



Student Newsletter

Welcome!

CPSDA Student Members:

Welcome to the first issue of the CPSDA Student Newsletter for the 2017-2018 academic year. I am eager to begin our newsletter by introducing you to our new Student Committee Co-Chair, Peter Ritz.

Peter is originally from Plano, TX and received Bachelor's degrees in Exercise Physiology and Dietetics from Texas A&M University. While completing his undergraduate degree, Peter worked with A&M's Sports Nutrition department for three years and was a nutrition and strength intern for EXOS in Frisco, Texas. After graduation, Peter worked as the Gatorade Fuel Bar Manager for the University of Florida's Sports Nutrition department before completing his dietetic internship with Baylor University Medical Center in Dallas, TX. This summer he moved to Blacksburg, Virginia and is currently employed as a graduate assistant sports dietitian with Virginia Tech, where he works closely with the football, lacrosse and tennis teams. He looks forward to sharing his experiences with other CPSDA student members in hopes of helping them move forward on their road to working in the performance nutrition field.

I am excited to have Peter 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!

Ella Stephan and Peter Ritz, Student Committee Co-Chairs

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Chef & Sports Dietitian: The Benefits of Being Both

Becky Lindberg, RD, MAEd, LDN, CSSD, Coordinator of Sports Nutrition

1. Tell us about your journey to becoming a sports dietitian.

My journey might seem a little different compared to other sports dietitians. I wanted to be a chef for the longest time and I fell in love with Johnson & Wales Denver on my first campus visit. I enjoyed all my culinary classes and worked in a banquet kitchen for over a year while in school to gain more experience. I loved working in the kitchen but a new interest became known when I took a Sports Nutrition class my junior year. The class opened my eyes to how athletes could benefit from nutrition education. I did my senior culinary nutrition internship at Notre Dame under Kayla Matrunick to gain my first sports nutrition experience. Following graduation, I started my dietetic internship and completed that in May of 2014. I was selected to be part of the Gatorade Sports Nutrition Immersion Program (SNIP) with placement at Indiana University under Amy Freel. My time at IU sealed my fate of becoming a sports RD. I loved working in the athletic environment, creating weekly action stations, and working with the athletes that wanted to benefit from nutrition. I completed my SNIP program and headed to Virginia Tech for a graduate assistantship under Jennie Zabinsky. I continued to learn and have more responsibilities as a graduate assistant. I was able to use my culinary background to host different cooking demos and create training table menus. I completed my Masters and accepted the Coordinator of Sports Nutrition role at the University of Louisville.



2. When did you become a chef, and did you always know you wanted to be one?

I wanted to be a chef since I was in high school. I did not have the chance to participate in culinary classes in high school but was able to attend culinary camps in Chicago. I always enjoyed the time I was able to spend in the kitchen. I loved reading old cookbooks my family had and comparing the recipes within the different books.

3. What are some benefits you see to being a both a dietitian and a chef in providing fuel to your athletes?

When I am working one on one with athletes, I find the culinary knowledge to be very helpful when explaining a restaurant's menu options. I have a good idea on how chefs are preparing certain dishes and it can be tricky to choose the healthiest option. I love teaching "sneaky chef" tricks that the athlete can do at home to make comfort foods healthier.

4. Do you find that having a chef background allows for easier communication with the cooking staff when preparing meals for preseason, pregame meals, etc.?

I have found it easier to talk with cooking staff in regards to travel meals because I can give estimated portion sizes for an athlete and I understand some of the culinary concerns chefs may have. I feel like it is easier to find solutions with culinary teams at hotels because I have worked in banquets before and have experienced the challenges they face when cooking for an athletic team.

5. Do you ever find yourself in the kitchen preparing meals/snacks for your athletes?

There have been times where our dining center has been short staffed, we needed a meal last minute, and I jumped in to cut peppers, and onions for a fajita bar, make smoothies, or highlight our Chobani bar. My favorite part of my job is hosting cooking demos and getting athletes excited about cooking food. Basic cooking skills are priceless.

6. What is a cooking tip you wish every athlete knew?

I wish every athlete knew how use a knife properly to limit any accidents in the kitchen. This also promotes their confidence in the kitchen!

Tactical Nutrition

Lindsey Pfau MS RD CSSD LD/N explains how she uses nutrition to help support our armed forces with help from her colleagues Katie Frushour and Captain William Conkright

What is your current job and how did you become involved with tactical nutrition?

I am now the Performance Dietitian for the 720th Special Tactics Group within Air Force Special Operations Command (SOCOM). Within SOCOM we have dietitians working with the Air Force, Army, Marines and the Navy. There are a variety of tactical nutrition jobs within military and tactical nutrition outside of SOCOM but my passion is specifically for nutrition in the Special Operations sector because I see a huge need.

I have a masters in sports nutrition and out of my internship started working as a clinical dietitian. Shortly after I started in the performance nutrition world, working as the Sports Nutrition Assistant at the University of Georgia and later at Florida State University. While working at Florida State, I was contacted by the military as they were specifically looking for a sports dietitian to add to their Human Performance team; so I decided to take the plunge into the tactical field.



How many people are involved in tactical nutrition?

