



The V Camp for Teens - Agenda

	Green Medical Topic	Orange Mental Skills Topic	Blue Nutrition Topic	Grey Fitness Topic
Saturday, August 15				
11:00 - 11:30 am	Welcome & Introductions Matthew Corcoran, MD			
11:30 am – 12:45 pm	Overcoming the Challenge of Hypoglycemia Matthew Corcoran, MD			
1:00 – 1:45 pm	Principles of Sports Nutrition Lyndsay Gregerson, RD, CDE & Megan Robinson, RDN, CDE			
2:00 – 2:45 pm	Teen Fitness Session Virtual Fitness Class		Parent Breakout Kristi Paguio, LMSW Kimber Simmons, MD Anita Swamy, MD	
3:00 – 3:45 pm	Hot Topics & Diabetes Management for Teens Kristi Paguio, LMSW Kimber Simmons, MD Anita Swamy, MD			
3:45 -4:45 pm	Managing Your Diabetes in Sports & Competition Matthew Corcoran, MD Kimber Simmons, MD			
5:00 – 6:30 pm	DTC Guest Athletes' Panel Kris Freeman and Kate Hall			