

## **THURSDAY**

### **The V Camp Registration-**

5:00-6:00 pm

New to Zoom? Nervous about the first day of camp? Come on in and visit us at The V Camp Registration! We'll answer all your questions and make sure you are ready to go! This session is NOT required but we'd love to meet you before we really get rolling!

### **DTC – The V Camp – Welcome, Introductions and Orientation-**

6:00-7:30 pm

Let's get camp started! We'll welcome you to our awesome community, introduce you to our amazing staff and give you an overview of what the weekend will have to offer!

### **DTC Mental Skills Workshop- Feed the Athlete- Carrie Cheadle, MA, CC-AASP**

7:30-9:00 pm

Ever heard of the phrase, "You are what you eat."? Well guess what— you don't just fuel your body and energy with food, you also fuel it with your thoughts. There is an athlete in each of us and in this session you will learn how to focus on feeding this athlete instead of fueling negative thoughts. Where you choose to focus your energy and thoughts has a HUGE impact on your feelings of self-belief and confidence. Interactive and fun, you'll leave feeling inspired and ready to tackle new things!

## **FRIDAY**

### **DTC Virtual Fitness-**

9:00-10:30 am

**Walk/Run/Ride-** 15-20 minutes of coaching from our DTC coaching staff before our coaches send you on your way! Friday's topic will be designing your workout/training session

**Virtual Training-** General fitness/High Intensity Interval Training (HIIT) delivered by professional trainer Sean Atkinson. DTC staff will be standing by if you want to ask questions through the chat function of Zoom.

### **DTC Intro & Core Principles- Focus on Insulin Action- Dr. Matt Corcoran**

10:30-11:45 am

Over the last decade, DTC has landed on some core concepts for our community to consider in their pursuit of health, fitness and performance. Dr. Matt will outline many of these core concepts in this discussion, paving the way for many of the presentations and workshops throughout camp. Dr. Matt will also take a more detailed look at insulin and insulin action to help the exerciser and athlete better conceptualize their goals as they strive to manage themselves as an athlete. Insulin adjustments, whether on pump or injections, are part of the fueling strategy and this talk will build the foundation for the practical strategies that will follow during The V Camp.

### **DTC Guest Athlete Lecture- Eric Tozer**

11:45 am – 1:00 pm

Eric Tozer is a diabetes ambassador who empowers the community through sports and utilizes his athletic accomplishments as a platform to inspire and educate the diabetes community. Diagnosed in 2006, he went on to co-found the non-profit organization, Diabetes Sports Project, comprised of 125+ T1D athletes around the globe, demonstrating how through proper diet, exercise, a positive outlook and effective blood glucose management, dreams can be achieved. In 2019 Eric made history by becoming the first person with T1D to complete the World Marathon Challenge; running 7 marathons, on 7 continents, in 7 consecutive days. He's sure to inspire you to get out and try new things! <https://www.jdrf.org/blog/2019/03/13/eric-tozer-world-marathon-challenge-recap/>

**DTC Guest Lecture- Lessons Learned About Exercise Management as a Patient, Father and Researcher Living with T1D – Dr. Michael Riddell**

1:00-2:30 pm

Michael is a Professor in the School of Kinesiology and Health Science at York University. He is also a Senior Scientist at LMC Diabetes & Endocrinology in Toronto. Mike has published more than 180 peer-reviewed journal articles, 30 book chapters, and one patient guidebook on the metabolic and hormonal responses to exercise and stress in diabetes. Mike like to engage with several community-based diabetes sports and exercise programs, including Dskate- a hockey camp for kids living with type 1 diabetes and the York University Diabetes Sports Camp. His research team uses a broad selection of innovative models and techniques to discover how regular exercise, stress and diabetes influence metabolism and health. He has been living with type 1 diabetes since the age of 15 and was an enthusiastic participant and educator at Stroke, Spin and Stride, the first Diabetes Training camp back in 2006. In this lecture Dr. Riddell will share evidence that exercise is as important as insulin and nutrition for type 1 diabetes, describe the hormonal and blood sugar changes caused by various types of exercise in type 1 diabetes and cover strategies to maximize time in range before, during and after exercise.

**DTC Nutrition Workshop- Fueling for Fitness and Sport – Lyndsay Gregerson RD, CDE and Megan Robinson, RDN, CDE**

2:30-4:00 pm

Learn more about the importance of fueling your body during training and strategies on how to maintain healthy blood sugars when exercising. Breakout sessions will follow our group talk including more nutrition tips on how to eat for general fitness and for the competitive athlete.