There are approximately 25 dietitians working within Special Operations throughout all the military branches. There are a handful of Active Duty dietitians, however the remainder are civilian contractors, including myself. Dietitians are also employed to work at gyms/wellness centers on military bases to be used as a resource by the armed forces living on base to act as a source of support for their general health and wellness.

What is tactical nutrition? How is it both similar and different compared to typical performance nutrition jobs?

My definition of tactical refers to an action that is carefully planned and strategically performed to obtain an end result for a military advantage. My primary goal as a tactical dietitian is to enhance and optimize the nutrition status for human performance of the soldiers and warfighters that I work with. Ultimately my motivation for everything I do as a tactical dietitian revolves around asking myself “How can I use nutrition to help the military’s mission?”

Similar to sports nutrition, my job responsibilities are constantly changing based on the client I’m currently working with, and their role and the overall mission set. The priority is the special tactics operator but on a team you also have to consider nutrition of the commanders, the intel guys, the support staff. Even among the operators, there are so many different jobs ... ground forces, pilots, fighters, controllers, rescue personnel and so much more. Similar to how a running back and a linebacker may have different needs on a football team, each individual in the military has their own set of unique needs and challenges we must work with. To support all of these different roles I must look at nutrition from a proactive, active and retroactive perspective. Proactively, I use nutrition to keep military personnel healthy, reduce injury risk and allow them to have long, successful careers. Nutrition is an active part of warfare as well, which is one of the most challenging aspects of my job. From this perspective, I spend a lot of time educating soldiers on the importance of eating frequently and fueling the enormous amount of energy they expend on the battlefield. Lastly I use nutrition reactively to provide medical nutrition therapy to rehabilitate from injury. Very similar to a collegiate sports nutrition job, tactical dietitians provide nutrition education and consulting, coordinate food service and work as a member of the multidisciplinary team to support the overall health and performance of every person we work with.

Tactical Nutrition Continued

Lindsey Pfau MS RD CSSD LD/N explains how she uses nutrition to help support our armed forces with help from her colleagues Katie Frushour and Captain William Conkright

What advice do you have for people that are interested in learning more about/ pursuing careers in tactical nutrition?

It is important to realize that jobs in this field are usually not entry level positions. As a tactical dietitian, trust and credibility are essential, so do your research and find ways to get involved so that you can learn about and better understand military culture. Look for internships and reach out to local military RD's for networking and volunteer opportunities (check CPSDA's website under the Armed Forces section for names). Lastly just like I did, don't be afraid to apply when the opportunity presents itself!

What are the most important pieces of nutrition advice you give to tactical clients?

Lindsey Pfau

- Nutrition is specific to every individual that we work with as dietitians. Every situation and soldier is different (even though they may be performing the same job), so always be flexible.

Captain William Conkright MS RD CSSD CSCS - Lead Human Performance Dietitian, US Army Special Operations Command

- Always have a good, better, best scenario as you won't always have control over your environment.
- Remember that more isn't always better, with both training and nutrition, which is something we have to constantly remind military personnel.
- Beat the dead horse- food will always reign supreme, supplements are meant to SUPPLEMENT the diet (and check the safety and efficacy of **every product you use**)

Katie Frushour, MS RD CSSD LD/N - THOR3 Performance Dietitian, Army Special Operations

- Nutrition not only impacts your physical performance but also mental performance. Both vital to mission readiness!

Upcoming Events



The CPSDA Sports Nutrition Boot Camp provides intensive hands-on instruction from leading collegiate, professional and tactical sports dietitians for transitioning dietitians, dietetic interns and students of dietetics striving to become sports dietitians. Seating is limited to 125 attendees. [Register Now!](#)

Sports Nutrition Educational Materials

If you could have a sports nutrition student read any educational material before they graduate – what would it be? Amy Culp, RD, CSSD, LD, provides insight

The most important thing you can do as a student looking to become a Sports Dietitian some day is to get involved and to make a positive impact wherever you are, with whatever task that is presented to you! As you do that, here are some of my favorite suggestions for reading:

CPSDA Listserv– we have an amazing group of professionals doing great work. Follow what they are doing, and when something is referenced that you don't know about, do your research about that topic. Make sure your research includes peer reviewed journals, and not just googling what comes up.

Follow social media platforms of Sports Dietitians and reputable organizations. They will often link articles and provide insight that will lead you to a wealth of information that you can research on your own.

Sports Nutrition & Exercise Physiology books from reputable sources. The Sports Nutrition Practice Manual for Professionals from AND and John Ivy's Nutrient Timing are two that I have interns reference often. Rob Skinner's favorite is Practical Sports Nutrition by Louise Burke. Allison Maurer recommends The Athlete's Guide to Sports Supplements by Josh Hingst. Chelsea Burkart recommends reading the book Intuitive Eating by Tribole. There is an accompanying workbook that has recently been published and is fantastic as well.

SCAN's Pulse Newsletter

Gatorade Sports Science Institute website

I also think it's important to read basic nutrition information (Eating Well & Cooking Light magazines, AND's Food & Nutrition magazine, etc.) so that you're a well-informed/well rounded future Registered Dietitian. Also keep a pulse on anything in the popular press related to nutrition – you'll need to know how to provide an evidenced based response when someone asks your opinion when you're the Sports RD!

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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