

# Tritoncast Podcast

Episode 2 - July 08, 2020

## SUMMARY KEYWORDS

scholar athletes, UC San Diego, nutrition, athletes, team, campus, LGBT Resource Center, pride, community, San Diego, coaches, center, food, year, staff, USA volleyball, jasmine, pretty, meal, connected

## SPEAKERS

Jeff Tourial, Announcer, Shaun Travers, Jenny Stephens, Jasmine Chu

### **Announcer** 00:07

From La Jolla, California, UC San Diego Athletics presents, Tritoncast the podcast for the UC San Diego Tritons. Here are your hosts Jeff Tourial and Jenny Stephens.

### **Jenny Stephens** 00:24

Welcome to the second episode of Tritoncast the official podcast for UC San Diego Athletics. Thanks for joining us.

### **Jeff Tourial** 00:30

In today's Triton Spotlight, UC San Diego Sports Dietetics Coordinator Jasmine Chu joins us. And she'll tell us about how she teaches Triton scholar athletes the key components of nutrition so they can fuel themselves for competition. Jasmine also chats with us about how she's using social media to continue educating scholar athletes remotely during the summertime.

### **Jenny Stephens** 00:52

But first let's go around campus. Division One is officially here. On July 1, the UC San Diego Athletics Department made the jump with the majority of the teams competing in the Big West, make sure that you check out the welcome to the Big West series on the website [UCSDtritons.com](http://UCSDtritons.com). Also give us a follow on social media at [UCSDTritons](https://www.facebook.com/UCSDTritons) for the latest content, including Jr Triton club content for the little ones.

### **Jeff Tourial** 01:19

But now let's move on to our Triton Spotlight. This is our conversation with UC San Diego Sports Dietetics Coordinator, Jasmine Chu.

### **Jenny Stephens** 01:30

So tell us Jasmine, how did you first become interested in nutrition?

**Jasmine Chu 01:33**

I first became interested in nutrition after taking a GE course and my freshman year of college and undergraduate. It was I think, just a general science requirement that I had. And I had some friends that were taking a class in the physiological science department called diet and exercise. And I remember the professor was kind of a very confident type of guy, and I remember him on the first day of class saying how this, this his class was going to change our lives, you know, is going to be that impactful. And, and thinking at the time, you know, this guy is kind of full of himself. You know, that's, that's ridiculous. And it's funny because it really did and, and it started with just little habits that I started to change in my everyday life.

So, for example, you know, learning about whole grains and natural sources of dietary sugar versus added sugars and just you know, making the switch from white rice to brown rice and white bread to wheat bread and those sorts of things just got me kind of more and more interested the more I learned, the more I wanted to, to learn. And so, it was really something that I just took on more as like a hobby of just kind of improving my own habits first. And then after working a few years in, in another field, I worked in environmental management and kind of environmental conservation, and I ended up at a desk job that I didn't really love. And that kind of made me think a little bit more about nutrition and potentially pursuing that as a career path. And so that's kind of how it all started and how I got to where I am now.

**Jenny Stephens 03:53**

So, once you decided that you wanted to pursue nutrition as a career path, how did you pursue it?

**Jasmine Chu 03:58**

So, the, the path that you take, I think, for most people, they take a you know, nutrition course and undergrad, and then they decide, okay, I'm in a major in a nutrition type of major, not all universities have it which is the challenge. So, for example, UCLA did not have an undergraduate nutrition major. And so that was that made it a little challenging for me because I went down a completely different path, but the normal route that you take is to complete a bachelor's degree in in nutrition or dietetics. And then you have to lead as part of that. Historic you have to complete what they call a DPD, a didactic program in dietetics which kind of just as your certificate to then go on to the next step, which is to complete a dietetic internship. And then once you complete that dietetic internship, you then have to sit for the board exam. And once you pass the board exam, then that's how you get to become a registered dietitian.

**Jenny Stephens 05:19**

So, what was next for you after the board exam? Where do you go from there?

**Jasmine Chu 05:23**

After the board exam, what did I do? I actually already had a job lined up before I had passed my board exam. So, nothing really changed for me, after I took it, because I had already had my, my job.

**Jenny Stephens 05:45**

I understand at one point, you started working for USA volleyball, how did that position come about?

