



# Student Newsletter

## Welcome!

**CPSDA Student Members!**

Welcome to the spring 2018 newsletter! As summer approaches, we hope everyone is looking forward to CPSDA's 10<sup>th</sup> Annual Conference, taking place May 22–24 in Indianapolis, Indiana. The annual conference is an exciting time for both sports nutrition professionals and students interested in the field. The conference events provide you with an awesome opportunity to network with dietitians and other students, attend educational seminars on innovative nutrition research and relevant career topics, and enjoy spending time with a group of people just as passionate as you are about sports nutrition!

In this edition, we highlight the Gatorade Sports Nutrition Immersion Program, provide a sneak peek of what you can expect at the annual CPSDA conference, talk about how to ace your first sports nutrition job interview, and discuss different strategies RDs in the field use in regard to motivational interviewing.

We hope you enjoy this season's edition and look forward to meeting you all at the conference!

**Ella Stephan and Peter Ritz, Student Committee Co-Chairs**

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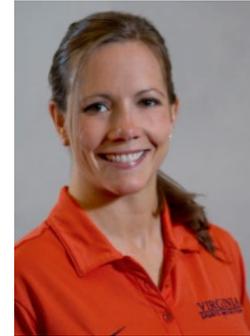
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# Motivational Interviewing: Empowering Your Athletes with Nutrition Counseling

*Kelly Rossi, MS, RD, CSSD, Associate Director of Sports Nutrition, University of Virginia*

## **1. What is motivational interviewing, and when were you first introduced to it?**

MI is a client-centered form of counseling, used to promote behavior change by exploring ambivalence and the client's readiness to change. It includes asking open-ended questions, exercising reflective listening, using affirmations, and summarizing statements made by the client. It is non-judgmental and non-adversarial, and it's meant to evoke within the client the motivation to change. I was first introduced to it in my DI but didn't start really using it until I came to UVA and took more training.



## **2. What do you think sets motivational interviewing apart from other styles of nutrition counseling?**

It allows the athlete to work toward goals they define themselves and gives them a sense of ownership, which, in the long run, may increase their success in meeting these goals. It is not one-sided, with directions and demands, but rather cooperative, with both parties working together toward a solution.

## **3. Overall, how has this changed the way you interact with athletes when discussing nutrition?**

It has helped me educate athletes while also working with them to meet their nutritional goals. So often in school we are taught the science but not always how to create the behavior change that goes along with that science. MI provides an approach to do this that also allows you to build rapport and develop a strong and trusting relationship with athletes.

## **4. Can you think of a time when MI helped strengthen an athlete's motivation for a specific nutrition goal?**

Yes, there are many instances, but one breakthrough moment was when an athlete was really struggling to buy into nutrition for performance but was wanting to lose weight to be more agile on the court. It wasn't until I started using MI with her that she finally found the desire and motivation to change her behavior, and since then, she sees nutrition in a more positive light and has improved her performance and her nutrition for lifelong health benefits.

## **5. Have you received any positive feedback from athletes or coaches about your style of nutrition counseling?**

I have been told that they appreciate the collaborative nature of my style. I don't believe that being the food police creates positive, lasting change, nor does it develop the trusting relationship that I have with my athletes.

## **6. How do you stay up to date with MI? Do you collaborate with other professionals from other fields at UVA?**

At UVA, we have a monthly working group at the Women's Center (a counseling center). One of the coordinators is certified to train others in MI. Staff members from across the university come to share problem cases, and we all work on practicing our MI skills with each other by role-playing and brainstorming. It's been a great way to keep my skills fresh, as I feel that if I weren't doing this monthly, I would lose the practice and motivation to use it consistently.

