

SPORTS DIETITIANS AUSTRALIA

ANNUAL REPORT 2020-2021

Empowering you to take performance to the next level

WELCOME TO ...

SDA year in review July 2020 to June 2021

"There has been a bounty of positive examples of SDA members and stakeholders achieving great things." Gaye Rutherford, President



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Definitions:

AccSD = Accredited Sports Dietitian

AdvSD = Advanced Sports Dietitian

Prov SD = Provisional Sports Dietitian

CDP = Career Development Pathway

HQ = SDA Head Office

PRESIDENT'S REPORT

SPORTS DIETITIANS AUSTRALIA



I'd like to send an enormous wave of gratitude to everyone who has contributed to the SDA community these past 12 months – whether as members, staff, volunteers, students, sponsors or partners, clients of members, or broader community, we are very grateful to have your presence and support. In a 12-months where so many of you have battled uncertainty, lockdown, job cutbacks and even losses, we acknowledge the significant challenges that exist in working within the sport and health industries.

These challenges were forefront of our Board's collective focus in March when our delayed Strategy weekend pivoted to a hybrid combination of state hubs and virtual gathering to agree the key projects for SDA to pursue this year. Acknowledging the critical importance of purpose for achieving meaning and success, a key outcome of this weekend was the clear articulation of SDA's current purpose: "Empowering you to take performance to the next level". The key projects adopted for 2021-22 then address each of the key components of the SDA revamped Mission, "To enhance the performance and health of all by supporting, educating and advocating the role of sports dietitians." Key amongst these projects has been expediating SDA's transition to a new community engagement platform, which our 2021 Sports Nutrition Courses (SNCs) have been trialling; increasing our focus and voice in the high-performance sport advocacy space; and focussing especially on our high performance development offerings for members.

These PD offerings have included two SNC courses now successfully run fully online. The Board is immensely grateful for the significant work of Dr Alan McCubbin and our team of presenters who facilitated this swift transition to online, and also to our course participants who showed flexibility and patience. In addition, SDA has delivered several webinar series and continued to add to the extremely successful Coaches Toolkit and Nutrition Kitchen resources. 2021 is foremost a conference year and by the time this Annual Report is published, SDA's Back to the Future: Sports nutrition past, present and future 2021 Conference will be upon us. At the time of writing the Conference Organising Committee and Board have had to make the hard decision to run a fully virtual conference, with so many of our members affected by ongoing lockdowns and travel restrictions. I am confident with the intense effort of SDA HQ and our Conference team the virtual experience and celebration of 25-years of SDA will be a standout.



In the advocacy space, a number of members have been working tirelessly to ensure the Accredited Sports Dietitian credential is valued, especially in high performance sport and sporting clubs. The importance of this work cannot be understated, as it will ensure jobs for members and raise community and stakeholder awareness of the value of our profession. Alongside this, SDA has responded to several important FSANZ submissions, and sincere gratitude is offered to SDA members who have generously devoted time and knowledge to these submissions.

In her final report last year, the then departing President, Simone Austin, thanked our outgoing Board members (Mike Harley and Sonja Kukuljan), but understandably did not thank herself, so it would be remiss in this space to not formally thank Simone for her outstanding seven years on the Board, five of those years as SDA President; her positive optimism and constant vigilance for SDA opportunities continues to inspire us all. I also extend immense gratitude to Anoop Singh who will be stepping down in October from his role as Appointed Board Member and Company Secretary, which he has held for the past seven years. SDA has benefited significantly from Anoop's sound and steady business acumen and insights.

In 2020-21, we welcomed three new Board members – Sally Anderson, Pip Taylor and Paulo De Souza, who alongside our continuing Board members – Dom Condo (VP), Anoop Singh, Ali Disher, Jo Mirtschin, Sally Walker and Chris Fonda – have actively worked with SDA HQ and our core supporting committees across a variety of SDA projects. I am indebted to the support of this amazing team.

In closing, despite the challenges this year has thrown – and continues to throw – there have been a bounty of positive examples of SDA members and stakeholders achieving great things. SDA HQ has thrived under the positive leadership of Marie Walters; many of our members have supported Olympic and Paralympic athletes to successfully compete on the world stage – and other athletes from the recreational to elite level right across the country to compete or achieve personal goals; and each and every one of you is helping us take performance to the next level – one small step at a time.

Gaye Rutherford President

EXECUTIVE OFFICER'S REPORT

SPORTS DIETITIANS AUSTRALIA



The previous twelve months have continued to provide an ever-changing landscape that has included periods of life returning to a form of 'normalcy', to the country currently facing its most challenging COVID-19 period yet. I reiterate Gaye's acknowledgement of the challenges that our SDA community has faced (and continues to face) and am in awe of the daily effort and adaptation that is required by all.

At the SDA 2020 AGM, auditor Douglas Mitchell commended SDA for its culture of ongoing improvement which holds the organisation in strong stead. This culture is evident throughout the organisation including the Board, the various committees and members who contribute to SDA as well as within HQ.

The culture of continued improvement is very much built on the groundwork laid by SDA's founding members who also instilled the culture of teamwork, camaraderie and supporting each other's successes. These attributes remain ever present, and remain key for the future of SDA. On the 16th of October 2021, SDA will officially turn 25. Whilst we are disappointed that we will be unable to celebrate together on the day itself, we look forward to the SDA community being able to come together in person at a time not too far away to celebrate the successes of all who have contributed to SDA over the course of these past 25 years.

