could; conducting ground-breaking, highly relevant and meticulously designed research in sports nutrition, energy metabolism and weight management. She was involved in well over a hundred publications in journals, books and conference proceedings (not to mention many lay publications). As you will know, her recent major project work of assessing general nutrition and sports nutrition knowledge so that we can measure the impact of our work in sports, is incredibly valuable to us and will continue to shape our profession through the collaborative research Helen facilitated domestically and internationally. Helen invested significantly in this work over a decade, to provide the tools we've craved in the field. A similarly valuable passion of hers was the optimal utilisation of body composition measures among athletes.

Helen was a mentor to many of the current leaders in our profession and so many sports dietitians and students, past and present. Helen always had time for everyone. She took a personal approach with each individual and nurtured their specific gifts and talents in a way only Helen could, and again provided so many professional and career opportunities. She generously gave many of us our career start in sports dietetics.

She was a fierce advocate for the role of nutrition in sports, and her friendly, engaging and persuasive style worked wonders for representing what a great sports nutritionist or dietitian could bring to an athlete and to a sports program.

She recognised not only the physiological impact of nutrition on performance, but she also recognised and appreciated the psychological impact that the way in which nutrition support is delivered, can impact on the ability of an athlete to perform at their best. She fought hard to ensure that nutrition support was delivered in a way that best suited the athlete's long-term health and wellbeing, while helping them to achieve their own goals.

Helen passed away due to cancer, which unfortunately claims far too many great people. Our thoughts will always be with Helen's husband Brad, and sons Nick and Alex.

PRESIDENTS REPORT

SIMONE AUSTIN



**“I AM PROUD TO BE PART OF SUCH
A SUPPORTIVE COMMUNITY”**

Through this unprecedented, challenging time we find ourselves and the whole world in, a time where sports dietetics took a huge hit as COVID-19 hit our shores, the SDA community has stood together and shown fantastic support to each other. I am proud to be part of such a supportive community and to be leading SDA as President through this time.

The SDA Board and staff have had to, like everyone else, modify plans. We decided at our annual strategy planning days in November 2019 to look narrow and deep and to focus on a project, allocating time and resources, but its progress came to a grinding halt due to COVID-19. These challenging times when we are all vulnerable often bring opportunity, so we moved our focus to our world class Sports Nutrition Course, SNC, where planning was underway to update and move some aspects online. The process was sped up and I am excited to say the new revamped course will be ready for its first class in early 2021. Our other exciting project will be picked up again at the appropriate time.

Education is a large part of what SDA does extremely well. It is also a large part of our revenue stream. Despite not being able to run our SNC course in May I am excited to say we have still managed to make a small operating profit, the first time in numerous years. I thank the Board, Marie and the SDA Headquarters team for their hard work to achieve this important goal and look forward to future years with a larger operating profit. The SDA member community also grew to more than 600 members for the first time in March (and continues to grow).

At the strategy planning meeting the Board revisited our vision and modified it to be: 'The leading source of evidence-based sports nutrition'. It is important to have a vision that reflects accurately what you want to achieve and decisions and actions should reflect our vision.

Having a very successful conference, 'Keeping you Cool', in October last year, we also produced a position statement; Nutrition for Exercise in Hot Environments. Published in International Journal of Sport Nutrition & Exercise Metabolism. This was a perfect example of the SDA community coming together for the benefit of sports dietetics. We are already

underway establishing a conference committee for Conference 2021 and SDA's 25th Anniversary.

In January, we had the sad news of the passing of our inaugural President of SDA and an iconic leader in sports nutrition, Associate Professor Helen O'Connor. All of us who knew Helen, both personally and professionally, will miss her immensely.

I would like to thank Board members who stepped down from the Board last year: Chloe McLeod, Fiona Mann and Eliza Freney. Our SDA Board members volunteer their time and along with our Executive Officer Marie Walters ensure exceptional governance of our organisation.

This year we say goodbye to a very important member of the Board Mike Harley, one of our appointed directors who has dedicated his time for seven years with his marketing, strategic planning and IT skills. We will miss Mike's wisdom!