**Jasmine Chu 05:49**

I started interning with them, I want to say, the summer of 2013. My husband actually played on the national team for quite a few years. And so that's how I first found out even about the job of a sports dietitian. I didn't know that. That was something that existed, but his team had one. And so, I was able to meet her and kind of pick her brain. And that's when I really decided, okay, this is this is what I want to do. This is the new career path that I want to take. And, and so I worked with them pretty much summer from then on, through the 2016 Olympics. And you know, I've kept in touch with so many of the of the staff that I met through that position, and it was a really impactful and an experience, impactful experience that I'm really thankful for.

**Jenny Stephens 07:01**

What sort of things were you doing with USA volleyball as a dietitian?

**Jasmine Chu 07:05**

Let's see. They do catered meals for their athletes there. So that was, that was part of the job of, you know, making the catering orders and getting that all set up. testing recipes are making suggestions to kind of modify the existing recipes from either the caterers or the chef on some education in the form of team talks, meeting with individual athletes who had you know, specific challenges, maybe recovering from an injury for example, we often did hydration testing, especially their training facility is up in Anaheim.

And during the summer it gets really, really hot. So, we would do one testing once in a while just to you know, serve as a reminder and kind of gauge everyone's hydration status. We also would do body composition testing, just to track where athletes were set for some that might just be once a year and other ones that were maybe working on making specific changes more frequently to assess their progress. At times, we'd also have some youth groups come through so we might do some, you know, Team education sessions with them. What else those athletes would always get bloodwork done once is usually about once a summer and then follow ups for anyone that had identified issues.

So, going through all of the bloodwork results and finding which athletes were deficient and needed supplementation recommendations or maybe diet recommendations to improve their specific nutrient levels was another thing that we worked on. So, some of it was food prep as well, because we provide different sorts of snacks during practice and post workout snacks. A lot of times these athletes had pretty quick turnarounds from either weightlifting sessions into training sessions or vice versa training sessions and weightlifting sessions. So, we'd make smoothies or little protein balls or little protein shots or, or all sorts of different little, little things just to help with their recovery and with their performance.

**Jenny Stephens 09:54**

I know you'd mentioned earlier that you're with them during their time in the Olympics. So, was there any sort of specific thing that you did, as far as nutrition to get them ready for that?

**Jasmine Chu 10:06**

Yeah. So, at the Olympics, the US Olympic and Paralympic Olympic Committee typically set up quite a few little satellite training facilities because I think at one point they realized that in certain cities that the venue's might be really, really spread out. So, for, for example, I know in London, they had quite a few of these in Rio, we had, I think, four to five of these remote training sites. And so, one that I that was called the Navy school, and it was somewhat close to the volleyball venue, I think the sailing venue. And so, I think, I'm trying to think of what other teams were there, some of our track and field athletes.

And so, at each of these training, sets, training centers, they had basically a food cafeteria set up and so I helped with the kitchen staff there just to, you know, keep that place running. Every once in a while, we might get, you know, a busload of a few different teams or a whole bunch of athletes come through. So, it was just kind of maintaining all of our, our food stock for them. And then with specific teams I helped with same thing, some recovery snacks, so whether it was something for them post workout, or something a little more portable that they could travel with to their venue sites and have it after a training session or after a match.

**Jenny Stephens 12:04**

Had you been to the Olympics before or was that your first time experiencing it?

**Jasmine Chu 12:11**

I had been to the Olympics before in London in 2012. My husband was on the indoor volleyball team at that one. So, I was just there as a spectator. I didn't I didn't do anything work related. And then Rio in 2016 was the first time where I got to participate as part of staff and supporting Team USA.

**Jenny Stephens 12:37**

Okay, so what was next for you then after USA volleyball?

**Jasmine Chu 12:41**

So, after USA volleyball, I took a little bit of time off from work because I had a baby during that time. And then a little bit into my time off is when the position at UCSD opened up and I think I first found out about it through the dietician that I used to work for up at the Anaheim training center with the volleyball. And so that's how I, I found out and during that off time, I think I just did a little bit of consulting. I didn't have any full-time position because I was mostly home with the new baby.

