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## **President's Report - Dr Helen O'Connor**

Without a doubt, this has been the busiest year of all the four years of my presidency. I guess I now have some understanding of the build up athletes feel to an Olympics! Reading through this report it is impossible not to recognise the incredible amount of work that has taken place for such a small group. I know that board members and particularly the executive often wonder what we did before SDA came along. Despite looking forward to a break when I step down after the 2000 AGM, I will certainly miss the buzz of activity the SDA executive brings, and I will also miss being a part of the challenges, which lie ahead. I must say that I have never before worked with a team of more committed people who generously give of their time in a voluntary capacity.

I feel fortunate this year to have been able to participate in some exciting projects on a professional level, rather than just watching other members do the work. This included coordinating and editing along with Barbara Eden 'The recommendations for nutrition and physical activity for Australian children, which was published with the Medical Journal of Australia in August. This project took about eight months from start to finish and involved SDA working with a number of paediatric experts from Australia and overseas. The supplement formed the basis of lay nutrition education material, which provided tips on nutrition, and physical activity for primary school aged children. There was tremendous media and professional interest in the supplement and thanks must go to Karen Inge who did over 40 media interviews related to this project. Hopefully the success of this venture will result in continued community impact and further work by SDA in this important area.

The other major events this year were of course the Olympic and Paralympic Games. SDA organised and staffed a nutrition kiosk with the Assistance of Tim Catterall from Aramark/Spotless catering and Dr Gareth Denyer and Fiona Pelly from the University of Sydney. Thanks must go to all the dietitians who gave of their time on the Olympic Menu Review Committee who provided feedback to Aramark/Spotless on the proposed Olympic menu and to those who gave of their time at the kiosk. Particular thanks should go to those dietitians who bounced back for another stint at the Paralympics. I again feel privileged to have been involved in this project on a professional level and have enjoyed working closely with SDA state director Fiona Pelly who practically lived and breathed dietary analysis and kiosk business for most of this year. Thanks also to Nicola Cummings who developed and delivered a training package on sports nutrition to the Olympic chefs.

The success of the kiosk and the dining hall during the games was most certainly due to good teamwork with Aramark/Spotless and the University of Sydney. Tremendous thanks most also go to the NSW Institute of Sport who initially facilitated early discussions and NSWIS athletes who gave invaluable feedback on dining hall preferences, competition eating etc. The feedback from members in our 'Olympic Memories Journal' is a great read and highlights for many their realisation of a dream to get involved in these games at a professional level.

This year SDA has been associated with the production of two books. Firstly the second edition of Clinical Sports Nutrition published by McGraw-Hill and edited by member Dr Louise Burke and Vicki Deakin. This 'state of the art' reference book will be popular with members, medical and other health professionals, students and university lecturers. Congratulations to Louise, Vicki and all contributors. The launch of the book is set to follow the AGM. Once again thanks to The Gatorade Company who will support this event.

With the support of Gatorade, SDA member Ben Desbrow carried out a pilot study looking at the fluid intake of adolescents.

The study reviewed the type and quantity of fluid intake over a school day of Year 10 students in Queensland. It is hoped this study will form the basis of further investigations into the drinking habits of school children.

The other book *Fit Kids* published by Harper Collins was launched in November by none other than the Honourable Mr. John Howard and sports star Lisa Curry. The nutrition component of this book was written mainly by members and experienced paediatric dietitians including Kay Gibbons from the Royal Children's Hospital. The book is a fantastic resource for parents and also covers recommendations for health and physical activity for children. Thanks to Lorna Garden for all her hard work coordinating and writing sections of the book and for her professional presentation at the book launch. Thanks must also go to The Uncle Tobys Company for their support and to Lisa and Grant Kenny for involving SDA in this project. Hopefully a number of SDA members will be involved in the promotions for the book, which are set to commence late November.

There are many other projects described in more detail throughout this annual report. These include the One Summer Program, Uncle Tobys Healthwatch, Team Australia, the redevelopment of the SDA Website and the list goes on. It is important to remember as well that behind all these new projects much work continues to keep core SDA activities functioning. These include the SDA Newsletter and Friends Program, the SDA Sports Nutrition Course and the activities at state level organised by state directors. Thanks to all the members who keep these ticking over so successfully and thanks to Gitte Schroder assisted by Kerry Otto who keep the secretariat functioning and survive the battle with the database on a daily basis

SDA would not be where it is today without the support of our partners The Gatorade Company and Uncle Tobys. On behalf of the outgoing board and members I would like to thank our partners not only for their financial support but also the belief and encouragement they have shown a new organisation. It has helped SDA to think outside the square knowing the kind of people who were behind us. I would like to especially thank David Knight, Rebecca Preston and previous employees Tim Jackson and Mia Sadler from The Gatorade Company for their support, encouragement and the confidence they have shown in such a young SDA. From the Uncle Tobys/Goodman Fielder Company I would like to thank Karen Guest, Stuart Smith, Mark Barr, Kate Bowen, Michelle McDonald, Coral Colyer and Wendy Morgan. Again, Uncle Tobys have given tremendous support and have generously included SDA in many opportunities, which has helped to build our brand equity to where it is today. This has been ably assisted by the public relations work of Ingrid Roepers and her team at IRPR.