**DTC Virtual Fitness & Training- Fitness Challenge – Dr. Rob Powell, PhD, CDE**

4:00-5:30 pm

Get ready to exercise! Rob Powell will present a number of fitness tests for you to complete on your own during this session. Once you are done you will come back to the Zoom meeting where Rob will talk about interpreting your results and how to put together a plan of improvement. He will also be standing by to answer any questions during your workout.

**DTC Guest Athletes' Panel –**

5:30-7:00 pm

**Michelle McGann-**

Michelle first stepped foot onto a golf course at age 7 and was instantly hooked. Her love of the game has kept her playing one of the most strategic and challenging sports even when faced with adversity at age 13. It was then that she was diagnosed with Type 1 diabetes. But through diet, monitoring and proper medications, her diabetes has proved to be just another challenge in the game. After winning many Junior tournaments, GOLF Magazine and GOLF Digest named her Amateur of the Year in 1987. At age 18 she made the monumental decision to skip college and give the LPGA tour a go. She went to qualifying school and earned a spot on the tour on her first attempt! Since joining the LPGA Tour, Michelle has won 8 professional tournaments, and participated in two (2) Solheim Cups. Playing golf with Presidents, captains of industry, and some of the greatest sportsmen and women in history along the way. 2020 marks her 31st year on the LPGA and Legends Tours. <https://www.michellemcgann.com/>

**Sebastien Sasseville-**

Sébastien Sasseville was diagnosed with Type 1 diabetes in 2002. Sebastien vowed that the obstacle would never keep him from living life to the fullest, and today his story is a testament to how challenges can be turned into opportunities. In 2008, Sebastien Sasseville reached the summit of Mount Everest. He then completed six Ironman and the mythical Sahara race. In 2014, he faced the biggest challenge of his life: run across Canada from St. John's, Newfoundland, to Vancouver: 7,200 km, or 170 marathons in nine months. <https://sebinspire.com/en/>

**Cliff Scherb**

Chief diabetes and exercise evangelist and confessed diabetologist, Cliff is the founder of Glucose Advisors and TriStarAthletes.com. Diagnosed at the age of nine, Cliff has been a type 1 diabetic athlete, researcher, and consultant for most of his adult life and frankly has trouble sitting still for any length of time before getting the itch to exercise! Cliff holds the records for the fastest type 1 diabetic ever at the Half Ironman World Championships and the second fastest Ironman for a Type 1 diabetic at the Ironman distance, 9 hours and 7 minutes. He has raced in hundreds of triathlons including 19 Ironman distance races. Cliff has extensive experience in diabetes insulin delivery, nutrition, and sports management and enjoys living an active lifestyle with T1D. <https://glucoseadvisors.com/coaches-blog/cliff-scherb>

### **DTC Physical Therapy Workshop – Dr. Thomas Crassas, PT**

7:00-8:30 pm

Dr. Crassas will not only discuss how Physical Therapy can help you accomplish your athletic goals. He will also cover conditions that are common in the Diabetes community such as frozen shoulder and trigger finger including diagnostic approach, how PT can help, when it might be time for surgery and how to recover. Come with your own questions about injuries that may be plaguing you or how to condition yourself for your favorite activities!

### **DTC Medical Lecture- Hyperglycemia and Prevention- Dr. Kimber Simmons**

8:30-10:00 pm

Although hypoglycemia continues to be the major glucose abnormality during exercise in type 1 diabetes, high blood sugars can wreak havoc too. It is particularly common for high blood glucose levels to arise during anaerobic efforts, as well as resulting from strategies designed to prevent the lows. Dr Kimber Simmons will discuss the most common causes of hyperglycemia during and after exercise & sport, as well as practical strategies to prevent it - setting you up for better health and performance.

## **SATURDAY**

### **DTC Virtual Fitness-**

9:00-10:15 am

**Walk/Run/Ride-** 15-20 minutes of coaching from our DTC coaching staff before our coaches send you on your way! Saturday's topic will be warming up for your workout/training session  
**Virtual Training-** General fitness/High Intensity Interval Training (HIIT) delivered by professional trainer Sean Atkinson. DTC staff will be standing by if you want to ask questions through the chat function of Zoom.

### **DTC Guest Medical Lecture- Optimizing CGM Interpretation for Exercise- Dr. Grazia Aleppo**

10:15-11:30 am

Learn about what medical societies say about CGM use, what the consensus guidelines show, and how to read the Ambulatory Glucose Profile (AGP) in each brand, whether Libre, Dexcom, Medtronic and Tandem. The AGP shows your median glucose control over time (time in range.) Dr. Aleppo will share case studies of the challenges of glucose control during exercise while living with diabetes and provide tricks and trips to overcome these challenges. All in the context of best utilizing and analyzing your CGM data.

