



NICOLE SPRINGLE

(MAN, RD, ISAK L2, HPC)

Nicole Springle is a Registered Dietitian who holds both a Bachelor of Honours Degree and a Masters in Applied Nutrition from the University of Guelph. As a High Performance Certified practitioner, Nicole has over 10 years of experience providing nutrition support for development and nationally carded Olympic and Paralympic athletes through the Canadian Sport Institute Ontario, working across a variety of different sports.

She is currently the lead sport nutritionist for Cycling Canada, managing nutrition support across all cycling disciplines, and providing direct nutrition support for the national track cycling program. Nicole is also the lead sport nutritionist for Volleyball Canada's National Beach program.

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A recognized leader in high performance sport, Nicole was recently selected to Own the Podium's (OTP) High Performance Advisory Council as national lead of Sport Nutrition, representing dietitians across the Canadian Olympic and Paralympic Sport Institute Network and National Sport Organizations. Prior to this Nicole chaired OTP's committee responsible for developing the Women in Sport Science Mentorship program, a national initiative to enhance opportunities for leadership and career development for women in sport science. Previously, Nicole has held the position of nutrition lead for OTP's National Sport Science and Medicine Advisory Committee and has also acted as co-chair for the Dietitians of Canada Sport Nutrition Network, representing over 300 dietitians across Canada.

In her free time Nicole stays active running, cycling, and participating in basically any activity that can be done at the beach! She is an avid cook and loves nothing more than an amazing meal, paired with great wine, shared amongst friends.