

University of Virginia Athletics

Mentor: Randy Bird

Approximate Start Date: August 2024

8-month program duration

Program Description:

I am excited at the prospect of hosting a SNIP fellow. As a founding board member of CPSDA, I believe the creation of this program is one of the greatest accomplishments we have had in helping prepare young dietitians for the exciting field of sports nutrition.

The University of Virginia would provide a tremendous mentoring opportunity for the SNIP fellow. They would be mentored by four sports dietitians and be exposed to 27 high level collegiate sport teams. This exposure to the diversity of teams allows the fellow experience to become a more well-rounded sports dietitian. Being able to learn from four sports dietitians will allow this fellow to develop and adapt a style that will be successful for him/her. The SNIP fellow will be heavily involved with our football program, be the primary RD for an Olympic sport, and will assist the other sports RDs' with other varsity teams.

For football, the areas for growth and development include but are not limited to:

- Assist in nutrition procedures within the new football facility (August 2024)
- Performance nutrition assistance during preseason training camp,
- Home game-day fueling / sideline performance nutrition assistance
- Home hotel nutrition operations
- Away travel & game-day fueling / sideline performance nutrition assistance
- Away hotel nutrition operations
- Team education
- Individual consultations
- Observation and expansion of fueling budget
- Recruiting, interviewing, hiring, and overseeing student volunteers
- Observe and participate in interdisciplinary staff meetings.
- Menu development with dietitian and chef
- Catering design and forecasting

In addition to football, The SNIP fellow will gain experience with Olympic sports. Depending on the strengths and interests of the fellow, he/she will be given another primary sport and secondary sport to oversee. Potential sports may include, but not limited to women's basketball, track & field, tennis, or lacrosse. Additional team assignments will be selected to maximize growth as a dietitian. There will be maximum opportunities to learn from all sports dietitians on staff. In addition to the growth opportunities listed with football, other tasks the fellow will complete include hydration testing, body composition testing, sweat concentration testing, creating nutrition education materials, managing nutrition/fueling stations, assisting with the training table meal, assisting with travel meals, evaluation of supplements, and managing all the other unique responsibilities involved in a collegiate setting.