



Student Newsletter

Welcome!

CPSDA Members:

Welcome to the first issue of the 2016 year! With a new year comes a lot of exciting experiences for CPSDA student members.

The 2016 Sports Nutrition Boot Camp kicked off the first of many educational opportunities in early February, followed by the Advanced Practice Workshop in Colorado Springs later that month. Looking ahead, the CPSDA Annual Conference and Symposium is right around the corner and will be here before we know it!

This edition of the CPSDA newsletter offers a wealth of information and insightful topics. From a quick glimpse of one student's Boot Camp experience to helpful hints regarding interviews, fueling stations and how to handle your first full-time job, there is something for everyone.

We look forward to hopefully seeing everyone at this year's CPSDA Conference!

Kelsey Bencze and Morgan Clift, Student Committee Co-Chairs

Thanks to all who attended the 2016 Sports Nutrition Boot Camp and the Advanced Practice Workshop!

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Student Spotlight: My Boot Camp Experience

Alex Patterson, a sports nutrition student volunteer at Auburn University, recaps her CPSDA Boot Camp experience, discussing the highlights and her takeaways from the day.



The drive up to Knoxville, TN from my lovely home on the Plains was an anxious one. I was more than eager to soak up any and all knowledge from the professionals leading the path in this profession. Once I arrived, I was amazed at the atmosphere these professionals had created. I could tell just from walking into the lobby how supportive each member was of one another. It was awesome to be surrounded by people who had the same interests as me or were interested in learning about the field. As we sat down for breakfast, networking immediately began. It wasn't forced or awkward but more like a few people from completely different backgrounds and surroundings getting to know each other and giving advice and telling stories of experience.

Each of the speakers was incredible and informative. As an undergraduate student only volunteering in the sports nutrition arena, it was truly inspiring to learn from these 'real life' sports RD's. The wide variety of topics and set up of the day was what I was most impressed with. Each speaker presented a new topic to cover. The lectures ranged from supplements to working with coaches to tactical nutrition.

Coming into the boot camp I had spent fair amount of time volunteering with the sports dietitians at my school at a collegiate level, so I felt like I had a pretty good feel for the profession as a whole. Boy, was I wrong! Throughout each presentation I was as giddy as a school kid trying to soak up every word each speaker was saying. I learned so much more about this profession and how many opportunities and options there are as a sports RD. I was also amazed at how diverse the group was. As every speaker gave a quick background of themselves, I noticed that not one of them had the same path of getting to where they are today. As a student trying to find my own path in this field it was so encouraging to see that as long as you put forth the effort and take opportunities and risks there is a place for you in the sports nutrition world.

I am so thankful to the people who encouraged me to attend the Boot Camp. As a senior trying to decide which step I should take next, it was the perfect mixture of information and motivation. The day was all that I had anticipated or expected and then some. Thank you, CPSDA, for making events like these possible and for allowing students, volunteers, and professionals alike to come together and learn amazing things about this awesome profession!

How to Prepare for Interviews

Kelsee Gomes, MS, RD, CSSD, LDN, CLT, Director of Sports Nutrition at the University of North Carolina-Chapel Hill, offers guidance and advice on how to thrive during the interview process.

Think back for a second to the first time you went through an interview. Whether it was for your first job in high school or your first job out of college, we all remember it being an extremely nerve wracking and anxiety producing experience. The DICAS matching process and sports RD jobs/internships continue to open up all over the country. Many of us will probably undergo another interview process in our life time. So how do you prepare for this? Here are five ways you can prepare to nail your next interview:



Do your research: Once you are asked to do an interview, start Googling! Learn all that you can about the program or job. You want to appear to be very well informed. If you know the names of the people who will be interviewing you, do a google search on and find out what you can about their backgrounds and careers. This will give you the opportunity to ask thoughtful questions during your interview. I would also suggest learning the philosophies, values and principals of the job or program you are applying to. If you can work some of these words/phrases into your interview, the interviewers will see that you hold some of the same values.

