

ROB SKINNER, MS, RD, CSSD, CSCS



Rob Skinner, MS, RD, CSSD, CSCS is the new Sports Dietitian with Acrobat and Combat Sports at the United State Olympic Training Center in Colorado Springs, Colorado. He brings 20 years of experience working as a dietitian and exercise physiologist with athletes at all levels.

Prior to joining the United States Olympic Committee, Skinner spent two season with the Washington Redskins as the sports dietitian / exercise physiologist, three years in Virginia Beach, where he worked as the performance dietitian/exercise physiologist for Naval Special Warfare, working with U.S. Navy SEALs. Prior to working at Naval Special Warfare, Skinner was the Director of Sports Nutrition for the athletic department at the University of Virginia for three seasons and spent 10 years working with student-athletes in a similar capacity at Georgia Tech. He also served as a nutrition consultant for the NFL Atlanta Falcons in the spring of 2007.

Skinner is a registered dietitian with the Academy of Nutrition and Dietetics (AND), as well as a member of The Sports and Cardiovascular Nutritionists (SCAN), and a board member for the Collegiate and Professional Sports Dietitians Association (CPSDA). Skinner also holds certifications with the AND as a Certified Specialist in Sports Dietetics (CSSD), the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) and the American College of Sports Medicine as a Certified Exercise Physiologist (EP-C)

Skinner graduated with a bachelor's degree in education from the University of Georgia as well as a bachelor's degree in nutrition from Georgia State University. He also has a master's degree in exercise science from the Georgia State University.

Skinner is originally from Atlanta, Ga., and now resides in Colorado Springs, CO with his wife Barbara.