



HEAD of NUTRITION

San Diego FC ([San Diego FC](#)) is the newest member of the MLS family. As part of the unique [Right to Dream](#) model and the [Sycuan](#) Tribe's deep roots, we are proud to be building a San Diego-centric soccer organization that honors our history and celebrates emerging excellence.

SUMMARY:

Reporting to the Director of Human Performance, the Head of Nutrition oversees all nutritional aspects for San Diego FC athletes. This role involves developing and implementing comprehensive nutrition plans, educating athletes on optimal dietary practices, and collaborating with the performance team to enhance performance and recovery through proper nutrition.

Key Responsibilities:

- Develop and implement personalized nutrition plans for San Diego FC athletes to optimize performance and recovery.
- Conduct nutritional assessments and provide tailored dietary advice to meet individual athletes' needs.
- Monitor and evaluate athletes' dietary habits, ensuring adherence to recommended nutrition plans.
- Collaborate with chefs and catering staff to plan and prepare nutritious meals and snacks that meet the dietary requirements of athletes.
- Educate athletes on the importance of nutrition, hydration, and supplement use for peak performance and overall health.
- Stay current with the latest research in sports nutrition and apply evidence-based practices.
- Work closely with team physicians, physical therapists, and other healthcare professionals to coordinate comprehensive care.
- Maintain accurate records of athletes' nutrition plans, assessments, and progress.
- Conduct workshops and seminars for athletes and staff on various nutrition topics.
- Provide coverage for games and practices, ensuring athletes' nutritional needs are met during training and competition.
- Oversee the nutritional aspects of pre-season and in-season training programs.

QUALIFICATIONS:

Candidates can meet the requirements with a combination of experience in the following areas:

- Master's degree in nutrition or related field.
- Licensed Dietitian / Board certified specialist in Sports Dietetics (preferred).
- 3+ years' experience in elite sports.
- Extensive knowledge of nutritional principals as they relate to athletic performance
- Excellent verbal and written communication skills
- Knowledge and experience utilizing and integrating nutritional technologies
- Experience of data management systems to ensure the secure and efficient collection, storage and front-end utilization.
- Strong organizational and time management skills
- Bi-lingual (Spanish/English) or multi-lingual skills is a plus.

ABOUT SAN DIEGO FC:

Our **VISION** is to be the epicenter of football excellence and innovation in North America. Our **MISSION** is to create opportunities for talent to flourish and San Diego to shine.

We value community, diversity, and acting with purpose. We are looking for leaders at all levels to co-create the culture of a new organization that is built on the premise that you can discover, understand, and re-define excellence by nurturing talent and creating opportunity anywhere – specifically though soccer.

Globally, Right to Dream partners with talented young people to give them a nurturing environment to flourish and thrive. We do this through a holistic model of athletic development, where young people grow as human beings and great footballers. RTD's promise is set out in their [Manifesto](#): a set of 8 commitments which will be central to the San Diego FC ethos from the front office to the field, when games start at Snapdragon Stadium in 2025.

This is an opportunity to be a part of a great team building something meaningful for San Diego. We offer excellent benefits including health coverages with generous company contributions, over 30 days of paid time off, and a 4% company match on your 401(k). Soccer is humanity and together, we can make a meaningful impact both on and off the field, fostering a culture that embraces excellence and equal opportunities. SDFC is an Equal Opportunity Employer.

Apply at JointheTeam@SanDiegoFC.com – reference Head of Nutrition