Unfortunately Sonja Kukuljan is also stepping down from the Board. I thank Sonja for her time and expert input and welcome her continued expertise on projects in the future.

Thank you to the SDA Head Quarters team, brilliantly lead by the dedicated Marie Walters, and to the members who make SDA the friendly, welcoming organisation it is. We should all be proud of our organisation that continually demonstrates its values; empower, educate, excellence and integrity.

This was my last year on the SDA Board. After five years in the role of President and two years previously as a director I am ready to pass on the baton. I have thoroughly enjoyed my time and have developed new skills that will assist me with my new adventures. I encourage you all to consider a stint on the Board or subcommittee sometime in your career. This is your tribe and together we make the wonderful organisation SDA is today and will continue to be in the future.

Simone Austin
President

EO'S REPORT

MARIE WALTERS



“A VERY SPECIAL THANKS GOES TO THE SDA HQ TEAM FOR ALL THEIR EFFORTS THROUGHOUT THE YEAR.”

It goes without saying that 2020 has brought challenges to us all that we never could have imagined this time a year ago. With the significant impact that COVID-19 has had on sport around the country, not to mention internationally, including the postponement of the 2020 Tokyo Olympics, the SDA community has been impacted in many ways. Last year, my report acknowledged the committed and tireless membership that forms SDA and this year that holds true more than ever as members have had to deal with this unprecedented challenge. Whilst recognising the landscape is in various stages of flux at the present time, I am confident more than ever that it is these characteristics that continue to hold the sports nutrition profession in good stead. Committed and tireless are also just a couple of the characteristics we associate with founding President Associate Professor Helen O'Connor, who sadly passed away in January. Helen's legacy to SDA will continue for many, many years to come.

The 2019-20 year still had an incredibly positive nine months pre-COVID-19 with the highlight being the 2019 Biennial Conference held at the Melbourne Sports & Aquatic Centre. Over 200 of the SDA community gathered across the three days of conference and pre-conference events (most definitely before we became familiar with the term 'social distancing'). The conference also saw the launch of SDA's Nutrition for Exercise in Hot Environments Position Statement which was the culmination of the conference content and the great work of many.

A very special thanks goes to the SDA HQ team for all their efforts throughout the year.

We welcomed Kristina Sutherland (Events & Sponsorship) to the team in October 2019, stepping with ease into the role previously held by Georgie Sutherland. Kristina works alongside Jessica Rothwell (In-House Sports Dietitian), Emilia Renney (Education

& Memberships) and Aimee Morabito (Social Media). The team has been working from home since March 2020 and are to be commended for their tireless efforts in keeping SDA pushing forward.

Operationally there is much activity within HQ to progress many facets, particularly in the Education space, including the progression of what was the 4-day Sports Nutrition Course into an expanded online model, revision of the SNEC course; planning for a fully online one-day update in October 2020; continued development of the Masterclass series and the ongoing webinar series which we have been pleased to be able to host free of charge for members through seeking sponsorship from organisations that align with SDA's principles of evidence-based sports nutrition.

SDA's resource offerings expanded this year with the launch of the Coaches' Toolkit and the Nutrition Kitchen. Both hubs on the website are enjoying strong uptake and work continues on updating SDA's suite of factsheets, which also hold a strong audience. These resources all work towards connecting the broader sports community with the SDA membership.

Financially, SDA achieved a small operating profit for the financial period which was a very positive outcome given the current financial climate and despite having to cancel the May 2020 Sports Nutrition Course. Work is very much ongoing to continue executing the organisational vision and strategy which was revised and re-focussed at the November 2019 Board Strategy weekend to ensure SDA members continue to shine in the preeminent role of sports nutrition.