There is much that happens 'behind the scenes' for such a small organisation and I have immense gratitude to the team: Kristina Sutherland, Debra Smith, Bethanie Allanson and Aimee Morabito, and more recently Chris Fonda for their dedication and tireless efforts in keeping SDA moving forward, alongside each and every member who has contributed, in both voluntary and paid capacities.

A visitor, external to but familiar with SDA, came to our office for the first time this year, saw the full team at their desks, then asked where the other departments were located! The organisation should have absolute pride in this positive misperception, as it attests to the output of a relatively small team. SDA HQ has continued to ride the wave of alternating between working from home and the office, with the latter being minimal across the previous 12 months, but this has not impacted team efforts or dedication.

Internships are a valuable way for future sports dietitians to gain an insight into the profession and we are extremely grateful to Isabella Rennick (Deakin University) who at the last minute had to undertake her internship remotely last year. This did not inhibit her enthusiasm for her internship project and we congratulate her on achieving admission into her Masters of Dietetics. This year we are pleased to be providing internships to Natalie Tan, Olivia Dullard and Macy Urbanovski, all of Deakin University, again juggling their projects remotely including Natalie who is currently based in Singapore! Their contributions will also result in valuable future resources for the SDA community.

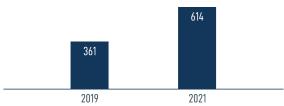
Financially SDA has maintained a steady course and I am pleased to report that despite challenging economic times, SDA's overall monetary position remains sound. SDA HQ remains committed to the culture of continued improvement and SDA's financial position enables the organisation to continue to pursue projects that evolve the value of the AccSD credential, help build capacity for both individual members and of the broader profession and help increase the engagement between SDA members and the community. I thank Gaye Rutherford and the Board for their strategic direction and immense contributions to SDA.



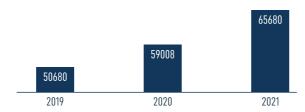
YEAR BY NUMBERS

SDA COURSES AND EVENTS **PARTICIPANTS**

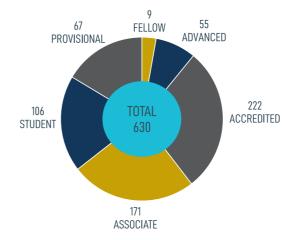
70% increase on previous non conference year (2019)



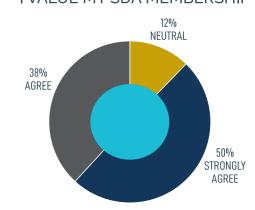
SDA COMMUNITY AUDIENCE



MEMBERSHIP AS AT 30 JUNE 2021



I VALUE MY SDA MEMBERSHIP



FOLLOWERS

11,100

10,104

REFUEL COMMUNITY

11,400

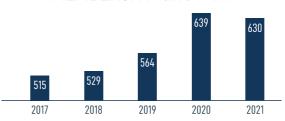


21,475

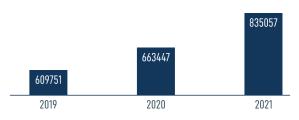


11,601

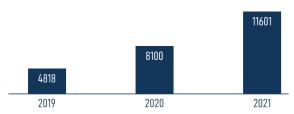
MEMBERSHIP GROWTH



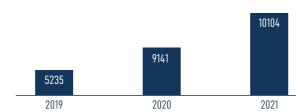
\$ BALANCE SHEET



LINKEDIN FOLLOWERS



INSTAGRAM FOLLOWERS







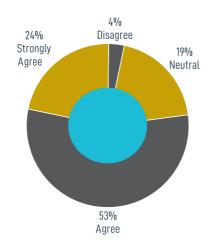


To advocate the role of members, ensuring access to leading education, credentials and resources that place them at the forefront of sports nutrition, facilitating the opportunity to connect and engage with their colleagues

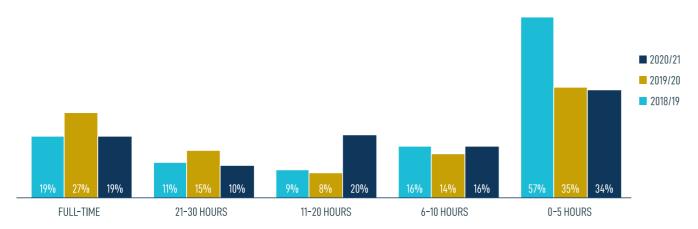
MEMBERS



SDA IS CONTINUALLY INCREASING THE PROFILE OF SPORTS DIETITIANS



AVERAGE HOURS PER WEEK PRACTICING SPORTS NUTRITION



Members are SDA's raison d'etre and 2020-21 has provided members with the most challenging of circumstances to navigate which is forefront of mind for the SDA Board and SDA HQ. SDA provided continuing support to members' practices with resources including the quarterly ReFuel eMag, Fuel, updated factsheets, Coaches Toolkit, Nutrition Kitchen, fundamental ongoing professional development and credentialing in addition to membership renewal extensions, increased opportunities to connect via online State meetings during those crucial early days of navigating COVID-19, and access to mental health resources such as the Black Dog Institute TEN program (The Essential Network for Health Professionals).