**Jenny Stephens 13:29**

Yeah so, I mean, I know that you're a San Diego native originally, was that part of what appealed to you about the job? Did you see yourself going back to San Diego?

**Jasmine Chu 13:39**

Yes, and I had actually already moved back a little bit after the Olympics. My family has always been here. So, you know, I grew up here. And we had, I think in 2015 2014, or 2015 is when we built a home

here in San Diego so we always knew that the plan was to eventually settle back down here and, and so it was really perfect timing for that job opportunity to present itself.

**Jenny Stephens 14:23**

We're chatting with Jasmine Chu here on this episode of Tritoncast. So Jasmine, how was that transition professionally for you then I mean, going from working with professionals at the Olympics to college athletes at UC San Diego?

**Jasmine Chu 14:37**

Yeah, so I think at the very basics, sport nutrition is the same regardless of who you're working with. You know, whether it's youth athletes at the high school level all the way up to Olympic athletes, that the things that you have to have down are the same, you know, you have to eat well to recover, you have to stay hydrated, none of that changes, I think the main difference is probably the resources that are available at each of the different levels. So, for example, when you're working with professional athletes, you know, whether it's a professional sports team or a national team, you typically do not struggle as much with, you know, having enough funding to provide everything that you want to provide. And, and I think we're lucky at UC San Diego, where I feel like our scholar athletes have a lot more compared to what I've seen in other universities.

So, I would say there, it wasn't a huge difference. Maybe one thing that was something that I had to adjust to was just the number of athletes that I was supporting. So, you know, for example, up at USA volleyball, we wouldn't probably have, oh, I don't know, maybe 30 to 40 athletes on the men's side, and on the women's side, maybe a little bit less event, maybe, you know, we'll just say 60 athletes total at a time, and that would fluctuate, depending on which teams were training in the gym or not. But you know, coming to UC San Diego, all of a sudden, the athletics department is between five and 600 scholar athletes. So just adjusting to that volume is probably the biggest thing. And I think trying to identify how to make the most impact on that larger number of people, is something that I had to really think about.

**Jenny Stephens 17:14**

With such a large number of scholar athletes at UC San Diego, how do you make nutrition an individualized thing, since every AP Scholar Athlete is so different?

**Jasmine Chu 17:23**

You know, it, it starts team wide, like I said before, you know that the needs for everyone, in general, are the same. And where it comes to be a bit more individualized, is when they come to me for individual consultation sessions. And that's where we can really take those general recommendations and, and fine tune them a bit more so that we can make sure that, you know, we include foods that that this particular scholar athlete likes or doesn't, you know, likes and we exclude the ones that they don't like, or, you know, we can make more individualized calculations on maybe what their individual energy or individual protein or individual carbohydrate needs might be, and we can, you know, fine tune some of those fluid recommendations. So, it's, it's really more about just taking those general recommendations and adjusting them a little bit so that they are very specific to an individual scholar

athlete. And I don't do this for everyone, because that would be impossible to put that level of detail into the, you know, all 600 individuals. So, it's, it's really, you know, just for those individuals that want to come in on their own and work on themselves.

**Jenny Stephens 19:00**

Right. So, I mean, in general, then you're typically working with the teams is that kind of what your day is mostly comprised of? Sitting down with the teams and discussing nutrition with them, or what's your typical day like?

**Jasmine Chu 19:10**

Yeah, so when we're on campus, I would say, there is not a typical day because it can really vary. Sometimes it might be stocking the feeling station and doing the food ordering on the days where those deliveries come or some other days, it will be like you said doing team talks and team education sessions. We try to focus on incorporating hydration testing, especially in the summer, when it's a bit hotter. This past summer as well. During the preseason period, we were providing meals for all of our fall sport scholar athletes and so that was something new that we hadn't really done to that extent before. So, I would say, depending on what day you catch me, it could be a variety of different things that that I might be busy doing.

**Jenny Stephens 20:14**

When you're planning and ordering these meals for the scholar athletes, what sort of things are you looking for, in order to get them the most nutritious meal possible?

