

Knoxville Catholic High School

SNIP Host Location Mentor: Allison Maurer

Approximate Start Date: August 1, 2024

8-month program duration

Program Description:

Be part of the cutting edge of high school sports nutrition at Knoxville Catholic High School. Here we are creating the blueprint for what all high schools should strive for in keeping their athletes well fueled to perform their best. The sky is the limit in what we are able to accomplish here and with your passion for sports nutrition, you will be able to boast that you had a hand in making high school sports nutrition relevant.

PERKS!

- Weekends off
- Fall break, thanksgiving break, winter break, snow days, spring break, Easter holiday, MLK day, Bishop's holiday, and other random days off. There is usually NO WORK on these days.
- Hours in the fall are typically 8:00am-6pm (depending on football's schedule).
- Hours in the spring are typically 8:00am-4pm
- Typically there is no work to do outside of school hours unless you feel you need to work on something. You will have plenty of time during the school day to accomplish what you need
- You have time to explore Knoxville, the Smoky mountains, Nashville (2.5 hours west), Atlanta (3 hours south) and anywhere else you might want to go!

Job Duties:

- Football
 - Work directly with football for half-time fueling and hydration for game days.
 - Collaborate with booster club for best options for pre-game meals and half-time snacks
 - Assist the athletic trainer with any set up duties on game day.
 - Provide post-practice fueling (Monday-Wednesday)
 - Travel with football for games and be in attendance for home games
- Boys and girls basketball
 - Create hydration and fueling plans for game day for certain players
 - Stock locker room fueling stations
 - Provide individual or team nutrition education as needed
 - No travel with either team
- Boys lacrosse
 - Provide post-practice fueling protocol (moms will likely execute)
 - Provide game day fuel (just pack a kit and give to coach, not travel or be in attendance)
- Classroom/other
 - Teach 2 sports nutrition classes
 - You will use the curriculum I created. I will be present during your classes so you will not be on your own. You will also sit in on my classes so you have an idea of how the class will be taught.

- Assist with service projects for applied sports nutrition classes (fall-gingerbread houses for children's hospital fundraiser, Spring-special Olympics)
- Run @fuelingtheirish social media
- Occasionally individual nutrition consults with any student-athlete from any other team.
- Team talks as needed by various teams
- Any other duties can be given at any time.

Housing

- Rent can range from \$1,200-\$1,500/month depending on where you decide to live
- There are a lot of options within 5-15 minutes of the school