EDUCATION

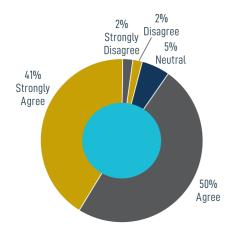
Education has long been and will continue to be a primary pillar of SDA. The Education Committee drives a dynamic PD program each year with a range of learning opportunities for our members that are a mixture of paid and complimentary. A major education milestone for the SDA community this year was the progression of the former 4-day sports nutrition course into an online format. The SDA Board, Education Committee and HQ unanimously sought to protect the connectivity and collaboration that the course sparks amongst participants and presenters alike, so ultimately, post COVID-19, the course will be a blended format of online and face to face practical content. Immense gratitude goes to all who contributed content to the course and special thanks to Dr Alan McCubbin for his tireless work in transitioning the course to its new format in addition to Associate Professor Gregory Cox, Greg Shaw and their predecessors, as the calibre of the course today is the culmination of each individual's energy and expertise spanning the many years since its inception.

Alongside significant planning for SDA's 2021 Biennial Conference and 25th Anniversary celebrations SDA was proud to host 614 education participants through the facilitation of:

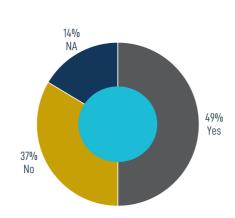
Sports Nutrition Course – February-April 2021; May-July 2021	93 participants
Sports Nutrition Essentials Course – September-November 2020; April-June 2021	57 participants
Female Athlete Symposium: Understanding the Evidence – October 2020, from 12 countries across UK/Europe, USA, Africa, Asia and Pacific	143 participants
Webinar Series: Working with Teams: Playing the Long Game Olympic Webinar Series - Food Service - Making Weight - Managing allergies and intolerances in a stressful environment - Hydration & Cooling	115 participants 81 participants
New Zealand Blackcurrants – A breakthrough natural sports performance enhancer	125 participants

CREDENTIALS

THE CDP IS VALUABLE FOR SETTING AND MAINTAINING A STANDARD FOR BEING AN ACC/ADV SPORTS DIETITIAN



I USE MY SDA LOGO TO DISPLAY MY ACCREDITATION



The SDA AccSD credential continues to be the eminent qualification for delivering sports nutrition in Australia. The Education Committee commenced a comprehensive review of the Career Development Pathway to ensure it continues to evolve as the needs and practices of SDA's members evolve. With special thanks specifically to Kerry Leech, Ali Disher and Sally Anderson for their work in progressing this which is due for completion by December 2021.

SDA is also in the process of developing an additional credential that focusses on developing the skills and knowledge of members working and seeking to work in high performance and team sports. Developing stronger career pathways for emerging members and building the capacity of the membership in this domain are key drivers behind this initiative. Visible progress of this initiative will occur in 2022.

ADVOCACY

Team Sports

Advocating the role of sports dietitians remains crucial with significant and meaningful progress having been made in AFL in particular. The AFL Dietitians group, led by Pip Taylor and Emily Meehan, formalised the group as a subcommittee of the SDA, now known as the AFL SDA. A smaller working group including Pip Taylor (Chair, formerly Brisbane Lions), Emily Meehan (Vice Chair, Collingwood FC), Jessica Spendlove (Greater Western Sydney), Simone Allen (West Coast Eagles), Elise Anderson (Sydney Swans), Bek Alcock (Melbourne FC) and Dom Condo (Geelong FC) have been working toward: inclusion of dietetic servicing in the AFL medical manual in which clubs are audited and input into levels of servicing for best practice; involvement in AFL policy around measurement of body composition in the AFL draft process through to clubs; research projects including body image and eating disorders in AFL/AFLW athletes and nutrition in Indigenous AFL athletes; commercial opportunities partnering with companies that will help to not only promote the profession but create content to be distributed from grassroots athletes through to professional level.

Food Regulations

SDA made further submissions to FSANZ during the FY2021, specifically in relation to caffeine concentration levels (FSANZ P1054) and electrolyte drinks (FSANZ P1030). Data collection is currently underway for submission to FSANZ for the review of Standard 2.9.4 – Formulated Supplementary Sports Foods which is a major undertaking. As the peak body for sports nutrition in Australia, SDA's voice is key to these submissions and immense gratitude goes to the members who have provided their expertise including Associate Professor Ben Desbrow, Professor Louise Burke, Associate Professor Gary Slater, Associate Professor Gregory Cox and Associate Professor Ricardo Costa. Furthermore, through the internship of Natalie Tan and guidance of SDA member Sonja Kukuljan, SDA is in the process of developing a new resource to support members when navigating this often complex area.

Testimonials

Testimonials and their associated governance provide a complex challenge for members to be able to achieve market cut through when the internet is flooded with an abundance of unregulated content. SDA participated in the Dietitians Australia Ethical Advertising Working Group with appreciation to Harriet Walker for her valuable contributions and practitioner insights in advocating the needs of sports dietitians in the current marketplace. In addition to seeking greater clarity for members, SDA's contribution also included advocacy for resources that support members with what is possible for dietitians in the form of ethical advertising. Finalisation of this project is pending the outcome of proposed changes to National Law and a revision to AHPRA's advertising guidelines.

Connection

Twenty five years ago SDA was created on the foundation of connection. The founding members, working with different teams across different codes came together for the mutual benefit of their work, the athletes they supported and advancement of the profession within sport. In 2021, this connectivity remains vital to SDA's community. As such, SDA is continuing with the implementation of SDAConnect community engagement platform that will foster connection not only between SDA members but also the broader sports community. The pilot phase is currently underway via SNC participants, with further groups due to pilot the platform during 2021, with broader access planned for late 2021-early 2022. With thanks to Chris Fonda for leading the implementation of the platform in collaboration with Kristina Sutherland of HQ and supported by Macy Urbanovski's intern project. In the meantime, GoogleGroups continues to provide the avenue for key technical support between members, alongside the monthly CDP updates and bi-monthly Fuel updates. Social media also continues to be an avenue of connection between members and the broader community.

