Gatorade Sports Nutrition Immersion Program

Host Site Description for the University of North Carolina at Chapel Hill (UNC)

Site Supervisor
Kelsee Gomes

Program Duration
8 months

Approximate Start Date
July 25, 2016

Program Description
At University of North Carolina, we have 28 varsity teams and over 800 student-athletes, all expected to excel on and off the field. The UNC Sports Nutrition Department has been in place for over 10 years, as an integral part of the sports medicine team. The department collaborates on a daily basis with team physicians, athletic trainers, strength and conditioning coaches, sport coaches, sports psychologists and exercise and sports science faculty.

For two years (2013 and 2014), the UNC Sports Nutrition Department has successfully hosted a SNIP participant, and this experience proved to be mutually beneficial to both parties. Previous participants have moved on to work in their dream jobs.

The SNIP participant at UNC would be asked to work 40 hours/week for 8 months during the 2016-2017 academic year. The participant’s experience will include:

- Working with the defending ACC Coastal Division Champs pre-season football training camp
- Assisting with pre- and post-practice weight analysis
- Implementing the hydration protocol
- Providing fueling strategies and recommendations
- Utilizing the Bod Pod and DEXA
- Conducting fall nutrition screenings
- Facilitating one-on-one counseling
- Organizing team meals
- Giving team talks
- Participating in performance staff team meetings and weekly eating disorder treatment team meetings

Our SNIP participant will gain exposure to our unique micronutrient testing protocols and assist in distributing supplements and providing nutrition education. He or she will participate in group education on a wide variety of topics in various settings such as grocery store tours, dining hall tours and food demonstrations. He or she will also be a part of our brand new Gatorade Recovery Bar which will launch in January 2016. The UNC sports nutrition staff includes two full-time sports dietitians with combined experience of over 10 years. UNC student-athletes are some of the most elite athletes in the country and provide for a very rewarding experience for a sports dietitian.