Practice: I cannot stress this enough – practice, practice, practice. Practicing how you respond to different questions won't make you perfect, but that is completely ok. You have a better shot of giving a great interview than if you had not practiced at all. Whether you are going through a job interview or an internship interview, many of the questions will be similar (tell me about yourself – have an elevator speech for this and do not go on for 20 minutes – tell me about a time when you demonstrated this, etc.). Interviewers often want to see how candidates have dealt with a difficult situation, worked well as a team, or demonstrated problem solving.

Show Off: If you have not put together a portfolio of examples of creative work or education material you have created throughout college, internships, or other jobs, I would start putting that together. Many interviewers may not ask for one, but it is nice to have on hand to show off. This is a great way to sell yourself!

Leave Something to Remember You by: I always try to look for that special quality that sets one candidate apart from the others. If you have something that you can leave with the interviewers, why not? It will help them remember you and remember your interview. This can help make you stand out from the others.

Dress to Impress: How you dress is very important in this field. How you look and dress is the first thing interviewers are going to notice about you. First impressions are everything in this field. Dress for the job you want. If you do get the opportunity to go for an onsite interview, wear a nice suit. If you don't have a suit, I would suggest investing in one because you will definitely need it!

Building & Operating a Functional Fueling Station

Clint Wattenberg MS, RD, CSCS, Coordinator of Sports Nutrition at Cornell University, discuss the logistics of the Cornell fueling station and how it provides for the student athletes.

How many student-athletes/sports were you planning?

At Cornell we have nearly 1100 student athletes on 37 varsity teams. The fueling station serves every student athlete during their competitive season.

What was your vision for the overall functionality of the space?

The Big Red Fueling Station (BRFS) occupies a space in our central athletics building (Bartels Hall) that was formerly a concession stand. The BRFS access and distribution model borrows from a concession stand model making the space perfectly suited for the BRFS.

What challenges or road blocks did you face in trying to make this happen?

Purchasing was and continues to prove to be a challenge. I have been working with the Cornell University purchasing system to get integrated but this has provided many challenges. I am not yet fully integrated and I am ordering and picking up from the grocery store more than is ideal.

What were some of your must-haves?

Our home-grown products are among our most popular. These options include Cornell Dairy's Big Red Refuel (protein-fortified chocolate milk), Cornell Dining's "Trill-Yum" trail mix, Cornell Orchard's various produce offerings and a Cornell developed (but now privately owned) cherry juice.

What is the operation style of the fueling station?

The Big Red Fueling Station is a concession stand style of distribution. Each student athlete can swing by to grab two snacks and are counseled on how to make optimal selections to support their pre and post workout nutritional needs. The student ID card or number is collected to determine that athlete's sports season/eligibility and also to track utilization.

Do you have managers or staff manning it?

The BRFS is staffed by a combination of undergraduate nutrition student interns, paid work-study student workers and myself. I currently serve as the sole manager, but I am working to develop a model to pass along some responsibilities to my support staff.

Hours of operation, things you offer, how you selected these options?

The BRFS hours of operation are 2:30-4:45pm. This was developed after a survey of coaches and students about the time that would most efficiently serve the most student athletes. With a limited budget and staffing options, developing an efficient schedule for operations was imperative. Athletes who are not able to make it to the fueling station in person are able to send their student id number with a teammate.

As many is the case with many universities, we have incredible resources on campus. Collaborating with our many campus partners has proven invaluable to getting the BRFS off the ground and continue to work. Through collaboration with the Cornell Dairy we have been able to work closely with the American Dairy Association - Dairy Counsel which has aided in our acquiring of vital equipment for our chocolate milk program.

