



# Student Newsletter

## Welcome!

### CPSDA Members:

Welcome to our spring newsletter of 2017! We hope everyone is looking forward to the upcoming CPSDA events. Our 9th CPSDA Annual Conference is coming up and will take place May 17–19, in Scottsdale, Arizona. The annual conference is an exciting time to network with sports nutrition professionals and peers, attend outstanding educational seminars, and most of all – have fun learning about sports nutrition! This newsletter will provide you with some highlights and tips for the conference.

Looking back to February, CPSDA hosted the Advanced Practice Workshop, which prepares select early-career CPSDA members for the unique demands of a dietitian working full-time in performance nutrition. For more on upcoming opportunities and events, stay tuned to future newsletters!

In this edition, we have outlined conference tips and highlights, information on sports supplements, and insight into the life of a private practice sports RD.

We hope you enjoy this edition, and we look forward to seeing everyone at this year's CPSDA Conference!

Morgan Clift and Ella Stephan, Student Committee Co-Chairs

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Thanks to all who attended the 2017  
Advanced Practice Workshop!

# CPSDA Conference Preview

May 17–19, 2017 – Scottsdale, Arizona

It is that time of year to start thinking about the annual CPSDA Conference and Symposium. The theme of the 9<sup>th</sup> annual conference is Fueling Performance Nutrition: Leadership, Technology, and Applied Science. This three-day conference provides an opportunity for sports dietitians from all disciplines to come together to network, learn, and enjoy each other's company. If this is your first CPSDA Conference, we are here to provide you with advice and highlight the events you won't want to miss!

## Conference Highlights

**Gatorade SNIP Poster Session** – May 17<sup>th</sup> – The poster session will take place in the expo hall and will provide students the opportunity to learn more about the Gatorade Sports Nutrition Immersion Program. This is your chance to explore specific immersion locations, as well as talk with previous SNIP interns about their experiences.

**Student Session** – May 18<sup>th</sup> – This session is geared specifically toward students and will discuss how young professionals can navigate the working world. The speaker is Dr. Shanyyn Lancaster, who is currently the Chief of Sports Medicine and Head Team Physician at Arizona State University.

**Muscle Milk Awards Banquet** – May 18<sup>th</sup> – This is the time to get out of those polos and khakis and into your best banquet attire! The banquet is a time to recognize the hard work and dedication of CPSDA members from the past year. Be prepared to enjoy a relaxing night with your sports nutrition colleagues.

**Career Center** – The career center is something you need to take advantage of! It will include resume critiques by veteran members, job postings, and opportunities to interview for open positions. Further details about dates, times, and how to sign up will be announced as we get closer to the conference. This will take place May 18th, the second day of the conference.

Stay tuned to the listserv for more details!

## Conference Tips

**Network** – If this is your first conference, networking may seem intimidating and uncomfortable. You can get through it! This is your chance to make meaningful connections with veteran members, as well as your peers. Be confident, present, and have a few questions ready in your head. These might include, “How did you get started in sports nutrition?” “What type of responsibilities do you have in your current position?” or “What is your greatest challenge working in sports nutrition?” Also, consider what information you want to share about yourself and how you might set yourself apart from other students.

**Dress appropriately** – Business casual is great. Remember to bring well-fitting and appropriate attire for the awards banquet – the way you dress at events like this can make a lasting impression on others in the field.

**Meet with sponsors** – Learn about the companies and products that support CPSDA and our athletes; someday you may be working closely with these sponsors at your own program.

**Fill out evaluations** – These provide feedback about the speakers and help plan next year's conference.

**Have fun** – Enjoy being around others who are passionate about sports nutrition, and don't forget to take advantage of what Scottsdale has to offer during down time!

# Sports Supplements

*Randy Bird, CSCS, CSSD, RD, Director of Sports Nutrition, University of Virginia*

## **How do you decide when to use supplements with your athletes and when to adhere to the “food first” philosophy?**

Some supplements, like creatine and vitamin D, are difficult to get the effective dose of in our food. That is an easy example of when a supplement is beneficial. Other times, it is just convenience. Sometimes it is just easier for an athlete to use a scoop of protein powder than eat a chicken breast. It is easy to adhere to a “food first” philosophy. We always promote food. This is always the base. Until that is set, supplements to enhance performance are basically a waste of money.



## **How many of your athletes use supplements?**

When looking at the definition of “supplement,” I would say 100%. All of our athletes will use at least one of the following: vitamin D, probiotics, iron, vitamin C, a multivitamin, electrolytes, or a post-workout recovery shake. As far as athletes buying supplements to enhance performance, the number is significantly lower. It is closer to 5%.

