



Student Newsletter

Welcome!

CPSDA Members:

It has been a busy school year for CPSDA student members and we have finally made it to the end of the year.

We just wrapped up the 8th Annual CPSDA Conference! This edition provides a Conference Review.

This issue also features:

- the experiences of a first-year Graduate Assistant
- how to decide which master's program is right for you
- a look into what collegiate sports dietitians do during the summer months

Have a great summer!

Kelsey Bencze and Morgan Clift, Student Committee Co-Chairs

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Amy Freel was awarded the CPSDA Excellence Award at the 8th CPSDA Annual Conference

CPSDA 8th Annual Conference Review

Summer 2016

Morgan Clift, CPSDA student committee co-chair, gives a highlight of the conference.

Nearly 400 CPSDA members gathered together to network, learn, and enjoy each other's company at the 8th CPSDA Annual conference. This year's conference was the biggest yet and included 4 days packed full of presentations and opportunities to help develop your career. The theme for the conference this year was *High Performance: Fueling Athletes and Your Career*.



Keynote Speaker

For the first time, the CPSDA Annual conference featured a keynote lecture. Brad Lomenick, a leadership consultant, speaker, and writer, shared his lecture titled *H3 Leadership: Be Humble, Stay Hungry, Always Hustle - Keys to Becoming Great as a Leader*. Lomenick provided insight on getting the most out of yourself and your team in order to achieve your goals.

Career Center

The conference offered an expanded Career Center to provide attendees opportunities for mentoring and feedback from veteran sports dietitians. Attendees used this opportunity to receive feedback on resumes or to participate in interviews for current jobs openings. Overall, attendees could network with future employers and find out what they look for in a potential employee. I visited the Career Center for a resume critique and left with valuable feedback on how to highlight my skills in order to display my potential and my ability to contribute to a sports nutrition program.

Conference Highlights

- **Networking** – The agenda provided ample time to network with student, associate and professional members. Networking plays a vital to your professional success as building relationships can give you an edge over other candidates for job opportunities.
- **Sessions** – The agenda was packed with cutting edge information. The topics ranged from scientific presentations on inflammation and gluten sensitivity to applied presentations on eating disorder management and periodization.
- **Exhibit Hall** – The exhibit hall served as a great place to connect with brands that support sports dietitians.
- **Awards Banquet** – The awards banquet celebrated the hard work of sports dietitians and those who support the profession. Each year, CPSDA recognizes individuals who are moving the profession forward:
 - **Tom Osborne Award** – Troy Flanagan, Director of Performance, Milwaukee Bucs
 - **CPSDA Service Award** – Susan Kundrat, MS, RD, CSSD, LDN, Clinical Assistant Professor, Nutritional Sciences Program Director, University of Wisconsin
 - **CPSDA Excellence Award** – Amy Freel, MS, RD, Senior Assistant Director of Sports Medicine and Sports Performance Services
 - **CPSDA Trailblazer Award** – Amy Bragg, RD, LD, Director of Performance Nutrition, University of Alabama Athletics

First-Year Graduate Assistant Experience Summer 2016

Sydney Snellman, RD, Graduate Assistant at Auburn University reflects on her experiences during the first year of her assistantship.



My experience as a first-year graduate assistant sports dietitian at Auburn University was a big learning curve. It taught me a lot about what I had known and all that I still had to learn. During the first year working in any athletics program, you learn how a program is set up and how it differs from another program if you've worked in one previously. Everyone has their role, and you have to find how yours fits to support and help everyone else.

In my case, I was transitioning from a Gatorade SNIP position into a GA position. So I had exposure to working with teams, and now I was adding on classes to that role. It sounds cliché, but a GA position is really what you make of it. What you put into it is what you'll get out of it. I love to learn in the classroom, but there's definitely a ton that you learn outside of the classroom. I believe that's the main role of the GA experience – to give you solid practical experience outside of the classroom, while supporting and expanding your knowledge of sports nutrition and exercise physiology inside the classroom. I'm studying exercise physiology, and the classes I've taken have definitely given me better insight and understanding into all of the research that supports what we preach. Over time, I figured out how to balance my classwork with my GA position, and it was very manageable.

This year, I was the sports dietitian GA for men's basketball, swimming and diving, women's tennis, and men's tennis. This dynamic group of student-athletes provided a lot of different, unique challenges, which keeps it fun and exciting! I also had the responsibility of ordering supplements and supplemental foods. My roles with each of these teams included everything from team talks to individual consultations to traveling. This role provided me many opportunities to develop my presentation skills and supplement knowledge. I also learned about communication style in different situations depending on who I was meeting with, whether it be an athlete, head coach, strength coach, athletic trainer, etc.

I have learned a lot about myself this year, in terms of my strengths, and things to evaluate and improve. There are some things I would have done differently at the beginning of the year. However, that is the whole point of a GA position – an opportunity to constantly learn and grow. Throughout this process, I'm learning how to create my own style as a sports dietitian while learning from the best. You have to be a team player in order to support your teams and your department as a whole. At the end of the day, helping others to be successful is most rewarding to me, and our profession provides many great opportunities to do so.