The Big Red Fueling Station functions to help Cornell athletes navigate the transition periods between their academic and athletic commitments. As any sport dietitian can tell you, no matter how much nutrition education and counseling done with student athletes, the vast minority of athletes will not actually fuel pre-and-post workout as directed due to lack of time, planning and resources. Filling this precarious fueling gap not only helps athletes to improve their training and recovery but is a real opportunity to support our athletes' academic efforts.



Building & Operating a Functional Fueling Station

Cari Stankatis, undergraduate nutrition intern and varsity swimmer at Cornell University, elaborates on how the fueling station has impacted student athletes.

How would you describe the atmosphere at the BRFS?

The BRFS has an incredibly positive atmosphere that encourages athletes to perform at their best. Everyone is genuinely supportive of the athletes on every team, which increases school spirit and elevates the energy and enthusiasm for the next game, competition, or match.

What are your favorite things about working the BRFS?

I enjoy interacting with all of the athletes. Talking with them about their seasons and goals gives me more respect for what they do. Working at the BRFS makes me feel like I am part of their success in reaching those goals.

How do you compare your experience as an athlete this year with the fueling station vs. previous years without it?

The BRFS has made a huge difference this year. I stay on campus all day for class until practice in the afternoon, so the BRFS has given me a convenient way to efficiently fuel myself each day for practice when I am not able to go home and eat a snack. Additionally, since adding the BRFS, I have been able to finish each practice and eat a post-workout snack to replenish. When Clint talked with my team in past years about fueling before and after practices, I understood the reasoning and value behind it, but I rarely practiced those habits. However, this year it has been more feasible to snack before and after practice because of the fueling station and I have been able to feel the difference.

Everyone looks forward to going to the fueling station to get their snacks each day. It was awesome to hear all the buzz about the BRFS during the first opening week. The snacks have been very resourceful. Many of my teammates have been thankful for the fueling station when they needed a quick bite during practice when they were feeling low on energy.



Building & Operating a Functional Fueling Station

Katie Knappenberger MS, RD, CSSD, ATC, Sports Dietitian at Northwestern University, sheds additional light on the topic by explaining the functionality of the new fueling station at Northwestern University.



Like many athletes around the country, Northwestern athletes are taking a rigorous course load as well as being involved in many extra-curricular activities and community events. Our vision was to create a solution for athletes who were struggling to pre-fuel, refuel, and fuel frequently throughout the day due to their busy schedules. We also wanted to create a space that provided quality fuel, fostered learning, and brought all of our athletes together as a community. Northwestern University was thrilled to open its very first fueling station in January!

One of our goals was to design a fueling station that fostered learning. Therefore, we created a space that not only provides food, but displays it in a way that educates our athletes about foundational performance nutrition concepts including hydration, nutrient timing and building winning plates. Our station is divided into pre-fuel and refuel sections. Examples of pre-fuel include applesauce, fruit cups, whole fruits, and a variety of simple granola bars. Examples of refuel include milk, high protein milk, ready-to-drink shakes, a variety of protein bars, jerky, trail mix, and Greek yogurt. Our self-serve set up allows athletes to think about nutrient timing and performance goals to build a snack that best suits their needs. Our fueling station also includes a television that displays messages that reinforce our performance nutrition goals.

We also wanted to create a fueling station that fostered community and could accommodate all of our teams. We did this by installing a large island that athletes could stand around. If our athletes have a moment to hang out, we encourage them to stay and talk with our sports dietitians. This island also serves as a place for food demonstrations. We use these demonstrations to introduce our athletes to new foods and easy recipes.

Building this fueling station wasn't without its challenges. We needed to work with our facilities department to create food storage in a building that wasn't designed with this function in mind. We also had to work closely with the Evanston Health Department to ensure that our facility and services were in line with the city's rules and regulations. We also worked with our external affairs department and Northwestern Sports properties to creatively purchase fuel on our budget.

This station is not possible without the incredible support from our administration at Northwestern. I would also like to thank my fellow CPSDA sports dietitians around the country that offered help as we embarked on this adventure. Watching our athletes use this station to benefit their health and performance every day is the gift that keeps on giving.

