



## **Gymnastics Australia’s Support Services Network – Sports Dietitians**

The below list of Sports Dietitians has been collated to provide Gymnastics clubs with a list of experts in the specialised field of Nutrition and Dietetics. All recommended Sports Dietitians have achieved Gymnastics Australia’s (GA) minimum requirements (see below) and are ready and available to be involved in your Gymnastics club. They support GA’s Body Positive Guidelines and are equipped to assist programs to implement the Guidelines into their community.

The list has been approved and supported by GA’s Chief Medical Officer Dr.Kathy Yu, Fiona Sutherland, APD & lead in developing the GA’s Body Positive Guidelines and GA’s High Performance Director, Andrew Logan.

### **Minimum Requirements**

- Tertiary qualifications in Nutrition and Dietetics.
- Masters/PhD in a relevant discipline (desirable but not essential).
- Registered as an Accredited Practicing Dietitian with Dietitians Association of Australia (DAA).
- Accredited Sports Dietitian with Sports Dietitians Australia (SDA).
- Completed the online course ‘Eating Disorders in Sport’ with Fiona Sutherland & Shane Jeffrey in collaboration with SDA (desirable but not essential).

### **ACT**

<b>Name</b>	<b>Clinic</b>	<b>Location</b>	<b>Contact Details</b>	<b>Website</b>
<b>Erica Stephens</b>	Sportrition	Manuka	1300 667 244	<a href="http://www.sportrition.com.au">www.sportrition.com.au</a>

### **QLD**

<b>Name</b>	<b>Clinic</b>	<b>Location</b>	<b>Contact Details</b>	<b>Website</b>
<b>Steph Cronin (1)</b>	Perform Dietetics	Kawana, Sunshine Coast	<a href="mailto:steph@performdietetics.com.au">steph@performdietetics.com.au</a> 0432 202 826	<a href="https://www.performdietetics.com.au">https://www.performdietetics.com.au</a>
<b>Steph Cronin (2)</b>	Apple to Zucchini Performance Nutrition	Paddington, Brisbane	<a href="mailto:steph@appletozucchini.com.au">steph@appletozucchini.com.au</a> 0432 202 826	<a href="http://www.appletozucchini.com.au">http://www.appletozucchini.com.au</a>
<b>Tara Davenport</b>	N/A	Everton Park, Newstead & Milton	0413 208 611	<a href="http://taradavenportapd.com">taradavenportapd.com</a>
<b>Lauren James</b>	Eat Smart Nutrition	Indooroopilly	<a href="mailto:admin@eatsmartnutrition.com">admin@eatsmartnutrition.com</a> (07) 3217 8555	<a href="http://www.eatsmartnutrition.com">www.eatsmartnutrition.com</a>
<b>Bec Philipp</b>	Food For Fit Nutrition	Carina & Thornlands	<a href="mailto:bec@foodforfit.com.au">bec@foodforfit.com.au</a>	<a href="http://foodforfit.com.au">foodforfit.com.au</a>
<b>Jen Pfeifler</b>	River Oak Health	Toowoomba	<a href="mailto:hello@riveroakhealth.com.au">hello@riveroakhealth.com.au</a>	<a href="http://www.riveroakhealth.com.au">www.riveroakhealth.com.au</a>



### QLD - Continued

<b>Shane Jeffrey</b>	River Oak Health	Brisbane	<a href="mailto:hello@riveroakhealth.com.au">hello@riveroakhealth.com.au</a>	<a href="http://www.riveroakhealth.com.au">www.riveroakhealth.com.au</a>
<b>Ali Disher</b>	N/A	Wooloongabba & Taringa	<a href="mailto:ali.disher@gmail.com">ali.disher@gmail.com</a> 0417 64 66 88	N/A
<b>Hannah Brereton</b>	Inspire Health Services	West End	<a href="mailto:hannah.brereton@inspirehealthservices.com.au">hannah.brereton@inspirehealthservices.com.au</a> 0421 903 448	<a href="https://www.allbodiesservices.com.au">https://www.allbodiesservices.com.au</a>
<b>Kelly Stewart</b>	QUT Health Clinics	Queensland University of Technology	(07) 3138 9777	<a href="http://www.healthclinics.qut.edu.au/">http://www.healthclinics.qut.edu.au/</a>

