

Boston College

Mentor: Liz Wluka

Approximate Start Date: July 2024

8-month program duration

Program Description: As a former SNIP fellow and mentor, I am thrilled to announce Boston College as a potential host site for the 2024-2025 academic year. This is a dream opportunity for an entry level RD to gain experience in the Northeast!

BC is a tight knit community and this fellow will be a part of the Eagle family right from the start! Boston College is in the Atlantic Coast Conference (ACC) and boasts **31 teams**. This SNIP fellow will act as the **4th RD on staff**, accompanying two full-time RDs and one RD fellow overseeing **700+ athletes**. They will have the opportunity to make a huge impact, leaving their mark on the sports nutrition program.

This host site will have tremendous emphasis on **counseling, team education, creativity and innovation**. This SNIP fellow will enhance their counseling and motivational interviewing skills working with all different types of athletes throughout their SNIP immersion to gain a variety of experiences. This fellow will also attend monthly eating disorder interdisciplinary team meetings and gain experience working with athletes with RED-S and eating disorders.

The SNIP fellow would be asked to work **45-50 hours/week** for 8 months in the 2024-2025 academic school year. The fellow would work the Director of Athletic Nutrition for 15-20 hours/week and with our football dietitian for 10-15. The fellow's experience will include facilitating multiple one on one counseling sessions, providing team talks, grocery store tours, dining hall tours, and organizing team meals. This fellow will also help create weekly/monthly social media initiatives.

This fellow will be the primary dietitian for **Volleyball, Softball, Rowing, and Men & Women's Tennis**. This fellow will also assist heavily with Men and Women's Basketball and football, including game day operations.

In September 2023, BC opened up the Hoag Pavilion, a brand new, state of the art fueling facility with a dedicated nutrition space for our Men and Women's basketball programs. This fueling center has been a game changer to better educate and fuel our student athletes.

Boston College is located in beautiful Chestnut Hill, Massachusetts right outside of the city of Boston! From collegiate to professional sports, there is always a game to catch, a sight to see, and a meal you won't want to miss!

This is a unique experience for a fellow to have an inside look on how to build a **sustainable sports nutrition program at the Power 5 level**. The SNIP fellowship at Boston College would be a rewarding and unforgettable experience for a sports dietitian. It's an exciting time to be a part of the growth at Boston College and help fuel the Eagles!