

University of Connecticut

Mentor: Liz Wluka

Approximate Start Date: August 1, 2022
8-month program duration

I would be thrilled and honored to host a SNIP fellow. UConn athletics is a tight knit community and this fellow will be a part of the Husky family right from the start! UConn has won a total of 23 National Championships in four different sports (11 Women's Basketball, 5 Women's Field Hockey, 4 Men's Basketball, 3 Men's Soccer).

As currently 1 RD for 600 athletes, this SNIP fellow will act as the 2nd RD on staff and have the opportunity to make huge impact, leaving their mark on the sports nutrition program.

This host site will have tremendous emphasis on counseling, team education, creativity and innovation. This SNIP fellow will enhance their counseling and motivational interviewing skills working with all different types of athletes throughout the SNIP immersion to gain a variety of experiences. The SNIP fellow will be a member of both our sports medicine and sports performance teams, attending weekly meetings with athletic trainers, team physicians, sports psychologist and strength coaches to communicate effective care for our student athletes. This fellow will also attend monthly EDIT (Eating Disorder Interdisciplinary Team) meetings and gain experience working with athletes with RED-S and eating disorders within a treatment team setting.

Work-life balance is also unique about this host site, for this fellow will be asked to work 40-45 hours/week for 8 months in the 2022-2023 academic school year and spend 15-20 hours/week with the Director of Sports Nutrition. The fellow's experience will include, facilitating multiple one on one counseling sessions, providing team talks, grocery store tours, dining hall tours, cooking classes and creating social media initiatives. This fellow will also assist heavily with 11x National Championship women's basketball team as well as football with the opportunity to work game days. **This fellow will be the primary dietitian for Women's Soccer, Swimming & Diving, Rowing, and Track & Field.** Although this fellow will have assigned sports, they will gain experience working with all teams under supervision and mentorship of the Director of Sports Nutrition.

This SNIP fellow will have an inside look on how to build a sustainable sports nutrition program from the ground up. UConn is a member of the Big East conference where there are currently only 2 out of 11 universities with full-time sports dietitians. The future of sports nutrition opportunities are likely to open at smaller D1 schools, a similar landscape at UConn. This fellow will acquire the skills and confidence to start their own sports nutrition program if they so do choose or enter a variety of sports nutrition settings after completing the immersion. UConn is located in Storrs, CT, which is in close proximity to major cities like Boston and New York City. A unique opportunity to explore New England! This fellowship would be a rewarding and unforgettable experience for an eager, entry-level sports dietitian!