

# Beyond the Training Room:

## FUELING YOUR STUDENT ATHLETE!

### SPEAKER BIOGRAPHIES\*



#### Caroline Mandel, MS, RD, CSSD

Caroline Mandel is in her twentieth year as the Director of Performance Nutrition at the University of Michigan Athletic Department. Originally from Columbus, Ohio, Caroline earned her undergraduate degree in Exercise Physiology from the University of Massachusetts where she was a Varsity swimmer. She completed dual Masters of Science degrees in Kinesiology and Public Health Nutrition from the University of Michigan. She is a Registered Dietitian and a Board Certified Specialist in Sports Dietetics. In addition to serving as the CPSDA Scholarship & Awards committee from 2012-2016, Caroline was elected to the SCAN Executive Committee Board of Directors for a two-year term as Board Secretary. Before joining the Michigan Athletics Student Athlete Health and Welfare team, Caroline was a Nutrition Specialist in Preventive Cardiology, an outpatient clinic of the University of Michigan Health System. In addition to her work with the athletic department, she lectures on a variety of performance nutrition topics locally and nationally. Mandel was recognized for her achievements in sports and cardiovascular nutrition, becoming the Michigan Dietetic Association's Recognized Young Dietitian of the Year for 1994 and Dietitian of the Year for 1999. She was the 2014 CPSDA Service Award recipient. Caroline and her husband Scott live in Ann Arbor with their daughters Hailey and Leah.



#### Carolyn Thomas, MBA, SNS, CND

Carolyn is the Child Nutrition Consultant for the Macomb Intermediate School District (ISD) in Michigan, working with 31 school districts in both Macomb and St. Clair counties providing support, assistance, training and guidance for their School Nutrition departments. She also coordinates the school nutrition programs for the ISD's eight special needs schools. Carolyn holds a Master of Business Administration from the University of Detroit Mercy and also holds her School Nutrition Specialist (SNS) credential through the School Nutrition Association and her Child Nutrition Director (CND) credential through the Michigan School Business Officials. She is an instructor in the School Nutrition Association of Michigan (SNAM) Professional Development Training Program and the SNAM Leadership Academy and is the President-Elect for SNAM.



#### Geoffrey Colón, Ph.D.

Geoffrey was born and raised in Puerto Rico. He achieved the rank of Professor at EMU in 2016 and has been at the university for 21 years. He also has faculty status at Lansing Community College and at Michigan State University as part of the MSU Health Team Spartan Performance program in the role of sports psychologist. Geoffrey received his Bachelors of Science Degree in Psychology/Sports Psychology from Rutgers University in 1987. He went back to Puerto Rico and worked as a basketball coach in high school, a conversational English teacher and a teacher assistant in a special education program in high school. He then completed his Masters of Science (1994) in Sport Psychology and Counseling, continuing onto his PhD (2005) in Motor Behavior, Sport Psychology and Early Childhood as secondary areas, both from Michigan State University. In 1998, he was recruited by Eastern Michigan University to begin his career as a professor. In 1994, he began working as a sport psychologist consulting with teenage athletes to enhance their mental skills to improve physical performance. His interest in sport psychology came from beginning to understand his own power of the mind as a four-sport high school athlete. Geoffrey currently lives in Okemos and has called the Lansing area home for 29 years. He enjoys traveling, cooking, general fitness conditioning, racquetball, surfing, boating to knee/wake-boarding, camping, biking and golf. His first love in sport was and still is basketball, and he continues to play two to four times each week, while also competing in Gus Mackers and City Rec-Leagues. He has been a part of winning championship teams a number of times in both formats. Spending time with his family and friends is most important to Geoffrey.



## Lindsay Tarpley

Lindsay Tarpley was raised in Kalamazoo, Michigan and is a two-time Olympic Gold Medalist. Lindsay has had success at every level of her soccer career from USA Youth National Teams to the full Women's National Team. In 2002, she captained and led the U-19 USA women to a World Cup championship scoring the "golden goal" in double overtime in the final game. She attended the University of North Carolina where she led her team to a 2003 NCAA National Championship, was voted freshman of the year in 2002, National Player of the Year in 2003, and was honored with the retirement of her UNC jersey upon graduation. At the age of 20, Lindsay scored the first goal in the 2004 Olympic Gold Medal Game against Brazil, helping the USA team to win Gold. Lindsay also played an important role in 2008 Beijing Olympics again taking the Gold Medal home. In 2007, Lindsay represented the USA in the Women's World Cup in China where they won Bronze. She was also honored by ESPN Rise as the High School Player of the Decade (2000's). Unfortunately, in 2011 during a World Cup send-off game, Lindsay suffered a career ending knee-injury. Her focus now is raising a wonderful son and daughter, where she passes on her love of sports, training and discipline and, of course, proper nutrition including the role of dairy products daily.



## Holly Fields, RD

Holly Fields is the Assistant Director of Dining Services and District Dietitian for Chartwells Management team in Birmingham Public Schools. Holly received her Bachelors of Science Degree in Dietetics from Michigan State University in 2010 and then completed her dietetic internship through Iowa State University in 2011. Upon receiving her Registered Dietitian credentials, Holly started her career with Meridian Health Plan as the lead Nutrition Education Coordinator. As her passion for childhood nutrition grew, Holly joined Compass Group in August 2014 where she is currently employed. She is dedicated to making sure her students receive the healthy and nutritious meals they deserve as well as an education. Holly takes pride in developing the always-changing menus to keep up with new, trendy options that meet federal regulatory guidelines and also creating custom meal plans for students requiring dietary modifications when needed. Holly currently lives in Clawson with her husband and baby girl, Peyton. She enjoys cooking, especially making baby food, running, yoga, and most importantly, spending time with her family and friends.



## Tyrone Spencer

Tyrone Spencer is a certified teacher and head football coach at Martin Luther King Jr. Senior High School in Detroit, MI. As a father, he also juggles his time partnering with community youth, serving organizations such as Police Athletic League, the L.E.A.D Foundation and Sound Mind Sound Body Football Academy to enhance the development of Detroit's youth athletically and educationally. As head coach, Spencer has compiled a 35-6 record with two State Championships, one Detroit Public School league Championship and three Detroit Public School League Black titles. Coach Spencer takes pride in assuming the responsibility of his student athletes going on to college, the military or getting a job after their tenure at Martin Luther King Jr. High School.



## Tim Hendren

Chef Tim got his first taste of the culinary world at the age of 13, working for a family friend in a Caribbean-style restaurant where he fell in love with cooking. Throughout his childhood, much of his family had been in the food and beverage industry and he learned different aspects of his trade from each one of them. Chef Tim's interest in the kitchen continued to develop after working in and experiencing the fast-paced atmosphere of sports bar kitchens, the elegance of small French bistros and the flair of New Orleans style restaurants. Each of these opportunities exposed him to a new style of cooking and solidified his desire to enter the culinary arts. In 2014, Chef Tim and his wife, Erica, headed to Michigan as part of the opening team at The Inn at Harbor Shores, a boutique hotel in St. Joseph, where he took the role as the Executive Chef. Once the hotel was established with its first year of operations complete, they moved back to Colorado where Tim resumed with Vail Resorts as the Senior Executive Chef at Breckenridge's One Ski Hill Place, overseeing the culinary team for seven distinct outlets. In April of 2018, Chef Tim joined the Levy Family and moved to Detroit to work at Ford Field with the Lions.