Lastly, I have to turn to Sports Medicine Australia (SMA) who helped to bring about the formation SDA through its support of The Sports Nutrition Interest Group (SNIG). Without this support in the early years, especially from Frank Wallner, SDA may not have ever 'got off the blocks'. It was with sadness that we ended our formal compulsory joint membership agreement with SMA this year, however I am confident of continuing a close association through joint projects, conferences and other member activities. I would like to thank Garry Morehead executive director of SMA for understanding SDA's need for autonomy and for supporting mechanisms which will help to maintain collaboration in the future.

Well, as my time as president rapidly comes to a close I look back fondly on all the fantastic memories I will have of the projects we have completed together packed with fun, excitement and often stress. This has been a truly productive period of my life not necessarily personally but I take pride in the achievements of the SDA team. I will most certainly take a keen interest in the projects that are to come and will hopefully continue to be involved and enjoy the benefits brought to SDA members by the new board. I wish them every success.

Dr Helen O'Connor  
Retiring President SDA

## **Treasurer/Secretary's Report - Liz Broad**

The 1999/2000 financial year was one of continued growth for SDA. Cash flow increased substantially, and although most activities that were requested were undertaken SDA continues to run a very fine balance financially. Our primary sponsors were well serviced, and income was received from smaller parties on a break-even basis. We have maintained all activities integral to SDA's operation, such as providing funding to states for meetings and updates, staging regular meetings of the executive and subcommittees, and the newsletters and fact sheets for members and friends. In addition, the board set aside money to review the Website, which SDA recognises as the future for SDA's growth and development.

The office has continued to be housed at the VIS and our contract has recently been extended for another 6 months. SDA have set up all our own accounts, so we are a self-sufficient organisation. Gitte Schroder continues as our secretariat. Gitte was granted extended leave in November in order to attend training overseas with the Australian handball team. During this time, Kerry Otto undertook as much of the office work as possible. We owe many thanks to Kerry for her work, and due to the increasing workload at the office we are continuing her employment one day a week now that Gitte has returned.

Income-generating activities:

1. One general sports nutrition course was undertaken in February and generated a net profit. This profit has been promised to the professional development group to upgrade slides and other material for the course and other professional development activities for SDA members.
2. The range and number of merchandise has continued to increase and generate a steady income for SDA.
3. Work has been progressing on resigning sponsorship contracts and also seeking new sponsors. SDA continues to rely heavily on sponsorship income to operate the organisation, and new sponsors are required in order to progress.

Servicing Sponsors:

Integrated into our sponsorship agreements is a set number of working hours, which were exceeded in the 1999/2000 year. Work undertaken continues to include writing on-pack copy, advising re product development, attending product launches and media work, writing articles (Women's Day) and other assorted functions. This year it also included the production of the Medical Journal of Australia edition.

Break Even Activities:

During 1998, SDA was invited to write regular nutrition articles for Triathlon Sports Magazine. 5 authors wrote 6 articles, which was less than expected due to the editions being overloaded with race information. These articles are published approximately 6 weekly and authors are paid. In addition, an advertisement for Friends of SDA is included in every edition. Triathlon Sport is keen to continue with SDA's involvement, which will actually increase as they are planning less race information and more general information in future editions.

**PLANNING FOR THE FUTURE:**

Due to changes in the current treasurer's residence and changes expected at board level, the primary planning for the future has involved bringing in a new member to understand the finance system. The accountant has been very supportive in the preparation for and change over to the GST system. However, it remains imperative that there are always at least two SDA members conversant with the finance system at all times.

Of primary concern at the current stage is the fact that SDA have made a substantial loss for the past 2 years, despite continuing to rely on a substantial input of volunteer time from board members as a whole. The organisation can no longer operate within this environment and the

board is therefore working through alleviating this. Membership fees were increased for the first time this year in order to ensure basic operations were covered, and other actions are being considered such as increasing the number of sponsors and developing the Website (essential for the long term viability of SDA). Any suggestions or discussion from members are most welcome.

**TAX ISSUES:**

SDA has transferred to the GST system successfully to date. We are working towards implementing a structure whereby our tax liability is reduced through making new sponsors we bring on board corporate members.

As treasurer, I hereby present the official Auditor's report for SDA for the 1999/2000 financial year. Harry Bluhm, of the Marlow Bluhm Chartered Accountants' agency audited our accounts with the assistance of Steven Mayer, Accountant.

