Dear CPSDA Family,

I’m honored and proud to bring you our inaugural CPSDA Annual Report. I do hope you’ll take a moment to read through the content we have provided because I’m confident you will find yourself inspired by the progress we have made and excited about the direction we are headed as an organization.

If you were able to be at the Annual Conference in Scottsdale, I provided a high-level overview of CPSDA’s initiatives over the past year, and this Annual Report will provide you with a bit more detail. Inside, here’s a snapshot of what you’ll find:

- Board of Directors and CPSDA Staff changes
- How we kept you connected and informed: Huddles, Circles, the new Membership Platform, and more
- Advocacy initiatives – empowering our members to be the authority in sports nutrition is our vision, so we are constantly striving to excel in this area
- Opportunities to elevate the profession by creating leaders in the field – this is our mission and we have added several significant trainings over the past year that are meeting the need of our members, as expressed in the membership survey and the Power 5 survey
- Updates on our Diversity, Equity, and Inclusion (DEI) efforts
- New tools and resources to utilize to empower you
- A look at the past year’s financials
- And more!

As someone who always dreamed of working as a Sports RD, I can say there has never been a better or more exciting time for our profession. I hope you enjoy this summary we have provided and are proud of the work we have done, and inspired about where we are headed.

Fueling Victory,

Amy Culp, RD, CSSD, LD, CEDRD
President, CPSDA
Vision

CPSDA empowers its members to be the authority in Sports Nutrition.

Mission

CPSDA's mission is to create leaders who elevate the profession of Sports Nutrition through ethical, science-based, cutting-edge care.

Values

Equity • Inclusion • Respect
Integrity • Excellence
Community • Growth Mindset
2021-2022 BOARD OF DIRECTORS

President: Amy Culp, RD, CSSD, LD, CEDRD

Vice President: Lauren Link, MS, RD, CSSD

Secretary and Membership: Brett Singer, MS, RD, CSSD, LD

Treasurer: Jon Tanguay, MS, RD, CSSD, LD

Student Programming: Beth McCall, MS, RD, LD, CSSD

Research: Diana Nguyen, MS, RD, LD, CSSD, CSCS

Advocacy and Career Development: Katie Knappenberger, MS, RD, CSSD, ATC

Annual Conference: Jana Heitmeyer, MS, RD, CSSD, CSCS

Education: Amber Yudell, MS, RD, CSSD
2021-2022 STAFF

Executive Director: 
Amy Freel

Director of Marketing & Membership: 
Kim Byer

Events & Education Coordinator: 
Tandi Hawkey

Sports Nutrition Immersion Program (SNIP) Coordinator: 
Mary Ellen Kelly

Sports Nutrition Immersion Program (SNIP) Manager: 
Beth Wolfgram

Thank you to the 50+ CPSDA volunteers that are instrumental in helping us execute our mission, vision, and values.
MEMBERSHIP BY THE NUMBERS

1,660 MEMBERS

913 SPORTS RD
549 STUDENT
198 ALLIED HEALTH

FEMALE
93%
MALE
7%

AGE RANGE
18-29
30-39
40-59

46% OF MEMBERS COMPLETED RACE PROFILE

13% OF THOSE IDENTIFY AS BLACK, INDIGENOUS, OR PERSON OF COLOR (BIPOC)

25% increase in Membership since 2017
MEMBERSHIP GROWTH

5-YEAR GROWTH OF THE SPORTS RD MEMBER TYPE

90% increase in Sports RD Members since 2017

Breakdown of % increase by category:

<table>
<thead>
<tr>
<th>Category</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veteran</td>
<td>87%</td>
</tr>
<tr>
<td>Experienced</td>
<td>64%</td>
</tr>
<tr>
<td>Qualified</td>
<td>133%</td>
</tr>
</tbody>
</table>

70% increase in Job Board Posts since 2020-2021
ENGAGEMENT

15 WEBINARS
1,766 ATTENDEES

8 HUDDLES
252 ATTENDEES

25 ELEVATE TOOLKIT FORUMS

6 STUDENT FORUMS
121 ATTENDEES

62.5 TOTAL CEUs OFFERED
JANUARY 22, 2022

SPORTS NUTRITION BOOT CAMP

sponsored by

the Wonderful company™

LOCATION: Georgia Tech.

108 Attendees

29 Attendees from Different States

5 Scholarships Awarded
Keynote Session: Joy Spreaders

featuring Neil Ihde, speaker, lecturer, consultant and founder of Life IQ where he motivates groups and individuals to work, play, relate and live intelligently.

82% had a positive conference experience

77% found networking most beneficial
2021-22

FELLOWS & MENTORS

Emilie Burgess · · · · · · · · · · · · · · · · · Ema Thake, Washington
Paige Canfield · · · · · · · · · · · · · · · · · Liz Wluka, UCONN
Sina D’Amico · · · · · · · · · · · · · · · · · Colleen Carrion, Maryland
Jereme’ Gallier · · · · · · · · · · · · · · · · · Jana Heitmeyer, Georgia
Brooks Gillerlain · · · · · · · · · · · · · · · · · Aly Onyon, VA Tech
Leah Knizner · · · · · · · · · · · · · · · · · Paul Harrington, Clemson
Austin Kowitz · · · · · · · · · · · · · · · · · Tommy Jensen, Minnesota FC
Dan Marquette · · · · · · · · · · · · · · · · · Clint Wattenberg, UFC
Elizabeth Mosier · · · · · · · · · · · · · · · · · Jon Tanguay, Texas A&M
Alex Winnicki · · · · · · · · · · · · · · · · · Katie Knappenberger, Northwestern

THE 2021-2022 SNIP KICKOFF WAS HELD VIRTUALLY. FELLOWS CONTINUED TO CONNECT THROUGHOUT THE YEAR WITH 4 MENTOR MEETINGS, 5 FELLOW MEETINGS, AND A MONTHLY LECTURE SERIES FROM VETERAN SPORTS RDS.

