

SOONER MAGAZINE

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Hugh Scott

“MAKING AN IMPACT” – The OU Athletics Department added a director of sports nutrition to the staff this year, and Tiffany Byrd is making her presence known. The diminutive former gymnast is everywhere that athletes train, practice and perform, on the sidelines and in the dining hall. Players, like Sooner quarterback Trevor Knight, left, and coaches alike are responding to “BOOMER,” her simple formula for success: B—begin with breakfast; O—own your protein; O—optimize hydration; M—must have fruits and vegetables; E—eat often; R—rest and recover. *Article on Page 2.*