Marie Walters
Executive Officer

SDA BOARD



SIMONE AUSTIN
PRESIDENT

BSc; Masters in Nutr & Diet, APD, AdvSD

- Dietitian - Hawthorn Football Club (AFL)
- Author, Eat Like An Athlete
- Private practice
- Corporate Wellbeing, lecturing
- Swisse Wellness
- Consultant, Rokeby Farms



DOMINIQUE CONDO
VICE PRESIDENT

BSc; Masters in Nutr & Diet; PhD; APD; AdvSD

- DC Consulting Private Practice;
- Lecturer, Deakin Uni;
- Dietitian - Geelong Football Club (AFL)



ALI (ALICE) DISHER

BAppSc (Ex Phys), BHLthSc (Nut & Diet), PhD (current), AdvSD, APD

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



MIKE HARLEY

BSc (Hons 2) Chem; Grad.Dip (Bus.Admin), GAICD

- Country Director, XPotential
- Marketing & Ethics Committee, Consumer Healthcare Products Australia
- Previously:
 - Marketing & Innovation Director, National Foods;
 - Global Category Director, Fonterra Brands



ANOOP SINGH
COMPANY SECRETARY

MBA, Master of Arts (Eco), Bachelor of Arts (Eco Hons), CPAA

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



SONJA KUKULJAN

PhD (Ex & Physiology) Master of Nut & Dietetics, AccSD

- Group General Manager - Freedom Foods
- Australian Food and Grocery Council - Health Nutrition and Scientific Affairs Committee Member



JOANNE MIRTSCHIN

BHLthSc (Nut & Diet), APD AccSD GAICD

- Food Service Dietitian - AIS



GAYE RUTHERFORD
(from October 2019)

Bachelor of Arts (Hons), Bachelor of Nutrition & Dietetics (Hons), IOC Diploma (Sports Nutrition), Prof Certificate (Pos Psych), GAICD, AccSD, APD

- Tasmanian Institute of Sport Consultant Dietitian
- Gymsports Tasmania Consultant Dietitian
- Team Dietitian, Tokyo Paralympics 2021
- Private Practice Dietitian
- Director, Fairbrother Pty Ltd
- Chair, Fairbrother Foundation
- Casual Academic, Deakin University



CHRIS FONDA
(from October 2019)

Bachelor of Science (Exercise & Sports Science); Master of Nutrition & Dietetics; IOC Diploma (Sports Nutrition); Cert III & IV in Fitness; APD, AccSD

- Sports Dietitian at Compeat Nutrition
- Online Tutor at University of South Australia & University of Melbourne
- Nutritionist at Department of Defence, Science & Technology (Department of Defence)



SALLY WALKER
(from October 2019)

*BSc (Exercise Science & Nutrition)
MSc (Nutrition/Dietetics and Exercise
Rehabilitation); AdvSD; Grad Cert (Clinical
Trials Research)*

- Senior Dietitian at NSW Institute of Sport
- AOC Australian HQ Dietitian Tokyo 2020



CHLOE MCLEOD
(to October 2019)

BNutr & Diet, APD, AdvSD

- Sports Dietitian Private Practice
- HoN at Parramatta Eels NRL
- Co-Owner Health & Performance Collective



FIONA MANN
(to October 2019)

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

- Food and Movement Private Practice



ELIZA FRENEY
(to October 2019)

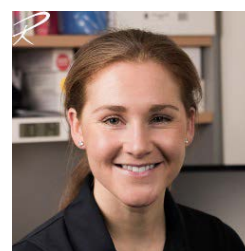
*BAppSc; Masters in Dietetics; IOC
Diploma, APD, AccSD*

- Sports Dietitian to Cricket Australia
- Ripen Health - Private Practice

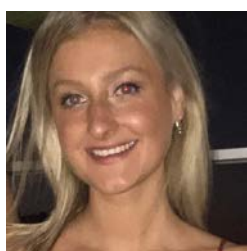
SDA HQ



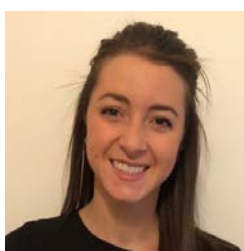
MARIE WALTERS
EXECUTIVE OFFICER



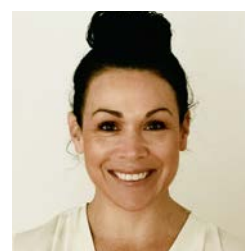
JESS ROTHWELL
IN-HOUSE SPORTS DIETITIAN



EMILIA RENNEY
MEMBERSHIP & EDUCATION



AIMEE MORABITO
SOCIAL MEDIA



KRISTINA SUTHERLAND
PARTNERSHIPS & EVENTS

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), Gaye Rutherford, Fiona Mann

