

# JACKIE SLOMIN

*Sports Dietitian for Student-Athletes*



## ABOUT JACKIE

**Jackie Slomin, MS, RDN** is a sports dietitian and fueling expert who helps high-school athletes and their families go from second-string performance to top division college recruits. Having previously worked with hundreds of division I and II athletes from all different sports and holding a master's degree in sports nutrition and exercise science, Jackie is an expert at helping athlete's discover how to improve their performance, energy and recovery time by up to 50% with advanced sports nutrition programs that can be used by even the busiest of coaches, families and athletes.

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*For students, parents  
and coaches*

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JACKIE'S WORK  
WITH STUDENT-  
ATHLETES

Jackie has worked with several DII and DI colleges where she served as the campus or consultant sports dietitian, providing teams, coaches and individual athlete's with customized sports nutrition training to maximize their performance and recovery during every phase of training and competition. During her time, she has also developed a sports nutrition program called Fuel Your Full Ride that is exclusively for HS athletes and has helped hundreds of student-athletes maximize performance, recovery and gain a competitive edge during recruitment. The student-athlete's Jackie works with have been recruited to top colleges, including Ohio State, Rutgers, Michigan, Villanova, CSU, UCLA, Georgetown and many more.

# *FUEL YOUR FULL RIDE PROGRAM*

NOT YOUR AVERAGE NUTRITION PLAN

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Jackie utilizes professional nutrigenomic testing to determine a student-athletes EXACT needs and HOW they will respond to specific foods. By combining this data with the intricacies of cutting-edge sports nutrition research, she works with families to create a unique plan designed SPECIFICALLY for their student-athlete.

This isn't cookie-cutter advice or meal plans; it is a completely individualized process that will cover sports nutrition during every phase of training and competition so athlete's can perform their best no matter what situation they're in. Most athlete's Jackie works with see improvements in their energy, strength, and recovery time by up to 50%. .



*Ready to take your  
athlete's performance to  
the next level?*

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## WORK WITH JACKIE



## *BREAKING BARRIERS*

UNLOCKING AN ATHLETE'S FULL POTENTIAL

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Student-athletes and their families are INCREDIBLY busy. Most parents and coaches simply don't have the time to spend hours on end cooking and meal prepping. Part of Jackie's work is to give families the tools and expertise so they can implement these plans in as little time as possible. Most clients find about 45 minutes per week is all they need to be successful for the whole week, regardless of hectic schedules, constant travelling or picky eaters. This means LESS TIME being stressed and worried.. and instead feeling confident and prepared in any situation.

Ready to get that competitive edge for your student-athlete? Every plan is individualized based on an athlete's sport, position, goals and unique variables.

Services include team consulting, programs for coaches and individualized programs for student-athletes/families and professional body composition testing. Jackie is also available for media interviews, product reviews and podcasts.

Want to work together? Contact Jackie to begin your journey in maximizing your student-athletes potential and recruiting prospects

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