

Brianne Collette

Brianne is a Graduate Dietitian and Performance Nutritionist at the Canada Games Sport for Life Centre. Brianne's background in competitive sports started from a young age and brought her many years of being involved in sports such as volleyball, basketball, soccer, ringette and badminton. She was able to play post-secondary volleyball at the University of Winnipeg and Lakeland College in Alberta. Here, she learnt how nutrition affects sport



performance and the importance of cooking for yourself when living away from home! Helping other athletes learn about nutrition and teaching them cooking skills has been one of her passions since finishing her Bachelor's Degree in Human Nutritional Sciences from the University of Manitoba in 2016. Brianne is now a master's student at the University of Manitoba, Faculty of Agricultural and Food Sciences, Department of Human Nutritional Sciences. Brianne's thesis studies the sport nutrition knowledge of curlers across Canada and the dietary intake of Canadian elite level curlers. She is currently waiting to write her registration exam to become a Registered Dietitian by the end of this year.