Guest: Simon Power, Baillieu Holst (Investment Adviser)

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



EDUCATION

Ali Disher (Chair), Greg Cox, Kathryn Jackson, Sally Anderson, Kerry Leech, Ricardo Costa, Jess Rothwell & Emilia Renney

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



BIENNIAL CONFERENCE PLANNING

Alan McCubbin (Chair), 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.

ACHIEVEMENTS THIS YEAR:

- Review of SDA investment strategy to ensure the portfolio structure is appropriate for the volatility of the markets due to COVID-19
- Overseeing prudent financial management

ACHIEVEMENTS THIS YEAR:

- Ongoing review and oversight of CDP program activities
- Review of the Knowledge, Skills & Attributes profile
- Oversight of Sports Nutrition Courses delivered in Australia and the development of the SNC into an online format
- Oversight and review of Sports Nutrition Essentials course
- Ongoing content programming for webinar series

"KEEPING YOU COOL"

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

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 OAM, Dr Helen O'Connor (dec.), Karen Inge, Ruth Logan, Dr Deb Kerr, Dr Fiona Pelly, Dr Liz Broad, Holly Frail, Kerry Leech, Dr Gregory Cox and Sarah Dacres-Manning.

HONORARY LIFE MEMBERS: GLENN CARDWELL AND LORNA GARDEN

SPORTS DIETITIANS AUSTRALIA LTD

A.B.N. 97 075 825 991

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FINANCIAL REPORT

FOR THE YEAR ENDED

30 JUNE 2020

CONTENTS

DIRECTORS' REPORT	32
AUDITORS' INDEPENDENCE DECLARATION	33
STATEMENT OF COMPREHENSIVE INCOME	35
STATEMENT OF FINANCIAL POSITION	35
STATEMENT OF CHANGES IN EQUITY	36
STATEMENT OF CASH FLOWS	36
NOTES TO THE FINANCIAL STATEMENTS	37
DIRECTORS' DECLARATION	42
AUDITORS' REPORT	43
AUDITORS' DISCLAIMER	44

SDA FINANCIAL REPORT 19-20

DIRECTOR'S REPORT

The directors present their report on the company for the financial year ended 30 June 2020.

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, Alice Disher, Chloe McLeod retired 19 October 2019, Eliza Freney retired 19 October 2019, Fiona Mann retired 19 October 2019, Joanne Mirtschin, Sonja Kukuljan, Chris Fonda appointed 19 October 2019, Gaye Rutherford appointed 19 October 2019, Sally Walker appointed 19 October 2019

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

OPERATING RESULTS

The surplus of the company amounted to \$43,696. (Prior year deficit \$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.

LONG-TERM OBJECTIVES

The long-term objective (the vision) of SDA is to be the leading source of evidence-based sports nutrition. This is reflected in the organisation's mission which is to promote excellence in sports nutrition practice to enhance performance, health and wellbeing. The strategies for achieving the vision and mission are through the continued development of leaders in evidence-based sports nutrition practice and through increased engagement between these leaders and elite and committed athletes.

SHORT-TERM OBJECTIVES

Shorter-term activities that underpin these strategies include an adapted professional development program including the progression of SDA's flagship Sports Nutrition

Course into a more extensive, online model; tailored collaborations with sporting bodies that promote SDA's members to their target audience; a review and expansion of SDA's suite of resources for both members and the broader community; implementation of technology that facilitates ease of engagement amongst SDA's members, and SDA's members and the athlete community as well as growth of the broader SDA community through expanded membership options.

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 2020 has been received and can be found on page 7.