I would also like to sincerely thank Ruth Logan for taking over the managing of the treasurer's functions since June and for her huge efforts to date in learning the process. The task is very easily underestimated, and her dedication to it and to SDA is to be applauded.

If there are any inquiries regarding the financial situation of SDA, please contact me.

## **Sponsorship, Public Relations & Projects Report**

***Karen Inge & Lorna Garden***

The past year has been another extremely productive and exciting one for SDA. A number of challenging initiatives and projects have been successfully completed (see the Presidents Report). These include:

- The 'Recommendations for nutrition and physical activity for Australian children' which was published as a supplement with the Medical Journal of Australia in August 2000.
- Olympic and Paralympic Games involvement
- State of the art textbook, 'Clinical Sports Nutrition' edited by Dr Louise Burke and Vicki Deakin
- Fit Kids Book – an easy to read book and a practical guide to improving the dietary and physical activity habits of Australian children, written with Lisa Curry and published with Harper Collins in November 2000. SDA will receive royalties on the sale of Fit Kids Books.

Our corporate partners, The Uncle Tobys Company and The Gatorade Company, have involved SDA in a number of projects, which have created opportunities for many members to be involved in the media and community events.

These projects have provided fantastic exposure both for SDA as a group and for sports dietitians individually.

These projects have included:

### **Team Australia**

SDA worked closely with Uncle Tobys to develop and market the Team Australia range of products, which were in supermarkets throughout Australia from November 1998 until November 2000. During this time, SDA wrote a series of Team Australia sponsored columns for Woman's Day magazine called Smart Food, featuring elite athletes and sports dietitians. A total of around 80 articles were written by 11 different SDA members. This was an excellent opportunity for exposing the role of sports dietitians in preparing elite athletes for the Olympic Games.

### **One Summer**

Uncle Tobys ran a series of weekend sporting events in NSW, QLD, VIC and S.A. over the 99/2000 summer. These events featured a range of sports including nippers, triathlon, ironmen & women, beach volleyball as well as other festivities such as street theatre, fashion parades etc. SDA were invited to participate in the UT Healthwatch Huts at these events, where interviews with Lisa Curry and a sports dietitian were filmed and played throughout the series on Channel 10. Sports dietitians were available to answer questions on nutrition, and again promote our role in fuelling the fitness of Australians.

### **Better Homes and Gardens Roadshow**

SDA members once again participated in the Uncle Tobys sessions in a number of Roadshows throughout Australia. In total we had 8 dietitians at 9 shows throughout NSW, VIC and S.A. They were involved in the UT mini Olympics, answering questions from the public and assisting the chef in preparing nutritious dishes using Goodman Fielder products. An evaluation is currently underway by UT as to the effectiveness of the Roadshow involvement.

## **Healthwatch**

Uncle Tobys community education campaign has been branded Healthwatch and under this banner, SDA have been involved in a number of projects, along with other UT partners, the Heart Research Institute and the Cancer Council. Healthwatch Print Ads featuring quotes from SDA on topics such as kids snacking and women's special nutrition needs, have run in a number of magazines over the past 12 months. Healthwatch columns have also run in New Idea over the last 6 months, some of which feature SDA. These will continue until May 2001. In addition, SDA have contributed to a series in Good Health magazine. SDA have also worked on a number of Healthwatch brochures including those on adult snacking, women's needs and kids snacking.

The healthwatch TVC's filmed last year are still running on Gym Vision and Good Health TV and will continue to air until Feb 2001.

SDA have also been involved on Healthwatch columns on pack for a number of UT products. These include UT Instant Porridge, Oven Baked Fruit Bars, Oven Baked Fruit Bar Twists, Real Fruit Bars, Fruesli bars, all 25% fat reduced muesli bars and Wholemeal Oven Baked Fruit Bars available in New Zealand only.

SDA still currently has their logo and nutrition message on the following UT products: Sportsplus breakfast cereal and bars, Litestart, Grinners, Weeties, Uncle Tobys Breads.

## **Website**

A major initiative in 2000 has been to improve the SDA Website. In December 1999 we agreed that a consortium of Dietitians including Liz Broad, Mia Sadler and Glenn Cardwell as well as Web Site Evaluator Meg Morrison were the successful tenders for redeveloping the SDA Website. Meg Morrison of Morrison Web Evaluations completed a needs assessment using questionnaires to members as well as some focus groups which included SDA friends.

This assessment was presented to SDA at the Marketing Meeting in April this year. From this assessment, the team formulated a Scoping Document, which was sent out to four different Web Designers to tender on. A successful group headed by Glenn Cardwell has been appointed.

The work of this group has been funded by Gatorade, however we now need to seek further funding to take the Website to the next step.

## **Future sponsorship**

SDA continue to implement strategies for gaining further corporate partners. To this end a marketing meeting was held in April 2000. Karen Guest from the Uncle Tobys Company facilitated a workshop to help SDA brainstorm with regards to marketing and servicing of sponsors. A presentation regarding the Website was also held.

