Dear CPSDA Family,

I’m honored to bring you this year’s CPSDA Annual Report. We began this last year as a way to summarize all of the incredible resources available to you, as a CPSDA member, but also as a place for you to easily see all that has been accomplished in the last year. If you were able to make this year’s Town Hall at the Annual Conference, you know that I gave a high-level overview, but the Annual Report does a much deeper dive into the benefits, resources, and advocacy efforts made for CPSDA members over the last year. 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.

Inside, here’s a snapshot of what you’ll find inside:

- Board of Directors and CPSDA staff changes
- The continued growth of our membership, specifically an increase in the Sports RD members
- The formation of CPSDA’s first official subgroup, the Professional Football Registered Dietitian Society (PFRDS)
- The launch of CPSDA’s Special Interest Groups
- How we engaged with members through huddles, forums, webinars and more
- Highlights from CPSDA’s two largest events, the Sports Nutrition Boot Camp and the Annual Conference
- This past year’s SNIP class including the lecture series presenters
- New initiatives in community, professional development, workshops, education and scholarships
- An update on our budget and breakdown of CPSDA sponsorships
- And more!

This serves as my last letter to CPSDA members as I have concluded my time on the Board of Directors. Thank you for the opportunity of a lifetime. I’m so proud of the work we have accomplished together and am confident in the direction we are headed.

Fueling Victory,
Amy Culp, RD, CSSD, LD, CEDRD
President, CPSDA
CPSDA empowers its members to be the authority in Sports Nutrition.

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

Equity • Inclusion • Respect

Integrity • Excellence

Community • Growth Mindset
2022-2023 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
2022-2023 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
Administrative Assistant: Heather Smith

Thank you to the 80+ CPSDA volunteers that are instrumental in helping us execute our mission, vision and values.
MEMBERSHIP BY THE NUMBERS

1,751 MEMBERS

1,022 SPORTS RD
544 STUDENT
185 ALLIED HEALTH

FEMALE
83%
MALE
17%

AGE RANGE
18-29
30-39
40-59

# OF MEMBERS THAT IDENTIFY AS
American Indian/Alaskan Native: ........ 14
Asian: ........................................................... 86
Black/African-American: .................... 61
Native Hawaiian/Pacific Islander: ........ 5
Hispanic/Latino/Spanish Origin: .......... 114

11% increase in Sports RD members
5% increase in overall membership
Official Subgroup of CPSDA

PROFESSIONAL FOOTBALL REGISTERED DIETITIAN SOCIETY

LEADERSHIP TEAM (LEFT TO RIGHT):
Director of Learning & Development: Oluremi Famodu-Jackson
Director of Advocacy: Kate Callaway
Vice President: Ted Harper
President: Sarah Snyder
Director of Finance & Admin: Jamie Meeks

Inaugural PFRDS Meeting at the NFL Combine in February 2023

37 MEMBERS
LAUNCHED IN JUNE 2023

The purpose of a special interest group is to focus on education, collaboration and community within a niche employment sector while also elevating the next generation.

COLLEGE FOOTBALL

Chair: Amy Bragg, RD, LD

Committee: Peter Ritz, Kelsee Gomes, Amy Culp, Abigail O’Connor, Leah Thomas, Tiffany Campbell, Bryan Snyder, Brooke Helmes

COMBAT & WEIGHT CLASS SPORTS

Chair: Clint Wattenberg, MS, RD, CSSD

Committee: Beth McCall, Nuwanee Kirihennedige, Elaine Wainstreet

TACTICAL

Chair: Kelsey Bailey, MS, RD, CSSD, CSCS

Committee: Chelsea Burkart, Megan Lautz, Elise Ramirez, Justin Robinson
ENgagement

12 Webinars
1,266 Attendees

12 Huddles
349 Attendees

11 Elevate Toolkit Forums

4 Student Forums
200 Attendees

67.75 Total CEUs Offered
SPORTS NUTRITION BOOT CAMP

LOCATION: UNIVERSITY OF LOUISVILLE

96 Attendees

24 Attendees from 24 Different States

5 Scholarships Awarded

JANUARY 22, 2023
15TH ANNUAL CONFERENCE

Minneapolis, Minnesota

548 Attendees | 47 Exhibitors

Keynote Session: Louise Burke
40 Years of Sports Nutrition and Still Learning from Elite Athletes

99% HAD A POSITIVE CONFERENCE EXPERIENCE
92% FOUND THE EDUCATIONAL CONTENT TO BE VERY VALUABLE
**FELLOWS & MENTORS**

Jordan Harris .................................... Paul Harrington
Ben Hawkins .................................... Paige Crawford
Tasha Trudeau .................................... Caroline Mandel
Shannon Kelly .................................... Tommy Jensen
Rachel Sachs .................................... Lauren Link
James Burns ..................................... Kelly Rossi
Glenn Castro-Iniguez .......................... Clint Wattenberg
Maura Hohl ...................................... Randy Bird
Brittany Bowman ............................... Auburn Weisensale

**SNIP Lecture Series**

featuring

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<td>Lead Nutritionist, Owner, Staff &amp; Bio Wellness</td>
<td>Assistant ADP Performance Nutrition &amp; Clinical Wellness, University of Texas</td>
<td>Manager of Performance Nutrition, Los Angeles Dodgers</td>
<td>Performance Nutrition Coordinator, UFC Performance Institute</td>
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<tr>
<th>Katy Measick, MS, RD, CSSD, LD, ATC</th>
<th>Rebecca McConville, MS, RD, CSSD, CEDRD</th>
<th>Joel Tetero, RD</th>
<th>Chelsea Williams</th>
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<tbody>
<tr>
<td>Director of Performance Nutrition, Cleveland Browns</td>
<td>Author &amp; Dietitian</td>
<td>Director of Sports Science, Thorne Health Tech</td>
<td>Founder &amp; CEO of Thrive Nutrition Inc.</td>
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**FELLOWS AND MENTORS FROM THE 2022-2023 SNIP CLASS GOT TO MEET IN PERSON IN CHICAGO IN JUNE 2022. THEY CONNECTED THROUGH ENGAGING SESSIONS AND TEAM BONDING ACTIVITIES!**

**POSTER PRESENTATIONS**
NEW INITIATIVES FROM 2022

**Community**

- BIPOC MEMBER LIST ON MEMBER PLATFORM
- SPECIAL INTEREST GROUPS
- CONFERENCE BREAKOUT SESSIONS
- DEI FORUM AT CONFERENCE

**Professional Development**

- APPLIED PERFORMANCE NUTRITION WEB SERIES
- COLLABORATION CONFERENCE SESSION WITH CSCCA
NEW INITIATIVES FROM 2022

Workshops

FOOTBALL NUTRITION SYMPOSIUM

Education

- INTERASSOCIATION CONSENSUS STATEMENT (CONTRIBUTING REVIEWERS)
- INSTAGRAM LIVE SESSIONS WITH RESEARCH EXPERTS

Scholarships

- PROFESSIONAL DEVELOPMENT SCHOLARSHIP (ROLLING YEAR-ROUND)
- ANNUAL CONFERENCE ATTENDEE SCHOLARSHIP
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.
2022-2023 SPONSORSHIPS

49 TOTAL SPONSORS

2 Premier
6 Integrated
41 Charter

INCREASE IN SPONSORSHIP REVENUE

3.5% SINCE 2021-2022

6 ADDITIONAL CHARTER SPONSORS
THANK YOU, CPSDA SPONSORS!