**Jasmine Chu 20:23**

I would say the first thing that I think about is protein. It plays such an important role and helping scholar athletes, they are helping their muscles to recover from the wear and tear and the heavy eating that it takes during these heavy training periods. So that's really the focus. And then I also think about building the rest of the meal around there. So typically, you know, the protein source is the, the priority. And then the next two things that we consider would be getting some sort of grain in, maybe it's pasta, maybe it's brown rice, maybe it's game law, and then making sure that we've got some veggies in there as well, the, I always think of the fruits and veggies as the color of the meal.

And so, making sure that you've got some color in there, because of the role that all of those different phytonutrients and you know, those vitamins and minerals that these plant foods bring, they really help scholar athletes and in their recovery process as well. And so that's really the basic template of building a meal for them. It's getting a protein thinking about what the grain sources will be, and then making sure that we've got some veggies in there as well.

**Jenny Stephens 21:52**

And is that sort of the plate composition that you encourage them to eat on their own just in their everyday life when they are going to classes? Or is that more of a workout day sort of meal for them?

**Jasmine Chu 22:03**

Yeah, that is definitely what I'm, what is encouraged to them. So we have something that we refer to called the athlete plates, where it's basically just a template showing what proportion of these different food categories, so what proportion of your plate should come from protein, what portion should come from carbs, and what portion should come from veggies, and we teach the scholar athletes that depending on the level of difficulty, so whether it's an easy day, a moderate training day, or a hard day, that really dictates what those plates should look like, on those days. And it teaches them to really adjust their food intake depending on what their needs will be. And that's determined by the level and kind of intensity of their trains for the day.

**Jenny Stephens 23:04**

So, have the scholar athletes ever talked to you much about how easy it is for them to compose these nutritious plates on their own with the resources that they've got on campus and the different eating spots that they have?

**Jasmine Chu 23:16**

Um, I think from what I've heard from them, and you know, individual meetings, and just that team talks that it's not too difficult as soon as they once they get down the basic education of you know, what foods are, fall into those categories. So, you know, what foods are considered protein sources, what foods are considered carb sources? And, you know, veggies are pretty obvious, that doesn't need too much explanation. But what you know, once they figure out, okay, is, is this food choice in the dining hall or in the grocery store a carb or is it a protein? And once they figure that out, I don't think that it is too difficult for them to put these meals together. I think the challenging part is, is adjusting those meals. So maybe figuring out the portions that that need to be either increased or decreased, depending on whether we're aiming for that easy plate or that hard date plate.

**Jenny Stephens 24:22**

Do you find that the scholar athletes are interested in nutrition and having these healthy meals? Or is it kind of a struggle to get them to adjust to eating a particular way while they're at college?

**Jasmine Chu 24:31**

I think that it is. It is definitely a mix. So there are for sure a good number of scholar athletes who are very, very interested in nutrition and they are the ones that ask all the questions during our team talks and they are the ones that reach out and want to schedule the one on one consultations and they are also a lot of scholar athletes, I think, that just don't quite recognize the importance yet, I think, you know, all of these scholar athletes are in their late teens to early 20s. And their bodies are very resilient. And oftentimes, just in, in my own professional experience, I've, I've found that a lot of times, athletes won't think too much about nutrition until they have to. And that might mean, you know, they either start older, and their bodies change a little bit, and maybe they aren't recovering as well. Or maybe they ended up with recurrent injuries, and they realize that something has to change in their everyday habits to kind of prevent that. And so, I wouldn't say that they are not interested in nutrition, they just haven't recognized how important it is for their own individual well being. Yeah, for sure. So, when somebody



starts out as a freshman versus when they are a senior, does much change for what you recommend to them? Or is it still pretty much those basic guidelines throughout their time?

Yeah, I think that's always a challenge for me, and in making sure that, you know, in these team talks that I that I make sure the freshmen and the newer incoming students are, are covered in terms of, you know, getting that basic education, but then having to also make the information new and applicable to the juniors and seniors who come back year after year. Because I don't always get too many sessions with the team. So, it might just be, you know, once or twice a year. And so, it is a constant challenge for me, I would say the difference from the incoming freshman to the seniors is really the, the level of, of information and education that I'm able to provide.

