



SDA
SPORTS
DIETITIANS
AUSTRALIA

SPORTS DIETITIANS AUSTRALIA

**ANNUAL REPORT
2022-2023**



Sports Dietitians Australia is a member organisation who supports and advocates for Accredited Sports Dietitians as the leaders in providing sports nutrition advice for health and performance.

ABOUT SPORTS DIETITIANS AUSTRALIA

Our members work to proactively enhance the performance and health of people they work with through empowering behaviour change and improvement in lifestyle. Working with elite athletes helps our members learn methods and develop resources which can help the Australian public not just improve, but to thrive.



**Empowering you to take
performance to the next level**

PRESIDENTS'S REPORT



Sally Walker, Advanced Sports Dietitian

After the uncertainty of the last few years it is great to have regular national and international sporting competitions back on the calendar for athletes and active individuals to train towards and focus their goals to take their performance to the next level. The past year has offered opportunities to continue to learn through the SNC courses and webinars and excitingly to come together in person again at the November 2022 workshop series in Melbourne.

The change to the Constitution at the previous AGM allowing four appointed board members invited a greater range of skills and expertise to contribute to the direction and governance of SDA. We welcomed Cally Scivetti with experience as a business leader in strategy, marketing and business growth and Luke Cornish who has extensive experience in policy and government advocacy. The expansion to the range of existing experience and perspectives of the Board have laid strong foundations for critical thinking and good governance as we shape the future growth of SDA.

Earlier in the year the SDA Board met for a strategic planning weekend where we had members and the growth of SDA front of mind in shaping the key focus areas for the Strategic Plan 2023-2026. I encourage members to read and consider the plan to be part of our growth through contributions and feedback to align the plan and member needs.

Our strategic plan is formed with the key strategic pillars.

1. Members value their membership. We aim to empower our members through education, support and recognition ensuring they find value and pride in their membership.
2. Branding and recognition. We strive to build a strong and recognisable identity for Accredited Sports Dietitians to enhance visibility and profile.
3. Credential protection to be protected and identified for qualifications and credibility.
4. Sustainability and Partnerships to continue to grow SDA with financial support and increased job opportunities for members.

PRESIDENT'S REPORT



SDA has a small but very hardworking headquarters staff passionate about supporting Accredited Sports Dietitians. Thank you to Marie, Debra, Beth, Aimee, Mel and previously Kristina for your dedication, hard work and resilience in what has been a challenging year, as you operationalise the strategic plan to reach the anticipated outcomes. As members, you can support the work of HQ and help us to help you so we can build together by including the logo and your credentials on your websites, emails, or posts where appropriate.

I would like to thank the continued contribution of the SDA Board for their time and commitment to the Board and to the sub-committees they are part of. Sally Anderson, Pip Taylor, Gaye Rutherford, Dom Condo, Chris Fonda, Kerry Leach and our appointed directors Alex Marzella, Cally Scivetti and Luke Cornish. This Board has been working with HQ to drive the strategic plan 2023-2026 to help share the aspirations for growth of SDA and to take our members and stakeholders with us as we work towards advocating for the value of Accredited Sports Dietitians.

I would also like to acknowledge the time and contributions of the additional subcommittee members from the Education and Membership Committee, Finance and Risk Committee, Marketing and Partnership Committee and Conference Committee. Thank you, you all contribute such great value and advisory support to HQ.

We are excited about the path ahead and the potential that this strategic plan has to benefit the organisation and its members.

Thank you for your ongoing support.

Sally Walker
President

EXECUTIVE OFFICER'S REPORT



Marie Walters, Executive Officer

I feel that each recent year has started with a strong sense of optimism that we are returning to 'normal', however, there is no doubt we are still riding through challenging times, particularly the economic climate and cost of living that affects so many. Despite this, there is much to reflect upon over the past year.

In November 2022, we held our first face-to-face education event since Covid where we had engaging workshops and masterclasses across the areas of endurance, the gut and social media with the support of a vibrant and engaging trade exhibition. This was an optimal reminder that as much as we can achieve through the convenience of remote access, we truly cannot replace the benefits that come from collaborating, shared experiences and creating connections in person. And as I write this, we are looking ahead to the October 2023 Conference with immense excitement.

We again delivered a strong professional development program across the Sports Nutrition Course, continuing to offer both a fully online version and a hybrid version, the Sports Nutrition Essentials Course that we co-host with Dietitians Australia and continues to receive consistent uptake, our annual Webinar Series (Physiology in Sports Nutrition) that saw record uptake by 220 members, and delivering another ISAK course to support members attain or retain their anthropometry credentials.

We continue to provide vital expert submissions to FSANZ that inform regulatory decisions to help ensure regulations are reflective of evidence and practice, with submissions made relating to caffeine (our third to date) and the significant review that is being undertaken of Standard 2.9.4.

