

# **UFC Performance Institute**

## **Mentor: Clint Wattenberg**

Approximate Start Date: July 2022  
8-month program duration

The UFC Performance Institute is an integrated high-performance team working out of the Vegas UFC Performance Institute facility dedicated to optimizing UFC (Mixed Martial Arts) athletes in their training, recovery, nutritional self-care, and overall performance needs. The UFC PI Nutrition team includes culinary team members to complement the dietetics interventions provided for athletes. The nutrition team integrates within collaborative world class service providers in Strength & Conditioning, Sports Medicine, Psychology and Sports Science and provides a central role in UFC PI athlete support accentuated by the weight making demands of the sport.

The UFC PI Nutrition program is extremely comprehensive and is grounded in nutrition related sports science assessments driving nutrition interventions. A SNIP Fellow at UFC PI will take on experiences and responsibilities that include:

- Athlete centered nutrition assessment, education, and counseling
- Contributing to nutrition education via social media team and emerging UFC PI online learning platform
- Weight class & combat sport immersion and education
- Nutrition related exercise physiology assessments & integration
- Athlete feeding through fueling station, on-site café and fight week fueling (via Notemeal)
- Menu and recipe development (via Notemeal)
- Comprehensive fight week support (around-the-clock athlete engagement & monitoring)
- Culinary nutrition immersion
- Overall performance team integration (Sports Medicine, S&C, Psych, Sports Science)

Supporting the development of Sports RD professionals in both high performance and weight class sports fields is core to the mission and vision of the UFC PI Performance Nutrition program. This year's SNIP will work with the four full-time UFC PI RDNs in the above areas as well as gain exposure to a variety of performance nutrition settings.

The UFC PI Nutrition team is comprised of:

- Clint Wattenberg MS, RD, CSCS
- Charles Stull MS, RD
- Nicole Alai MS, RD, CSCS
- Levi Maeschen, MS, RD

Las Vegas is home to a thriving Performance Nutrition network that UFC PI SNIP fellows will have an opportunity to access. The UFC PI SNIP experience will include exposure and mentorship with a variety of external Vegas based sports nutrition programs (specific sites & experiences TBD).