# Landing your Dream Job: How to Prep for an Interview

Members of the CPSDA Board share their favorite interview questions to help you prepare for your next job interview

As a student, getting your first sports nutrition interview is an incredibly important moment in your career. After six years in sports nutrition, working every job from a student worker to an intern and now an RD, every interview is just as exciting and nerve-wracking as the next. To leave your best impression, preparation is key! Take the time to organize your thoughts, research the job, and familiarize yourself with your potential employer. Being detail-oriented and showing that you've taken the time to get to know your interviewer just goes to show how much you care. To help our fellow CPSDA students, we reached out to the CPSDA Board of Directors and asked them what their go-to interview questions were. Here's what they had to say. Before your next interview, take some time to reflect on your nutrition philosophy and professional values by considering some of these areas of questioning...

## Teamwork

- Have you ever worked as a team member where you received no “appreciation” for getting a job done? Give an example.
- How would you describe your ability to work as a part of a team?
- Describe a time when you had a conflict with a supervisor or colleague and how you handled it.

## Inspiration & Career Goals

- Why do you want to work in sports/dietetics?
- What is your long-term career goal? (five years or more)

## Sports Nutrition Philosophy

- Describe your personal philosophy to fueling performance in 60 seconds or less.
- When do you feel most sports dietitians are working in their practice?
- A sports RD has a lot of roles, some more likable than others. If you could design an ideal day on the job, what would it include?

## Managing Stress and Flexibility

- Describe a time when your workload was heavy and how you handled it.
- Give me an example of a time in your career when you had to show adaptability and how you handled it.

## Relationships and Interpersonal Skills

- If I asked an athlete what they remembered from working with you, what do you think they would say?
- Describe your ability to create boundaries and maintain professionalism when working with high profile athletes.

A HUGE thank you to our CPSDA Board members for contributing their questions!

Chelsea Burkhardt



Rob Skinner



Amanda Carlson-Phillips



Allison Maurer



Kelly Rossi



Beth Wolfgram



# Gatorade SNIP Fellows & Conference Sneak-Peek

Some of this year's SNIP Fellows discuss their Gatorade Capstone project and reflect on past experiences at the annual conference

Katie LeMair



Taylor Barros



Grant Harris



Julia Zalewski



Megan McLeod



Sebastian Zorn



## ***Where are you completing your SNIP, and what has been your favorite memory from the program?***

**Katie LeMair:** I recently completed my SNIP at the University of Texas. My favorite memory from my SNIP experience was coordinating post-season nutrition needs and traveling to the 2017 Texas Bowl with our football team. I learned so much about the logistics, planning, and creativity it takes to fuel a team on the road for a week!

**Taylor Barros:** I am completing my SNIP at the Memorial Hermann IRONMAN Sports Medicine Institute in Houston, Texas. My favorite “memory,” so to say, has been the opportunity to work with and learn from an amazing group of people. Houston is a hub for world-renowned medicine and research, and I am able to work alongside specialists in concussions, physical therapy, surgery, etc., ask them questions, and learn from them each and every day.

**Grant Harris:** I am completing my SNIP under Caroline Mandel, MS, RD, CSSD, at the University of Michigan, and my favorite memory has been developing strong relationships with all of my student-athletes and fellow performance staff members during my eight-month fellowship.

**Julia Zalewski:** I completed my SNIP at Northwestern University, and it's hard to pinpoint one favorite memory because working with such great mentors is awesome in itself, but I would say my experience traveling with our women's soccer team in the fall has been one of my favorite memories.

**Megan McLeod:** I am completing my SNIP at Virginia Tech, and my favorite memory so far has been traveling with the wrestling and swim & dive teams. These experiences have allowed me to develop some great relationships with the student-athletes and coaches while also challenging me to work creatively yet functionally to provide them with the proper fuel and guidance for competition. Plus, both teams were a lot of fun and very successful!

**Sebastian Zorn:** I completed my SNIP with the Chicago Bears. My favorite memory this season has been the first game of the season. There was such an incredible energy in the air, and it was great to be a small but an important part of a larger whole.

## ***Have you attended a CPSDA conference before? What was the experience like?***

**Katie LeMair:** Yes, I have attended the CPSDA conference for the past two years. At each conference, I learned a wealth of new sports nutrition information and had the opportunity to network with professionals from all over the country. I was pleasantly surprised by how welcoming everyone was and how willing the veterans in our field were to provide insight and advice to aspiring sports RDs.