## **What was an experience you had with an athlete where a sports supplement was found to be very beneficial?**

An Olympic swimmer asked to supplement with beta alanine. She self-reported that she was able to do more in her training session and felt better throughout the week. Previously, she claimed to feel more run-down as the week progressed.

## **What are things someone should look for when purchasing a supplement?**

- First, they need to ask their sports dietitian about what they are considering purchasing.
- Is it necessary/beneficial? Is it a waste of money? Can this easily be obtained from food?
- Is it safe? Is it legal/banned?
- Is it 3rd party-certified for banned substance free? NSF Certified for Sport is currently the best certification to look for.
- Does the manufacturer make other products that have banned substances in them?

## **What are some things that should raise a red flag?**

- Not 3rd party-certified for banned substance free.
- Label or website makes claims touting benefits similar to anabolic steroids

## **Are there any resources available that would be helpful when choosing a supplement?**

The resources below are hyperlinks – feel free to visit the website to find out more about sports supplements.

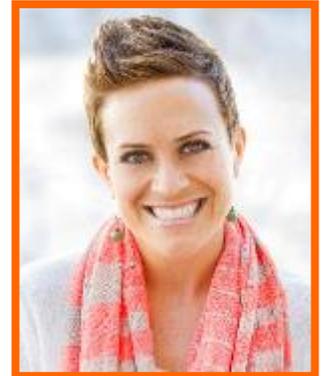
- [Drug Free Sport’s AXIS](#)
- [USADA’s High Risk List](#)
- [NSF Sport](#)

# Private Practice Dietitian

*Meg Mangano, RDN, CSSD, CLT, Sports Dietitian and Functional Nutritionist*

## **What was your first job as a dietitian? What was your favorite part about this position?**

After I earned my credentials as a Registered Dietitian, I simultaneously held two jobs. First, I created a nutrition department in a local gym to work with the members to best support their training and health goals through nutrition counseling and meal planning. I was also employed at a medically supervised weight loss clinic, teaching classes and counseling as a health educator. I loved the opportunity to work with two different populations while developing both business and educating skills.



## **How many years had you been a dietitian before you realized you wanted to do private practice?**

I have always known I wanted to run my own business and have a private practice. However, I also knew I needed time in the field to practice, learn from colleagues, and build a network before venturing out on my own. Each of the professional experiences I have had has contributed greatly to my journey and growth into the practitioner I am today.

## **What is your favorite part about owning a private practice? What do you find most surprising?**

My favorite part about owning a private practice is being able to work with my clients on an individual basis. I have the flexibility to spend the amount of time with them that they need, design specific programs, and support them in a manner that is unique to their needs.

The most surprising aspect of private practice for me is the actual challenge of trying to set boundaries around working and when to stop. Without traditional hours, and with the many different responsibilities of owning your own business, it is easy to always be in work mode.

## **What was the most rewarding experience you've had working with a client?**

There are so many rewarding experiences. It is hard to choose just one. I have been thrilled with the improvement of my clients' quality of life. For example, one client that stopped going out to socialize because of complications from her IBS was able to regain her health, reach her body comp goals, gain confidence, and socialize without stress.

I have worked with an all-star professional athlete that didn't think he needed nutrition support because he'd already made it to the top. But he was open enough to learn and work together. Now, he says it changed his life, and he speaks to youth about the importance of making nutritious decisions for health and performance.

## **What is one piece of advice you would offer to someone aspiring to own a private practice?**

Take your time, enjoy your work experiences, build relationships, and find what works best for you. I'd encourage dietitians that are early in their careers to gain a variety of experience, work with as many people as they can, learn from mentors, and take the time to build their way into private practice.

## **If we wanted to learn more about your practice, what is the best way to reach you?**

Contact me through my website, [www.rejoovwellness.com](http://www.rejoovwellness.com)!

## Upcoming Events



For further details on the CPSDA Annual Conference and an outline of the full agenda, visit [sportsrd.org](http://sportsrd.org). If you have any questions, please do not hesitate to reach out to us. Our contact information can be found below.

In addition, if anyone would like to sign up for a resume critique, a Google Doc has been created. Please click the link below to choose a time and you will be assigned a veteran CPSDA member to meet with during the conference. The career center will be taking place the afternoon of May 18th. This is a great opportunity, so don't wait to sign up!

[Google Doc link](#)

We hope to see you in Scottsdale!

Please do not hesitate to reach out to us with questions, concerns, or topics you are interested in learning about in the student newsletter. Happy fueling!

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