

### BisonFuel Bullet Point Write-up:

Bucknell Strength and Conditioning emphasizes nutrition as a key aspect of athletic performance. Through a variety of options, student-athletes are provided with the nutritional resources to maximize their workout and athletic performance.

#### Zeller Lounge Bison Fueling Station

1. The nutrition station features a variety of healthy snack and PowerAde product offerings available free of charge to all Bison student-athletes.
2. With an extensive list of options, student-athletes have the ability to choose their own pre-practice/workout snacks that best suit their individual nutrition needs.

#### Berger Varsity Weight Room Fueling Station

1. Available to varsity student-athletes for post-workout refueling and replenishing.
2. Options include a variety of top quality nutrition products.

### Bridge Athletic Link and Bullet Point Write-up:

<https://www.bridgeathletic.com/strength-coach>

Bucknell Strength and Conditioning utilizes cutting-edge technology through Bridge Athletic to maximize training of their athletes.

Bridge Athletics' powerful building tools allow you to deliver highly individualized workouts to progress athletes and mitigate injury based on real-time data, advanced algorithms, movement tracking, and cross-department communication.

Bridge Athletic has become a key technology component of our weight room. As soon as an athlete walks into the weight room, their individualized training plan can be displayed on our monitors. We then track the athlete's progress in real time, which empowers our training to be more adaptive to the individual athlete's performance needs.

Athletes also have the capability to utilize their workout plans off-campus on the Bridge Athletic app. In addition, they have the capability to record their workouts and send them to our staff who can give them insights on their workout.