SDA would like to thank our corporate partners, the Uncle Tobys Company, in particular Karen Guest and Michelle McDonald, and Rebecca Preston and Cathy Kaye from the Gatorade Company, for all the wonderful opportunities they continue to create for us. Also thank you to Ingrid Roepers and her team at IRPR for all their public relations support. Thank you to all the SDA members for your participation, hard work and support.

## **Membership Services - *Nick Wray***

Over the past 12 months, there have been a number of changes to the structure of SDA membership. Due to member preference, it was decided that SDA would no longer offer its membership in combination with SMA membership, thereby eliminating compulsory membership to SMA. SMA kindly offered their membership to SDA members at a reduced rate and we strongly encouraged members to continue their membership with SMA.

Despite these changes to our membership structure, requested by members, total membership has reduced by 33% to 159 members as of June 2000. There have been some difficulties with the database so this reduction may not be this large, however there has been a reduction in total membership to some degree. Friends membership has reduced by 14% to 204. On a positive note, there has been 63 new members join SDA in 1999/2000. SDA is still attracting many new members, which is important to our long-term growth.

There have been numerous benefits to our members over the past 12 months, with the highlight being the opportunity for members to work at the Nutrition Kiosk at the Olympic and Paralympic Games. The SDA Job Network currently has 44 full members registered. There have been some jobs advertised to Job Network members as well as numerous enquiries to head office looking for private practitioners or speakers. Members also received a free copy of the AIS cookbook 'Survival of the Fittest' and continue to receive discounted membership to International Journal of Sports Nutrition and Exercise Metabolism.

With the exciting changes to the SDA Website soon to be made, the ever increasing range of benefits, which will be possible to offer SDA members, and Friends will no doubt ensure growth and stability to our membership.



## Positioning Statement

SDA is a dynamic network of dietitians committed to promoting healthy eating to enhance the performance of all Australians, whatever their level of physical activity.

*Overriding Objective 1999 – 2003*

Building excellence, recognition and reward for Sports Dietitians Australia.

## Strategic Planning & SDA systems

Develop and implement a comprehensive Strategic Plan document which:

- supports the mission, vision and values of SDA
- effectively guides the organisation on a day to day basis and
- projects to consider needs and goals for a minimum of four years.

## Objectives:

- Develop structures and policies to ensure equitable management
- Identify, develop and mentor members with skills required by SDA
- Monitor the progress of the Strategic Plan implementation and facilitate its review and update
- Consultation with members on the key objectives, priorities and future directions

## Projects which will achieve our objectives:

- Preparation and distribution of a strategic plan document
- Ongoing revision of the strategic plan
- Development of state operational plans annually
- Development of policy documents for board members of SDA and secretariat
- Structure and deadlines for report writing for board members of SDA
- Employment of Executive Officer to provide support for the Executive Committee of the Board

## Performance indicators will include:

- Each project and portfolio is reviewed on a quarterly basis
- All projects and performance indicators and targets are on target each quarter

## Outcomes:

The board has been operating for the past year after being restructured following the Strategic Planning Workshop held in Sydney in April 1999. The four-member executive was restructured to allow for a more efficient decision making process and a re-distribution of the workload. The Strategic Plan Document until 2003 has been finalised and will be printed for distribution to members and corporate partners. This document will also be used to attract

potential corporate sponsors. It is also anticipated that this document will be available on the SDA Website. It is now time to re-visit the Strategic Plan, incorporating exciting new projects. This process will be put in place at a planning meeting to be held following the Annual General Meeting in November. The meeting will be attended by incoming directors. Members will be consulted on the key objectives, priorities and future directions prior to this meeting. Areas that need to be addressed are a structure for the on going monitoring of the strategic plan, operational plans for each state and reporting on progress with projects. This will be addressed in the up-coming year.

## **Resources and Education Report: - Louise Burke**

### **1. SDA COURSE 2000**

The annual SDA course was held at the Australian Institute of Sport from February 4-7 2000. Twenty-nine dietitians attended the course, with the involvement of regular course presenters Louise Burke, Prof. John Hawley, Dr Deb Kerr and Liz Broad. The course also took advantage of the AIS sabbatical of American sports dietitian Monique Ryan (private practice dietitian in Chicago), inviting her to present within the course. We decided to move away from using Clinical Sports Nutrition, 1<sup>st</sup> edition, as the official text for this course, given that much of the information is now outdated. Course participants were provided with a collection of lecture notes or reading material, including draft chapters from the new edition of the book. A separate report has been prepared detailing the finances and evaluation of the course by course coordinator Kim Horne.

### **2. SDA COURSE 2001**

Planning is underway for the 2001 course, with tentative dates being set for Feb 3-6 at the AIS. We are planning to hold a Level 1 anthropometry course for the 3 days prior to the SDA course, offering our participants a discount if they wish to do both courses. The course program has been updated to meet feedback from the past 2 courses. It is planned to have presenters work from the second edition of Clinical Sports Nutrition as the official course text.

