

University of Maryland

Mentor: Colleen Carrion MS, RD, CSSD

Approximate Start Date: Mid-July

8-month program duration (with the ability to extend 2-4 months paid through UMD)

Program Description: The University of Maryland (UMD) Sports Nutrition department is excited to have the opportunity to help mentor and shape the next generation of Sports RDs and we would love to host you as our Gatorade SNIP Fellow! Over the last several years, our program has grown tremendously, and we are always looking for new ideas and ways to develop as a leader in the collegiate sports nutrition field and we want YOU to be a part of our Terp family. The Gatorade SNIP would be 8 months (mid-July start) and would have the option to extend it 2 months paid by UMD.

Our program would allow a SNIP fellow to function independently. You will have the opportunity to take on your own teams (to be determined which teams, but possibility for 2-4 of the following: Field Hockey, Wrestling, Women's Lacrosse, Softball, and Men's Golf) and it is anticipated that you would work about 70% of your time independently with your teams and daily responsibilities while having supervision on how best to navigate clinical cases, team needs, and the operational piece of running a sports nutrition department. You would likely spend about 30% of the time working with me, Colleen Carrion, as your mentor, but you would also have the opportunity to be mentored by our other full-time sports RD, as our department is very close-knit and works together daily. Each week, I would conduct weekly formal check-ins with you to review updates on each of your teams and other responsibilities, however, because your "home base" would be in the facility I work in, we would have frequent contact much of the time.

As a mentor, I have learned a lot about how to communicate with others and would look forward to another opportunity by hosting a SNIP fellow. My goal is to allow you exposure to all aspects of a sports nutrition department to prepare you for your next step. My hope is that you will also help leave a lasting impression on our department.

Throughout the experience you will have autonomy of your own teams and have responsibilities within each of the three pillars of UMD Sports Nutrition: education, counseling, and fueling. In addition, you will have a role in budget management, volunteer management, and integration within a multidisciplinary team. The goal would be for you to gain experience with both male and female teams that have diverse needs. Typical tasks you would perform include:

- **Counseling:** Act as the lead RD for 2-4 teams to provide one-on-one consultations for your athletes. Typical counseling session topics could include weight gain/loss, vitamin/mineral deficiencies, disordered eating, gastrointestinal disturbances, general fueling, pre/post surgery, etc. We also recently installed a DEXA machine, and after appropriate training, you would oversee conducting scans on your teams, analyzing results, and counseling athletes on body composition/bone density.
- **Education:** You would conduct team talks, grocery store and dining hall tours, cooking classes, and would create nutrition education materials.
- **Fueling:** You would be involved in the planning and execution of teams' pre-season, practice, travel, and game day fueling. You would have a role in managing our two fueling stations and our student volunteers, including planning fueling station events and ordering products.
- **Administrative/Other Duties:** You would gain experience in budget and purchasing card management. You would act as a member of our Eating Disorder Management Team and collaborate on disordered eating prevention efforts. You would also create a presentation and lecture to our Sports Nutrition Practicum class.

Overall, our goal in hosting a SNIP would be for you to learn and hone the skills needed to practice as a successful sports RD like several of our previous SNIPs and fellows who are now employed at University of Utah, University of Arizona, Rutgers, Ascension St. Vincent Sports Performance, Vanderbilt, New York Yankees, St. Louis University, and University of Pittsburgh. I hope to be considered as your 2024 SNIP Mentor.