

# University of Virginia

## Mentor: Randy Bird

Approximate Start Date: August 2022  
8-month program duration

I am excited at the prospect of hosting a SNIP fellow. As a founding board member of CPSDA, I believe the creation of this program is one of the greatest accomplishments we have had in helping prepare young dietitians for the exciting field of sports nutrition. I strongly believe this program is vital to the growth of our profession. Giving these fellows hands-on experience within the collegiate athletic environment will ensure they are prepared to handle whatever is thrown at them during their first job as a Sports Dietitian. The University of Virginia would provide a tremendous mentoring opportunity for the SNIP fellow. They would be mentored by four sports dietitians, be exposed to many great sports teams. Twenty-three of our twenty-seven sports consistently compete for conference and national titles. This fellow will be exposed to all of these sports, making for a more complete sports dietitian. Being able to learn from four sports dietitians will allow this fellow to more quickly develop a style that will be successful for him/her. The SNIP fellow will be assigned two or three teams to manage for the year under my direct supervision. The fellow will work directly with our Men's & Women's Swimming & Diving team. He or she will also help with our football program. For football, he/she will work preseason training camp, be on the sidelines for all home football games helping with gameday fueling as well and participate in other football responsibilities as they arise. Depending on the strengths of the fellow, he/she may be given other sports to oversee. Additional team assignments will be picked to maximize growth as a dietitian. Most of the fellow's time will allow for autonomy in managing his/her sports. Approximately ten hours per week will be spent with me and five hours per week with the assistant sports dietitians. Tasks will include providing individual and team education, hydration testing, body composition testing, creating nutrition education materials, managing nutrition/fueling stations, assisting with the training table meal, assisting with travel meals, evaluation of supplements, and anything else that may be thrown our way.

The sport teams we have at UVA include:

Fall In-season:

Football

Men's Cross Country

Women's Cross Country

Women's Field Hockey

Women's Soccer

Men's Soccer

Women's Volleyball

Winter In-season:

Men's Basketball

Women's Basketball

Men's Squash  
Women's Squash  
Men's Swimming  
Women's Swimming  
Wrestling  
Men's Indoor Track  
Women's Indoor Track

Spring In-season:

Baseball  
Men's Golf  
Men's Lacrosse  
Men's Tennis  
Men's Outdoor Track  
Women's Golf  
Women's Tennis  
Women's Outdoor Track  
Women's Rowing  
Softball