

University of Washington

Mentor: Ally Gallop, MS, RD, CSSD, IOC Dip.

Approximate Start Date: The last week of July 2024

8-month program duration: We extend fellows to 10 months and pay for the additional two months. Benefits are offered throughout the 10 months. The UW fellowship would run through the end of May 2025.

Program Description: Teaching and developing dietitians who are competent and prepared to advance our profession in sports is the overarching theme of our immersive fellowship program. As a published researcher with a background working in professional baseball (go 'Stros!), collegiate sports, clinical nutrition, and food industry communications and consulting, I've mentored countless interns and fellows throughout my 10-plus year dietetic career in both the clinical and athletic spaces.

Areas of focus I have for our department include (1) continuing to integrate sport science initiatives into our nutrition programming, (2) reinforcing the sport dietitian's role as a clinical provider on the medical team, and (3) continuing to expand the sport dietitian's role into teams as we transition into the Big Ten conference.

Given the goal is to prepare the fellow to comfortably transition into a full-time role once finished at Washington, I expect them to design and run all nutrition programming for their 3-4 assigned teams (Olympic sports only). Programming will include hydration testing, sweat rate testing, DXA body composition scans, weigh ins, team talks, cooking classes/demos, menu planning and catering, budgeting, meal planning via Notemeal software, and team-specific resource development, all in addition to managing each team's student-athlete caseload from a performance and clinical nutrition lens (e.g., utilizing EPIC to write clinical chart notes; reviewing bloodwork and supplements and providing recommendations to our team physicians; counseling for REDs, gastrointestinal concerns, and other medical nutrition therapy needs). Fellows will also utilize the Smartabase, Red Card, and Teamworks platforms.

The fellow will meet with the dietitian multiple times throughout the week for a check in, a performance nutrition education session, and to review higher-acuity student-athletes the fellow is working with.

The fall quarter begins at the end of September, so we have plenty of time for a full onboarding and easing into team assignments while gaining hands-on training from our dietitians. For instance:

- Late July: Onboarding and training.
- August and September:
 - o Assist dietitians with their fall Olympic sport camps and shadow athlete consults.
 - o Designated time to meet with assigned team coaches, athletic trainers, strength coaches, and medical doctors; create year-long nutrition program plans for teams; and begin to meet with athletes.
 - o Assist our fueling station managers to gain experience in writing fueling station menus, food demos, scheduling and training volunteers, social media content creation, and gaining experience with inventory, budgeting, and ordering.
 - o Meet with our dining hall staff to review Training Table menus.
- October onward:
 - o Execute team programming and manage student-athlete caseload.
 - o Meet weekly with our medical team to discuss high-risk athletes.
 - o Continue to gain experience co-managing a fueling station.
 - o Frequent meetings with the dietitians to review student-athlete caseload, team updates, and participate in staff nutrition education initiatives.
 - o Ongoing immersion with other teams of interest.

Beyond the fellowship, the Pacific Northwest wins for its scenery and outdoor activities. The surrounding Cascade Mountain Range provides a quick escape for hiking and winter sports, ferries to transport you to nearby quaint islands, and the indoor rock climbing and Seattle coffee cultures are saved for rainy days. Come experience life as a Husky. Dubs up!