So, the focus for the incomers is really just getting the basics down and learning the basics of sport nutrition and, and how to apply it. And then for the, for the seniors that might be you know, they they've already got the basics down and looking even further, maybe into specific functional foods, or maybe some supplements that can really help, you know, improve their recovery or improve their performance, because they've already got those basics down.

**Jenny Stephens 27:54**

We're chatting with Jasmine Chu here on this episode of Tritoncast, Jasmine, as the Sports Dietetics Coordinator at UC San Diego, what are some of your favorite aspects of the job?

**Jasmine Chu 28:05**

I think one of my favorite aspects of my position is really just getting the opportunity to talk with not just the scholar athletes but to the coaches and to the various athletic staff and make an impact in that way. I don't think anyone would argue with the fact that nutrition is a really important part of a scholar athletes life, but for anyone as well, you know, we have to, we have to eat every day, multiple times, and, and knowing how to make the best choices for ourselves and, you know, in now and into the future and knowing that these decisions impact our health, which is always something that we have to focus on is really great. So, you know, I love having these conversations with the individual scholar athletes with the teams or coaches and, and having a chance to kind of help everyone make these changes for the better, you know, for the betterment of not only their sports performance, but for their health, you know, for the rest of their lives is really is a really great feeling.

**Jenny Stephens 29:34**

You mentioned about working with the coaches at UC San Diego, since you're not constantly around the scholar athletes like with one particular team or not maybe with them every day. How are the coaches able to support your mission and help encourage the scholar athletes to stay healthy and eat in a nutritious way?

**Jasmine Chu 29:54**

I try to check in with the coaches a few times a year as a whole I'm so the coaches typically have, I think monthly meetings, kind of standing claim meetings. And so, I try to pop in on those meetings, every, maybe once a quarter every few months or so as to, you know, check in and provide them with a



little bit of education on something that might have come up. For example, in the past, we've talked about travel nutrition, or we've talked about recently, you know, how, how my myself and the other dietitian, Nicole can help support their teams right now while the lockdown is still on place. And while everyone is at home, and you know, how we can communicate through zoom and still focus on helping to improve everyone's nutrition habits, and then a lot of times coaches, I might have conversations with them.

One on one, I would say there are a handful of coaches that are very committed to you know, helping their team improve their nutrition habits, and I think a lot of times it starts out with themselves, they may have recognized, you know, how important of a role Nutrition has played in their own health. And once they recognize that they, they then see how, how valuable it can be to, to incorporate, you know, the different messages and things that that I've been suggesting to her to their teams and to their individual scholar athletes.

**Jenny Stephens 31:42**

So, for this upcoming season, the whole department is making the jump to Division One, do you feel like your role will be impacted at all or not necessarily?

**Jasmine Chu 31:51**

I think if anything, that it should continue to grow. Sports Nutrition is, is really an it's an exciting time to be in this field right now. Because it's definitely growing, I think, you know, just in the mainstream, everyone's recognizing how important nutrition is. And it's definitely translating over into, you know, athletic departments, and even high schools that, you know, at the youth level, even kids or parents of children are recognizing how important of a role nutrition plays. And so, you know, more and more universities are adding dietitians to their, to their performance or Sports Med staff. And so, I would anticipate that, that it would just grow, and we'd be able to continue providing more support for our scholar athletes, which is, which is great. So,

**Jenny Stephens 32:55**

In the summertime, obviously, things are a little different without scholar athletes around, no competition is going on. How does that impact what you do?

**Jasmine Chu 33:04**

Right now, I've been really trying to reach out to teams and reach out to coaches to, you know, let them know, because like, yeah, as you as you said, we're not on campus, and I'm not getting that same face to face interaction that I might typically get on when everyone is on campus. So just been, you know, doing a lot of outreach on that and to make sure that we're still staying connected. We've been trying to do a little bit more on the social media side. So, some additional recipes and additional little cooking demos and cooking videos here and there just to give people ideas, because, you know, I don't know about you. But I know for myself, I've definitely cooking a lot more than usual during this lockdown period when you know you're stuck at home, and you don't want to get bored eating the same thing every day. So, we figured that a lot of other people are, are feeling the same way. And we just wanted to give everyone a few more new ideas. And then, you know, we've also been thinking about how the

new school year might be different. So just planning out, you know, what's going to have to change in terms of how we provide our services, what might need to change with the different food offerings that we have. And until we kind of have a ban of when everyone will be back and what the specific guidelines might be. We won't know exactly what I'm what we're able to do.

