

University of Delaware

Mentor: Kelly Rossi

Approximate Start Date: September 2022
8-month program duration

I want to host a SNIP fellow as I am passionate about mentoring others in the field and helping to shape the next generation of Sports RDs. I have a strong passion for developing younger RDs' work ethic in regard to work life balance and helping them see that sports nutrition can be done without working 18 hours a day, but also instilling a strong desire to make an impact. I also have served time on the CPSDA BOD and in that time, my passion for mentorship grew stronger and stronger, and I'd like to provide more to CPSDA. This opportunity will provide the fellow with a new experience in a non-power 5 school, which I think is extremely important since many newer RDs are taking director roles at smaller schools. The way I have set up my department here is sustainable and effective, and I am extremely passionate about supporting younger RDs in how to develop a sustainable department, where we don't have to say yes to every fueling request, but we use our degrees how they are meant to be used...to educate the athletes and empower them!

We will have the fellow work with swim/dive and one of the Fall sports teams. The swim/dive program is away from the main area in athletics and we don't get to dedicate as much time to them as we'd like, so this person would spend some time doing education with the team each week with quick hitters for 5-10 min and possibly bringing our educational programming from our main Nutrition Center down there, as well as observing 1-2 practices. This will allow the fellow to build more rapport with the team and support them better than we have. The soccer teams and volleyball team have not utilized our services to their full potential so we would like the fellow involved with one of those teams, including doing more team education, injury consults, and hydration checks. The fellow will also assist with football, basketball and men's lacrosse operations, such as gameday fueling, hydration checks, quick hit educational programming and practice fueling at some points throughout the year, with Fall being more focused on football and winter/spring being more focused on basketball and lacrosse. These are our 4 flagship sports and we'd like to increase our support of both basketballs and lacrosse teams, and I believe that starts with more education first. Often in the past, providing more fueling support allows us to build rapport to then get the coaches to support our requests for more team education. My goal with this fellow is exposure to multiple teams and autonomy over two. I feel the more the fellow gets to be responsible for their own sports, the more this prepares them for their next step. Each and every time we do something new or different, we are very methodical and thoughtful in our approach and how we would make it sustainable yet effective. Working with me on the flagship sports will allow us to work together and build the mentoring relationship, as well as provide the fellow the experience in how to sustainably support teams that may ask a lot of us. The fellow will also be a part of managing our student workforce and Nutrition Center. With a director role in the future comes the need to know how to manage people effectively. I foresee the fellow spending 1-2 days at the pool, and most likely about 15-20 hours working directly with me, sitting in on consults, working on educational content, working through administrative tasks together, such as budgeting and inventory, and sitting in on our CARE Meetings together (1 per sport per month so about 20 hours a month).