

Session summary

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Case Studies from the Commonwealth Games

Working as a Performance Nutritionist for Team Scotland at the XX CWG was a great honour and a job that came with many challenges. It was a unique opportunity to be immersed in one of the best high performance environments any practitioner would ever wish to work in. During the games our work included a wide range of tasks. From giving the simplest advice to a Scottish athlete, in any of the 17 sports in the programme, up to guiding athletes in weight controlled sports in safely 'cutting weight' without compromising their ability to perform. Our aim was clear: make sure every athlete in the Team is ready to perform to their ability – Performance Nutrition would not be the limiting factor to their performance. Together with my colleagues in sportscotland's Performance Nutrition Team we successfully supported Team Scotland in a record breaking medal total. Some of those medals would have not been possible if it were not for the expertise we were able to provide. It was an emotional experience, hard work, challenging, inspiring and we would not hesitate to do it all over again.