### NSW

<u>Name</u>	<u>Clinic</u>	<u>Location</u>	<u>Contact Details</u>	<u>Website</u>
<b>Rebecca Hay</b>	The Athletes Kitchen	The Sports Clinic, University of Sydney & HP Physiotherapy, Ryde Aquatic Centre	N/A	<a href="http://www.theathleteskitchen.com.au">www.theathleteskitchen.com.au</a>
<b>Stephanie Hage</b>	The Athletes Kitchen	SWSM, Rooty Hill RSL & Hills Sports Medicine, Bella Vista	N/A	<a href="http://www.theathleteskitchen.com.au">www.theathleteskitchen.com.au</a>
<b>Ashleigh Brunner</b>	Body Fusion	Sydney	<a href="mailto:ashleigh@bodyfusion.com.au">ashleigh@bodyfusion.com.au</a> , 0426 500 251	<a href="http://www.bodyfusion.com.au">www.bodyfusion.com.au</a>
<b>Liam McCudden</b>	Evolve Dietetics	Port Macquarie & Camden Haven	0455 051 615	N/A
<b>Michelle Bruce</b>	Tune Up Health & Fitness	South Sydney	<a href="mailto:tuneuphealth@gmail.com">tuneuphealth@gmail.com</a>	<a href="http://www.tuneuphealth.com.au">www.tuneuphealth.com.au</a>
<b>Grainne Attwell</b>	Grainne Attwell Consulting	Tamworth	(02) 67663911 / 0401938206	N/A

### SA

<u>Name</u>	<u>Clinic</u>	<u>Location</u>	<u>Contact Details</u>	<u>Website</u>
<b>Olivia Warnes</b>	N/A	Stepney & Marion	0402 846 084	<a href="http://www.livwellnutrition.com.au">www.livwellnutrition.com.au</a>
<b>Lauren Stribley (1)</b>	Good Physio,	Glenelg	(08) 7226 2190 <a href="mailto:admin@good.physio">admin@good.physio</a>	N/A
<b>Lauren Stribley (2)</b>	Hyde Park Medical Clinic	Goodwood	(08) 8373 3337	N/A



## TAS

<u>Name</u>	<u>Clinic</u>	<u>Location</u>	<u>Contact Details</u>	<u>Website</u>
Gaye Rutherford	N/A	Sandy Bay	<a href="mailto:gayerutherford@bigpond.com">gayerutherford@bigpond.com</a>	N/A

## VIC

<u>Name</u>	<u>Clinic</u>	<u>Location</u>	<u>Contact Details</u>	<u>Website</u>
Fiona Sutherland	N/A	Melbourne	<a href="mailto:themindfuldietitian@gmail.com">themindfuldietitian@gmail.com</a>	<a href="http://www.themindfuldietitian.com.au">www.themindfuldietitian.com.au</a> <a href="https://www.bodypositiveaustralia.com.au/">https://www.bodypositiveaustralia.com.au/</a>
Kylie Andrew	VIS	Albert Park	<a href="mailto:kylie.andrew@vis.org.au">kylie.andrew@vis.org.au</a>	N/A
Katherine Shone (1)	Olympic Park Sports Medicine Centre	Melbourne	1300 859 887	<a href="http://www.opsmc.com.au">http://www.opsmc.com.au</a>
Katherine Shone (2)	N/A	Box Hill South	0402 027 000 <a href="mailto:katherineshone@yahoo.com.au">katherineshone@yahoo.com.au</a>	N/A
Helen Duong (1)	The Cricket and Sports Medicine Centre	St Kilda	N/A	<a href="https://www.cricketsmc.com.au/">https://www.cricketsmc.com.au/</a>
Helen Duong (2)	Lifecare Prahran Sports Medicine	South Yarra	<a href="mailto:hdnutrition@outlook.com">hdnutrition@outlook.com</a>	<a href="https://www.lifecare.com.au/clinic/prahran-sports-medicine/">https://www.lifecare.com.au/clinic/prahran-sports-medicine/</a>
Georgie Buckley	Mind Body Well	Melbourne	03 9821 5847 <a href="mailto:info@mindbodywell.com.au">info@mindbodywell.com.au</a>	<a href="http://mindbodywell.com.au">mindbodywell.com.au</a>
Kristen Papathanasiou	Alphington Sports Medicine Clinic	Northcote	9481 5744	<a href="https://www.alphingtonsportsmed.com.au/">https://www.alphingtonsportsmed.com.au/</a>
Emily Commerford	The Melbourne Sports Medicine Centre	Collins St, Melbourne	N/A	<a href="http://melbsportsmed.com.au">melbsportsmed.com.au</a> <a href="http://melbournenutrition.com.au">melbournenutrition.com.au</a>
Lisa Blenheim	N/A	Melbourne	0424474187 <a href="mailto:groundup-dietetics@outlook.com">groundup-dietetics@outlook.com</a>	N/A
Sarina Lococo	N/A	Cheltenham	0414635609 <a href="mailto:sarinalococo17@gmail.com">sarinalococo17@gmail.com</a>	N/A

## WA

<u>Name</u>	<u>Clinic</u>	<u>Location</u>	<u>Contact Details</u>	<u>Website</u>
Julie Meek	N/A	Karrinyup	0411 188 996 <a href="mailto:julie@juliemeek.com.au">julie@juliemeek.com.au</a>	<a href="http://www.juliemeek.com.au">www.juliemeek.com.au</a>