SNIP Lecture Series featuring

POSTER PRESENTATIONS

Chelsea Burkart
Tactical Performance Dietitian

Kate Burks
Tactical Performance Dietitian

Briana Butler
Lead Dietitian, Co-Owner Power Portions

Dr. Matt Frakes
Assistant Athletic Director of Sports Nutrition, Louisiana State University

Lindsey Langford
Sports Dietitian, St. Vincent Sports Performance

Caroline Mandel
Director of Performance Nutrition, Michigan

Christina Weidman
Advanced Clinical Dietitian, Athletic Medicine, Northwestern Medicine

Anthony Zamora
Director of Performance Nutrition/Executive Chef, Utah Jazz
NEW INITIATIVES FROM 2021

Community

• MEMBER LOGIN PLATFORM
• MENTOR LIST
• CIRCLES
• HUDDLES
• TOOLKIT FORUMS

Professional Development

• ETHICS WEBINAR (CDR APPROVED)
• MEMBER-ONLY WEBINARS
• 2022 SALARY SURVEY
NEW INITIATIVES FROM 2021

Workshops

- TACTICAL NUTRITION SUMMIT
- EATING DISORDERS IN SPORT Workshop
- COMBAT AND WEIGHT CLASS
- UPWARD

Scholarships

- FIVE $400 BOOT CAMP SCHOLARSHIPS +
- FREE BOOT CAMP REGISTRATION
- ONE $7,000 SCHOLARSHIP TO A BIPOC STUDENT + 1-YEAR CPSDA MEMBERSHIP & ANNUAL CONFERENCE REGISTRATION
We are very excited to have established a formal liaisonship with the National Athletic Trainers’ Association (NATA). Mary McLendon will be serving as NATA’s liaison to CPSDA and Katie Knappenberger will be servicing as CPSDA’s Liaison to the NATA. The purpose of this partnership is to identify areas for collaboration between the NATA and CPSDA and lean on each other’s expertise for key projects and initiatives.

This year we continued to expand our education hub with leadership content from Women Leaders in College Sports (WLCS). We also shared valuable WLCS resources with our membership which can be accessed from their platform. In the upcoming year, we are working toward exposing more WLCS members to CPSDA and the value that our members can provide to their organizations.

As part of the connection with CSCCa, CPSDA coordinates nutrition-focused articles published in the organization’s official digital newsletter, CSCCa Monthly (www.csccamonthly.com). The goal of these articles is to provide a quality education resource for the non-RD sports performance professional. For the past two years, this opportunity has been a great project for Gatorade SNIP Fellows to serve as contributing authors and participate in the editing process.

CPSDA was proud to launch our Association Affiliation with the American Culinary Federation (ACF) in the spring of 2022. ACF is the largest professional chefs’ organization in North America and are the leaders in offering educational resources, training, apprenticeship, competitions and programmatic accreditation designed to enhance professional growth for all current and future chefs and pastry chefs. In addition, ACF operates the most comprehensive culinary certification program in the world. CPSDA and ACF are beginning our partnership working to build a foundation based on awareness and education to the athletic culture and the unique challenges, training and demands of a performance chef.
CPSDA is proud to share the growth that has been made in the way of diversity, equity and inclusion for our organization, but recognize that the growth is far from over. Over the past two years, CPSDA has taken a number of purposeful steps in this area. First and foremost, adding diversity and inclusion to our organizational values, and shortly thereafter creating the CPSDA DEI Committee to help provide insight and advise the Board of Directors on opportunities for improvement. With the help of our DEI Committee and a number of volunteers, the Board of Directors has been able to carry out many initiatives that support these values.

These include:

- Annual $7,000 DEI Dietetic Internship scholarship to a BIPOC student
- Five Sports Nutrition Boot Camp scholarships
- DEI Open Forums
- BIPOC RD calls
- Annual DEI Survey
- Non-discrimination verbiage added to event promotions, scholarship and partnership applications
- Collaboration with Gatorade’s G-Force to present on the topic of sports nutrition to HBCU’s and high-schools in predominantly black communities
- Concerted effort to have increased diversity with our speakers at events, in our downloadable resources, and on our social media

Thank you to all our members who have supported these initiatives, and who support this needed improvement through their everyday actions and interactions with others.
2021-2022 PARTNERSHIPS

45 TOTAL PARTNERS

2 Premier
8 Integrated
35 Charter

SINCE 2020-2021

19% INCREASE IN PARTNERSHIP REVENUE

4 ADDITIONAL INTEGRATED PARTNERS

1 ADDITIONAL CHARTER PARTNER
FINANCIALS

**REVENUE**
- SPONSORSHIP: 52%
- SNIP: 10%
- MEMBERSHIP DUES: 22%
- ANNUAL CONFERENCE: 11%
- PROGRAMMING: 4%
- JOB BOARD: 1%

**EXPENSES**
- OPERATIONS: 37%
- SNIP: 22%
- CPSDA EVENTS: 16%
- ANNUAL CONFERENCE: 17%
- CONTRACT SERVICES: 4%
THANK YOU, CPSDA PARTNERS!