



## Daily Camp Agenda

Green  
Athlete Lecture/Activity

Orange  
Parent Lecture/Activity

Blue  
Joint Lecture/Activity

<b>Thursday, August 8</b>			
8:00 am – 9:00 am	<b>Breakfast &amp; Registration</b> - Integrity A		
9:00 am – 9:30 am	<b>Welcome &amp; Introductions</b> Dr. Matt and Team Integrity A		
9:30 am – 11:00 am	<b>Orientation Activities</b> Integrity A		
11:00 am – 12:00 pm	<b>Introduction to DTC and DTC Core Concepts</b> Dr. Matt Integrity A		
12:00 pm – 1:00 pm	<b>Lunch</b> - Integrity A		
1:00 pm – 1:45 pm	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> <b>Teen Athlete Breakout</b>  <b>Challenges of Being an Athlete with T1D</b>            Dr. Anita Swamy, Lyndsay Gregerson, Rob Powell,            Carrie Cheadle         </td> <td style="width: 50%; text-align: center;"> <b>Parent Breakout</b>  <b>DTC Core Concepts – Part 1: Focus on Insulin</b>            Dr. Matt, Dr. Kimber Simmons, Megan Robinson,            Kristi Paguio         </td> </tr> </table>	<b>Teen Athlete Breakout</b> <b>Challenges of Being an Athlete with T1D</b> Dr. Anita Swamy, Lyndsay Gregerson, Rob Powell, Carrie Cheadle	<b>Parent Breakout</b> <b>DTC Core Concepts – Part 1: Focus on Insulin</b> Dr. Matt, Dr. Kimber Simmons, Megan Robinson, Kristi Paguio
<b>Teen Athlete Breakout</b> <b>Challenges of Being an Athlete with T1D</b> Dr. Anita Swamy, Lyndsay Gregerson, Rob Powell, Carrie Cheadle	<b>Parent Breakout</b> <b>DTC Core Concepts – Part 1: Focus on Insulin</b> Dr. Matt, Dr. Kimber Simmons, Megan Robinson, Kristi Paguio		
1:45 pm – 2:00 pm	<b>Break/Snack</b>		
2:00 pm – 3:30 pm	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> <b>Training Session #1 – Athletes</b>  <b>Focus: Preparation, Monitoring &amp; Insulin Levels</b>            Lead: Lyndsay Gregerson            Meet in Hub         </td> <td style="width: 50%; text-align: center;"> <b>Workshop- Parents</b>  <b>DTC Core Concepts – Part 2: Focus on Nutrition</b>            Lead: Dr. Matt, Dr Anita Swamy, Megan Robinson         </td> </tr> </table>	<b>Training Session #1 – Athletes</b> <b>Focus: Preparation, Monitoring &amp; Insulin Levels</b> Lead: Lyndsay Gregerson Meet in Hub	<b>Workshop- Parents</b> <b>DTC Core Concepts – Part 2: Focus on Nutrition</b> Lead: Dr. Matt, Dr Anita Swamy, Megan Robinson
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3:30 pm – 3:45 pm	<b>Break</b>		
3:45 pm – 4:45 pm	<b>Exercise Induced Hypoglycemia &amp; Exercise Induced Hyperglycemia</b> Dr. Matt, Dr Kimber Simmons & Team		
6:00 pm – 7:00 pm	<b>Dinner</b> – Integrity A		
7:15 pm – 9:00 pm	<b>AMAZING RACE!</b> Meet in Hub		