EXECUTIVE OFFICER'S REPORT



Our sponsorship program continues to provide mutual support to both SDA and the sponsors and we are pleased that the SDA and Coles PerForm advisory work is committed to continue for the next three years and we also thank our longstanding sponsors in Almond Board Australia, True Protein and A2 Milk. We have also recently welcomed an annual sponsorship with HASTA and, as an organisation that relies heavily on third-party testing, we are excited to be able to bring you activations over the coming year that will support members with valuable insights in this area.

As mentioned by Sally, we held the Board Strategy Meeting in April and confirmed the strategic direction for 2023-26 and the HQ team are excited to operationalise this into deliverables that support you, the members for whom we exist.

I would also like to say an immense thank you to the HQ team, Debra Smith, Bethanie Allanson, and Aimee Morabito for their hard work during this year, Kristina Sutherland for her service to SDA during her nearly four-year tenure and a warm welcome to Melinda Bey. I know I say it every year, but for a small team, we are continually pushing to deliver maximum output. And we cannot achieve this without the support of the Committees who contribute expertise and guidance to how we best deliver those outputs, to ensure they meet your needs.

I thank the Board for their strategic direction, range of expertise and of course their time which is voluntary. As with many member and not-for-profit organisations, SDA is reliant upon voluntary contributions and I echo Sally's call for you to contribute and engage at any point you can. This both enriches the organisation and the profession as a whole, as well as providing you with the opportunity to develop new skills, insights and importantly professional connections.

Marie Walters

Executive Officer

OUR PURPOSE

Empowering you to take performance to the next level

VISION

For Accredited Sports Dietitians to be leaders in health and performance through sports nutrition

MISSION

To enhance the performance and health of all by supporting, educating and advocating the role of Sports Dietitians

OUR COMMUNITY

Our community is formed by the members we support and champion and all those who are the beneficiaries of the services provided by Sports Dietitians. We exist to enable our members to take performance to the next level so they can take the organisations and individuals they support to their next level in health, performance or productivity.

OUR AMBITION FOR GROWTH



2023-2026 STRATEGIC PILLARS

- ▶▶ **MEMBERS VALUE MEMBERSHIP**
Members will be supported with education, recognition and connection as they evolve through their career progression as a Sports Dietitian and as part of the SDA community.
- ▶▶ **BRANDING AND RECOGNITION**
Strengthening an identity which promotes the value, visibility and profile of Sports Dietitians who are members of SDA to build and elevate the engagement and positioning of Sports Dietitians as leaders in sports nutrition.
- ▶▶ **CREDENTIAL PROTECTION**
SDA credentials will be identified as pre-eminent in both qualifications and credibility, and members will be sought out for their specialised advice, leading to increased referrals and recognition of their expertise in the field of sports nutrition.
- ▶▶ **SUSTAINABILITY AND PARTNERSHIPS**
Continue to grow SDA capabilities to increase opportunities for members through partnerships and collaborations which help build exposure of Sports Dietitians and promote employment opportunities for our members.



MEMBER VALUE

INITIATIVES

1. Diverse education offerings:

- Increased availability of expert-led sessions and workshops to support the growth and development of Sports Dietitians.
- Tailored education programs, science and research and learning opportunities for members at different specialist areas of work and experiences, accommodating their needs and promoting professional growth.

2. Build a strong community to encourage shared learning and belonging:

- Implementation of new communication channels or platforms to facilitate easier and more effective interactions of state and interest group interactions.
- Organised state-level events, networking opportunities, or knowledge-sharing sessions to strengthen connections between members.

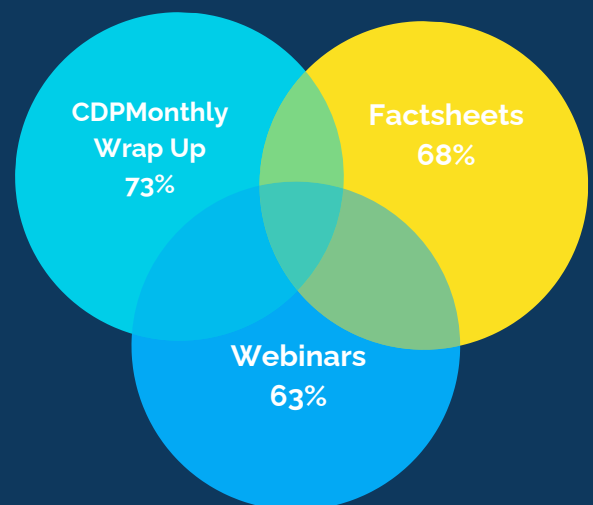
3. Enhanced mentoring and support through professional pathway:

- Regular interaction and feedback mechanisms in place to facilitate ongoing mentorship, supervision and professional development.
- Clear pathways and opportunities for members to progress and advance within their careers.

OUTCOME

1. Access to contemporary and relevant education to support professional progression.
2. SDA will foster a community of shared learning where members can exchange knowledge and support one another.
3. Enhanced member support and recognition to actively recognise member accomplishments, contributions, and milestones, promoting a sense of belonging and appreciation within the community as they move through their career pathway.

