

NEBRASKA SPORTS NUTRITION

Individual Sports Nutrition Plans

Sports Nutrition is a major component for physical development, but sometimes it is overlooked. Student-athletes can create individual sports nutrition plans to accelerate their health and performance goals under the direction of a Licensed Dietitian. Nebraska offers a number of opportunities highlighted in this section to encourage positive lifestyle choices that serve as a basis for implementing an individual sports nutrition plan.

Nebraska Training Table

At the Nebraska Training Table, one of seven dining halls on campus, you have the option to eat lunch and dinner, Monday through Friday, during the fall and spring semesters. Some of the outstanding features of the Nebraska Training Table include:

- A **Registered Dietitian** located on site is present at most meals to help you make the best decision to meet your training goals. This hands-on approach to education creates learning opportunities at the point of service.
- Championship caliber performance requires eating the highest quality foods. **Executive Chef** Michael Steele ensures food is served at the highest standards while adding creativity and flavor in offering traditional recipes with a healthy twist. All full-time foodservice staff are Serv Safe certified, highlighting a commitment to professional foodservice standards.
- All student-athletes have input on what is served at the Nebraska Training Table. These suggestions can be shared with Brian Lehmann, Director of Sports Nutrition, or Dale Kruse, Nebraska Training Table Manager.
- Service Hours:
 - Lunch 10:30 AM – 1 PM
 - Dinner 5 PM – 7 PM
- If your schedule conflicts with regular dining hours, a “Sack Lunch” can be scheduled at the check-stand or by calling 472-2813. Meals can be picked up prior to or during meal hours.
- Purchasing a meal plan maximizes the financial benefit available to you. Student-athletes receive a discounted rate per meal with a meal plan compared to the retail rate. Contact Jena Johnson at 472-8253 to find out which meal plan best meets your needs.
- High quality nutrition facts labeling helps student-athletes make informed choices at the buffet. Every item in the Nebraska Training Table is served with an accompanying nutrition facts label as displayed below.



Nebraska Training Table Rules

1. Prior to your arrival, we suggest you shower and dress in clean clothes. We also require the removal of hats while dining in the Nebraska Training Table.
2. The Nebraska Training Table is open to the public at lunch, but is reserved exclusively for student-athletes and athletic department staff at dinner.
3. Everyone is required to check in with the cashier at the entrance to the Nebraska Training Table. If you have purchased a meal plan or you are a staff member charging the meal to your account, you will be required to produce a student/staff ID card to be admitted into the dining room. **Failure to present identification will result in non-admittance to the dining facility. You will no longer be able to give the clerk your student/staff ID number to be admitted.** All other transactions are cash purchases only.
4. The dining room serves customers who have paid to eat during meal times. If you are not eating, please wait outside the dining area glass walls to speak with friends.
5. Food service personnel and all customers will be treated with respect.
6. No tobacco in any form is allowed in any state facility, including chewing tobacco.
7. Please leave your table as clean as you would like to find it, and push your chair in before you leave.
8. No utensils or food are to leave the Nebraska Training Table without permission.
9. Requests for small group use of the Executive Dining Room during meal service hours will be prioritized for team functions first and can be scheduled by contacting Gaila Friesen at 472-4610.
10. Catering requests from the Nebraska Training Table should be coordinated with Dale Kruse, Nebraska Training Table manager at 472-7880.

Body Composition Assessment

The Bod Pod is a state of the art body composition assessment tool that is available for all student-athletes for monitoring their training progress. Each individual assessment takes about five minutes. Athletes should have the assessment completed no less than three hours prior to eating or exercising. Sign-up sheets for the Bod Pod are located at the landing area in North Stadium and will be performed weekly. Contact Brian Lehmann or Lindsey Remmers to schedule team assessments. Systematic assessments in 10 – 12 week intervals offer great feedback on training progress.

Sports Supplements

NCAA permissible supplements are available at all training areas free of charge. You are limited to two items per practice unless you are on a special program approved by your coach and Brian Lehmann or Lindsey Remmers. Be aware that the landing has a security camera that records 24/7. Athletes caught abusing their supplement privileges will reimburse their abuse and be restricted from the area. Please keep the area clean, and wash the blenders with soap if you use them.

Dietary supplements should be used to replace only what may be missing in the student-athlete's diet. Supplements are useful for replacing nutrients lost through athletic activity. They are not meal replacements or meal substitutes. All supplements must be reviewed for safety and NCAA compliance by Brian Lehmann or Lindsey Remmers prior to use. This includes creatine, glutamine, HMB, multivitamins, proteins, etc. A sports supplement form should be completed with the pre-competition physical exam, and updated as appropriate throughout the year. Extra forms are available with Jackie Wilken in Athletic Medicine. Please return completed forms to Brian Lehmann.

Other Services Available

- Cooking Classes
- Eating Disorder Counseling
- Grocery Shopping Tours
- Hydration Assessments
- Team Presentations
- Weight Loss/Weight Gain

Brian Lehmann, Director Sports Nutrition
Office: 402-472-4618
Cell: 402-540-3558
blehmann@huskers.com

Dale Kruse, Nebraska Training Table Manager
Office: 402-472-7880
dkruse@huskers.com

Lindsey Remmers, Asst. Director Sports Nutrition
Office: 402-472-2778
Cell: 402-239-5759
lremmers@huskers.com

Brian Lehmann, Director Sports Nutrition
Office: 402-472-4618
Cell: 402-540-3558
blehmann@huskers.com

Dale Kruse, Nebraska Training Table Manager
Office: 402-472-7880
dkruse@huskers.com

Lindsey Remmers, Asst. Director Sports Nutrition
Office: 402-472-2778
Cell: 402-239-5759
lremmers@huskers.com