

# University of Minnesota

## Mentor: Tommy Jensen

Approximate Start Date: July 2022  
8-month program duration

Welcome to Minneapolis, MN! Have you seen our 10,000 lakes in the summer? The vibrant colors in the fall? It'll help understand why we tolerate the coldness in January and February. This diverse city boasts all 6 major professional sports teams (NBA, WNBA, NHL, MLB, MLS, and NFL) right in our backyard, giving you an opportunity to connect with the other RDs in the city. Only 9 other cities in the U.S. can make that claim. As for our Sports Nutrition program at the University of Minnesota, we are relatively new when you consider other Power 5 schools' length of employing a full-time Sports Dietitian. As the 2nd ever SNIP, you will have an opportunity to come in and set the stage for why Sports Dietitians can impact a team and help the Director of Sports Nutrition move the needle on performance fueling for Gopher Athletics. You will not be just another dietitian on a large staff but a key member of our department, with autonomy over your teams while having the ability to learn from the 2 full-time RDs on staff. Here are a few of the experiences you can expect to receive during your time at Minnesota:

- You will be the lead Sports Dietitian with our women's volleyball (Top 10 program in the country), women's soccer, and men's basketball teams.
- Opportunity to spend time and gain experience with the football program if you desire, but please note that this will not be your main focus.
- Develop and implement a culinary curriculum for student-athletes using our teaching kitchen, working alongside the Executive Chef in our Training Table.
- Network with Sports Dietitians in the Twin Cities area with the other professional sports teams (Minnesota Wild, Minnesota Timberwolves, Minnesota Vikings, and Minnesota United).
- Network and learn from senior administration and sport administrators to further your professional growth when working with upper management.
- Autonomy over your teams on how you want to build a sustainable nutrition program for them.
- Opportunity to make a meaningful impact on the Gopher Sports Nutrition program.

We focus on the development of our student-athletes when it comes to nutrition education but also the development and mentorship of those involved in the Gopher Sports Nutrition program. You will be treated no different, having the mentorship to help you grow and move on to a full-time position in the field of Sports Nutrition. We hope you will consider giving us 8 months of your time and have fun while doing it.

Ski-U-Mah and Go Gophers!