SDA RESOURCES MOST VALUED



Empowering you to take performance to the next level



BRANDING AND COMMUNICATION

INITIATIVES

1. Stronger organisational branding:

- Develop a refreshed compelling and consistent brand identity that represents SDA members and expertise.
- Implement a visual identity to raise awareness across all communication channels, including the website, social media, and marketing materials.
- Enhance SDA's messaging to effectively communicate the expertise and unique value that Sports Dietitians bring to the field as trusted experts.

2. Create a communication strategy that integrates member stories to showcase the impact and success of Sports Dietitians:

- Tailor communication messages to resonate with professionals, partners and general audiences, promoting greater member acknowledgement, referrals and awareness of the role of Sports Dietitians.

OUTCOME

1. Members of SDA establish a strong reputation and are widely recognised as the leading authority for any sports nutrition requirements.
2. SDA experiences a significant increase in engagement and interaction on its social media platforms to increase member awareness, referrals and engagement.
3. Members proudly display the SDA logo as recognition of their affiliation and expertise in sports dietetics and to showcase their connection with SDA.

CREDENTIAL PROTECTION

INITIATIVES

1. Protection and recognition of Accredited and Advanced Sports Dietitian Credentials:

- Accredited and Advanced Sports Dietitian credentials offered by Sports Dietitians Australia (SDA) are registered and respected as the superior credentials and standard for excellence and expertise in the field of sports nutrition.
- SDA actively promotes the value and significance of these credentials to professionals, employers, and the wider industry.

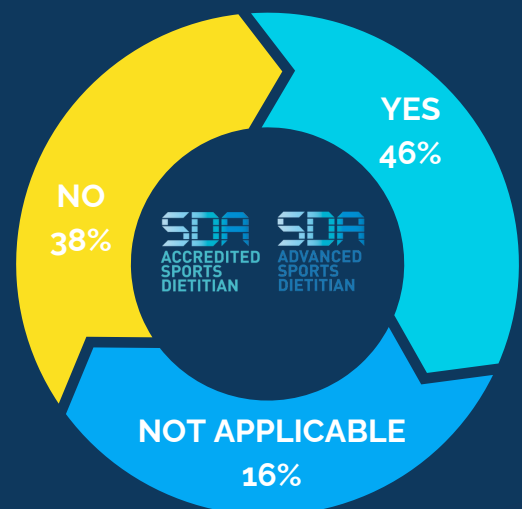
2. Foster relationships with industry partners and sporting codes:

- SDA establishes strong partnerships with industry partners, sporting codes, and relevant affiliate organisations to promote the inclusion of SDA credentials when sharing nutrition information.
- Collaborative efforts result in the recognition and endorsement of SDA credentials by employers, ensuring they are considered as a requirement or preference for hiring sports nutrition professionals.
- SDA strengthens relationships with allied health partners, referral networks, and stakeholders to promote seeking and encourage referrals for nutrition advice from Sports Dietitians who hold Accredited Sports Dietitian and Advanced Sports Dietitian credentials.

OUTCOME

1. SDA ensures the protection and recognition of Accredited and Advanced Sports Dietitian credentials as superior qualifications in the field of sports nutrition
2. Accredited Sports Dietitian and Advanced Sports Dietitian are considered as essential criteria or minimum requirements for employment in a sporting environment.
3. Position credentialed Sports Dietitians as sought-after advisors with industry partners, sporting codes, and employers to advocate for the inclusion of SDA credentials in employment and providing advice.

I DISPLAY MY ACCREDITATION LOGO



Empowering you to take performance to the next level



ORGANISATIONAL SUSTAINABILITY & PARTNERSHIPS

INITIATIVES

1. Promote opportunities with government programs and grant applications:

- Research and identify relevant government programs and grant opportunities that align with services SDA members can provide or leverage and promote these opportunities to members.

2. Establish partnerships and collaboration agreements with selected organisations, positioning members as valuable resources and experts to provide sports nutrition resources within that process.

- SDA acts to connect partners with qualified Sports Dietitians, fostering professional opportunities, consulting engagements, or research collaborations and employment opportunities for SDA members.

OUTCOME

1. SDA serves as a facilitator of communication and collaboration between partners and members, leveraging partnerships to secure work, increased exposure or opportunities for member involvement.

2. SDA members can engage in research projects, community outreach initiatives, educational programs, or partnerships facilitated by grant-funded programs.

3. SDA headquarters will have financial capacity to function effectively for ongoing service and support to the membership and organisation.

EDUCATION UPDATE

This year again offered professional development across the various career stages of members, including the Sports Nutrition Essentials Course to give dietitians a taste of sports nutrition, the flagship Sports Nutrition Course which leverages members to Provisional level and onto the pathway to becoming accredited, and workshops, webinars and masterclasses to support members to attain and maintain their accreditation levels.

We thank all who contributed to the professional development program, particularly the Education Committee who contribute to developing the program each year: Associate Professor Greg Cox, Associate Professor Ricardo Costa, Kerry Leech, Ali Disher, Sally Anderson and Bethanie Allanson. We also thank Alan McCubbin for his work in coordinating the Sports Nutrition Course.