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

Director: 
Simone Austin

Director: 
Anoop Singh

Dated this 11th day of August 2020

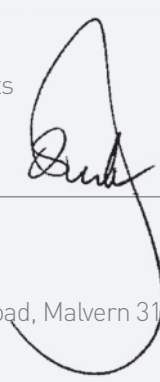
AUDITORS' INDEPENDENCE DECLARATION

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 2020 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 18th day of August 2020

**STATEMENT OF PROFIT OR LOSS AND OTHER
 COMPREHENSIVE INCOME FOR THE YEAR ENDED
 30 JUNE 2020**

	NOTES	2020 \$	2019 \$
INCOME			
Sales revenue	3	4,012	6,067
Cost of sales		(3,462)	(5,041)
Gross profit		550	1,026
Other revenue	3	492,098	362,618
EXPENDITURE			
Administration expenses		(23,856)	(24,493)
Auditor expenses		(4,359)	(4,300)
Depreciation expenses		(6,786)	(12,219)
Employee expenses		(254,793)	(219,078)
Operating expenses		(136,769)	(35,084)
Other expenses		(22,389)	(87,884)
		(448,952)	(383,058)
PROFIT (LOSS)		43,696	(19,414)

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2020

	NOTES	2020 \$	2019 \$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	4	119,966	112,501
Trade and other receivables	5	22,931	47,432
Inventories	6	3,282	2,340
Other current assets	7	3,323	27,268
TOTAL CURRENT ASSETS		149,502	189,541
NON-CURRENT ASSETS			
Financial assets	8	630,633	614,237
Property, plant and equipment	9	88	6,874
Intangible assets	10	2,136	2,136
TOTAL NON-CURRENT ASSETS		632,857	623,247
TOTAL ASSETS		782,359	812,788
LIABILITIES			
CURRENT LIABILITIES			
Trade and Other Payables	11	11,422	27,744
Provisions	12	14,341	7,723
Other current liabilities	13	93,149	157,570
TOTAL CURRENT LIABILITIES		118,912	193,037
TOTAL LIABILITIES		118,912	193,037
NET ASSETS		663,447	619,751
EQUITY			
Retained earnings	14	663,447	619,751
TOTAL EQUITY		663,447	619,751

STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 30 JUNE 2020

	NOTES	RETAINED EARNINGS \$	TOTAL \$
BALANCE AT 1 JULY 2018		639,165	639,165
Profit / (Loss) after income tax		(19,414)	(19,414)
BALANCE AT 30 JUNE 2019		619,751	619,751
Profit / (Loss) after income tax		(43,696)	(43,696)
BALANCE AT 30 JUNE 2020		663,447	663,447

STATEMENT OF CASH FLOWS FOR THE YEAR ENDED 30 JUNE 2020

	NOTES	2020 \$	2019 \$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from courses, sponsorships and memberships		396,292	371,602
Payments to suppliers and employees		(427,925)	(386,846)
Interest received		123	87
Receipts from other sources		78,975	35,635
Net cash provided by (used in) operating activities	15	47,465	20,478
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for intangibles		-	(405)
Net cash provided by (used in) investing activities		-	(405)
CASH FLOWS FROM FINANCING ACTIVITIES			
Returns on investments		-	(13,286)
Withdrawals		40,000	50,000
Deposits		(80,000)	-
Net cash provided by (used in) financing activities		(40,000)	36,714
Net increase (decrease) in cash held		7,465	56,787
Cash at beginning of financial year		112,501	55,714
Cash at end of financial year	4	119,966	112,501

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2020

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 7 August 2020.

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

	2020 \$	2019 \$
REVENUE		
Sales revenue:		
Sale of goods	4,012	6,067
Other revenue:		
Interest received	123	87
Other revenue	491,975	362,531
	492,098	362,618
TOTAL REVENUE	496,110	368,685
OTHER REVENUE FROM:		
Courses & Conferences	185,415	144,427
Memberships	100,623	87,976
Sponsorships	150,174	65,838
Investment Income Received	-	13,286
Other Income	14,050	19,764
Rebates Received	65,317	-
Unrealised Gain on Current Investments	(23,604)	31,240
TOTAL OTHER REVENUE	491,975	362,531

