

University of Texas at Austin

Mentor: Craig Moore

Approximate Start Date: July 15, 2022
8-month program duration

Mission: The Performance Nutrition staff is dedicated to provide world-class expertise and care for the Texas Athletics student-athletes, resulting in improved sports performance, decreased illness and injury, and optimal long-term health.

Purpose: Fuel athletes to win at sport and life! #fueltowin

Vision: Develop a state of the art performance nutrition program – a benchmark for success.

I am incredibly passionate about helping to build-up the next generation of sports dietitians, and believe the mentorship and experience provided as a member of our team will help a SNIP Fellow to take the next step in their career. The University of Texas is uniquely positioned to provide a SNIP Fellow exposure to working within an established sports nutrition program that provides comprehensive education and clinical care to our student-athletes. Our sports nutrition department currently consists of five experienced Sport Dietitians with diverse backgrounds and areas of expertise, offering a SNIP fellow the opportunity to learn how to work as a member of a team and observe a variety of counseling, education and organizational styles.

If selected, we envision the SNIP fellow having a unique experience that provides full immersion into working with our football program under my supervision, while also having the opportunity to serve as a Sports Dietitian for Olympic sports. Our SNIP Fellow will be exposed to all tasks and projects that an experienced Sports Dietitian may encounter on a daily basis. This includes, but is not limited to:

- Development of educational materials
- Assistance with hydration and fueling before, during and after training
- Conducting individual counseling sessions
- Providing group education
- Fuel station management
- Coordination of travel and game-day fueling
- Plate coaching
- Conducting grocery store tours and cooking demos
- Performing DXA scans and analyzing results
- Performing supplement reviews
- Serving as a member of a high-performance team
- Serving as a member of the multi-disciplinary team

Additionally, our SNIP Fellow will be exposed to collaborative work opportunities with staff members from operations, compliance, administration, recruiting, strength & conditioning, sport science, sports medicine and creative. Finally, the SNIP Fellow would be charged with the completion of 1-2 projects during their time at The University of Texas based on personal interest

and areas of expertise. Potential projects include updating supplementation and surgery protocols, coordinating and implementing Bodies in Motion programming, developing and implementing a "life after sports" program or conducting in-house research.

As is expected with Football, the SNIP Fellow can expect to work approximately 70-80 hours per week throughout pre-season camp with this number decreasing to a more manageable workload of 60 hours per week in-season. The SNIP fellow can expect to spend a minimum of 20 hours per week working closely with the Sport Dietitian for Football, Craig Moore.