Immense gratitude to those who shared their expertise and insights as presenters.

CDP PROGRESSION



Members became Accredited Sports Dietitians - 14
Members became Advanced Sports Dietitians - 3

SDA WEBINARS & COURSES



July – October 2022

2022 SDA Webinar Series – Physiology in Sports Nutrition

220 members registered

- Pre-learning Module
- Endurance
- Strength
- Speed Endurance (team sport)
- Making Weight

September – November 2022

Sports Nutrition Essentials Course

18 students

August – November 2022

Sports Nutrition Course (hybrid)

28 students

November 2022

ISAK Course – Accreditation and Re-Accreditation

19 students

Melbourne Workshop Series:

- Gut Workshop 25 delegates
- Endurance Masterclass 21 delegates
- Social Media Workshop 46 delegates

April – June 2023

Sports Nutrition Essentials Course

34 students

April – June 2023

Sports Nutrition Course (online)

39 students



MEMBERSHIP UPDATE

Our membership levels continue to remain steady where we welcome new members to the profession each year, and farewell those who have embarked on different avenues. We recognise that challenges exist in those early years of getting established and building the experience to become accredited and our strategic plan aims to build support in this area.

We are pleased to now have our student membership as complimentary to encourage those considering a career in sports nutrition to engage with the profession early. This has seen a doubling of our student cohort and we welcome each student to the profession and look forward to supporting you on your journey. We have also enjoyed co-presenting with Dietitians Australia to both new and graduating student cohorts across the various dietetic courses across Australia, providing insights and promoting careers in the sports nutrition field.

A milestone achievement for the membership this year has been the establishment of a dedicated AFL Sports Dietitians association. This organisational structure that the AFL dietitians will now work within is the same format utilised by AFL sports doctors and physiotherapists. Undertaken in conjunction with the AFL, through efforts led by SDA Board member and Richmond Tigers Dietitian Dr Dom Condo, this now firmly embeds the voice of sports dietitians within AFL.

STATE COORDINATORS

We thank our State Coordinators who contribute to connecting members locally.

Victoria: Brittany Andreola and Liz Radicevic

New South Wales: Michelle Bruce and Bonnie Lai

Newcastle & surrounds: Alicia Edge

Queensland: Sherlyn Ng, and formerly Nic Berlin

South Australia: Meg Lemon

Western Australia: Sophy Foreman, and formerly Bronwen Charlesson

Australian Capital Territory: Erica Stephens

Tasmania: Emilie Isles



MEMBERSHIP AS AT

30 JUNE 2023

574



Annual Member Survey 2023

Q. What 3 words come to mind when you think of SDA as an organisation.





SDA BOARD



Sally Walker
President

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

Current Role

- Advanced Sports Dietitian
- Private Practice Dietitian



Pip Taylor
Vice President

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

Current Role

- Pillar Performance Dietitian
- PT Consulting
- Principal Project Officer – Crown Land Strategy, Policy & Transformation (Projects and Partnerships)



Alex Marzella
(Appointed – Finance,
Company Secretary)

- MBA, Bachelor of Engineering (Civil), Certified Practising Project Director (CPPD)

Current Role

- Cofounder & Director IDEE Group
Previously:
- GM-Portfolio Head – Telstra
- Head of Project Management - Coles
- Business Portfolio Manager/Project Director Wealth Management – AXA Asia Pacific



SDA BOARD



Gaye Rutherford

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

Current Role

- 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



Dom Condo

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

Current Role

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



Chris Fonda

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

Current Role

- Specialist Representative – Enteral Nutrition, Fresenius Kabi Australia and New Zealand

SDA BOARD



Sally Anderson

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

Current Role

- Diving Australia
- Tennis Australia
- QAS
- Private Practice Dietitian



Kerry Leech

- BSc, Grad Dip Dietetics, IOC Dip Sports Nutrition, Fellow of SDA, APD

Current Role

- Private Practice – Eat Smart Nutrition
- Sports Nutrition Manager – Netball Australia
- Sports Dietitian – Queensland Bulls
- Performance Health Advisory Board – QAS



Cally Scivetti

- B.Com/Marketing
- GAICD

Current Role

- Google: Head of YouTube & Video Solutions AUNZ
- 10x10 Philanthropy – Non Executive Director



Luke Cornish

- BA Journalism & Communications
- GAICD

Current Role

- Organon ANZ – Access & External Affairs Director



COMMITTEES



Education

- Associate Professor Gregory Cox, SDA Fellow
- Kerry Leech, SDA Fellow, SDA Board Member
- Associate Professor Ricardo Costa, Advanced Sports Dietitian
- Sally Anderson, Advanced Sports Dietitian, SDA Board Member
- Alice Disher, Advanced Sports Dietitian
- Bethanie Allanson, Accredited Sports Dietitian, SDA In-House Sports Dietitian