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

11:30 am – 1:00 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- Optimizing Your Meal Dose- Melissa Gaynor, RDN, CDE**

1:00 – 2:30 pm

Why does your blood glucose spike after some meals? What is the secret to keeping it steady? Melissa will lead a discussion on insulin action time and various methods of meal time dosing for optimal post meal blood glucose control.

### **DTC Nutrition Lecture- Principles of Weight Management- Tiffany Rios, RD, CDE**

2:30-3:45 pm

This session with Tiffany Rios, RD CDE discusses the facts as well as do's and don'ts for sustainable weight loss with Diabetes. Topics such as intermittent fasting and low-carbohydrate diets will be discussed. You will also learn how to balance your nutrition for optimal weight and overall health. Come with questions- knowledge is power!

### **DTC Virtual Fitness-**

3:45-5:00 pm

**Walk/Run/Ride-** 15-20 minutes of coaching from our DTC coaching staff before our coaches send you on your way! The topic during this session will be decision-making and trouble shooting within a workout/training session.

**Virtual Training-** Yoga will be delivered by professional instructor Rachael O'Brien. DTC staff will be standing by if you want to ask questions through the chat function of Zoom.

### **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 diabadass 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.

### **DTC Coaching Session- Q&A with the DTC Coaching Team**

6:30-8:00 pm

Come to this session with to get all of your questions about training and competing answered! Whether they are questions about preparation, mental or physical toughness, blood sugar management, favorite equipment, etc. our coaches will be able to provide input! Weekend warriors and serious competitors will all learn something from this session!

### **DTC Virtual Hub- Life on the Front Lines with T1D**

8:00-9:30 pm

Interact with some REAL diabadasses- DTC alumni and staff, living with diabetes, and managing it while saving lives! Come with your questions or just to hang out with these exceptional individuals!

### **SUNDAY**

#### **DTC Virtual Fitness-**

9:00-10:30 am

**Walk/Run/Ride-** 15-20 minutes of coaching from our DTC coaching staff before our coaches send you on your way! Sunday's topic will be cool down, rest and recovery.

**Virtual Training-** General fitness/High Intensity Interval Training (HIIT) delivered by professional trainer Sean Atkinson. DTC staff will be standing by if you want to ask questions through the chat function of Zoom.

#### **DTC Exercise Physiology Lecture- The Physiology of your Training Zones- Rob Powell, PhD**

10:30 am – 12:00 pm

The body goes through a series of metabolic changes and changes in fuel utilization when the exerciser hits the roads, hills or the gym. Dr. Rob will highlight the metabolic & fuel utilization changes at different intensities of work (your training zones). The goal is to provide you a framework for conceptualizing your own strategies for insulin adjustments and nutritional supplementation regardless of your goal!

**DTC Nutrition Lecture- Periodizing Nutrition for your Training Zone- Megan Robinson, RDN, CDE**

12:00-1:30 pm

This talk will focus on how you can adjust your eating based on the amount and intensity of your training. From general fitness to the more competitive athlete, learn more about nutrition strategies to help enhance your training and sports performance.

**DTC Mental Skills Workshop- Get Your Goals- Carrie Cheadle, MA, CC-AASP**

1:30-3:00 pm

When you think you've failed at accomplishing a goal, you may have simply failed at your goal-setting strategy. It's one thing to set a goal, and it's another thing entirely to have the self-belief, confidence, and motivation to take action and make it happen. In Carrie's talk you will learn essential strategies for creating that new healthy habit or fitness goal you want to accomplish and expertly deal with any setbacks you encounter along the way.

**DTC Guest Medical Lecture- Lowering Your Cardiovascular Risk with T1D- Dr. Elizabeth Stephens**

3:00-4:30 pm

Dr. Stephens will take this time to talk about something that every diabetic (including herself) needs to take into consideration when assessing their long-term health- heart disease. She'll define vascular disease and it's prevalence in those with type 1 diabetes. She'll further delineate what is thought to cause heart disease in those with type 1 diabetes (and how it may differ from those with type 2 diabetes). Most importantly, she'll describe ways to prevent heart disease or reduce the risk of progression/severity so that we can proactively address this very important condition head on!

**Camp Wrap-Up and Closure – Virtual Circle**

4:30-5:30 pm

One of the best and most important parts of any DTC camp is our closing. You will get a chance to ask any last questions, reflect on what you've learned, get a few more tools for life outside of our virtual bubble and share any thoughts you have about The V Camp and our community. Don't miss it!