**Taylor Barros:** Yes! The CPSDA conference is a chance to network and create new relationships with people you might not otherwise get an opportunity to meet. You get to hear some amazing talks and learn about new ideas in the field, see research on those ideas, and ask questions to the professionals themselves.

# Gatorade SNIP Fellows & Conference Sneak Peek

This year's SNIP fellow discuss their Gatorade Capstone project and reflect on past experiences at the annual conference

Megan McLeod: Yes, this year will be my 4th CPSDA conference. Attending the conference is a great way to connect with other dietitians in the field and learn about new strategies, new programs, and the dissemination of science-based information to student-athletes. There are also a lot of opportunities to get involved that are discussed during the conference... this is where I first learned about the Gatorade SNIP program! The length of the conference and socials built into the itinerary cultivates an environment for networking and learning from other professionals in a comfortable environment.

## ***What aspect of your SNIP will you be presenting on at CPSDA?***

Katie LeMair: I am presenting research I completed by studying a sample of football athletes at the University of Texas. I studied differences between the indirect calorimetry and prediction equations in estimating the resting metabolic rate (RMR) in this population.

Taylor Barros: I am working with a triathlete who is competing in IRONMAN Galveston next weekend! We have been working together to create a fueling plan for race day and for her training leading up to the event. I will present on the challenges as well as the successes of our time together.

Grant Harris: I will be presenting "How to Operationalize a Centralized Fueling Station" at this year's conference.

Julia Zalewski: I will be presenting my work with a women's soccer team and how I utilized technology to improve their hydration and nutrition.

Megan McLeod: I will be presenting on a Body Positivity program I implemented at Virginia Tech with one of my teams.

Sebastian Zorn: I will be presenting on the vitamin D status of NFL Football players and effects of supplementation.

## ***If you could offer one piece of advice to aspiring sports nutrition students, what would it be?***

Katie LeMair: Never underestimate the value of hard work. You may not know everything you need to know, but the willingness to learn and work hard at whatever task is given will take you far!

Taylor Barros: Network, network, network! You never know who could be in charge of hiring you one day in the future. Always be nice, always offer to help, and do not burn bridges.

Grant Harris: Work hard and be respectful to everyone you meet during your time working in any athletics program, because you never know who may be a future reference or point of contact for questions down the road.

Megan McLeod: Connect with as many sports dietitians as you can. Whether by volunteering at your current university, attending the CPSDA conference or boot camp, or reaching out to others on the list-serve, make a point to connect with others in your field. Once you do have the opportunity to volunteer or intern, take advantage of every opportunity that comes your way. The best way to learn in this field is through experience! No two programs are the same, so the more you experience, the more well-rounded you are. Adaptability and flexibility are KEY.

Sebastian Zorn: Be persistent. Where there are athletes, there are opportunities to make a difference with sports nutrition.

# CPSDA Conference Preview



The Annual Conference is being held at the Hyatt Regency Indianapolis. Unfortunately, student member registration is now closed, but registration spots are still available for Sports RD and Allied Health members.

## Conference Tips:

- **Professionalism:** The way you present yourself at professional events like the CPSDA conference can create a lasting impression. Business casual attire is recommended during the majority of the daytime events, and don't forget appropriate attire for the awards banquet as well.
- **Network:** Step out of your comfort zone and take the initiative to meet new people! This conference is a great opportunity to establish relationships with both student peers and professional members who have the same passion for sports nutrition that you do.
- **Willingness to learn:** This conference is also a great opportunity to learn from some of the most brilliant minds in the field. Look at the agenda to plan ahead and determine what General Sessions you are most interested in attending.
- **Help CPSDA out!** Make sure to utilize the conference app to evaluate and provide feedback. We'd love to hear your input and will use that information when planning the 2019 Annual Conference.

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

## CPSDA Student Co-Chairs:

Ella Stephan: [Ella32937@gmail.com](mailto:Ella32937@gmail.com)

Peter Ritz: [Peter.Ritz6@gmail.com](mailto:Peter.Ritz6@gmail.com)