Finance, Audit & Risk Management

- Gaye Rutherford, Accredited Sports Dietitian, SDA Board Member
- Alex Marzella, Business Consultant, SDA Board Member
- Fiona Mann, Accredited Sports Dietitian, Equities Manger – Superannuation Industry

Partnerships

- Sally Anderson, Advanced Sports Dietitian, SDA Board Member
- Dr Dom Condo, Accredited Sports Dietitian, SDA Board Member
- Pip Taylor, Accredited Sports Dietitian, SDA Board Member
- Cally Scivetti, Media & Marketing Professional, SDA Board Member

2023 Conference Committee

- Professor Fiona Pelly, Conference Chair, SDA Fellow
- Associate Professor Ricardo Costa, Advanced Sports Dietitian
- Dr Dom Condo, Accredited Sports Dietitian, SDA Board Member
- Bronwen Charlesson, Accredited Sports Dietitian
- Bethanie Allanson, Accredited Sports Dietitian, SDA In-House Sports Dietitian
- Aimee Morabito, Accredited Sports Dietitian

STAFF



Marie Walters
Executive Officer



Kristina Sutherland
Senior Marketing & Projects
Manager



Bethanie Allanson
In-House Sports
Dietitian



Debra Smith,
Memberships, Projects &
Digital



Aimee Morabito,
Social Media



**FINANCIAL
REORT
2022-23**



**Sports Dietitians Australia Ltd
ABN:
97 075 825 991
Financial Statements
For the year ended
30 June 2023**

Sports Dietitians Australia Ltd

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Sports Dietitians Australia Ltd

Directors' report

30 June 2023

The directors present their report on Sports Dietitians Australia Ltd for the financial year ended 30 June 2023.

Information on directors

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

Alessandro Marzella

Dominique Condo

Chris Fonda

Gaye Rutherford

Sally Walker

Pip Taylor

Sally Anderson

Cally Scivetti (appointed 21 November 2022)

Kerry Leech (appointed 24 October 2022)

Luke Cornish (appointed 22 November 2022)

Alice Disher (Resigned 24 October 2022)

Joanne Mirtschin (Resigned 24 October 2022)

Paulo de Souza (Resigned 24 October 2022)

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

Principal activities

The principal activity of Sports Dietitians Australia Ltd during the financial year was:

To enhance the performance & health of all by supporting, educating & advocating the role of sports dietitians.

No significant changes in the nature of the Company's activity occurred during the financial year.

Operating results

The profit/(loss) of the Company after providing for income tax amounted to (\$114,598) [2022: (\$123,282)]

Dividends paid or recommended

No dividends were paid or declared since the start of the financial year. No recommendation for payment of dividends has been made.

Sports Dietitians Australia Ltd

Directors' report

30 June 2023

Significant changes in state of affairs

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

Events after the reporting date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the Company, the results of those operations or the state of affairs of the Company in future financial years.

Indemnification and insurance of officers and auditors

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of Sports Dietitians Australia Ltd.

Alessandro Marzella

Position	Company Secretary
Qualifications	MBA, Bachelor of Engineering (Civil), Certified Practicing Project Director (CPPD)
Experience	Co-founder & Director IDEE Group, Previously GM-Portfolio Head – Telstra, Head of Project Management - Coles, Business Portfolio Manager/Project Director Wealth Management – AXA Asia Pacific

Dominique Condo

Position	Director
Qualifications	BSc; Masters in Nutr & Diet; PhD; APD; AdvSD.
Experience	Current Roles - Senior Lecturer Deakin University, Deputy Course Director Deakin University, Sports Dietitian - Richmond Football Club (AFL) & Melbourne Boomers (WNBL), Dr Dom Consulting.

Chris Fonda

Position	Director
Qualifications	BSc (Ex&SportsSc); Master of Nutr & Dietetics; IOC Diploma (Sports Nutrition); Cert III & IV in Fitness; APD, AccSD.
Experience	Current Roles - Specialist Representative – Enteral Nutrition, Fresenius Kabi Australia and New Zealand

Sports Dietitians Australia Ltd

Directors' report

30 June 2023

Gaye Rutherford

Position	Director
Qualifications	Bachelor of Arts (Hons), Bachelor of Nutrition & Dietetics (Hons), IOC Diploma (Sports Nutrition), Prof Certificate (Pos Psych), AICD, AccSD, APD.
Experience	Current Roles - Tasmanian Institute of Sport Consultant Dietitian, Gymsports Tasmania Consultant Dietitian, Private Practice Dietitian, Director Fairbrother Pty Ltd, Chair Fairbrother Foundation, Casual Academic Deakin University

Sally Walker

Position	President
Qualifications	BSc (Exercise Science & Nutrition) MSc (Nutrition/Dietetics and Exercise Rehabilitation), AdvSD, APD, Grad Cert (Clinical Trials Research).
Experience	Current Roles - Private Practice Sports Dietitian

Pip Taylor

Position	Vice President
Qualifications	B.Sc (Human Life Sciences), MSc (Nutrition and Dietetics), IOC Grad Cert Sports Nutrition, ASCA Lv1, AccSD, APD.
Experience	Current Roles - Pillar Performance Dietitian, PT Consulting, Principal Project Officer, Crown Land Strategy, Policy and Transformation (Projects and Partnerships).