**Jenny Stephens 34:52**

Right with between COVID and I mean with the Division One transition, a lot of things are going to be changing this upcoming year. So, what are you are you most looking forward to about the upcoming year?

**Jasmine Chu 35:04**

I'm most looking forward to getting back on campus. It's definitely for my position. So much of I think so many of my conversations that I have with teams and, and with fellow staff and with individual scholar athletes is not planned. So, it might just be, you know, specific teams coming to the fueling station after their weightlifting sessions. Or it might just be you know, having a conversation with the coach, when they happen to be over at Spanos . And so many, you know, really meaningful interactions happen just on the fly by five seeing people.

And so, I'm really excited just back on campus and be able to talk with, you know, all of the scholar athletes and the fellow staff, again, I think in terms of the transition to Division One, not too much as is really going to change from the support of, of the nutrition staff, because we've, we've already been kind of practicing best practice of what we would want to be doing. So, I don't think, you know, going from Division Two, up to Division One would really change too much of that.

**Jenny Stephens 36:22**

Well, we're out of time for today. Thank you so much for joining us, Jasmine.

**Jasmine Chu 36:26**

Thank you. It's great talking with you.

**Jeff Tourial 36:29**

I really enjoyed that conversation, Jenny, that you had with Jasmine. Interesting to me, how she I mean, first of all, I'm fascinated by food and learning a lot about nutrition, but interesting to me how she's able to put together a program and coordinate for so many scholar athletes with different palates, different interests, different competitive levels, and so on, and put something together and really tailor something that works for each individual.

**Jenny Stephens 36:55**

Right? I mean, it's pretty incredible. 23 different teams with UC San Diego athletics being able to really fit all of their needs. But I mean, like she said, there's just some common threads in nutrition as far as how to make a healthy plate, and staying hydrated, and all those different things that really apply to every single scholar athlete.

**Jeff Tourial 37:12**

Absolutely. And we should note that if you want to check out some recipes and some best practices, fascinating stuff on Instagram, the handle is at Triton underscore nutrition. They put out new recipes each week, Jenny, you know, I thought it was very interesting as well, towards the end when you asked about the transition to Division One and getting ready for the move. And her answer was a little bit surprising. And that she said for her and her staff that not much is going to change. They are already operating on a Division One level. So, for them, keep doing what you're doing and try and build upon that.

**Jenny Stephens 37:46**

Right. Yeah, I mean, that's pretty surprising to me, too. But I mean, when you think about it, they are really giving the top tier of quality of nutrition expertise that they can already and so that's something that really won't change at Division One. I mean, the opponents will be different, the competition's will be different, but nutrition really is something that just stays the same.

**Jeff Tourial 38:05**

And for some of us a lot to learn for sure. Oh, yeah, definitely.

**Jenny Stephens 38:10**

Well, moving right along in today's Campus Spotlight, we've got Dr. Shaun Travers, who's the director of UC San Diego's LGBT Resource Center. Shaun shares about how the center serves the LGBTQI plus community, and how pride will be celebrated virtually this year.

**Jeff Tourial 38:29**

Dr. Shaun Travers joining us in the Campus Spotlight on Tritoncast and tell us a little bit about the LGBT Resource Center and what services that provides.

**Shaun Travers 38:38**

Well, we were founded 21 years ago. So, we've been on campus for a really long time. And what we do in a nutshell, is we build community for LGBTQI plus people at UC San Diego, of course, that includes our students, but it also includes our faculty and staff. And we have a lot of connection with alumni as well. And so, the primary thrust of every day that we open up the center is how are we going to build community? How are we going to make connections? How are we going to create a sense of family, among those that identify as part of the LGBTQIA plus community at UC San Diego?

**Jeff Tourial 39:18**

The LGBT Resource Center is one of six campus community centers at UC San Diego. How do you all work together and kind of pool resources and look to serve the greater good?