STATES OF THE NATION

Newcastle

To help build connection and collaboration in regional NSW, the Newcastle Hub is coordinated by Advanced Sports Dietitian Alicia Edge. It has been a challenging year for catch-ups and sessions, no doubt, so we haven't done as much as we would have liked! Highlights have instead been around the support that everyone offered each other in the challenging times, and the openness of referral pathways between members. More virtual sessions are ahead to foster connection during these times of lockdown.

Victoria

Cheyenne Holman is the current Victorian coordinator. She is currently working with Essendon Football Club and starting her PhD in sports nutrition. Over the past 12months Victorian members have been facing many challenges with constant changes in restrictions to their workplace, but the Victorian branch has been able to engage with their clients/teams/clubs in different ways. Some of the group sessions that were able to be run included a session with two PhD candidates at Monash University on protein in sport and up to date recovery sports nutrition. VIC were also lucky to have the privilege of having a session with some AFL dietitians that have been working in the Hubs during the 2020 AFL session learning of their experiences, in addition to hearing a snapshot from different sports dietitians working in different areas of sports nutrition and how they got into these areas.

New South Wales

The SDA NSW Branch Coordinators for 2020-2021 were Michelle Bruce and Bonnie Lai. Unfortunately, the challenges of the past year meant that NSW did not host any branch meetings, though there is intention to facilitate further virtual meetings in the near future with a return to face to face meetings when the easing of restrictions allows. NSW branch promotes opportunities for networking, collaboration and the sharing of information amongst members and this will continue going forward.

South Australia

Coordinated by Meg Lemon, the SA SDA members have continued to adapt to the normal and used zoom as a means to connect, share ideas on how to better serve athletes/teams in COVID times, the benefits and challenges of telehealth, discussing learnings and their application from sporting conferences, seminars and webinars. Many members have risen to the challenges of these uncertain times and found new and fun ways to work with athletes, teams and even provide virtual cooking classes and Masterchef cook-offs! We've had a few members involved in supporting our Aussie athletes in their pursuit of dreams in Tokyo and some on the forefront in Tokyo, tirelessly working long hours fuelling the hungry athletes to success. Editor's note: None more so at the forefront of Tokyo success than Meg herself, winning Bronze in cycling.

QLD

The SDA QLD branch was coordinated by Nathan Cook in 2020 and subsequently by Marzia Bell since February 2021. Covid of course threw a spanner in the works, and we went from mostly in person meetings to Zoom format, like most other things in life in 2020. We had a couple of Zoom catch ups to stay connected and share our experiences of working with athletes during the pandemic. With 2021 and the easing of restrictions, we decided to bring the in-person meetings back. This year we have had amazing presentations from sports physician Stacey Compton and Advanced Sports Dietitian Sally Anderson on RED-S management. We have had a video podcast style chat about fuelling elite cyclists with Accredited Sports Dietitian Alan McCubbin and a super interesting insight into fuelling swimmers on their way to Tokyo by Advanced Sports Dietitian Ali Disher. All in all, the content has been fantastic, we have trialled a centralised meeting, with a hub at the Sunshine Coast to provide networking opportunities, which worked really well, and we will continue to provide those opportunities, we are working on a Gold Coast hub as well. The word on the street is that an event for the conference and Christmas drinks are on the horizon. for us.

Tasmania

The SDA Tassie crew extend a warm thank you to Suzie Waddingham who stepped out of the State Coordinator role earlier this year to focus on a managerial role in the Tasmanian Collaboration for Health Improvement. And a big thank you to Emilie Burgess for stepping in to support the small but enthusiastic Tassie sports dietetics network. Emilie is coordinating a series of regular online meetings with a focus on professional development and building our relationships.

Western Australia

2021 has been a challenging year with several WA events being cancelled due to lockdowns. Coordinated by Bronwen Charlesson, WA have made the most of smaller opportunities including a Women in Sport event to see each other. In addition the WA group gathered to watch one of their own David Bryant compete in para-triathlon at Tokyo Paralympics. David finished 7th in a fantastic effort. WA hope to have some great CPD events in the coming months.





To ensure the community, industry and professional bodies are engaged with our accredited members, as the leaders in sports nutrition

COMMUNITY & STAKEHOLDERS

SDA has continued to foster links between its members and the broader community by investing time and resources into tools such as the SDA website, ReFuel eMag, ongoing updates to the suite of SDA factsheets, implementation and enhancement of the Coaches Toolkit, expansion of Nutrition Kitchen and through an active social media profile. Implementation of the community engagement platform will exponentially increase opportunities for these links between members and the community.







SDA continues to engage with industry through strategic sponsorship arrangements. Such sponsorships provide exposure and insights to evidence-based products and services that can support the practice of SDA's members, provide work opportunities and work experience for members in numerous cases, whilst also providing valuable revenue to the organisation which contributes to funding member support services and keeping membership and PD registration fees conservative.

A positive addition to SDA's sponsorships has been the collaboration with Coles PerForm range. The exposure of the sports dietitian profession and the opportunity to provide education resources to the broader consumer market has been a key benefit of the collaboration, along with on-pack references to sports dietitians, in store voiceovers and both online and print media exposure.















