

SNIP Host Location: Texas A&M University

Mentor: Tiffany Ilten

Approximate Start Date: July 2024 (flexible)

8-month program duration

Program Description: Texas A&M University is excited for the possibility to host a SNIP Fellow. We are a well-established nutrition program with veteran level dietitians that can offer multiple unique opportunities. We place a large emphasis on the development of students and fellows to prepare them for full time employment as a sports dietitian.

Our Performance Nutrition staff has decades of combined experience at the Division 1 and professional sports levels, which includes nearly 14 years of experience in the NBA, NFL, MLB, NHL and over 14 years in the NCAA. In addition to the high-level sports experience, Tiffany Ilten has served as a previous SNIP mentor in the 2018/2019 season and has a proven track record of developing students and fellows.

Unlike other Universities where football nutrition can sometimes be a “stand alone” program, Texas A&M effectively integrates and shares nutrition department resources to provide the best experiences for our students and fellows by broadening their exposure to multiple sports and dietitians across campus. A successful candidate for this position will not only have an interest in learning about the football program at Texas A&M but will be highly motivated to have mentored autonomy with multiple sports on campus to grow their skill set.

Our brand-new training table/dining facility is estimated to be complete in the fall of 2024. The new dining facility will allow the fellow to be part of day-to-day functions in a high-level food service operation from the minute they get to campus. In addition to the exposure and experience as a hands-on practitioner, we would expect the fellow to be involved with the development of nutrition education and other processes in the new, state of the of art, training table.

Our Fellow's Role

This position will work to provide a high level of care, including but not limited to:

- Group education
- Cooking classes
- Sweat test analysis,
- Individual consults
- Training Table menu writing
- Practice and Game coverage
- Writing meal plans
- Food service staff education
- Body composition assessment (DXA)
- Operational program management (student oversight, fueling station ordering and inventory, etc.)

The fellow will share responsibilities as a secondary practitioner to meet coverage needs for Football while having mentored autonomy with other teams. Team assignments are flexible and may include up to 3 of the following: Golf, Swim and Dive, Tennis, Cross Country, Track & Field.

Our fellow can expect to spend at least 20-25 hours per week directly with the mentor, the director, or another sports dietitian on staff as they learn the philosophy and workflow of the program. Integration within departments is vital to the success of our program and we will spend time onboarding and connecting with key stakeholders. They will contribute to monthly performance team meetings with strength and conditioning, sports science, and athletic training in addition to routine meetings with either the mentor or director to review progress and discuss challenges. The fellow can expect to work a traditional “athletics schedule” which may include working nights, weekends, holidays (as needed), travel (as needed) and extended hours (as needed).