

# University of Pittsburgh

## Mentor: Auburn Weisensale

Approximate Start Date: Early August 2022

8-month program duration

- The University of Pittsburgh Sports Nutrition program offers an elite nutrition experience to the next generation of sports dietitians while further enhancing our student-athletes' nutrition experience and personal health and well-being.
- As the SNIP fellow, you will have full responsibility of the baseball and women's lacrosse teams, and assist with football. In addition to this, you will have the opportunity to interact with all 19 of our sports.
- The SNIP fellow will perform one-on-one consults, team education (including cooking demos, grocery store tours, meal planning, etc.), conduct body composition assessments and interpret results, assist with hydration testing, work with hotel staff and directors of operations to coordinate meals and menus, meet regularly with performance team staff members and coaches, assist with football practice and meal coverage, develop a cooking demo curriculum for teams, train volunteers at fueling stations, execute post-practice recovery and coordinate students to execute this for specific teams.
- Unique to the University of Pittsburgh, the Pitt football practice facility is shared with the Pittsburgh Steelers where you will have the opportunity to work with the Steelers Performance Chef on menus and Pitt football team meals.
- This SNIP experience is designed to develop innovative and creative thinking while expanding the Pitt Sports Nutrition program alongside Pitt Sports Dietitians.
- As the SNIP fellow, you will sit on Pitt's first of its kind student-athlete experience committee, Pitt Script for Life to share nutrition insight and collaborate with athletic staff throughout the department on ways to enhance the student athlete experience.
- Learn about current topics related to the Assistant AD for Performance Nutrition's role as the registered dietitian representative on the NCAA Committee on Competitive Safeguards and Medical Aspects of Sport.
- You will spend ~20 hours per week working directly with the Assistant Athletic Director for Performance Nutrition for the first 1-2 months. After this, you will spend 10-15 hours per week alongside the staff dietitians, and will be given autonomy to manage the remaining hours of your workweek with your assigned teams.
- The SNIP fellow will begin in early August 2022 with the opportunity to stay onboard with Pitt beyond the Gatorade SNIP stipend to finish out the spring sports season.
- Expect to become fully immersed within the Pitt Sports Nutrition team and the athletic department, working some nontraditional hours such as early mornings, nights, and weekends.
- Pitt gear will be provided along with some training table meals.