

Performance Nutritionist with Team Dimension Data for Qhubeka

Scope

12 months part-time (20 hours per week) with 3-month trial period Monitoring •Collecting information related to body composition for riders throughout the year (with both skin folds and DXA scans where possible).

- Assessing resting metabolic rates for riders throughout the year, particularly riders focussed on reducing weight through chronic reduction in calorie intake.
- Analysing and managing data related to body composition and performance to provide recommendations for optimal rider weight and body composition. Nutritional Guidelines
- Developing and monitoring general nutritional plans.
- Developing nutritional strategies for the amount and timing of CHO and protein intake aligned with rider's prescribed training sessions. Race Related Activities
- Ensuring adequate nutritional products are distributed to each race. •Develop performance nutrition strategies for races.
- Developing individualised meals plans at races using data collected from the race-day solution relating to energy expended, energy consumed, and morning fasted weights.
- Assist in developing race-day solution related to in-race nutritional intakes.
 - Analysing and maintaining data collected from race day hydration and weight management solution. General Duties
- Monitoring and ordering nutrition products from team partners.
- Monitoring and ordering supplements in collaboration with medical group. Education and Presentations
- Create and provide presentations to educate riders on healthy eating and performance nutrition.
- Monitoring the latest research and developments in performance nutrition.
- Potential to publish data in peer-reviewed scientific journals.

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