**Shaun Travers 39:29**

That's an interesting story, Jeff. We have been working together for a long time. The original center was the Cross-Cultural Center, followed by the Women's Center and then the LGBT resource center. And the three of us very early on, realize that working together works. And that we were better able to serve

people from diverse intersecting identities when we worked really close together. The idea that if you walk into the LGBT At the Resource Center, you can walk in fully as all of who you are not just being a part of who you are, you don't just walk in as a member of the LGBT community, you might also be a person of color, you might also identify as a woman, there might be all kinds of identities that really matter to you. And all of those are valued at all of our centers, including the Raza Resource Centro, the Black Resource Center, the Intertribal Resource Center, and Asian Pacific Islander, Middle Eastern, Desi American programs and services that all of us really stay at the intersections of community and identity as a way of really trying to serve all of our constituents really well.

**Jeff Tourial** 40:45

You talked about the importance of bringing people together, and the centers working together, but at this time, we're all a part due to the pandemic. so how is that kind of changed the center and the way you operate?

**Shaun Travers** 40:56

It is challenging. We were really lucky, in some ways, because our community had the fall and most of the winter, to be connected to get to know each other. And so, in the very late winter, in the spring, we were able to rely on existing connections and existing relationships, people knew each other. They had shared hugs, they had shared coffee they had connected. And so, in the spring, most everything was able to move virtually because again, people had connections already. The trick this summer, and as we approach the fall is how do we integrate incoming students, our transfer students and our first-year students into community and a particularly tricky part about the LGBTQI plus community is, you don't always have a strong sense that you're part of that community.

When you enter UC San Diego, it might be part of your own journey of identity that you figure out, oh, you know, it's my junior year, but I am part of this community. And it's time for me to engage and how you engage in that community virtually, where you just can't walk into the center and strike up a random conversation with someone. But you have to be inside some kind of connection with some of the staff. Some of the undergraduate interns that work for us are participating in some of the organizations because drop in space in terms of broad community drop in space does not translate well, virtually. It's just doesn't quite work. And so, a big part of our summer is answering that question. How will we create community virtually, in particular, for folks that have never been connected to UC San Diego's LGBTQI plus community?

**Jeff Tourial** 42:52

I think that's a question in integrating new students and faculty and staff members on campus a lot of us are struggling with. I want to talk a little bit about pride and we know that June is pride month but in the city of San Diego, it's celebrated in July, and here on campus. The campus is tied into the city of San Diego celebration in July. Why is that?

**Shaun Travers** 43:15

We have always participated in San Diego pride. In fact, before there was even a center our faculty staff and students were organizing contingents in the parade, volunteering at the festival, and deeply

connected to the broader San Diego community. The reason San Diego celebrates in July as opposed to June is California has a rich number of delightfully large cities, and we try not to compete with each other. So, we don't all do the same pride on the same weekend. In fact, the pride season starts very early. It starts in March in Long Beach. That's the first Pride and it runs all the way through November and November is Palm Springs, and that is the last pride and there is usually some kind of Pride event in the state of California for that entire season.

Now it might be a small-town event or a big town event. San Diego has had its pride the weekend before Comic Con because Comic Con is also a huge part of San Diego for no question. No question. So, we always have pride the weekend before Comic Con. It's a great time to be in San Diego. And for anyone that's lived in San Diego for very long. You know, June is pretty gloomy that June Gloom is real and you know when you want to be out and enjoying a parade and a festival, that bright and beautiful sunshine in July is usually just perfect. You know, it's what I think of as San Diego hot which is you know, maybe 80 degrees which is awesome.

**Jeff Tourial** 44:47

Because of the pandemic again, we're all kind of apart so what will kind of virtual pride look like now in San Diego in July?

**Shaun Travers** 44:54

The beautiful thing is we had to run through with what they call World Pride. There are Many, many cities in the world that celebrate Pride the last weekend in June to 26 this year. And so, they curated 24 hours of online programming to celebrate Pride in June. And it was a worldwide celebration, it started in the Pacific Islands. And it went all the way around the world, hour by hour. So, it was really kind of beautiful. San Diego pride was a part of that. And so, we had submissions in that. And then for our city proper, it's going to be very similar. There will be a number of hours of programs have people who have submitted short snippets, about their connection to pride and UC San Diego has done that. We have a two-minute video that will be part of those hours.