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<b>Friday, August 9</b>		
7:00 am – 8:00 am	<b>Breakfast</b> - Forklift & Palate Restaurant	
8:15 am – 9:30 am	<b>Lecture- It's Not Easy Having T1D!</b> Dr Anita Swamy & Dr. Kimber Simmons Integrity A	
9:30 am – 9:45 am	<b>Break/Snack</b>	
9:45 am – 10:30 am	<b>Small Group Session – Athletes</b> <b>Feed the Athlete – Self Talk for Sports</b> Carrie Jackson Cheadle Integrity A	<b>Small Group Session – Parents</b> <b>Transitions &amp; The Adult World</b> Lead: Dr Anita Swamy, Dr Matt & Kristi Paguio Integrity B
10:30 am – 10:45 am	<b>Break/Snack</b>	
10:45 am – 12:00 pm	<b>Training Session #2 – Athletes</b> <b>Focus: Aerobic Work: Moderate to High Intensity</b> Lead: Dr. Matt Meet in Hub	<b>Lecture- Parents</b> <b>Building the Home Team</b> Carrie Jackson Cheadle Integrity A
12:00 pm – 12:30 pm	<b>Break</b>	
12:30 pm – 1:30 pm	<b>Lunch</b> - Integrity A	
1:30 pm – 2:30 pm	<b>Lecture</b> Integrity A	
2:30 pm – 2:45 pm	<b>Break</b>	
2:45 pm – 3:45 pm	<b>Small Group Session – Athletes</b> <b>Rap Session: Life with T1D</b> Dr Anita Swamy & Dr Kimber Simmons	<b>Small Group Session – Parents</b> <b>Control the Controllables</b> Carrie Jackson Cheadle
3:45 pm – 5:15 pm	<b>Training Session #3 – Athletes</b> <b>Focus: Interval &amp; High Intensity</b> Lead: Rob Powell	<b>Training Session #1 – Parents</b> <b>Group Fitness Session/Yoga</b> Spooky Nook Sports
5:15 pm – 6:00 pm	<b>Break</b>	
6:00 pm – 7:00 pm	<b>Dinner</b> – Integrity A	
7:30 pm – 9:00 pm	<b>DTC KICKBALL</b> with Commissioner Lyndsay	



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<b>Saturday, August 10</b>			
7:00 am – 8:00 am	<b>Breakfast</b> Forklift & Palate Restaurant		
8:15 am – 9:30 am	<b>Lecture – Sports Nutrition Principles for the Teen Athlete</b> Megan Robinson Integrity A		
9:30 am – 9:45 am	<b>Break/Snack</b>		
9:45 am – 10:30 am	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; vertical-align: top;"> <b>Small Group Session – Athletes</b>  <b>Control the Controllables</b>            Carrie Jackson Cheadle            Integrity A         </td> <td style="width: 50%; text-align: center; vertical-align: top;"> <b>Small Group Session - Parents</b>  <b>Rap Session: Life with a Teen Athlete</b>            Dr. Anita Swamy, Dr Matt, Kristi Paguio            Integrity B         </td> </tr> </table>	<b>Small Group Session – Athletes</b> <b>Control the Controllables</b> Carrie Jackson Cheadle Integrity A	<b>Small Group Session - Parents</b> <b>Rap Session: Life with a Teen Athlete</b> Dr. Anita Swamy, Dr Matt, Kristi Paguio Integrity B
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10:30 am – 10:45 am	<b>Break/Snack</b>		
10:45 am – 12:00 pm	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; vertical-align: top;"> <b>Training Session #4 – Athletes</b>  <b>Focus: Trouble Shooting on the Field</b>            Dr. Matt, Carrie Jackson Cheadle, Lyndsay Gregerson,            Rob Powell         </td> <td style="width: 50%; text-align: center; vertical-align: top;"> <b>Training Session #2 – Parents</b>  <b>Group Fitness Session/Yoga</b>            Spooky Nook Sports            Meet in Hub         </td> </tr> </table>	<b>Training Session #4 – Athletes</b> <b>Focus: Trouble Shooting on the Field</b> Dr. Matt, Carrie Jackson Cheadle, Lyndsay Gregerson, Rob Powell	<b>Training Session #2 – Parents</b> <b>Group Fitness Session/Yoga</b> Spooky Nook Sports Meet in Hub
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12:00 pm – 12:30 pm	<b>Break</b>		
12:30 pm – 1:30 pm	<b>Lunch</b> Integrity A		
1:30 pm – 3:00 pm	<b>TBC Camp Wrap Up</b> Dr Matt & Team Integrity A		
3:00 pm	<b>Departures</b>		