

University of Michigan

Mentor: Caroline Mandel

Approximate Start Date: August 2022
8-month program duration

The University of Michigan Performance Nutrition Program is applying to host a Gatorade SNIP Fellow for the opportunity to mentor an aspiring performance dietitian and provide them with the skills and experiences necessary to excel. We support the nutrition education, fueling needs and performance lab testing for over 940 student-athletes on 31 teams. This individual joins three full-time Performance Dietitians plus one Performance Nutrition Fellow working as part of an interdisciplinary team with athletic trainers, strength coaches, mental health counselors and physicians. The Gatorade SNIP fellow benefits from working in an NCAA Power 5 athletic department with extensive resources and the platform to make an impact by implementing their own ideas and experiences.

The Gatorade SNIP Fellow will develop and facilitate a periodized nutrition program for 4-6 teams. Team assignments are flexible and may include Field Hockey, Volleyball, Swimming & Diving, Water Polo, Track & Field, Cross Country, Wrestling, Tennis, Gymnastics, Lacrosse, Baseball, Softball, Cheer and Dance. The SNIP would also cross-train to gain experience with Basketball and Ice Hockey.

Onboarding and orientation starts with a performance nutrition skill self-inventory followed by evidence-based learning modules on topics including nutrition counseling and documentation, developing team talks, dietary supplements, hydration and performance, body composition assessment, disordered eating and eating disorders, and nutrition for the injured athlete. As the Gatorade SNIP puts together their performance teams, they will meet with key stakeholders within and outside of Athletics. On-campus scavenger hunts in campus dining halls, local restaurants and grocery stores serve to not only expedite the fellow's immersion into the university community but also provide them tools to support the student-athlete.

The SNIP Fellow will provide comprehensive nutrition care for assigned athletes and teams, including nutrition counseling and medical nutrition therapy, team education, fueling programs and performance lab testing. Athlete educational priorities include pre-practice fueling, hydration, recovery and dietary supplement safety. The SNIP will develop interactive and experiential programs such as supermarket tours and cooking demos. Fueling responsibilities include fueling station management, training table menu development, plate coaching, and competition fueling at home and on the road. Performance lab testing includes body composition assessment (Bod Pod and DXA), hydration testing, and iron screening. Additional responsibilities include managing social media platforms, intern training and supervision, event planning, participation on both the Eating Disorders Task Force and the Diversity, Equity and Inclusion committee, tracking nutrition metrics and outcomes, and the review and development of policies and procedures. The Gatorade SNIP will have the opportunity to attend the annual Exercise & Sport Science Initiative conference, tour NSF International, and mentor UM School of Public Health dietetic interns.

The Gatorade SNIP will work both autonomously and with supervision as part of the Performance Nutrition Team. The SNIP Fellow will work with the Director of Performance Nutrition 25% of the time. In addition, bi-weekly fellow meetings and weekly nutrition team meetings serve to strengthen communication and collaboration, prioritize time for dietitian education and mentoring, and provide the SNIP an opportunity to lead one staff meeting per month.