

2023 Sports Nutrition Boot Camp

Location: University of Louisville

Date: January 28, 2023

Time (EST)

7:30-7:45 AM

7:45-8:30 AM

8:30-9:15 AM

9:15-9:30 AM

9:30-10:15 AM

10:15-11:00 AM

11:00 AM-1:00 PM
(60 min. each)

1:00-1:45 PM

1:45-2:30 PM

2:30-2:45 PM

2:45-3:30 PM

3:30-3:45 PM

Event

Welcome & Introductions

Sports Nutrition Assessment

Private Practice &
Performance Centers

Break

Supplements

Performance Nutrition
Settings: Overview and
Panel Discussion

Lunch Break and Facility Tour

Hydration

Tactical Nutrition

Break

Getting Your Foot in the
Door

Closing

Speaker

BRETT SINGER

CPSDA Secretary & Membership Chair

DILLON FREES, MS, RD, LD, CSCS, CPT

Director of Performance Nutrition -
University of Cincinnati Athletics

ANNA TURNER MS, RD, CSSD, CISSN

Consultant & Private Practice Sports
Dietitian

MONICA FOWLER MS, RD

Director, UK Performance Nutrition -
University of Kentucky Athletics

ALL + EMILY LEPPING RDN, MS

Lead Sports Dietitian - University of
Louisville

BRETT SINGER MS, RD, CSSD, LD

Memorial Hermann IRONMAN Sports
Medicine Institute

JOHN BOESCH MS, RD, CSSD, LD, CSCS

Performance Dietitian, 160th Special
Operations Aviation Regiment - Fort
Campbell, KY

TIFFANY WHITE MS, RD

Associate Director of Sports Nutrition -
University of Louisville &

MICAELA SERRANO RD, LD

Sports Dietitian-Football; University of
Louisville

BRETT SINGER