Which Master's Degree is Right for You? Summer 2016

Laura Anderson, MS, RD, CSSD, Sports Dietitian at the University of Colorado discusses what to consider when choosing which Master's degree to pursue.



Making the decision to further your education with a master's of science degree (MS) can be a big decision for most individuals. In the rapidly growing field of sports dietetics it has almost become a necessity in order to be competitive for new positions available and most importantly have the knowledge base to provide the best education possible for athletes with different physiological needs.

When deciding which MS program to apply to it is important to reflect on your current educational background status. If you obtained a bachelor's degree in nutrition it could be beneficial for you to look at MS programs that focus more on Exercise Science and learning how to perform physiological testing that

is often utilized within high performance programs to evaluate level of preparedness in athletes. Likewise, if you obtained your bachelor's degree in exercise science you will most likely need to look at a program that meets didactic requirements in order to become a registered dietitian. Ultimately, a specific sports nutrition MS program that has curriculum developed to enhance the skill set sports dietitians need from a practical sense as well as clinical sense is ideal.

For added experience I would recommend looking at an MS program at a school that utilizes the experience of a sports dietitian within the athletic department. By working as a graduate assistant or simply volunteering within the performance nutrition department, it will help you implement the science based education you are receiving in a practical setting. The sport dietitian may have opportunities for you to provide sport-specific services for individuals or different teams such as physiological testing, reviewing data, grocery shopping, travel nutrition preparation and daily fueling needs.

Lastly, quality research on athletes at every level, in all sports is something that all practitioners working with athletes can benefit from. If you are interested in conducting research or would like to write a thesis selecting a MS program in which professors are open to or have a relationship with the athletic department is also something to look into or inquire about during your selection process.

What Collegiate Sports RDs Do When Student-Athletes Are Away

Summer 2016

Becci Twombly, RD, Sports Dietitian at University of Southern California provides insight into how Sports RDs gear up for the next school year during the summer months.

Since the adaptation of deregulation legislation, sports nutrition in the college setting has become a year round monster. More athletes in summer school, increased CARA hours and an Olympic year has many of us scrambling to find balance in our organized chaos. So how can sports RDs gear up for the 2016-17 school year without arriving at fall camp running on fumes? Like everything else in life, peace of mind comes from knowing that you are prepared.

The benefit of working in an established program and having a couple years under your belt is knowing what the flow of the year will look like. Take advantage of shorter weight room hours and decreased team travel to plan every foreseeable event in the fall. With competition schedules already released, look at the out of conference cities your teams will be traveling to so that you can plan the fueling in unknown locations. Discuss hotel menus with your operations staff to make necessary adjustments. By making these changes far in advance, you decrease the director of operations work load in non-stressful times and establish credibility as a reliable asset.

Negotiate the post-game fueling prices and menus for your home events with your vendors. Take the time to visit the establishment in person, get a tour of the kitchen, listen to their food philosophy and partake in their passion that is THEIR restaurant. Establishing a relationship will lead to better pricing, better service and improved communication. Nothing says "I'm a miracle worker" more than delivering hot fresh food to a competition site within the hour when your director of ops forgot to place the order or your head coach changed practice times. Investing in relationships with your vendors will reinforce your fueling army with a team equipped to meet any challenge.

Revisit inefficiencies of the previous year to avoid pitfalls from reoccurring. The middle of the season is often too crazy to reorganize the storeroom, reinvent an inventory system or create a student handbook, but summer usually provides enough of a break to create policies and procedures that will make the next year run more smoothly. Think outside of the box when searching for inefficiencies. Sometimes something as simple as rearranging the product line can make a world of difference in productivity. Take inventory of the daily tasks that consume the biggest part of your time and effort. Troubleshoot ways that you can use students to decrease the time spent on manual labor, data entry or sanitation.

Finally, but most importantly, take time off. Once the year gets going, there are stretches where the sports RDs presence is required 7 days a week for weeks at a time. Feel confident in the education that you have provided to your staff and athletes that you can step away for days or weeks without having your program crumble. Remember that if your goal is to establish a program... not just a person. A legacy is created when you can step away and have your mission continue to advance.

When the stress, urgency and responsibility of controlling the food supply for hundreds of athletes trying to achieve greatness starts to weigh on you, remember that ultimately, we fuel GAMES. Although it is big business, this is all for entertainment. We are but a tiny pixel on a giant canvas that from the Babe to Kobe elicits raw emotion that includes euphoria as well as desolation. As individuals, this world has existed without us. It will thrive without us. Every morning when we wake up and go to work, WE are the lucky ones living the dream of many. Use these quiet moments to remember why you got in this field to begin with. Stay humble, keep learning and reFUEL your passion.



Upcoming Events

2016 CPSDA Performance Culinary Workshop

Visit www.sportsrd.org for further workshop details.

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