It is also planned to invest in the production of 2 new resources, which will be used in this course, as well as in the planned update/assessment activity for full SDA members. These will be in the form of

- a. multiple choice exam based on information in CSN, 2<sup>nd</sup> edition
- b. answer booklet providing a ready reference for commonly asked questions/issues with reference to CSN2 for further information

The production of these resources will be built in to the course budget

### **3. CLINICAL SPORTS NUTRITION**

The second edition of Clinical Sports Nutrition, edited by Louise Burke and Vicki Deakin has been released by McGraw Hill. Thanks are directed to the contributors to this new edition, which has been substantially updated and expanded. The new look of the book positions it as a "State of the art" reference book. The experience of producing this book with McGraw-Hill has been considerably streamlined and problem-free compared with the first edition. We look forward to good sales supported by a good marketing plan by McGraw Hill. RRP is \$84.95 with SDA to consider a discount for its members.

### **4. CONSOLIDATION OF FUTURE ACTIVITIES**

Ideas proposed at the 1999 planning meeting will be further developed with the new Executive in 2001 and beyond. These include

1. Incentives for SDA members to maintain state of the art knowledge and practice, and position SDA as true experts in sports nutrition
  - a. assessment/exam to be sent to all members wishing to renew as full members in 2001. Suggested for an open book exam format, which is returned to SDA with membership renewal. Evaluation will allow SDA to assess current level of knowledge of members, and pinpoint areas of poor understanding for future education activities. Members who

- complete the assessment will receive an answer booklet which serves as a ready reference and primer for CSN2
- b. establishment of a Fellowship category for full SDA members with long term incentives for dietitians who develop special expertise in sports nutrition
2. Opportunities to accredit other sports nutrition course to ensure the accuracy of information provided, and to establish link with SDA. Education institutions might be approached with view to offering special incentives or opportunities for SDA members.

## SDA COURSE SUMMARY

The 2000 SDA Sports Nutrition Further Education course was held during the period 4-7 Feb 00 at the AIS. As in previous years, there had been strong interest in the course. In the end, 29 dietitians attended the course, one of who was a new graduate. Seventeen of the course participants were already members of SDA. Lecturers included Louise Burke, John Hawley, Deb Kerr, Liz Broad and Monique Ryan, a visiting sports dietitian who happened to be in the AIS Sports Nutrition Department and conveniently took the place of Helen O'Connor. The course administrator was Kim Horne.

Attendees came mainly from the Australian eastern seaboard although one New Zealand dietitian attended, as did others from Alice Springs, NSW Central and North Coast and again a good representation from Adelaide. The course outline was based on outlines from previous years with some minor changes in view of some of the feedback from the 1999 course questionnaires. Salient administrative points are noted:

- The course was held in the Silver room which can accommodate 200 (morning and afternoon teas were held outside in the common area).
- Due to the rewrite of "Clinical Sports Nutrition", it was decided to adopt "Peak Performance" as the course text. This was again mailed out to course participants 3 weeks prior to the course. Additionally, lecturers' handouts were made available to participants during the course, as were available chapters of the 2<sup>nd</sup> edition of "Clinical Sports Nutrition".
- Lecturers' evaluation were again compiled and completed for each session by each student.
- A course questionnaire was again conducted at the conclusion of the course to gain feedback from participants,
- Due to the nightmare encountered in 1999 with course accommodation, no accommodation was booked by the course administrator. This worked very well (apart from a few minor hiccups – see later and I recommend that this be done again next year).
- A selection of resources was made available for purchase by students. Payment was taken and receipts issued on the spot.
- A comprehensive course package was sent out including course outline, maps, accommodation advice etc and again this proved to be a very positive move.
- In view of the difficulties encountered in past years obtaining athletes for the counseling session, payment was offered for this session as it is for the skinfold session. This proved very successful.

Overall, the course ran extremely well and the level of satisfaction was high from course participants. The file contains copies of all correspondence and thus provides a comprehensive guide for the next course.

### Finances

A comprehensive financial statement is attached and you will see that the course made a healthy profit. This financial statement should be viewed from the SDA aspect. The cost of the course was \$550 for non-SDA members and a discounted \$500 for current SDA members.

Expenses were much higher this year than in previous years due to:

- Use of the Silver room which was double the cost of the Gold Room,
- Additional remuneration to the AIS for running the course,

- Unlike the 1999 course, very few of the course participants took the full board option at residences so the course had to bear the cost of almost all lunches, and
- Athletes had to be remunerated to attend the counseling session as an incentive to attend.