Sally Anderson

Position	Director
Qualifications	BAppSc (Ex Phys - Hons), Master of Nutr & Dietetics (Hons), AdvSD, APD
Experience	Current Roles - Diving Australia, Tennis Australia, QAS, Private Practice Dietitian.

Sports Dietitians Australia Ltd

Directors' report

30 June 2023

Cally Scivetti

Position	Director
Qualifications	B.Com/Marketing GAICD
Experience	Current Roles - Google: Head of YouTube & Video Solutions AUNZ 10x10 Philanthropy – Non Executive Director

Kerry Leech

Position	Director
Qualifications	B.Sc, Grad Dip Dietetics, IOC Dip Sports Nutrition, Fellow of SDA, APD
Experience	Current Roles - Private Practice – Eat Smart Nutrition; Sports Nutrition Manager – Netball Australia; Sports Dietitian – Queensland Bulls; Performance Health Advisory Board - QAS

Luke Cornish

Position	Director
Qualifications	BA Journalism & Communications GAICD
Experience	Current Roles - Organon ANZ – Access & External Affairs Director

Auditor's Independence Declaration

The lead auditor's independence declaration in accordance with section 307C of the *Corporations Act 2001*, for the year ended 30 June 2023 has been received and can be found on page 6 of the financial report.

Signed in accordance with a resolution of the Board of directors.



Alessandro Marzella
Director

Date: 18/8/2023



Sally Walker
Director

Date: 11/8/2023

Auditor's independence declaration to the directors of Sports Dietitians Australia Ltd

We declare that, to the best of my knowledge and belief, during the year ended 30 June 2023, there have been:

- no contraventions of the auditor independence requirements as set out in section 307C of the *Corporations Act 2001* in relation to the audit; and
- no contraventions of any applicable code of professional conduct in relation to the audit.

Mitchell Wilson

883 Toorak Road, Camberwell VIC 3124

Doug Mitchell

Douglas Mitchell

Partner

Date: 22/8/2023

Sports Dietitians Australia Ltd

Statement of profit or loss and other comprehensive income

For the year ended 30 June 2023

	Note	2023 \$	2022 \$
Revenue	4		
Revenue from courses, sponsorships and memberships		444,116	466,277
Cost of sales		(3,353)	(5,161)
Gross profit		440,763	461,116
Finance income	5	1,712	2,252
Other income	4		
Other income		39,448	(20,648)
Administrative expenses			
Employee benefit expenses		(371,067)	(333,929)
Occupancy costs		(8,625)	(8,625)
Other expenses		(216,829)	(223,448)
Profit (loss) before income taxes		(114,598)	(123,282)
Income tax		-	-
Profit (loss) from continuing operations		(114,598)	(123,282)
Profit (loss) for the year		(114,598)	(123,282)
Total comprehensive income for the year		(114,598)	(123,282)

The accompanying notes form part of these financial statements.

Sports Dietitians Australia Ltd

Statement of financial position

As at 30 June 2023

	Note	2023 \$	2022 \$
Assets			
Current assets			
Cash and cash equivalents	6	148,894	55,423
Trade and other receivables	7	13,475	19,225
Inventories	9	2,753	2,577
Other assets	12	12,469	6,901
Total current assets		177,591	84,126
Non-current assets			
Other financial assets	8	599,551	765,036
Property, plant and equipment	10	9,394	22,386
Intangible assets	11	2,136	2,136
Total non-current assets		611,081	789,558
Total assets		788,672	873,684
Liabilities			
Current liabilities			
Trade and other payables	13	35,736	21,173
Employee benefits	15	36,360	26,494
Other liabilities	14	119,442	114,285
Total current liabilities		191,538	161,952
Total liabilities		191,538	161,952
Net assets		597,134	711,732
Equity			
Retained earnings		597,134	711,732

The accompanying notes form part of these financial statements.

Sports Dietitians Australia Ltd

Statement of changes in equity For the year ended 30 June 2023

2022	Retained earnings \$	Total \$	Total equity \$
Opening balance	835,014	835,014	835,014
Profit/(Loss) for the year	(123,282)	(123,282)	(123,282)
Closing balance	711,732	711,732	711,732

2023	Retained earnings \$	Total \$	Total equity \$
Opening balance	711,732	711,732	711,732
Profit/(Loss) for the year	(114,598)	(114,598)	(114,598)
Closing balance	597,134	597,134	597,134

The accompanying notes form part of these financial statements.