SDA continues to engage with industry associations for mutual benefit of members. Some of the activities have included discussions with SENr in the United Kingdom which will result in access to international professional development for members, promoting the role of Accredited Sports Dietitians to the ASCA membership and promoting SDA members and resources to the national Masters Swimming community.

Below are some of the organisations SDA collaborates with in various capacities.

















To ensure ongoing financial stability while maintaining organisational relevance as the leading influence in sports nutrition

Despite the challenging financial climate facing many organisations at the current time, SDA has maintained a steady course over the previous 12 months with the financial year yielding a FY2021 profit of \$171,000 and a growth in assets of 26% on the prior financial year. This is attributable to a range of factors including prudent and strategic management of SDA's financial reserves, led by the SDA Finance Committee; conservative expenditure; and government stimulus contributions.

SDA remains focussed on expanding operational revenue sources through further education initiatives. Such expansion is beyond financial with a core objective being increased engagement with allied health professions and athletes alike.

The culmination of initiatives reported within all work towards maintaining the influence and relevance of sports dietitians.



Ali Disher



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

- QLD Rugby League
- QUT
- Swimming Australia
- Private Practice Dietitian

Chris Fonda



BSc (Ex&SportsSc); Master of Nutr & Dietetics; IOC Diploma (Sports Nutrition); Cert III & IV in Fitness; APD, AccSD

- Clinical Dietitian (Healthscope Hospitals)
- Private Practice
- Casual Tutor, University of Melbourne

Joanne Mirtschin



B Health & Science (Nutr & Diet), AccSD, APD,

Food Service Dietitian - AIS

Paulo de Souza



PhD (Dr rer. nat.) MSc, BSc (Physics) FACS, MIEEE(Sr), GAICD

Professor and Head of School of Information and Communication Technology (Southeast Queensland Region), Griffith University, Queensland

Gaye Rutherford



President

- Consultant Dietitian
- Gymsports Tasmania Consultant Dietitian
- Team Dietitian, Tokyo Paralympics 2020
- Private Practice Dietitian
- Director, Fairbrother Pty Ltd Chair, Fairbrother Foundation
- Casual Academic, Deakin

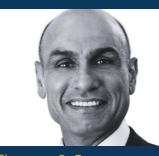
Dom Condo



Vice President

- Senior Lecturer, Deakin
- Deputy Course Director,
- Deakin University Sports Dietitian Geelong Football Club (AFL), Melbourne Boomers (WNBL)
- Dr Dom Consulting

Anoop Singh



Finance & Company Secretary

CEO, Asia Pacific Healthcare

- COO International, Healthscope Director, Australian Diagnostics,
- GM Pathology, Symbion Health
- Commercial Manager Mayne Health

Pip Taylor



B.Sc (Human Life Sciences) MSc (Nutrition and Dietetics) IOC Grad Cert Sports Nutrition ASCA Lv1 AccSD, APD

- Pillar Performance Dietitian
- PT Consulting
- Principal Project Officer Crown Land Commissioners Office
- Chair AFL Sports Dietitians

Sally Anderson



BAppSc (Ex Phys - Hons), Master of Nutr & Dietetics (Hons) AdvSD, APD

- Diving Australia
- Tennis Australia QAS
- Private Practice Dietitian

Sally Walker



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

- Nutrition Section Lead at
- NSW Institute of Sport AOC Australian HQ Dietitian Tokyo 2020
- SDA ANNUAL REPORT 2020-21 (27)

COMMITTEES

SPORTS DIETITIANS AUSTRALIA

Board Appointed Committees

SDA's Committees are comprised of volunteer members who provide their technical expertise, professional insights and valuable time to drive forward the Board's strategic plan. SDA is immensely grateful for their immeasurable contributions.



