

Columbus Crew—MLS

Mentor: Kyla Cross

Approximate Start Date: July 2024

8-month program duration

Program Description: The Columbus Crew is the first club in Major League Soccer (MLS). The Crew is operated by The Edwards Family and Haslam Sports Group. The Black & Gold are the 2021 Campeones Cup winners. The Club has won three MLS Cup championships in 2008, 2020, and 2023, one Lamar Hunt U.S. Open Cup in 2002, as well as MLS Supporters' Shield titles in 2004, 2008 and 2009. The 2024 campaign is the Crew's 29th season in MLS as well as the Club's third full season at the world class Lower.com Field. The club will compete in the CONCACAF Champions Cup and Campeones Cup in 2024.

The SNIP Fellow for the Columbus Crew will report directly to Kyla Cross, the club dietitian. They will work in a professional team setting within the first team, Crew 2, and youth academies. The Fellow will act as a part of the performance team and collaborate with experts in strength and conditioning, athletic training, data analytics, functional fitness, and return to play. You will see all nutrition and performance aspects of a season (regular season, championship season, offseason, and preseason). The SNIP Fellow will also be exposed to a variety of athlete testing methods including hydration testing (urine specific gravity), sweat testing, body composition (DEXA and skinfolds), force plates, and Nordbord.

Within the brand-new state of the art training facility, the SNIP Fellow will work with all three levels of the club, with an emphasis on autonomously leading Crew 2 and the youth academy programs. The SNIP will lead consults, team education, meal and menu planning, supplement education, nutrition testing, match day, and daily duties for these teams. Opportunities for travel with the team(s) may occur. The SNIP Fellow will have the opportunity to develop programming for the academy program and implement a variety of educational tools to advance the nutrition knowledge and skills of academy players, parents, and host families. In addition, the SNIP Fellow will lead cooking classes for both Crew 2 and Academy, and work closely with the cafeteria to schedule and program for these teams.

In addition, the SNIP Fellow will have the chance to shadow and learn from other professionals in the performance team setting, such as through partnerships with Ohio Health (hospital system that sponsors the Crew), and other local dietitians in Columbus. Additional projects may include teaching an online college lecture, TV/internet content for Ohio Health, physician shadowing, and sport dietitian networking.

A general week may look like the following:

Monday: Crew 2/academies

Tuesday: Training facility—first team

Wednesday: Training facility—Crew 2/academies

Thursday: Training facility—first team

Friday: Training facility—Crew 2/academies

Saturday and Sunday: Matches/training for first team, Crew 2, and academy

In addition to working directly with me for ~20 hours per week, the SNIP Fellow and I will meet weekly for check-ins to ensure goals and expectations are being met on both sides. Exact hours worked will vary depending on the periodization of training and match schedule. I am looking forward to hosting the first SNIP Fellow with the Columbus Crew!