Sports Dietitians Australia Ltd

Statement of cash flows

For the year ended 30 June 2023

	2023	2022
	\$	\$
Cash flows from operating activities:		
Receipts from courses, sponsorships and memberships	451,836	447,110
Payments to suppliers and employees	(564,668)	(570,799)
Gross profit from trading	(342)	(467)
Receipts from other sources	39,983	23,135
Interest received	1,712	2,251
Government Rebates	-	20,000
Net cash flows from/(used in) operating activities	(71,479)	(78,770)
Cash flows from investing activities:		
Proceeds from sale of investment	164,950	24,589
Net increase/(decrease) in cash and cash equivalents	93,471	(54,181)
Cash and cash equivalents at beginning of year	55,423	109,604
Cash and cash equivalents at end of financial year	148,894	55,423

The accompanying notes form part of these financial statements.

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

1. Introduction

The financial report covers Sports Dietitians Australia Ltd as an individual entity. Sports Dietitians Australia Ltd is a for-profit proprietary Company, incorporated and domiciled in Australia.

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

The principal activities of the Company for the year ended 30 June 2023 were to enhance the performance & health of all by supporting, educating & advocating the role of sports dietitians.

The financial report was authorised for issue by the Directors on 11 August 2023.

Comparatives are consistent with prior years, unless otherwise stated.

The Company is an entity to which ASIC Corporations (Rounding in Financial/Directors' Reports) Instrument 2016/191 applies and, accordingly amounts in the financial statements and directors' report have been rounded to the nearest dollar.

2. Basis of preparation

The financial statements are general purpose financial statements that have been prepared in accordance with the Australian Accounting Standards - Simplified Disclosures and the *Corporations Act 2001*.

These financial statements 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.

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

3. Summary of significant accounting policies

a. Borrowing costs

All borrowing costs are recognised as an expense in the period in which they are incurred.

b. 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 payable 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 and financing activities which is recoverable from, or payable to, the taxation authority is classified as operating cash flows.

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

4. Revenue and other income

a. Accounting policy

i. Revenue from contracts with customers

The core principle of AASB 15 is that revenue is recognised on a basis that reflects the transfer of promised goods or services to customers at an amount that reflects the consideration the Company expects to receive in exchange for those goods or services.

Generally, the timing of the payment for sale of goods and rendering of services corresponds closely to the timing of satisfaction of the performance obligations, however where there is a difference, it will result in the recognition of a receivable, contract asset or contract liability.

None of the revenue streams of the Company have any significant financing terms as there is less than 12 months between receipt of funds and satisfaction of performance obligations.

ii. Other income

Other income is recognised on an accruals basis when the Company is entitled to it.

b. Revenue from continuing operations

	2023	2022
	\$	\$
Revenue from contracts with customers		
Other revenue from contracts with customers		
Membership Fees	102,744	102,955
Sponsorships	178,574	113,676
Advertising	10,300	5,600
Course/Conference Registration	132,715	228,682
Book Sales	2,863	4,631
Freight/Postage	324	567
PD Income	16,596	10,166
Total Other revenue from contracts with customers	444,116	466,277
	444,116	466,277
	444,116	466,277

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

c. Other income

	2023	2022
	\$	\$
Other income		
Late Fees Collected	-	14
Unrealised Currency Gains	(2)	2
Realised Currency Gains	(35)	(72)
Government Stimulus Rebates	-	20,000
Unrealised Investment Gain/Losses	(533)	(63,799)
Realised Investment Gain/Loss	15,258	-
Share income	24,760	23,207
Total Other income	39,448	(20,648)
	39,448	(20,648)

5. Finance income and expenses

	2023	2022
	\$	\$
Finance income		
Interest income		
Other interest income	1,712	2,252
	1,712	2,252

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

6. Cash and cash equivalents**a. Accounting policy**

Cash and cash equivalents comprises cash on hand, demand deposits and short-term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

b. Cash and cash equivalent details

	2023	2022
	\$	\$
Cash at bank	148,894	55,423

c. Reconciliation of cash

Cash at the end of the financial year as shown in the Statement of cash flows is reconciled to items in the Statement of financial position as follows:

	2023	2022
	\$	\$
Cash and cash equivalents	148,894	55,423

7. Trade and other receivables

Current	2023	2022
	\$	\$
Trade receivables	13,475	19,225
	13,475	19,225

8. Other financial assets

Non-current	2023	2022
	\$	\$
Other financial assets	599,551	765,036

9. Inventories**a. Inventory details**

Current	2023	2022
	\$	\$
At cost		
Other inventories	2,753	2,577

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

10. Property, plant and equipment

a. Accounting policy

Each class of property, plant and equipment is carried at cost or fair value less, where applicable, any accumulated depreciation and impairment.

i. Depreciation

Property, plant and equipment, excluding freehold land, is depreciated on a straight line basis over the asset's useful life to the Company, commencing when the asset is ready for use.

Leased assets and leasehold improvements are amortised over the shorter of either the unexpired period of the lease or their estimated useful life.

The estimated useful lives used for each class of depreciable asset are shown below:

Fixed asset class	Useful life
Office equipment	3-10 years
Computer equipment	3-5 years

At the end of each annual reporting period, the depreciation method, useful life and residual value of each asset is reviewed. Any revisions are accounted for prospectively as a change in estimate.

