

Kaitlyn Pscodna, MSW, LLMSW, RDN, LDN, CSSD, CEDS
Candidate for Member at-large, ASWIS Executive Board

Hello, ASWIS members! I'm honored to be nominated, and I'd love to serve this community as your Member at-large.

I grew up in athletics. My dad is a head football coach and athletic director, so locker rooms and game days have been part of my life for as long as I can remember. That path took me to Michigan State, where I earned my Bachelors Degree in Dietetics, then to the University of Minnesota, where I started as an intern with Gopher football and was eventually hired as the sports dietitian for track and field, cross country, and gymnastics.

Working with athletes taught me that no one navigates just one thing at a time. Nutrition, mental health, identity, culture, and performance expectations all shape the same person's experience, and athletes deserve care that honors all of it. That's why I earned my Masters in Social Work at the University of Michigan, along with a Sport Social Work Certificate. Today I'm a social worker and case manager at Corewell Health, where I'm completing my supervised hours toward full LMSW licensure. I also own a virtual private practice that offers weight-inclusive, all-foods-fit, trauma-informed care to athletes, including those experiencing Relative Energy Deficiency in Sport (REDs), disordered eating, and eating disorders. I'm a Certified Eating Disorder Specialist (CEDS) and a Board Certified Specialist in Sports Dietetics (CSSD).

I've been involved with ASWIS as a member of the Symposium Planning Committee, helping to secure partnerships with various athlete-centered organizations these last two years, and I chair the cARE Collaborative, which brings together ASWIS, the National Eating Disorders Association, Play Gap, and Coaching Her to advance equitable, accessible care in sport. Through my practice, I've provided education to more than 500+ student-athletes across 15+ schools and organizations, and I built a nationwide directory of 50+ clinicians so athletes can find specialized care that fits them. I've presented at the Female Athlete Summit, the Women's Coaches Symposium at the Tucker Center, and Grand Rounds at Michigan State, discussing eating disorder care for athletes in rural areas. I also serve on the External Advisory Board for Michigan State's Didactic Program in Dietetics.

If elected, I would love to bring my interdisciplinary perspective to the executive committee, share ideas, and advocate for new ways of doing things. My hope is to help push our membership to grow and to build meaningful connections with one another. Here is what that could look like:

Build bridges. Athletes thrive when their care is connected and collaborative. I'd love to help ASWIS partner with organizations across the sport health landscape, including athletic training, sports medicine, sports pharmacy, and dietetics. As a member of the American Sports and Performance Dietitians Association (ASPDA), I already have ideas for connecting our two organizations, and I'd love the chance to put them into action.

Make us easier to find. Many athletes, coaches, and athletic departments don't know sport social workers exist or how to connect with one. I'd like to help build clear referral pathways and visibility for our members, so support is easier to access.

Welcome the next generation. Students and early-career professionals deserve clear pathways into sport social work, along with mentorship and a community where they feel they belong.

Thank you for considering me. I'd be proud to represent you and to help shape where this Alliance goes next!

Kaitlyn Pscodna