And I believe it's about a three-hour broadcast. And so, the parade typically is about three hours. And so, I imagine folks will be logging in and watching that broadcast. And they'll see UC San Diego's part, as well as all of the other parts of our San Diego city that are connected to pride. And so that's how we'll do that. Of course, pride happens 365 days out of the year. But there'll be events starting the weekend before with our Shi fest, which is a women's focused space. We have the spirit of Stonewall rally, which will happen on Friday night, which is a political rally connected to pride. And then there'll be all kinds of very specific community-based events to the week leading up to the day of what would be the parade, which will now be this virtual event.

**Jeff Tourial** 46:39

And back here on campus, the LGBT Resource Center has partnered with athletics for quite a time, a long time now to create events surrounding athletics contests. Can you tell us a little bit about that partnership and how that came about and how it's developed over time?

**Shaun Travers** 46:54

Well, I started at UC San Diego in 2001. And Earl Edwards was one of the first people that I connected with and Earl saw, and named the need for that connection to the LGBTQIA plus community really early on. In 2002. There was an out athlete, and he really led the way in being able to be fundamentally fully who you are as an LGBTQ plus person, and as an athlete. And since that first person in 2002, and of course, he wasn't the first he was the first one that I knew, we have had connections with athletes that are part of the community.

And we've specifically worked with coaches, assistant coaches, and athletic trainers to give them the information they need to work well with our LGBTQI plus community, whether it be gay, lesbian, bisexual folks, and what it means for relationships that may develop on a team. Border means for our transgender and non-binary community, and how they navigate the often-gendered sports teams, how people give them respect via the pronouns that they prefer, which for many non-binary people is they in them in the singular, as opposed to he and him or she and her.

And along with all that education and training, I've had the opportunity to be an honor a coach. And that's been some of my most fun work that we've done, where we have had what we will call out at the game. So, when I am the honorary coach for a game, I will invite the LGBTQI plus community to join me at those games, create our own little mini routing section, we'll bring some pride flags, and we'll cheer on our athletes. And I've done that for baseball.

I've done that for softball. And those have been I've done that for basketball. I've done that for both men and women's basketball. And that's been really fun. We've really enjoyed those out of the games. And once we're all back on campus, and we're all competing again, I'm excited for us to again to out of the game and draw together our community in support of our athletes.

**Jeff Tourial** 49:07

That's fantastic. And I know, we can all wait to be back on campus and together again soon. Shaun Travers thank you so much for joining us.

**Shaun Travers** 49:14

Thank you very much, Jeff. I appreciate it.

**Jenny Stephens** 49:18

Well, I really enjoyed your conversation with Dr. Travers. I mean, one of the things that stood out to me the most is how this pandemic has brought on so many challenges. And it's amazing that they are still going to be able to celebrate Pride virtually even when we can't come together as a group this year.

**Jeff Tourial** 49:33

Absolutely, Jenny and how much goes into putting together those celebrations in other years when everything is in person and on site. But the amount of work that must go into that to put things together virtually is something that I'm sure as is vastly under appreciated. I was struck by the fact that there are six centers on campus which we knew but the fact how they collaborate with one another really to

ensure that all UC San Diego students, faculty and staff have a place to go have a place to call home on campus. I thought that was really fascinating. So, we truly appreciate Dr. Travers taking the time to join us here on Tritoncast.

That's almost going to do it for episode number two. We hope you will join us for Episode Three again, new episodes every Wednesday of Tritoncast. We got a fun one for you next week. We're going to be joined by ESPN's Steve Kuis. Steve has been broadcasting UC San Diego basketball games for the last four years. And he's been broadcasting basketball and other sports on ESPN for about a decade now. So, we'll go through Steve's background and how he got involved with the Tritons. And what he's most looking forward to about our move to Division One new episodes of Tritoncast premiere each Wednesday.

**Jenny Stephens 50:48**

Thanks so much for listening today. If you enjoy the show, make sure that you subscribe rate and review Tritoncast on the podcast platform of your choice. Also give us a follow on Twitter at Tritoncast and email any feedback you've got to [Tritoncast@ucsd.edu](mailto:Tritoncast@ucsd.edu) Have a great rest of your day.

**Announcer 51:07**

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