

The University of Texas Athletics

Mentor: Amy Culp, RD, CSSD, LD, CEDS-S

Approximate Start Date: September 2024
8-month program duration

Program Description: We are thrilled to be considered as a SNIP host site for 2024-2025. As a part of the Texas Performance Nutrition team, the SNIP Fellow will live out our mission, vision, and purpose, which are:

Mission:

Provide world-class performance nutrition expertise and care for the UT student-athletes, aimed at improved sports performance, decreased illness/injury, and optimized long-term health.

Vision:

Be the standard of excellence in collegiate performance nutrition through innovation, individualization, and evidenced-based practice.

Core Purpose:

Fuel student-athletes to win at sport and life. #FueltoWin

As a veteran sports dietitian who has seen and been a part of the evolution of sports nutrition over the past 20 years, I am very passionate about developing the next generation of sports nutrition leaders. Our program allows a SNIP Fellow to be a part of a well-established nutrition program that provides comprehensive education, applied performance nutrition, and clinical care to some of the most talented collegiate athletes in the country. The expectation for nutrition services is very high at UT, allowing a SNIP Fellow the opportunity to truly be a part of the teams that they serve, and making an immediate impact.

Our staff consists of 5 Sports RDs, 1 St. David's Sports Nutrition Fellow, 1 Texas Athletics Nutrition Center (TANC) RD, 4 part-time Fuel Station Managers, and 20+ nutrition volunteers. The Sports RDs have diverse backgrounds and areas of expertise, offering the SNIP Fellow the opportunity to learn how to work as a member of a team and observe a variety of counseling, education and organizational styles.

We will offer a full immersion experience working as part of the performance nutrition team that supports football, as well as Olympic sports (Men's/Women's Swim/Dive, Men's/Women's XC). Since I work with both football and Olympic sports, I will be the primary mentor during the fellowship. There may be other team support opportunities after getting to know the SNIP fellow's strengths and career goals.

In addition to completing the competencies provided as structure for learning and growth, the SNIP fellow would be provided the same set of expectations as all Sports RDs on staff with Texas Performance Nutrition, with mentored autonomy provided. These tasks are broken down into clinical, foodservice, nutrition education, and applied performance nutrition duties for assigned teams. As a credentialed eating disorder specialist supervisor, I will provide supervision of high-risk eating disorder/disordered eating cases, and the SNIP fellow will also participate in our multi-disciplinary weekly meetings that support these cases.

Our team chemistry is collaborative, fun and supportive, and I look forward to having the opportunity to provide a SNIP fellow an appropriately challenging, yet safe and fun space to build their skills as a competent Sports RD.