

Sebastian Zorn is the Head Team Performance Dietitian for the Los Angeles Rams, where he oversees the team's nutrition strategy with a focus on optimizing performance, recovery, and long-term player health. In this role, he collaborates closely with coaches, sports medicine staff, and performance teams to ensure nutrition is fully integrated into the organization's broader high-performance model.

Sebastian earned his Master's in Applied Medicine - Nutrition from The Ohio State University. He also completed a sports nutrition fellowship with the Chicago Bears in 2017, gaining firsthand experience in fueling professional athletes at the highest level. From 2018–2019, he served as the Director of Football Sports Nutrition at the University of Illinois, executing a comprehensive program that supported multiple varsity teams. In 2020, he joined Stanford University as the Director of Football Sports Nutrition, where he spent four years developing and leading one of the premier student athlete football nutrition programs in the country.

Over the course of his career, Sebastian has established a reputation for combining cutting-edge science with practical, results-driven strategies tailored to the demands of elite athletes. His work emphasizes system building, collaboration across disciplines, and translating complex research into simple, actionable solutions for athletes and staff.

Beyond his team roles, Sebastian is passionate about advancing the field of sports dietetics through mentorship, professional development, and industry collaboration. He actively contributes to training the next generation of sports dietitians and enjoys speaking, consulting, and advising on performance nutrition at the collegiate, professional, and organizational level.