What Textbooks Don't Teach You

Beth Miller, MS, RD, Director of Performance Nutrition at the University of California-Los Angeles, provides invaluable insight about the learning-curve associated with landing your first full-time job.

In your current role, what duties do you perform that you didn't learn about in school?

Throughout my first several months directing the Department of Performance Nutrition for UCLA Athletics, there were plenty of pertinent skills that I had to learn, and that I am still learning, while on the job. This on-the-job education was vital for two reasons; first, because no textbook was capable of teaching some of these skills, and second, because each athletic department is different, so some

I learned while at Florida State and Tennessee were completely different for me when I arrived to UCLA.

There was no class in my undergraduate or graduate curriculum titled "UCLA Budgeting 101", so planning how to manage the budget for a different program was a major on-the-job learning experience. I began by taking a look at some of the previous records, determining what was valuable to include in the program and what I thought we could do without. Then, I prioritized what needed to be accomplished first. I sought advice from professionals who have managed budgets for several years and adopted their technological tools to fit the mold of my department. I am currently in the process of projecting the rest of this year's budget and proposing for next year – another learning opportunity as I have not been here for a spring season yet, which makes it difficult to fully project what my spending will look like. Asking questions and using your best judgment is the key to success in this arena. The first year with a different university is naturally going to pose a learning curve, however, budgeting for future years will become much more comfortable once you establish your program. I have accepted the uncertainties of this year as an opportunity for professional growth and a chance to improve my processes for next year.

Another skill I have needed to develop that is not taught in school is growing a program off of limited resources. Although several of my athletes thought the NCAA deregulation meant all-you-can-eat training tables and 24-hour fueling stations with endless snacks, we all know this is far from true. What we are *allowed* to feed them has changed, however it is up to each individual athletic department to determine the budget that upholds this feeding.



After determining what I could do with my monetary resources, I sought out all areas that I could use to grow the program that didn't cost a dime. Some of these programs included monthly education talks with all teams, grocery store tours and scavenger hunts, dining hall tours, a monthly student-athlete newsletter, and greater social media presence. All of these activities cost little to no money, however the profit from each has been invaluable. It is through these activities, not the additional snacks in the Fueling Station, which the

athletes, coaches, and administration will continue to recognize the vital role that the Sports RD plays in the athletic department.

How is it different being the leader of a program compared to working under someone as a student?

One major difference is the amount of different hats you must wear every single day. As director, you are calling all of the shots in every aspect of the department. You are the one who must delegate out the responsibilities instead of being the one receiving the delegations. My desk and phone are loaded with notes to make sure I do not forget about any task – no matter how big or small – because you are constantly running from one place to another. Time management and organizational skills come into play more than ever before, as the way you prioritize will determine the success or the demise of your program. Additionally, the interaction with the medical team increases significantly when you become the director. In order to succeed in my position and provide the highest level of care, I am in daily contact with the athletic trainers, team physicians, team psychologists, and athletic performance staff. Working in cohesion with the medical team is vital for the success of each individual athlete as well as for the growth of your program as a whole.

Do you have any advice for students on how to handle these situations when they reach this level of responsibility?

Don't be afraid to ask questions and admit you still have a lot of learning to do. Also, use lots of sticky notes!

Upcoming Events

The 8th Annual CPSDA Conference

When: May 11th – 14th, 2016

Where: Kansas City, Missouri

What: Cutting-edge sports nutrition and practical applications

Why: Network with the field's top professionals, increase knowledge and immerse in the collegiate and professional sports nutrition culture

Visit www.sportsrd.org for the full program agenda and pricing info!



A group of Gatorade Sports Nutrition Immersion Program interns and mentors gather during the Gatorade breakfast at the 2015 CPSDA Annual Conference in Point Clear, Alabama

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