



SNIG

SPORTS NUTRITION INTEREST GROUP

NEWS

OCTOBER
2020

WELCOME!

Welcome back to the Sports Nutrition Interest Group! As we are unable to have the SNIG in person, this year we have put together a newsletter which includes: links to new publications; a 10-min presentation on Nutrition for Para-Athletes; an interview from Dr Sophie Killer, and new educational resources.

I hope we can all meet up again next year, stay safe.

NUTRITION PRESENTATION

Interested in how to optimize nutrition counselling? Watch this short presentation by Dr Kristin Jonvik and Dr Vera Weijer on optimizing nutritional counselling of para-athletes:

<http://bit.ly/PARANUTR2>



EXCITING NEW RELEASE...



Sports Nutrition for American Football: Dallas Cowboys Edition

GSSI have created, in collaboration with Dallas Cowboys an evidence based guide on Sports Nutrition for American Footballers.

For anyone working in or interested in American Football, click the link below to download your very own guide:

<https://bit.ly/3iUxXiu>

GSSI WEBINARS



Check out these 8 webinars on topics ranging from the prevention of sports injuries, to sports hydration, by clicking on the below link. *Content in Spanish.*

https://www.youtube.com/channel/UCVlvpAV4Zbuj_zB8RIV1bsA



GSSI Fuel School was launched to reach more people despite the global pandemic. Watch the series of webinars on the science of nutrition and hydration through the link below. *Content in English.*

https://www.youtube.com/channel/UC2Mzn_ACqNYMFCsGDneZjww

PUBLICATIONS OF INTEREST...

NEW



The activity profiles of full-match and substitution World Cup football players are suggested to differ with regards to their pacing strategies. Find the below link to the relevant paper:

<https://doi.org/10.1080/17461391.2019.1659420>

This review suggests that placebo and nocebo effects have an effect on sports performance, influencing the outcome of sporting events. Follow the link below for a review on this topic:

<https://doi.org/10.1080/17461391.2019.1655098>





DR. SOPHIE KILLER IN THE SPOTLIGHT

APPLIED SPORTS NUTRITIONISTS TRUTHFUL CAREER INSIGHT



Q: How did you become involved in the sports nutrition industry initially, what is your background?

"I started my journey studying Sport and Exercise Sciences at The University of Birmingham, falling in love with the nutrition modules. Completing my dissertation with Prof. Kevin Tipton allowed me to gain invaluable insight into the world of nutrition. At the end of 3rd year I started the IOC Post-Graduate Diploma in Sports Nutrition whilst beginning a nutrition internship with England Rugby. Additionally, I worked in the Birmingham labs and wrote a paper with Prof. Asker Jeukendrup. By the end of the summer, I was offered an amazing PhD opportunity with Prof. Jeukendrup, which I snapped up, continuing the IOC Diploma alongside. Whilst completing my PhD, I worked as a performance nutritionist at West Bromwich Albion F.C., and then British Basketball, where I led the nutrition service throughout the 2012 Olympics. It was amazing!

At the end of 2012, Prof. Jeukendrup moved to Loughborough University, I made the decision to move with him. I was lucky enough to have Prof. Michael Gleeson join my supervisory team. It was a great opportunity, working in a new lab, learning new skills and techniques and meeting new people. Whilst writing up my PhD I left West Brom F.C., moved to London, and started working with Crystal Palace F.C. I was then offered my first full time role in elite sport as part of the EIS performance nutrition team, working as the Head Nutritionist for British Athletics. It was an amazing experience, working with a diverse range of athletes, looking after both the Olympic and Paralympic nutrition teams throughout the 2016 Rio cycle. In 2018, I made the move back into football for a season as Head of Nutrition for Tottenham Hotspur F.C. I now work as a researcher and consultant nutritionist, still with British Athletics, amongst other Olympic and Professional sports".

Q: What is your biggest work related achievement so far? Any highlights or stand out moments?

"My PhD graduation day has to be my greatest achievement. Once you have completed your thesis, you still have your viva... and then corrections, so finally graduating was an incredible moment for me".

Q: What has been your proudest publication and why?

"Great question! You'll never forget your first paper, mine was a review paper I wrote with Prof. Jeukendrup which is one of my proudest publications. However, my first research publication (on the impact of coffee and hydration status) gained quite a bit of media interest which was very exciting, it took me round the world presenting at conferences, including all the way to a coffee confrence in Columbia!"

Q: What advice would you give to someone who's looking to pursue a career in sports nutrition?

"Making your way to the top of your dream work environment is competitive, it takes time and dedication, make sure sports nutrition is something you really love before jumping into the industry. Don't be fixed on which sport you would like to work in, be open minded, every new field you work in will provide you with valuable experience. Apply for everything, interview experience is always valuable and never wasted. For those who are recently qualified and new to the industry, some of the best experiences you can find may be at your local sports clubs; observe coaches, speak to athletes, help out where you can and offer to do nutrition Q&As or short presentations at the end of sessions. This will look more impressive on your CV than one afternoon shadowing a nutritionist. It shows you are proactive and can use your initiative, as well as gaining some excellent experience. Networking is also very important! Start with your lecturers at University, don't forget that your current classmates and the post grads in your department are quite possibly your future colleagues, so get to know them too!"

Q: What would be your top tips to successful networking?

"Conferences are fantastic learning and networking opportunities, but can be expensive. The BASES Student Conference is a good starting point, it is cheaper than international conferences and great for networking. Keep in touch with the people you meet through LinkedIn and Twitter, LinkedIn notifies people when you view their profile... which is a great way of reminding people of who you are and staying on their radar! Try to keep your profile professional as employers will often check your social media presence to see if you're a good fit for their team. An unprofessional or highly opinionated public profile on social media is a big NO from me when I'm recruiting!"