Finance Audit & Risk

Anoop Singh, Chair

Gaye Rutherford

Fiona Mann

Marie Walters, EO

Education

Ali Disher, Chair

Associate Professor Gregory Cox, Fellow

Kerry Leech, Fellow

Associate Professor Ricardo da Costa

Dr Kathryn Jackson

Sally Anderson

Bethanie Allanson, In House Sports Dietitian

Kristina Sutherland, Projects

Marie Walters, EO

2021 Biennial Conference

Dr Janelle Gifford, Co Chair

Dr Dominque Condo, Co Chair

Associate Professor Ricardo da Costa

Rachel Scrivin

Margot Rogers

Kristina Sutherland, Projects

Marie Walters, EO

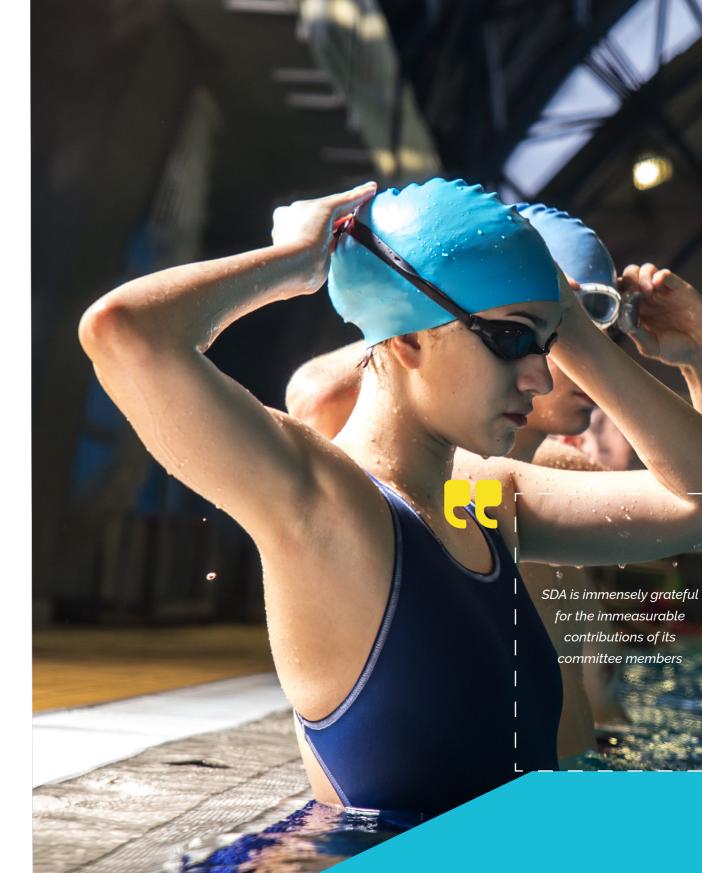
AFL Dietitians Committee

Pip Taylor, Chair

Jessica Spendlove

Dom Condo

Elise Anderson



Rebekah Alcock

Simone Allen

SDA HQ - STAFF

SPORTS DIETITIANS AUSTRALIA

With thanks to Jess Rothwell and Emilia Renney for their service to SDA. Both Jess and Emilia left SDA in March to progress their dietetics careers.





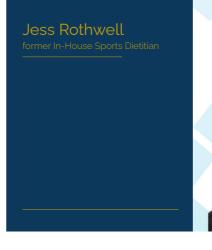




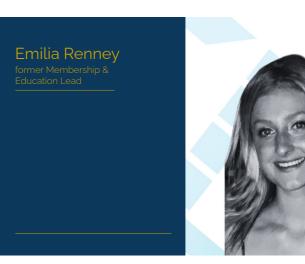




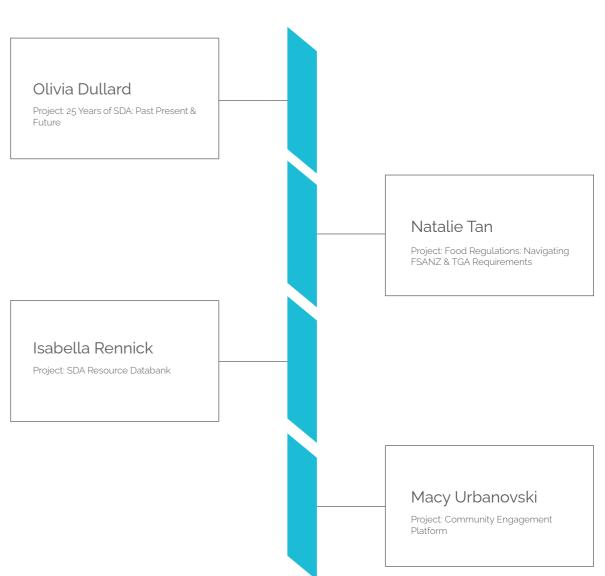








INTERNSHIPS





For the year ended 30 June 2021

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DIRECTOR'S REPORT

The directors present their report on the company for the financial year ended 30 June 2021.

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 retired 26 October 2020

Dominique Condo

Anoop Singh

Mike Harley retired 26 October 2020

Alice Disher

Joanne Mirtschin

Sonja Kukuljan retired 26 October 2020

Chris Fonda

Gaye Rutherford

Sally Walker

Pip Taylor appointed 26 October 2020

Sally Anderson appointed 26 October 2020

Paulo de Souza appointed 19 November 2020

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 \$171,640. (Prior year surplus \$43,696)

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, as updated in March 2021, is To be the leaders in health and performance through sports nutrition. This is reflected in the organisation's updated mission which is To enhance the performance and health of all by supporting, educating and advocating the role of sports dietitians. The strategies for achieving the vision and mission are through the strategic pathways of:

- Members: To advocate the role of members, ensuring access to leading education, credentials and resources that place them at the forefront of sports nutrition; facilitating the opportunity to connect and engage with their colleagues
- Community & Stakeholders: To ensure the community, industry and professional bodies are engaged with our accredited members, as the leaders in sports nutrition
- Organisational Sustainability: To ensure ongoing financial stability while maintaining organisational relevance as the leading influence in sports nutrition

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, expansion of the credential program to build the high performance capacity of members and the profession; targeted advocacy of the sports dietitians in elite and professional sports; implementation of technology that facilitates ease of engagement within the SDA membership, between 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.

Information on Responsible Entities

Alice Disher

Qualifications - BAppSc (Ex Phys), BHlthSc (Nut & Diet), PhD (current), AdvSD, APD.

Current Roles - QAS, QLD Rugby League, QUT, Swimming Australia, Private Practice Dietitian

Anoop Singh

Qualifications - MBA, Master of Arts (Eco), Bachelor of Arts (Eco Hons), CPA.

Current Roles - CEO, Asia Pacific Healthcare Group. Previously - COO International

Healthscope, Director Australian Diagnostics, GM - Pathology Symbion Health Ltd,

Commercial Manager - Mayne Health.

Chris Fonda

Qualifications - BSc (Ex&SportsSc); Master of Nutr & Dietetics; IOC Diploma (Sports Nutrition); Cert III & IV in Fitness; APD, AccSD.