When an asset is disposed, the gain or loss is calculated by comparing proceeds received with its carrying amount and is taken to profit or loss.

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

b. Property, plant and equipment details

Summary	2023	2022
	\$	\$
Office equipment	1,705	3,439
Computer equipment	7,689	18,947
	9,394	22,386

2022	Office equipment \$	Computer equipment \$	Furniture, fixtures and fittings \$	Total \$
Assets				
At Cost	32,233	101,277	300	133,810
Accumulated Depreciation	(28,795)	(82,329)	(300)	(111,424)
Total	3,438	18,948	-	22,386
As at 30 June 2022				
Opening Balance	5,171	30,205	-	35,376
Depreciation	(1,733)	(11,258)	-	(12,991)
Carrying amount at the end of the year	3,438	18,947	-	22,385

2023	Office equipment \$	Computer equipment \$	Furniture, fixtures and fittings \$	Total \$
Assets				
At Costs	32,233	101,277	300	133,810
Accumulated Depreciation	(30,528)	(93,588)	(300)	(124,416)
Total	1,705	7,689	-	9,394
As at 30 June 2023				
Opening Balance	3,438	18,947	-	22,385
Depreciation	(1,733)	(11,258)	-	(12,991)
Carrying amount at the end of the year	1,705	7,689	-	9,394

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

11. Intangible assets

a. Accounting policy

i. Amortisation

Amortisation is recognised in profit or loss on a straight-line basis over the estimated useful lives of intangible assets, from the date that they are available for use.

Amortisation methods, useful lives and residual values are reviewed at each reporting date and adjusted if appropriate.

b. Intangible asset details

Summary	2023	2022
	\$	\$
Brand names	2,136	2,136

12. Other assets

Current	2023	2022
	\$	\$
Other assets		
Prepayments	12,469	6,901

13. Trade and other payables

Current	2023	2022
	\$	\$
Trade payables	15,582	6,485
GST payable	14,312	7,824
Super and PAYG Withholding Payable	5,842	6,864
	35,736	21,173

Trade and other payables are unsecured, non-interest bearing and are normally settled within 30 days. The carrying value of trade and other payables is considered a reasonable approximation of fair value due to the short-term nature of the balances.

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

14. Other liabilities

Current	2023	2022
	\$	\$
Other liabilities		
Income in Advance - Sponsorship	56,551	114,285
Income in Advance - Memberships	62,891	-
Total Other liabilities	119,442	114,285
	119,442	114,285

15. Employee benefits**a. Accounting policy**

Provision is made for the Company's liability for employee benefits, those benefits that are expected to be wholly settled within one year have been measured at the amounts expected to be paid when the liability is settled, plus related on-costs.

b. Employee benefit details

Current	2023	2022
	\$	\$
Long service leave	6,250	2,753
Annual leave	30,110	23,741
	36,360	26,494

16. Events occurring 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.

17. Statutory information

The registered office and principal place of business of the Company is:

Sports Dietitians Australia Ltd
Level 2
375 Albert Road
South Melbourne VIC Australia
3025

Sports Dietitians Australia Ltd

Directors' declaration

The directors of the Company declare that:

The financial statements and notes for the year ended 30 June 2023 are in accordance with the *Corporations Act 2001* and:

- comply with Australian Accounting Standards - Simplified Disclosures; and
- give a true and fair view of the financial position as at 30 June 2023 and of the performance for the year ended on that date of the Company.

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 with the continuing support of creditors.

This declaration is made in accordance with a resolution of the Board of Directors.

Alessandro Marzella

Alessandro Marzella
Director

Date: 18/8/2023

Sally Walker

Sally Walker
Director

Date: 11/8/2023

Independent audit report to the members of Sports Dietitians Australia Ltd

Report on the Audit of the Financial Report

Opinion

We have audited the accompanying financial report, being a simplified disclosure financial report of Sports Dietitians Australia Ltd (the Company), which comprises the statement of financial position as at 30 June 2023, the statement of profit or loss and other comprehensive income, the statement of changes in equity and the statement of cash flows for the year then ended, notes to the financial statements and the Directors' declaration.

In our opinion, the accompanying financial report of the Company is in accordance with the *Corporations Act 2001*, including:

1. giving a true and fair view of the Company's financial position as at 30 June 2023 and of its financial performance for the year ended; and
2. complying with Australian Accounting Standards - Simplified Disclosures and the *Corporations Act 2001*.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the auditor independence requirements of the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants (the Code)* that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance

Management is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards - Simplified Disclosures, and for such internal control as management determines is necessary to enable the preparation of the financial report is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Company's financial reporting process.

Sports Dietitians Australia Ltd

Notes to the financial statements

For the year ended 30 June 2023

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

Mitchell Wilson

883 Toorak Road, Camberwell VIC 3124

Douglas Mitchell

Douglas Mitchell

Partner

Date: 22/8/2023



ANNUAL REPORT 2022-2023

**Empowering you to take
performance to the next level**