### Survey Comments

A survey was again conducted this year to ascertain feedback from course participants. Comments again covered a range of course issues and some trends did emerge, particularly relating to time restraints with some of the lectures. I again asked participants to identify where they first heard about the course (tick one only); the following results were compiled:

|                          | 1999 | 2000 |
|--------------------------|------|------|
| SDA Newsletter           | 7    | 5    |
| DAA Newsletter           | 3    | 2    |
| Professional Contact     | 14   | 5    |
| Previous course attendee | 6    | 9    |
| Other - Uni. studies     | 1    | 1    |
| Masters                  | 2    | -    |
| Deakin                   | 1    | 1    |
| QUT                      | 1    |      |
| Own investigations       | -    | 2    |

This year's information confirms that word about the course is being spread through professional networks.

Relevant points include:

- Most students thought that while the course was quite intense, it was the best compromise in view of work commitments, that is, to have four days encompassing a weekend.
- The course text was sent 3-3½ weeks in advance of the course and most thought that this was essential.
- Course variations this year included a lecture on Private Practice and more on Ergogenic Aids (although there was universal comment that there was insufficient time dedicated to this – needs 2 hrs).
- Quite a few made comment about the skinfold session. Some said that students really needed to actually measure up sites but time constraints prohibited this. A couple questioned the value of having a skinfold session at all bearing in mind that some basics are covered at university and that there is a specialist anthropometry course available for those who wish to go into this in depth.
- Some comments were made about the course continually running behind timewise.
- Some students requested to view or participate in a lab session (time constraints may prevent this as could approval for lab access).
- Monique (as did one other dietitian), suggested a lecture on counseling techniques to see a dietitian in action).
- Other suggestions from Monique include:
  - Presenting a brief physiology profile on various sports (or at least a handout),
  - Have specific guidelines regarding years of experience required in the practice of sports nutrition,
  - Clarify that the exam is for feedback purposes only,
  - Continue to develop and evaluate exam questions in order to provide the best type of feedback.

### Noteworthy Areas

Whilst the course received very positive comments from participants, I would like to make note of the following problems which were encountered.

- To avoid the confusion which existed last year regarding whether the fee included SDA membership, this was heavily emphasised and no misunderstandings occurred this year,
- There was again some confusion surrounding the pre requisites for the course. Do dietitians need the twelve months experience as a pre-requisite?
- There were insufficient calipers for the skinfold session so some groups spent time waiting to measure up athletes (Allow 2-3 participants per athlete – Liz offered to provide calipers next time)
- Some participants supported counseling session to be undertaken in pairs (as it was).
- Meal cards were obtained from Residences reception and given to each course participant for lunches as the token system, could not be used this year due to the number of tokens required. This needs to be closely monitored, as this is open to abuse by participants. There were also some problems with course participants forgetting and losing cards. Perhaps for next year's course, lunches could not be included in the cost of the course and the course fee reduced as a result with lunches being the responsibility of participants.
- The responsibility for accommodation was placed with course participants this year. Despite this, they still required some assistance.

### Recommendations

The following recommendations are made regarding the course:

- Continue to send out course text four weeks in advance,
- Continue to emphasise in the original mailout letter that the course does not give SDA membership,
- Continue to pay athletes to participate in the counseling session,
- Give consideration to some of the feedback regarding course content including ergogenic aids, marketing and legal issues,
- That lecture evaluation continue for future courses,
- That certificates be prepared, signed and distributed at the completion of the course,
- The issue of lunches not being included in the course fee be considered for next year. In fact, no responsibility be assumed for any personal arrangements such as accommodation or meals by the course administrator.

## **Newsletter Coordinator's Report: - Glenn Cardwell**

The SDA newsletter is now four years, and 16 editions, old. It is produced every three months (September, December, March and June) in a four page A3 format, with contributions from state representatives, the SDA president, the editor, and includes solicited and unsolicited articles.

Three hundred copies are printed of each edition and distributed to SDA members and sponsors. SDA produces a fact sheet every three months to coincide with the newsletter. Each fact sheet has a print run of 3000 copies for distribution to members and the friends program.

To date 10 fact sheets have been produced on different topics of sports nutrition interest. The four produced this year were on: \* The Glycaemic Index & Sports Performance \* Nutrition & the travelling athlete \* Fat – does it help performance? \* Bone health the newsletter and Fact Sheets are produced and printed in Perth, Western Australia.

The editor is Glenn Cardwell. Dr Louise Burke supervises the Fact Sheet contents.

Glenn Cardwell also, with the supervision of Dr Louise Burke, produced 10 fact sheets for the Website of the Olympic Caterers, Spotless Catering.



## STATE REPORTS

### **ACT – Carole Richards**

Over the past 12 months we have worked to maintain a SDA presence in the ACT with 4 full SDA members and 4 associate members. Our membership fluctuates considerably. In particular we will miss the expertise and support of Nikki Cummings who has recently returned to Perth after 3 years at the AIS.

