



Student Newsletter

Welcome!

CPSDA Members:

Welcome to the first issue of the CPSDA Student Newsletter for the 2015-2016 academic year. I am eager to begin our newest newsletter by presenting to you our new Student Committee Co-Chair, Morgan Clift.

Morgan received her Bachelors of Science in Biology from the University of Wisconsin-Platteville in 2013. While completing her undergraduate degree, Morgan was also a four year student athlete as a member of the track and field team. Currently she is working on a Masters of Sports Nutrition at Florida State University, while simultaneously completing her DPD coursework. Following the conclusion of her Master's degree in 2015, Morgan hopes to begin her Dietetic Internship. Morgan has been an Intern with FSU Sports Nutrition for roughly 2 years, working primarily with football and women's soccer. In addition, Morgan also serves as a chair member for the Seminole Sports Dietetics Association at FSU.

I am excited to have Morgan join me as we work together to guide the CPSDA student members on their road to becoming a sports dietitian. Please do not hesitate to reach out regarding any questions, comments, or concerns you may have. We look forward to serving all of our student members!

Kelsey Bencze and Morgan Clift, Student Committee Co-Chairs

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Morgan Clift

Making the Transition: SNIP to Graduate Assistant Fall 2015

Two Gatorade Sports Nutrition Immersion Program (SNIP) participants share their transition to a Graduate Assistant Sport Dietitian and how life as a SNIP participant helped to prepare them for their current role.



Sydney Snellmen, RD
Auburn University
Graduate Assistant Sports Dietitian

My experience as a SNIP participant at the University of North Carolina at Chapel Hill was unforgettable. It has been invaluable to my graduate assistant (GA) role at Auburn University. The program lived up to its name by providing me the unique opportunity to become fully "immersed" in the sports nutrition world. I was responsible for the swimming, diving, rowing and fencing teams as their sports dietitian. I also assisted with the football team.

As a SNIP participant, I quickly learned the roles and responsibilities of a sports dietitian. We wear many different hats, which require numerous skillsets. The position really helped me develop my presentation skills through team talks, grocery store tours and group presentations. I gained a lot of experience in counseling – from weight loss and weight gain to disordered eating. I helped create and modify menus for both the training table and fueling station. I ordered different products, and learned the purpose of those products. I also researched a variety of supplements that my athletes brought to me or that I had heard about. And while carrying out these tasks, I continuously worked on

new ways to educate the athletes and communicate with the athletic staff.

These skills are required in any sports dietetic position, but the way they are carried out will vary to some degree, depending on the athletic department and specific teams. The SNIP position definitely prepared me to be a GA. I now take the things I was learning for the first time a year ago and constantly evaluate and improve upon them. I have learned different styles from all of the sports dietitians I've gotten to work with in order to create my own style. Each day brings a new challenge, which keeps it exciting! In the end, when we can fuel the athletes' performance and help them to make choices that improve their lifestyle, it's a win for all of us!



Stephanie Koloff, RD
Auburn University
Graduate Assistant Sports Dietitian

Entering the Gatorade Sports Nutrition Immersion Program as a participant at Auburn University, I had sports nutrition volunteer experience at division I universities and a private training facility, but as I finished my dietetic internship, I knew I needed hands on experience, before I would be able to advance in the sports nutrition field.

Being a SNIP participant was an ideal situation, as it allowed to me to work as part of a sports nutrition program with guidance from my mentor, Scott Sehnert who is the sports dietitian at Auburn University, and collaborate with Kelsey Bencze, the Graduate Assistant Sports Dietitian. As a SNIP participant, I was able to help fuel the baseball, football, and women's basketball teams. Each day's tasks were different; I was able to assist with our fueling station, provide menu board and performance fueling education in the Wellness Kitchen, stock locker room fueling stations, and input menus on our Tiger Nutrition App.

Soon enough, November arrived and I was in the last month of my immersion. Recognizing how much I learned in those few short months and eager for more, I didn't hesitate to say yes, when Scott asked if I would be willing to stay through the spring as an intern Sports Dietitian. I increased the amount I worked with baseball, planning and attending their pre-game meals and coordinating their post-game snacks and spring football was in full force. Toward the end of the spring semester, I was offered and accepted the Graduate Assistant Sports Dietitian position here at Auburn. I credit my SNIP experience for the opportunity to be a GA Sports Dietitian, because every day and experience was an opportunity for career growth and I made strong connections with my coworkers and teams. As a GA Sports Dietitian, I now work with men's and women's golf and equestrian, in addition to women's basketball and baseball. Additionally, I order snacks through vendors to keep our fueling stations stocked, and I am working on an inventory system to help streamline our orders and track usage. I attend class daily as I am working towards a Master's of Education in Exercise Physiology. Though my title has changed and our sports nutrition team has grown, we still collaborate every day and look to Scott as a mentor.

Hydration Education in Action

Fall 2015

Arizona State University Sports Dietitian, Amber Yudell, MS, RD, CSSD, discusses hydration and the importance of educating athletes regarding the vital role it plays in performance.

