

St. Vincent Sport Performance, Indianapolis

Mentor: Lindsay Langford

Approximate Start Date: August 8, 2022

8-month program duration

Interested in learning more and working with:

Professional Teams?

Private Practice?

Collegiate?

Endurance athlete?

Motorsports?

Firefighter/Tactical Athlete?

Building and growing a business?

Then Ascension St. Vincent Sports Performance (ASVSP) is the place for you! Our hospital-based sports performance facility serves a variety of athletes with a variety of services. Our vision for Nutrition continues to grow, providing new services and opportunities for expansion. While we currently support youth, recreational, collegiate, professional and national athletes; we also hope to grow within the tactical and wellness realms. A Gatorade SNIP would add tremendous value to our organization; while also being given amazing opportunities to grow professionally in a unique setting with a mentor along-side.

If provided a Fellow, he/she would have opportunities with Butler University, Indiana Fever WNBA, Ball State University, Indycar motorsports, USA Soccer, and countless opportunities with our high school and adult population. The opportunity to extend services within our local D2 and D3 schools, along with expanding our Virtual Nutrition program is strongly encouraged. Lastly, our SNIP would be provided opportunities to help grow our tactical and wellness divisions by providing services to our police and fire departments that keep our community safe.

Daily tasks will vary, but could include:

Individual Counseling

Nutrition Presentations

Contract Design and Implementation

Sweat and Electrolyte Testing

Menu Design

Cooking Demo/Competitions

Group Counseling

Bod Pod® Assessments

Social Media

Meal Planning

Grocery Store Tours

Program Design/Business Development

Product Sponsor Recruitment

Supplement Review

Product Budgeting/Procurement

Virtual Nutrition Services

Our fellow would spend the first month working 100% of the time with a sports dietitian mentor (Lindsay Langford, MS, RD, CSSD) or extended sports performance staff (athletic trainers, sports psychology, sports medicine physicians, athletic trainers and strength and conditioning coaches). After the first month, they will then begin working with athletes, clients and projects on their own and progress individually as desired and necessary.

Prior fellows have gone on to work for: Northwestern University, University of Louisville, Skcratch Labs, Miami FC, West Virginia University, Indiana University and more...

We look forward to welcoming you to this unique and rewarding experience at Ascension St. Vincent's Sports Performance!