

**Welcome and Introductions- Dr. Matt Corcoran**

11:00 – 11:30 am

Let's get camp started! Join Dr. Matt for an overview of The Teen V Camp and an introduction to our staff! We highly recommend that you don't miss this short but informative session!

**DTC Medical Lecture- Overcoming the Challenge of Hypoglycemia- Dr. Matt Corcoran**

11:30 am – 12:45 pm

The number one barrier to exercise and performance continues to be the battle against low blood glucose (hypoglycemia.) Dr. Matt will do a deeper dive into the most common causes of hypoglycemia, the vicious cycle that it creates, and the potential for an adverse impact on health and performance. Practical strategies to prevent hypoglycemia will be discussed in an effort to set you up for better health and performance.

**DTC Nutrition Lecture- Principles of Sports Nutrition- Lyndsay Gregerson, RD, CDE, Megan Robinson, RDN, CDE**

1:00 – 1:45 pm

Learn more about the importance of fueling your body as a teen athlete to be able to perform your best at your sport and to better manage your diabetes. This talk will focus on the timing of when to eat and fueling strategies for your training.

**Teen Fitness Session**

2:00 – 2:45 pm

Join our Virtual Fitness Class led by trainer Sean Atkinson and supported by our DTC staff who will be on hand to give tips and answer questions.

**Parent Breakout- Kristi Paguio- LMSW, Kimber Simmons- MD, Anita Swamy- MD**

Got questions for the experts? Have experiences you'd like to share? Take this time to chat with other parents and experts in Pediatric Endocrinology and Social Work- specifically the emotional impact of diabetes on teens and families.

**Hot Topics & Diabetes Management for Teens- Kristi Paguio- LMSW, Kimber Simmons- MD, Anita Swamy- MD**

3:00 – 3:45 pm

*Bound Over the Hurdles of Teenage Years and Beyond*

Life with type 1 diabetes is not always easy, especially as a teenager! The hurdles that are present during teenage years are many and include burnout, exposure to drugs and alcohol and increased rates of depression and anxiety. We will have open and honest discussions around these topics and more that many teens never get the chance to talk about.

**Managing Your Diabetes in Sports and Competition- Matt Corcoran, MD, Kimber Simmons, MD**

3:45 – 4:45 pm

Ever feel like you are on a roller coaster?? That you need to go high so you don't go too low during practice or games? Dr Matt and Dr Kimber will run through some of the most common challenges that teen athletes with diabetes (and their parents) face in terms of glucose control. The idea is to move the athlete (and parents) away from chasing numbers and towards managing themselves like the athlete they are. We will accomplish this by providing practical diabetes management strategies to help fuel your body like an athlete and help prevent some of the peaks and falls along the way.

## **DTC Guest Athletes' Panel –**

5:00-6:30 pm

### **Kris Freeman**

A four-time Olympian, a fifteen-time national champion, and one of the best American cross-country skiers, Kris Freeman's story sounds like a fairytale athletic dream. At a transformative point in his career, Kris was diagnosed with Type 1 diabetes. Not easily derailed, Kris carried on with professional determination and went on to world-class results. <http://krisfreeman.net/>

### **Gary Hall, Jr.**

Born into a swimming family, Gary Hall Jr. made a name for himself with his speed and showman-like nature. Hall's grandfather, Charles Keating Jr., won American national titles in the 1940s. His father, Gary Sr., competed in three Olympic Games, winning one gold medal, two silver and a bronze. Hall made his Olympic debut in the Atlanta 1996 Olympic Games, where he took silver medals in the 50- and 100-meter freestyle sprints and won gold as the 4x100-meter freestyle relay set an Olympic record and the 4x100-meter medley relay set a world record. For a brief time, though, it appeared those might be the only medals of his career. In 1999, Hall was diagnosed with Type I diabetes. Doctors cautioned that instead of worrying about shaving tenths of seconds off his time, Hall needed to focus on taking care of his body, which required daily shots of insulin to regulate his blood sugar. After a brief break, though, Hall was back in the water. At the 2000 U.S. Olympic Trials, Hall set an American record in the 50-meter freestyle. And at the Sydney 2000 Olympic Games, Hall struck gold, finishing in a dead heat with American teammate Anthony Ervin in the 50-meter race; both swimmers were awarded gold medals. Hall also took home gold in the 4x100 medley relay, silver in the 4x100 freestyle relay and bronze in the 100-meter freestyle. Hall's last Olympics came at the Athens 2004 Olympic Games, where his appearance made the Halls the first father-son tandem to compete in three Olympics each. The 29-year-old Hall successfully defended his gold medal in the 50-meter freestyle and won bronze in the 4x100-meter freestyle relay. "They told me it couldn't be done in '96, because I was too immature, and then they said in 2000 I had diabetes and it couldn't be done," Hall said in a post-race interview. "And this time I think they said I was too old."

### **Kate Hall**

Kate Hall is a four time NCAA Division One All-American in Long Jump and Sprints and 2019 Indoors USA Track & Field National Long Jump Champion who was training for her absolute dream of competing in the summer 2020 Olympic Games when the Coronavirus Pandemic disrupted everyone's lives. The Olympics have been postponed and Kate, a T1D diabodass since the age of 10, is now taking things day-by-day as she keeps her eye on her Olympic prize. From the outset of being diagnosed, Kate wasn't really worried about having Type 1 in particular. She explains, "I was worried it would stop me from doing what I love, which at the time, this was soccer, basketball and track." Her fear manifested while at a championship soccer game shortly after her diagnosis, sitting on the sidelines, watching her teammates play. The experience proved motivating: "I said to myself, 'this isn't ever going to stop me again. After this, I'm going to go and work hard and control this disease and not let it control me.' Having that love and having diabetes both went hand in hand for me so the harder I worked at controlling diabetes, the better I'd be at sports. And if I worked hard at sports, then it would all just work out."

### **Shaakira Hassell**

Shaakira Hassell is the Head Strength and Conditioning Coach at the Coast Guard Academy. Hassell trains over 450 Cadet-Athletes throughout the academic year, contributes to Swab Summer as one of the lead Strength Training Coaches, helps to administer the Physical Fitness Exam, and serves as a first year Academy Mentor through the Academy Mentorship Program. Hassell played for both the Chicago Force and the Atlanta Xplosion of the Independent Women's Football League (IWFL). Her Atlanta team won the 2006 IWFL Championship. She was also a member of the U.S. Virgin Islands Women's National Basketball team practice squad.