Annual Report

2014

PINES Mailing Address
358 South 700 East (B-247)
Salt Lake City UT 84102

PINES Website
www.pinesnutrition.org
ANNUAL REPORT
Professionals in Nutrition for Exercise and Sport  2014

PINES Board of Directors and Officers

President:  Jeni Pearce, MS, RD, Performance Nutrition Lead, High Performance Sports New Zealand, Auckland, NZL

Vice President:  Susie Parker-Simmons, MS, RD  USOC Colorado Springs, USA

Treasurer:  Dr. Liz Broad, PhD, RD, USOC San Diego, USA

Secretary:  Christel Dunshea Mooij, Performance Nutritionist High Performance Sport New Zealand, Auckland NZL.

Sponsorship Officer:  Dr. Ron Maughan.  Loughborough University, UK

Strategic Planning Officers:  Christine King, MS, RD Auckland, NZL

Network Officer:  Dr. Helen O’Connor (AUS), University of Sydney, Australia

Partnership Officer:  Dr. Melinda Manore, Oregon State University, Corvallis, OR, USA

Membership Officers:  Nancy Clark, MS, RD, CSSD,  Sports Nutrition Services, Boston, MA, USA and

Dr. Hattie Wright, Northwest University, Potchefstroom, South Africa (Newsletter Officer)

Education Officers:  Dr. Louise Burke, PhD, RD Australian Institute of Sport, Canberra, AUS

Projects Officer:  Dr. Fiona Pelly, PhD, RD, University of the Sunshine Coast, Brisbane, AUS

Past President : Dr. Nanna Meyer, University of Colorado and United States Olympic Committee, Colorado Springs, CO, USA
Accomplishments in 2014

- Published quarterly PINES NEWS x 4
- Published two Spanish translations of PINES NEWS, 1 in Chinese with a Japanese version currently undergoing translation
- PINES preconference, part of the scientific program at the Annual ACSM meeting, with 10 Experts 10 Questions with over 350 attendees was again highly successful and well received.
- PINES reception and education evening sponsored by PowerBar in Orlando with 130+ attendees
- Conducted PINES Board and Member Meeting at ACSM’s Annual Meeting in Orlando Florida
- Submitted several scientific sessions for the 2015 Annual Meeting of the American College of Sports Medicine Meeting, San Diego
- PINES profile and sponsorship at the Mexican Ironman with several Board members presenting in a joint project with Mexican Federations of Sports Nutrition
- Continued to send updates for worldwide employment opportunities and other news on the PINESNews@yahoo.com list serv and continued to update the Facebook page for PINES
- SportsOracle joined 174 IOC Diploma in Sports Nutrition student memberships
- First organizational membership was awarded to Sports Medicine Council of Alberta in Canada
- Awarded the first two PINES IOC Dip Sports Nutrition Scholarships.
- Continue 501 c 3 Status and the development of PINES Strategic Plan
- Treasure position filled: Elizabeth Broad USOC

PINES NEWS Summary—Hattie Wright


PINES PROJECT Summary—Fiona Pelly

An important global effort provided input into the Food Service at the Sochi Winter Olympics, held February 2010. A group comprised of PINES members interacted directly with the IOC and VANOC to provide international input into cultural diversity along with guidelines for nutritional quality and food safety. This PINES Food Service Project will continue to grow and may be expanded to international events such as the PANAM and COMMONWEALTH Games.

PINES GLOBAL Summary—Helen O’Connor

The PINES Mission is to facilitate the exchange of professional expertise worldwide. The global efforts of PINES are possibly the most important cause. PINES Global continues to build a network comprised of 10 geographical regions around the world, each represented by a PINES member living and working in these areas. The PINES global map was updated and further developments are planned for the future. Establishing key contacts in some areas of the world remain a challenge.
PINES Membership

PINES memberships in 2014 reached 445. The graph provides an overview of the global representation, includes over 26 countries and this year adding the students competing both years of the IOC Diploma in Sports Nutrition.

Top 5 countries for memberships:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Country</th>
<th>Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>United States</td>
<td>52</td>
</tr>
<tr>
<td>2</td>
<td>Australia</td>
<td>21</td>
</tr>
<tr>
<td>3</td>
<td>United Kingdom</td>
<td>20</td>
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<tr>
<td>4</td>
<td>Canada</td>
<td>18</td>
</tr>
<tr>
<td>5</td>
<td>New Zealand</td>
<td>11</td>
</tr>
</tbody>
</table>
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**Positions 2014**