Sports Dietitians in the ACT work in a number of different areas including the Australian Institute of Sport, Australian Sports Drug Agency, Canberra Institute of Technology, Australian and New Zealand Food Authority, and in private practice. There are further opportunities to develop the profile of SDA in both our work environments and in the recreational sports enjoyed by the dietitians who live here.

In February 2000 six members organised a successful display at the Sri Chin Moy Triathlon to promote SDA, the Friends program and our role as experts in the field of sports nutrition. Uncle Tobys generously supplied 5000 Energy Bars for us to hand out during the day and it was estimated that we individually discussed SDA and nutrition with over 150 athletes. This was the first organised activity of ACT SDA and provided us with skills for future events.

During the year we have held 4 meetings, usually attended by 3-5 members. Two members represented SDA at the Uncle Tobys Stand at the DAA national conference in May 2000 and in July; two other members participated in the Better Homes and Gardens Roadshow on behalf of SDA. We were also involved in the NSW DAA state conference and assisted at the Nutrition booth at the Olympics in October 2000. A draft policy on Work Experience Students was prepared for SDA in June.

#### Future Plans

The challenge for ACT is to maintain an active group here and allow for further development. We are in the early stages of organising a display at the Sri Chin Moy Triathlon Expo in February 2001. The draft Policy on Work Experience Students still requires further work. Our plans for 2001 include making our meetings more regular and opening some meetings to other interested professionals by including a brief presentation on an interesting aspect of sports nutrition.

### **New South Wales – Fiona Pelly**

NSW SDA meetings have continued bimonthly at Sports House in Ultimo. A core group of around 8 - 10 regularly attend these meetings. Topics presented in the past year include:

- Dietary Strategies of Jockeys
- Overview of the GST
- An Olympic Preview

Several NSW members were invited to present at the DAA state conference 'Sports Nutrition in the New Millennium' held in March 2000. This provided a fantastic opportunity to raise the profile of sports dietitians amongst our colleagues with around 100 dietitians attending.

A number of SDA members also presented at Filex 2000, the annual fitness convention held at Darling Harbour. Unlike previous years, SDA did not man a stall in the fitness expo. This

was due to both a lack of funding and other priorities, primarily organisation of the nutrition kiosk at the Olympics.

### **Plans for next year**

A membership survey was conducted earlier in the year to investigate the preferred day and time for meetings. The results indicated that both Tuesday and Friday nights were preferential. It has therefore been proposed that meetings be held on alternate days in the hope of increasing attendance.

Plans for 2001 also include a sports nutrition workshop for coaches and trainers, and an update for dietitians.

## **Northern Territory - *Tricia Tarry***

Tricia Tarry resigned as State Director early June 2000. No report was received.

## **Queensland - *Rhonda Anderson***

This year has really flown. For many Queensland members the year's activities have pivoted around preparation for and participation in the pre –Olympic Congress, the Olympics and the Paralympics.

The Queensland branch endeavoured to meet once per month usually at brunch on a Sunday morning but we also included some more formal settings with a guest speaker on tax issues and sponsored sessions relevant to sports nutrition at each of the two Professional Development days.

Attendance at meetings usually numbers between seven and ten. This year we have endeavoured to send minutes of the meetings to all QLD members. Thanks to Jacqui Anderson who not only takes the minutes but also distributes them.

QLD members have also been a visible presence in spreading the nutrition message through community involvement: Once again SDA members were the presenters at the joint SMA/ Nutrition Australia seminar in October and were also involved in the Better Homes and Gardens Roadshow.

It's been a busy but exciting year and I look forward to more interesting activities for SDA in 2001.

## **South Australia – *Nick Wray***

Over the past year we have been fortunate that a number of dietitians completed the SDA accreditation course and have become regular attendees at state meetings in South Australia. We currently have a group of 10-12 members who regularly attend meetings – a few years ago we had a group of only 4-5 members so this increase is extremely pleasing. I would like to thank Anthony Meade who was appointed secretary/assistant to the state director this year. Anthony has arranged state level meetings and liaised closely with Sports Medicine Australia

(SMA) on a number of issues for SDA in South Australia. I would also like to thank Kathryn Jackson for co-ordinating our continuing education program. Kathryn is also on the state SMA conference organising committee, which is extremely important to keep sports nutrition on the conference agenda.

This year was the first year we had sports nutrition articles written by South Australian members published in the 'Football Budget' (equivalent of the 'Footy Record'), for the local South Australian National Football League. Our trade display at the state SMA conference in March as well as our Sports Nutrition Awareness Course we conducted for SMA, have also been valuable exposure for SDA in our state. Louise Graham will be presenting at the state DAA continuing education conference where we will also show the SDA promotional video to inspire other dietitians to become involved in SDA.

The profile of SDA in South Australia has certainly been raised over the past 12 months and I would like to thank every SDA member in South Australia for their work and commitment to SDA activities we have initiated.

