

Clemson University Football

Mentor: Paul Harrington

Approximate Start Date: July 2022
8-month program duration

Clemson University Football would offer a SNIP Fellow an excellent exposure to a well-established championship caliber collegiate sports nutrition program with the ability to customize an experience for their optimal development as an aspiring sports RD. Even though it is a single sports team, we operate in a unique manner that would provide a Fellow with an extremely well-rounded experience in regards to collaborating with administration, compliance, operations, social media, sports medicine, strength and conditioning, and other key decision makers for which nutrition programs work along and advocate with. And obviously with a full time sports RD and an executive performance chef on staff there is no shortage of direct nutrition mentoring or learning opportunities either. We believe that the opportunity provided here could be the boost that a Fellow would need in order to break into the field full time and have success running their own teams or full program.

The Fellow would assist with football. They would have autonomy and be responsible for players in what we term "Power Hour". This is our developmental program for athletes who are redshirting. It includes a solid mix of all positions, both scholarship and walk-on athletes, and those from all ends of the body type spectrum (weight gain, weight loss, strength increase, long term injury rehab, etc.)

Tasks to include but not limited to: individual athlete counseling/meal planning, group educations, creation of slideshows/infographics, practice and competition pre-fueling/intra/re-fueling (home & away), participate in high performance interdisciplinary team meetings, assist with daily Gatorade FuelBar activities, inventory & ordering, active plate coaching at meals, hydration testing, DXA scans, grocery store tours, cooking demos, team meetings, staff meetings, etc. I would also like this potential Fellow to help put their signature on the program with any potential unique talents or personal interests they have such as technology, organizing, MNT/diabetes, social media, advanced culinary knowledge, food allergies/intolerances, etc.

Initially the Fellow will spend some time learning the philosophy and workflow of our program while getting acquainted with the work environment and prized culture. We will offer insight in to how we operate in our athletic department and integrate into our team. The Fellow would then spend as much or as little time as desired with myself dependent on their progress and learning style in order to accomplish any short- and long-term goals. We would work together daily in shared workspaces, in the Gatorade FuelBar, at meals, and on the field. I anticipate routine meetings to review progress and discuss any challenges. The schedule is non-traditional. Late nights paired with early mornings, weekends, holidays, and travel as needed are all part of the job. This is a lifestyle. Positivity, strong work ethic, and a growth mindset are a must.