Hydration education is a foundational requirement for all student-athletes. As Team Sports Dietitian for the Arizona State Sun Devils, I support our student-athletes as they train and compete in a hot desert climate where water loss through skin, respiration and sweat can greatly increase fluid and electrolyte needs. Despite the best intentions of fluid replacement during a two hour training session, student-athletes can easily lose 3-5+ liters of fluid. Fluid loss can be especially problematic for our non-local, unacclimatized student-athletes, those with greater sweat rates, or those who inconsistently follow their hydration plans, thus increasing risk for fatigue, headache, rapid heartbeat, cramping, delayed reaction time, and other effects of dehydration.



High temperatures reaching in and around the 100° range several months per year make it increasingly important to keep sports medicine colleagues and student-athletes keen on a strong culture of hydration knowledge and behaviors. I routinely work to develop hydration protocols with teams, recommend use of appropriate fluids for training and competition, oversee sweat rate and urine specific gravity testing during high volume training, and counsel high needs student-athletes in more aggressive fluid and electrolyte planning.

Also at the team level, hydration education is a must. When educating on hydration, I begin the discussion with some of these questions:

1. *Why hydrate?* Understand why the body sweats; from where and via what routes body fluid is lost; what mental, physical performance, and health impairments can result from dehydration.
2. *How much and what should you drink?* Understand daily water need of 2.7L for females and 3.7L for males; pre- and during-training target fluid consumption rate; post-training fluid replacement need calculation; role of sports drinks and influence of carbohydrate and electrolyte; how nutrient dense beverages and other hydrating foods fit.
3. *How can you tell if you're hydrated?* Know importance of following hydration needs schedule for daily, pre- and during-training, and post-training; drink ahead of thirst and watch urine color; recognize changes in performance or recovery.

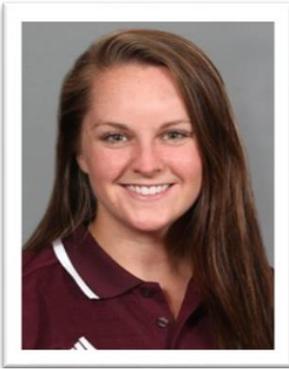
I keep education discussions with teams simple, interactive and aimed at behavior change. Some tools used are worksheets customized to the team's needs, visual demonstrations and team competition. The end goal is to have the student-athlete walk away with three things they can put into action to manage their needs, while encouraging consistent language on the topic among team staff.

Consistently meeting hydration needs can be a considerable challenge. Meaningful education can support dehydration becoming a non-issue and ensure hydration is a key factor in optimizing performance and health.

Dietetic Internship Skills & Knowledge

Fall 2015

Collegiate Sports Dietitian's Blair Hitchcock, MS, RD and Katy Meassick, MA, RD, CSSD, LD/N, ATC, explain the benefits of the skillset gained during dietetic internships and the integral role this experience plays in becoming a sports dietitian.



Blair Hitchcock, MS, RD
*Texas A&M, Assistant Director
of Performance Nutrition*

As we know, a sports dietitian's world is very different from that of a clinical dietitian, but there were several aspects that I learned that I still use today. One of my biggest developments was gaining confidence in using the nutritional knowledge I learned

in my undergraduate education and applying it to my current patients. Since I am in the beginning stages of my career as a sports dietitian, being confident in my knowledge is critical.

The second skill I developed was being able to conduct appropriate research. In sports nutrition, there is hardly a day where information isn't changing, and athletes, strength staff, and athletic trainers constantly ask questions about different topics that we may not be comfortable with. My internship taught me how to conduct research and develop conclusions so that I can be prepared to educate others.

Lastly, my internship taught me the basis of clinical nutrition which I use frequently with athletes that have nutrition-related issues and concerns. I believe a great sports dietitian has a solid foundation in clinical knowledge that can be applied to their athletes. A dietetic internship develops all of these critical skills that are frequently used in the field of sports dietetics.



Katy Meassick, MA, RD, CSSD, LD/N, ATC
*Florida State University, Director of
Sports Nutrition*

The clinical knowledge you gain as a dietetic internship will be the basis for the majority of your medical nutrition therapy as a sports dietitian. When you meet with student-athletes and assess possible deficiencies, you need to know what labs to order (and how to interpret them) and the basis for your decision when discussing with their physician. Knowing signs and symptoms of various medical issues is also very valuable; as the sports dietitian you deal with more than just "sports nutrition".

How to collaborate with a medical team is another great skill. During the clinical rotation, rounds are performed each morning on patients, the medical team discusses a plan of care and the dietitians' knowledge will be tested from the physician, pharmacist, and nurses. Knowing how to tactfully speak out and

hold your ground against this team, while working with the patient's best interest, will be one of the top skills you need to have while working in an athletic department. Whether it's the athletic trainer or the head coach – knowing how to properly address an issue is key.

While the top two are clinically based, the internship pushes you to adapt quickly while still being successful. If you are rotating for two weeks or ten, the changes in environment and preceptors will allow you to be comfortable with change and adapting to new personalities. The athletic environment is equipped with all different personalities and an ever-changing environment. Being calm under stress and being flexible will help you succeed as a sports dietitian.

Upcoming Events

- 2016 CPSDA Sports Nutrition Bootcamp
 - When: Saturday, February 6th 2016
 - Where: The Anderson Training Center on the campus of the University of Tennessee
 - For an agenda and further details, visit the website at www.sportsrd.org

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