	2020	2019
	\$	\$

4 CASH AND CASH EQUIVALENTS

CBA - Cheque Acocunt	22,677	18,525
CBA - Business Saver	91,433	73,477
Paypal Account	5,856	20,499
	119,966	112,501

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	119,966	112,501
	119,966	112,501

5 TRADE AND OTHER RECEIVABLES

CURRENT

Trade Debtors	10,931	47,432
Other Debtors	12,000	-
	22,931	47,432
	22,931	47,432

6 INVENTORIES

CURRENT

At cost:		
Stock on Hand	3,282	2,340

7 OTHER ASSETS

CURRENT

Prepayments	3,323	27,268
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8 OTHER FINANCIAL ASSETS

NON-CURRENT COLONIAL INVESTMENT ACCOUNT

Cash & Cash Equivalents	231,402	225,025
Other Investments	399,231	389,212
	630,633	614,237

	2020	2019
	\$	\$

9 PROPERTY, PLANT AND EQUIPMENT

Office Equipment - at Cost	27,033	27,033
Less Prov'n for Depreciation	(26,945)	(26,726)
	88	307
Website - at Cost	67,500	67,500
Less Prov'n for Depreciation	(67,500)	(60,933)
	-	6,567
Total Plant and Equipment	88	6,874
Total Property, Plant and Equipment	88	6,874

10 INTANGIBLE ASSETS

Trademark	2,136	2,136
Total	2,136	2,136

11 TRADE AND OTHER PAYABLES

CURRENT		
Trade Creditors	5,503	8,224
Other Creditors	175	-
PAYGW Payable	-	2,076
GST Control Account	5,744	17,444
	11,422	27,744

12 PROVISIONS

Provision for Annual Leave	13,926	5,029
Prov'n for Long Service Leave	415	2,694
	14,341	7,723
TOTAL PROVISIONS	14,341	7,723

ANALYSIS OF TOTAL PROVISIONS

Current	14,341	7,723
	14,341	7,723

13 OTHER LIABILITIES

CURRENT		
Income in Advance	93,149	157,570

	2020	2019
	\$	\$

14 RETAINED EARNINGS

Retained earnings at the beginning of the financial year	619,751	639,165
Net Profit / (Loss) after income tax	43,696	(19,414)
Retained earnings at the end of the financial year	663,447	619,751

15 CASH FLOW INFORMATION

RECONCILIATION OF CASH FLOW FROM OPERATIONS WITH PROFIT AFTER INCOME TAX		
PROFIT / (LOSS) AFTER INCOME TAX	43,696	(19,414)
NON-CASH FLOWS IN PROFIT		
Depreciation	6,786	12,219
Provision for Annual Leave	8,897	(4,458)
Unrealised Gain on Investments	23,604	(31,240)
Provision for Long Service Leave	(2,279)	743
CHANGES IN ASSETS AND LIABILITIES, NET OF THE EFFECTS OF PURCHASE AND DISPOSALS OF SUBSIDIARIES		
(Increase) / Decrease in Trade & Other Receivables	24,501	(31,597)
Increase / (Decrease) in Trade & Other Payables	(16,322)	12,007
(Increase) / Decrease in Other Current Assets	23,945	(24,299)
Increase / (Decrease) in Other Current Liabilities	(64,421)	104,958
(Increase) / Decrease in Stock	(942)	1,559
	47,465	20,478

16 STATUTORY INFORMATION

Sports Dietitians Australia Ltd


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

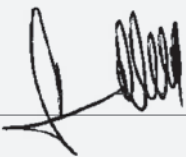
DIRECTOR'S DECLARATION

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 3 to 18, for the year ended 30 June 2020 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 11th day of August 2020

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 2020 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 18th day of August 2020

OUR PARTNERS

CORPORATE



SDA and Meat & Livestock Australia (MLA) entered a new partnership in 2019 to develop practical nutrition resources designed to help Australians enjoy red meat as part of a healthy diet. These resources can be found within the Coaches Toolkit, an area which evolved from the partnership. An SDA Advisory Committee was established to ensure the activities are credible and relevant to dietitians when working with athletes who choose to include meat as part of their healthy diet.

INDUSTRY COLLABORATORS



