

2022 *Sports Nutrition* Boot Camp

Location: Georgia Tech

Date: January 22, 2022

Time (EST)

7:30-7:45 AM

7:45-8:00 AM

8:00-8:45 AM

8:45-9:30 AM

9:30-9:45 AM

9:45-10:30 AM

10:30-11:15AM

11:15 AM-12:45 PM
(45 min each)

12:45-1:30 PM

1:30-2:15 PM

2:15-2:30 PM

2:30-3:15 PM

3:15-3:30 PM

Event

Welcome & Introductions

Sponsor Remarks

Sports Nutrition Assessment

Private Practice &
Performance Centers

Break

Supplements

Performance Nutrition
Settings: Overview and
Panel Discussion

Lunch Break & Facility Tour

Hydration

Tactical Nutrition

Break

Getting Your Foot in the
Door

Closing

Speaker

BRETT SINGER

CPSDA Secretary & Membership Chair

THE WONDERFUL COMPANY

LAUREN SILVIO MS, RD, CSSD, LD

Auburn University

LAUREN CIGINELLI MS, RD, CCSD, LD

Northside Hospital Sports Medicine

LEAH THOMAS MS, RD, CSSD, LD

Georgia Tech

ALL

BRETT SINGER MS, RD, CSSD, LD

Memorial Hermann IRONMAN Sports
Medicine Institute

**CHRISTINA LAPEYROUSE MS, RD, CSSD,
LDN KBRWYLE**

SLOAN VLAHOS MS, RD, CSSD, LD

University of Georgia

BRETT SINGER