**PINES Organizational Chart**

- President: J Pearce
- Vice President: S Parker-Simmons
- Past President: N Meyer
- Strategic Planning Officer/Co-Officer: M Boyce, CPA
- Treasurer: L Broad
- Secretary: C Dunshea-Mooij
- ACSM Liaison: C King
- PINES Student Assistant: R Maughan
- Sponsorships Officer: OPEN
- Network Officer: J O'Connor
- Partnership Officer/Co-Officer: M Manore
- Membership Officer/Co-Officer: N Clark & H Wright
- Education Officer/Co-Officer: L Burke
- Projects Officer: F Kelly
- Website/Social Media Team: D Lis

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**World Wide Network by Regions**

- North America
- South America
- Central America
- Asia-India
- Oceania
- Subcontinent
- Africa—north/south
- Eastern Europe
- Southern Europe
- Great Britain
- Central and Northern Europe

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**World-Wide Network by Organizations**

- SD-USA; SDA; SD-5A; SD-Canada; SD-Japan; SD-UK, SD-NL; SD NZL

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**Dec 2014**

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**Social Media Update**

- Facebook
- Search for people, places and things

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**Country** | **Your Fans**
---|---
United States of America | 126
Greece | 90
Mexico | 74
Canada | 74
United Kingdom | 51
Australia | 42
New Zealand | 17
Brazil | 15

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*PINES Board must be limited to 15 members*
* PINES Directors x 4
Strategic planning Report 2014- Christine King and Jeni Pearce
The strategic plan 2010 to 2014 was reviewed and updated to cover the next four year period 2014 – 2018. Some goals have been achieved while others are remain pending. The website and listserv set up have been completed however maintenance and further development requires more dedicated time and there is agreement this is best achieved by appointing a paid coordinator. The website and social media provide opportunities to increase PINES profile and provide a funding stream.
Plans to develop the global network have been limited by lack of global secretarial type support. Area representatives have not yet been found for all the global regions and the role of area representatives requires further definition. New developments include the addition of Affiliate Societies or Corporate/Organisational members. This is another area for increasing PINES profile and membership as well as adding to income. Guidelines have been agreed and established to support this. Issues confronting PINES relate to the volunteer nature of the organization and the time individuals are able to commit. As PINES is an international organization connectivity is of paramount importance. To enhance the workings of PINES an important strategy for the next four years will be to arrive at a financial position that will enable the paid employment of a Executive Officer.

ACSM collaboration—Jeni Pearce
Pines continues to build strong relationships with ACSM and representatives attended the AGM Board meeting in Orlando. Pines is grateful for the support ACSM provided to the very successful pre-conference 10 Experts 10 Questions session which is increasing in attendance. Pines looks forward to the continued growth and progression in the joint collaborations with ACSM. The ACSM_PINES MOU has undergone various drafts and refinements. The ACSM-PINES MOU remains with ACSM for approval where it has been since May 2014 despite efforts to move this forward by the PINES President.

PINES IOC Diploma in Sports Nutrition Scholarship—Jeni Pearce
Sportsoracle generously donated two 50% scholarship for PINES members. Guidelines and expectations were developed and published on the PINES website and publicised through the PINES listserv. The first two successful applicants were Tom Shand of New Zealand and Catalina Fernandez from Costa Rica and their profiles will be published in the 2015 newsletter. They will commence their first year in 2015. PINES wishes them both well with their studies.
**PINES Financials:** As at 31st Dec 2014 the bank account reported $23,078.82

With the sale of PowerBar from Nestle to Post in October 2014 confirmation of continued support for 2015 has been received by email from the new owners. PINES values the support of the PowerBar brand and looks forward to continuing the working relationship in 2015. PowerBar sponsorship contributes to the web site and the Education session at the PINES annual reception held after the 10 Expert 10 Questions session at ACSM. There appears to be funds available to consider the appointment of an administration/executive officer to assist with the operational area of PINES. This will be proposed at the Board meeting in May 2015. Reserves will be used to support the Reception in 2015 in San Diego and to promote PINES globally.

### Professionals in Nutrition for Exercise and Sport
**Statement of Financial Position**
**December 31, 2014**

<table>
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<tr>
<td><strong>Current Assets</strong></td>
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<td>Checking/Savings</td>
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<td>Chase - Checking</td>
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<tr>
<td><strong>Total Checking/Savings</strong></td>
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<tr>
<td><strong>Total Current Assets</strong></td>
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<tr>
<td><strong>TOTAL ASSETS</strong></td>
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</table>

<table>
<thead>
<tr>
<th>LIABILITIES &amp; NET ASSETS</th>
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<td>Net Assets</td>
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<td>Unrestricted Net Assets</td>
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<tr>
<td><strong>Total Net Assets</strong></td>
<td>23,078.82</td>
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<tr>
<td><strong>TOTAL LIABILITIES &amp; NET ASSETS</strong></td>
<td>$23,078.82</td>
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