

2026

New England Sports Nutrition Conference



Fueling The Next Generation of Athletes the Evolving Role of the Sports Dietitian

- Come join us for a day of learning and networking with sports dietitians, aspiring dietetic interns and undergraduate students from Connecticut and the surrounding area. We will have 5 speakers and 2 open discussions to gain insight from other nutrition professionals.

Friday, April 24, 2026
8 am–4:30 pm

31 Seymour Street | 4th Floor | Hartford

Professional Cost: \$165.00 (Early Bird \$149.99)

Student Cost: \$99.00

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Hartford HealthCare 
Bone & Joint Institute

Agenda on back 

AGENDA

Virtual Pre Conference (for early bird attendees only)

Time TBD **Fueling for Peak Performance: Current Strategies for Endurance Athletes**
Amy Stephens, MS, RD, CSSD, CEDS, Sports and Eating Disorder Dietitian for NYU Athletics

Conference

7:30–8:15 AM **Check in**

8:15–8:30 AM **Welcome!** *Christopher Barrett MS, RD, CSSD, CSCS*

8:30–9:15 AM **Rethinking Sports Nutrition for Adolescent Athletes**
Dana White MS, RDN, ATC, University of Quinnipiac and Nutrition Consultant

9:15–9:45 AM **Designing Your Career: Real-World Lessons from Collegiate and Pro Sports Dietitian**
Hector Martinez RD, CSSD, Princeton University

9:45–10 AM **Break**

10–10:30 AM **Sports Nutrition at a Medium Sized D-1 School: Creativity & Collaborations
Making the Most Out of Limited Staff and Budget**
Kelli Kidd, MS, RD, CSSD, LDN, University of Rhode Island

10:30–10:45 AM **Discussion** *with Kelli & Hector*

10:45–11:30 AM **CHRIS WARRAN MEMORIAL LECTURE Fueling Truth: REDs, Misconceptions, and
Evidence-Based Performance Nutrition for Female Athletes**
*Laura Moretti-Reece, MS, RD, CSSD, LDN, Director of Sports Nutrition, Women's Health,
Sports & Performance (WHSP) & Consulting Dietitian for the Boston Ballet Company*

11:30 AM–12:45 PM **Lunch/Networking**

12:45–1:15 PM **Discussion** *with Laura & Dana*

1:15–2 PM **The Intersection of Food Fears and OCD in Athletes**
*Katie Jeffrey, MS, RDN, CSSD, MB-EAT-QI, LDN, Co-leader of IOCDF's Eating Disorders and
OCD Special Interest Group*

2–2:15 PM **Discussion** *with Katie*

2:15–3 PM **Building and Commercializing a Dietary Supplement:
Experience from an Industry Dietitian**
*Laura Kunces, PhD, RD, CSSD, Sr. Director of Scientific Affairs at AG1, and the VP of Medical
Strategies at Thorne HealthTech*

3–3:15 PM **Discussion** *with Laura*

3:15–4 PM **Raffles/Completion of Survey/Closing Remarks/Networking**