Current Roles - Clinical Dietitian (Healthscope Hospitals), Private Practice, Casual Tutor University of Melbourne.

Dominique Condo

Qualifications - BSc; Masters in Nutr & Diet; PhD; APD; AdvSD.

Current Roles - Senior Lecturer Deakin University, Deputy Course Director Deakin University, Sports Dietitian - Geelong Football Club (AFL) & Melbourne Boomers (WNBL), Dr Dom Consulting.

Gaye Rutherford

Qualifications - Bachelor of Arts (Hons), Bachelor of Nutrition & Dietetics (Hons), IOC Diploma (Sports Nutrition), Prof Certificate (Pos Psych), AICD, AccSD, APD.

Current Roles - Tasmanian Institute of Sport Consultant Dietitian, Gymsports Tasmania

Consultant Dietitian, Team Dietitian Tokyo Paralympics 2020, Private Practice Dietitian,

Director Fairbrother Pty Ltd, Chair Fairbrother Foundation, Casual Academic Deakin University.

Joanne Mirtschin

Qualifications - B Health & Science (Nutr & Diet), AccSD, APD, GAICD,

Current Roles - Food Service Dietitian - AIS.

Mike Harley

Qualifications - BSc; Grad.Dip (Bus.Admin)

GAICD, Country Director - Xpotential. Previously - Marketing & Innovation Director - National Foods; Global Category Director Fonterra Brands.

Sally Walker

Qualifications - BSc (Exercise Science & Nutrition) MSc (Nutrition/Dietetics and Exercise Rehabilitation). AdvSD, APD, Grad Cert (Clinical Trials Research).

Current Roles - Nutrition Section Lead at NSW Institute of Sport, AOC Australian HQ Dietitian Tokyo 2020.

Pip Taylor

Qualifications - B.Sc (Human Life Sciences), MSc (Nutrition and Dietetics), IOC Grad Cert Sports Nutrition, ASCA Lv1, AccSD, APD.

Current Roles - Pillar Performance Dietitian, PT Consulting, Principal Project Officer - Crown Land Commissioners Office, Chair AFL Sports Dietitians.

Sally Anderson

Qualifications - BAppSc (Ex Phys - Hons), Master of Nutr & Dietetics (Hons), AdvSD, APD.

Current Roles - Diving Australia, Tennis Australia, QAS, Private Practice Dietitian.

Paulo de Souza

Qualifications - PhD (Dr rer. nat.) MSc, BSc (Physics), FACS, MIEEE(Sr), GAICD.

Current Roles - Professor and Head of School of Information and Communication Technology (Southeast Queensland Region) Griffith University Queensland.

Responsible Entities' Meetings

During the financial year 7 meetings of responsible entities were held. Attendance by each responsible entity were as follows:

	Number attended	Number eligible to attend
Alice Disher	6	7
Anoop Singh	6	7
Pip Taylor	4	4
Chris Fonda	7	7
Dominique Condo	5	7
Sally Anderson	4	4
Paulo de Souza	4	4
Gaye Rutherford	7	7
Jo Mirtschin	7	7
Mike Harley	3	3
Sally Walker	7	7
Simone Austin	3	3
Sonja Kukuljan	2	3
Marie Walters (Ex Officio)	7	7

Auditors' Independence Declaration

The lead auditors' independence declaration in accordance with section 307C of the Corporations Act 2001, for the year ended 30 June 2021 has been received and can be found on page 7.

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

Director: Anoop Singh

Director Gaye Rutherford

Dated this 24th day of September 2021

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 2021 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: Level 1 261-271 Wattletree Road, Malvern 3144

Dated this 24th day of September 2021

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME FOR THE YEAR ENDED 30 JUNE 2021

		2021	2020
	Note	\$	\$
Income			
Sales revenue	3	3,306	4,012
Cost of sales		(3,245)	(3,462)
Gross profit		61	550
Other revenue	3	582,720	492,098
Expenditure			
Administration expenses		(19,306)	(23,856)
Auditor expenses		(4,500)	(4,359)
Depreciation expenses		(3,989)	(6,786)
Employee expenses		(265,180)	(254,793)
Operating expenses		(86,910)	(136,769)
Other expenses		(31,256)	(22,389)
		(411,141)	(448,952)
Profit		171,640	43,696

STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2021

		2021	2020
	Note	\$	\$
ASSETS			
CURRENT ASSETS			
Cash and cash equivalents	4	109,604	119,966
Trade and other receivables	5	22,365	22,931
Inventories	6	2,073	3,282
Other current assets	7	3,770	3,323
TOTAL CURRENT ASSETS		137,812	149,502
NON-CURRENT ASSETS			
Financial assets	8	853,495	630,633
Property, plant and equipment	9	35,376	88
Intangible assets	10	2,136	2,136
TOTAL NON-CURRENT ASSETS		891,007	632,857
TOTAL ASSETS		1,028,819	782,359
LIABILITIES			
CURRENT LIABILITIES			
Trade and Other Payables	11	46,015	11,422
Provisions	12	16,311	14,341
Other current liabilities	13	131,406	93,149
TOTAL CURRENT LIABILITIES		193,732	118,912
TOTAL LIABILITIES		193,732	118,912
NET ASSETS		835,087	663,447
EQUITY			
Retained earnings	14	835,087	663,447
TOTAL EQUITY		835,087	663,447

