

MARCH 2, 2021

6:00-8:15 PM

FREE FOR  
OAND MEMBERS



# The Battle of Ohio

## SPORTS NUTRITION EDITION



To kick-off March National Nutrition Month, you are invited to attend ***The Battle of Ohio: Sports Nutrition Edition*** Zoom webinar to learn about the integral role dietitians play in fueling professional football players to help them achieve optimal performance goals.

### FEATURED SPEAKERS



**ERIN KRATZER-KELLY**  
**MS, RDN, LDN**

Erin is the consulting Sports Dietitian for the Cincinnati Bengals, Xavier University Athletics and Miami University Athletics.



**KATY MEASSICK**  
**MA, RD, CSSD, LD/N, ATC**

Katy is the Performance Dietitian for the Cleveland Browns.

### OBJECTIVES

- Review consultant team dietitian responsibilities.
- Discuss the varying roles of a sports dietitian in a full-time setting vs a consultant/part-time setting.
- Discuss nutrition strategies used in injury prevention and injury rehabilitation.
- Understand how to meet the varying nutrition needs and demands of high level athletes.
- Discuss the relationship between energy intake, bone health and hormone health.
- Discuss energy availability as it relates to Relative Energy Deficiency in Sport (RED-S) and the role of a sports dietitian in treating RED-S.
- Review specific case studies of athletes suffering from RED-S.

### REGISTRATION DETAILS

Attendees will earn 2 CPEs. **Register by Sunday, February 28 to reserve your spot!** Registration is free for OAND members, \$5 for non-member students or \$10 for non-member professionals. All proceeds will be donated to the Ohio Association of Food Banks.

**REGISTER NOW**



Sponsored by the American Dairy Association Mideast