## **Tasmania – Fiona Rowell**

### **Membership**

Our membership has reduced to one associate and one feel member during the last year due to the departure of a full member overseas. We have retained our 3 friends members. Consequently we have not had any formal meetings during the year but have maintained communication via phone and email.

### **Finances**

Our budget has again remained unused. We were to use funds for teleconferencing and taping speakers presenting at other branches. I propose that any funds provided next year be used for travel subsidies and/or direct organisation of recording speakers at other branch meetings which then could be used as an educational resource for other rural members.

### **Member activities**

#### **Tasmanian Institute of Sport**

Both SDA members have retained a working relationship with the TIS for individual consultation and group education work. This year saw all junior scholarship holders having a compulsory nutrition consultation whereas previously only athletes screened "at risk" were provided with free nutrition education.

#### **Media Responses**

Maree Taylor, in her role as a DAA media representative and sports Dietitian has featured in local papers and radio in response to controversial issues such as the poor nutritional habits of Jockeys and the pitfalls of high protein diets.

#### **Support of SMA Tasmanian Branch**

A SDA member presented at the SMA state conference in March which allowed sports nutrition to feature on the agenda and highlight the presence of Sports Dietitians in the State.

#### **Work with other organisations**

Members have worked with Tennis Tasmania, Football Tasmania, SMA, Tasmanian Women's Cricket and Hockey. We hope these contacts will be further developed and others established.

### **Education Opportunities**

#### **Anthropometry Accreditation Level 1 & 2**

This course was to be run at the TIS during the year but has been postponed to February 2001. The State Director is supporting the course leader with advertising for participants so that the course can be provided locally which would facilitate networking and save on interstate airplane fares.

### **New State Director**

As I embark on Motherhood I would like to resign from the position as State Director and have asked our other SDA member Maree Taylor, mother of Alex (age 6), Winery Owner & Manager plus Sports Dietitian, to take back the Directorship role she had in SDA's early days. She has agreed, thank-you Maree.

### **Victoria – Julie Tatnell**

The Victorian Branch of Sports Dietitians Australia has continued to conduct regular meetings for members with a focus on professional support and education. Presentations have been given by several members including Susie Parker, Alison Walsh, Andrea Braakhuis along with Accountant, Michelle Bolwell.

The Victorian Members have also continued to be involved with the Victorian Sports Medicine Australia conference held in March each year and the AFL Dietitians Group.

To all members, thank you for your continued involvement and we look forward to providing further support and education sessions in the future.

### **Western Australia – Julie Meek**

#### **Athlete Education**

Seminars were presented aimed at the general public, athletes and other interested persons. These may be run in conjunction with associations such as Sports Medicine Australia (SMA), Western Australian Institute of Sport (WAIS) and Womensport West or conducted independently.

WA Sports Dietitians are consulting to a number of teams/associations including:

- ◇ AFL teams (West Coast Eagles and Fremantle Dockers)
- ◇ NBL and WNBL
- ◇ WA Institute of Sport
- ◇ Australian men's and women's Hockey
- ◇ WA Swimming
- ◇ Triathletes WA

- ◇ WA Marathon Club
- ◇ WA Rugby Union
- ◇ WA Netball
- ◇ Western Warriors
- ◇ WA Badminton
- ◇ WA Lawn Bowls
- ◇ Private School Swimming and Rowing Teams
- ◇ Rowing WA
- ◇ WA Baseball
- ◇ State School Soccer

We presented sports nutrition lectures as a component of courses including the sports trainer's courses, the Graduate Diploma of Sports Coaching, Bachelor Degree in Sports Science, ACHPER Fitness Leaders Course, General Practitioners Sports Medicine Courses, Perth Academy of Natural Therapies and several TAFE diploma courses.

### **Members**

In the last financial year, we had \*\* financial members, and of these 6-8 regularly attend our meetings.

Our meetings were held at 6 weekly intervals where members are rostered to present either a review of a book, journal or food product or to present an athlete case study. This year we had a number of speakers including; Helen McAullay, CPA who spoke to us about GST issues and Allan Newton who spoke about writing for the media.

This year we planned the second City to Surf nutrition seminar. Unfortunately, despite confirmation of advertising support from the Active Foundation, this was not forthcoming and basically the general public was not aware of the seminar. This was extremely disappointing for SDA WA branch, as a substantial amount of work had been done. We plan to meet with the organisers in the near future to determine any future involvement.

One of our members, Terreen Stenvers, organised a seminar on behalf of SDA, aimed at the general public, coaches and trainers titled ' Nutrition Supplements'. The speakers included Adam Gilchrist (Australian Cricketer), Jason Norrish (Fremantle Dockers), Glenn Cardwell and Brian Dawson (Exercise Physiologist). The seminar was extremely well attended and funds raised were donated to the construction of the WA SMA Educational Building.

# Auditors Report