STATEMENT OF CHANGES OF EQUITY FOR THE YEAR ENDED 30 JUNE 2021

		Retained	
	Note	earnings	Total
		\$	\$
Balance at 1 July 2019		619,751	619,751
Profit / (Loss) after income tax		43,696	43,696
Balance at 30 June 2020		663,447	63,447
Profit / (Loss) after income tax		171,640	171,640
Balance at 30 June 2021		835,087	835,087

STATEMENT OF CASH FLOWS AS AT 30 JUNE 2021

		2021	2020
		\$	\$
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from courses, sponsorships and members	ships	327,377	396,292
Payments to suppliers and employees		(371,036)	(427,925)
Interest received		24	123
Receipts from other sources		217,220	78,975
Net cash provided by operating activities	15	173,585	47,465
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for property, plant and equipment		(39,277)	-
Payments for investments		(144,670)	-
Net cash provided by (used in) investing activities		(183,947)	_
CASH FLOWS FROM FINANCING ACTIVITIES			
Withdrawals		-	40,000
Deposits		-	(80,000)
Net cash provided by (used in) financing activities		-	(40,000)
Net increase (decrease) in cash held		(10,362)	7.465
Cash at beginning of financial year		119,966	112,501
Cash at end of financial year	4	109,604	119,966

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

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 2021.

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.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

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.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

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

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.



NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

	2021	2020
	\$	\$
3 Revenue and Other Income		
Revenue		
Sales revenue:		
Sale of goods	3,306	4,012
Other revenue:		
Interest received	24	123
Other revenue	582,696	491,975
	582,720	492,098
Total revenue	586,026	496,110
Other revenue from:		
Courses & Conferences	149,424	185,415
Memberships	91,309	100,623
Sponsorships	126,013	150,174
Other Income	10,341	14,050
Rebates Received	127,417	65,317
Unrealised Gain on Current Investments	78,192	(23,604)
Total other revenue	582,696	491,975
4 Cash and Cash Equivalents		
CBA - Cheque Account	31,588	22,677
CBA - Business Saver	66,117	91,433
Paypal Account	11,899	5,856
	109,604	119,966
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	109,604	119,966

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

	2021	2020
	\$	\$
5 Trade and Other Receivables		
Current		
	00.070	
Trade Debtors	20,870	10,931
Other Debtors	1,495	12,000
	22,365	22,931
6 Inventories		
Current		
At cost:		
Stock on Hand	2,073	3,282
7 Other Assets		
Current		
Prepayments	3,770	3,323
8 Other Financial Assets		
Non-Current		
Colonial Investment Account		
Cash & Cash Equivalents	313,739	231,402
Other Investments	539,756	399,231
	853,495	630,633
9 Property, Plant and Equipment		
Office Equipment - at Cost	32,233	27,033
Less Prov'n for Depreciation	(27,062)	(26,945)
	5,171	88
Website - at Cost	101,277	67,500
Less Prov'n for Depreciation	(71,072)	(67,500)
	30,205	-
Total Plant and Equipment	35,376	88
Total Property, Plant and Equipment	35,376	88
	33/37 ~	

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

	2021	2020
	\$	\$
10 Intangible Assets		
Trademark	2,136	2,136
Total	2,136	2,136
11 Trade and Other Payables		
Current		
Trade Creditors	17,724	5,503
Other Creditors	9,734	175
PAYGW Payable	5,364	-
GST Control Account	13,193	5,744
	46,015	11,422
12 Provisions		
Provision for Annual Leave	15,253	13,926
Provision for Long Service Leave	1,058	415
	16,311	14,341
Total provisions	16,311	14,341
Analysis of Total Provisions		
Current	16,311	14,341
13 Other Liabilities		
Current		
Income in Advance	131,406	93,149
14 Retained Earnings		
Retained earnings at the beginning of the financial year	663,447	619,751
Net Profit / (Loss) after income tax	171,640	43,696
Retained earnings at the end of the financial year	835,087	663,447

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

	2021	2020
	\$	\$
15 Cash Flow Information		
Reconciliation of Cash Flow from Operations with		
Profit afterIncome Tax		
Profit / (Loss) after income tax	171,640	43,696
Non-cash flows in profit		
Depreciation	3,989	6,786
Provision for Annual Leave	1,327	8,897
Unrealised Gain on Investments	(78,192)	23,604
Provision for Long Service Leave	643	(2,279)
Changes in assets and liabilities, net of the effects		
of purchase and disposals of subsidiaries		
(Increase) / Decrease in Trade & Other Receivables	566	24,501
Increase / (Decrease) in Trade & Other Payables	34,593	(16,322)
(Increase) / Decrease in Other Current Assets	(447)	23,945
Increase / (Decrease) in Other Current Liabilities	38,257	(64,421)
(Increase) / Decrease in Stock	1,209	(942)
	173,585	47,465

16 Statutory Information

The registered office of the company is: Sports Dietitians Australia Ltd Sports House, 375 Albert Road, South Melbourne VIC 3206

The principal place of business is:

Sports House, 375 Albert Road, South Melbourne VIC 3206

DIRECTORS' DECLARATION

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 34 to 49, for the year ended 30 June 2021 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:

Anoop Singh

Director: Gave Rutherford

Dated this 24th day of September 2021

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 2021 and the statement of comprehensive income, statement 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.

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF SPORTS DIETITIANS AUSTRALIA LTD

A.B.N. 97 075 825 991

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 2021 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: Level 1 261-271 Wattletree Road, Malvern 3144

Dated this 24th day of September 2021



