|  |  |  |
| --- | --- | --- |
| **Wednesday,**  **August 10** |  | |
| 10:00 am – 12:00 pm | **Camper Registration**  Admin Team  Atrium | |
| 12:00 pm – 1:00 pm | **Lunch, Welcome and Staff Introductions**  Dr. Matt Corcoran  Integrity | |
| 1:30 pm – 3:00 pm | **Opening Lecture**  **Diabetes and Exercise – An Overview of Your Challenge**  Dr. Matt Corcoran  Integrity | |
| 3:30 pm – 5:00 pm | **Cycling Intro & Skills Session**  **(mandatory for all cyclists)**  Meet in the Bike Room | **Walk & Run Session**  Meet in the Hub |
| 5:30 pm – 6:30 pm | **Dinner**  Integrity | |
| 6:45 pm – 8:45 pm | **Camp Orientation Activities**  Dr. Matt Corcoran, Carrie Jackson and Team  Integrity | |
| 9:15 pm – 10:00 pm | **Yoga/Relaxation Session**  Meet in Hub | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Thursday,**  **August 11** |  | | | |
| 6:30 am – 7:45 am | **Breakfast**  Integrity | | | |
| 8:00 am – 9:00 am | **Cow Tipping in Lancaster – To Bolus or Not to Bolus?**  Dr. Matt Corcoran  Integrity | | | |
| 9:25 am – 12:30 pm | **Cycling**  9:25 am – 12:30 pm  Meet at the Bike Room | **Run/Walk**  9:25 am -11:15 am  Meet in Hub | | **General Fitness**  11:30 am – 12:30 pm  Meet in Hub |
| 12:30 pm – 1:45 pm | **Lunch**  Integrity | | | |
| 2:00 pm – 3:15 pm | **Nutrition Lecture**  Lyndsay Gregerson  Integrity | | | |
| 3:30 pm – 5:45 pm | **Fitness - Yoga**  3:30 pm – 4:30 pm  Meet in Hub | | **Swim Session**  3:30 pm – 5:45 pm  Meet in Hub | |
| **Fitness - Spin**  4:45 pm – 5:45 pm  Meet in Hub | |
| 6:00 pm – 6:45 pm | **Dinner**  Integrity | | | |
| 7:00 pm – 8:30 pm | **Mental Skills Workshop #1 – Feed the Athlete**  Carrie Jackson  Integrity | | | |
| 8:45 pm – 9:30 pm | **KICKBALL with Commissioner Lyndsay Gregerson** | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Friday,**  **August 12** |  | | | | | |
| 6:30 am – 7:45 am | **Breakfast**  Integrity | | | | | |
| 8:00 am – 9:00 am | **The Vicious Cycle of Hypoglycemia- Its Impact on Performance and Health**  Dr. Matt Corcoran  Integrity | | | | | |
| 9:25 am – 12:30 pm | **Cycling**  9:25 am – 12:30 pm  Meet at Bike Room | | **Run/Walk**  9:25 am -11:15 am  Meet in Hub | | | **General Fitness**  11:30 am – 12:30 pm  Meet in Hub |
| 12:30 pm – 2:00 pm | **Lunch and Learn**  Integrity | | | | **Tech Talk – Pump/MDI Breakout Session (Medtronic,Tandem, Omnipod, MDI)**  Integrity  1:00 pm – 1:45 pm | |
| 2:00 pm – 3:00 pm | **Mental Skills Workshop: Battling the Butterflies**  Carrie Jackson  Integrity | | | | | |
| 3:30 pm – 5:20 pm | | **Fitness**  3:30 pm – 4:20 pm  Meet in Hub | | **Swim Session**  3:30 pm – 5:00 pm  Meet in Hub | | |
| **Fitness - Spin**  4:30 pm – 5:20 pm  Meet in Hub | |
| 5:30 pm – 6:30 pm | | **Clip and Climb**  Meet in Hub | | | | |
| 6:30 pm – Dark | **DTC BBQ & GAMES!**  Outdoor BBQ | | | | | |

|  |  |  |
| --- | --- | --- |
| **Saturday,**  **August 13** |  | |
| 6:30 am – 7:45 am | **Breakfast -** Integrity | |
| 8:00 am – 9:00 am | **Exercise Induced Hyperglycemia**  Dr. Matt Corcoran - Integrity | |
| 9:25 am – 12:15 pm | **DTC Special Group Cycling and Run/Walk Excursion**  9:25 am – 12:15 pm  Meet at Bike Room | | |
| 12:30 pm – 1:15 pm | **Lunch-** Integrity | |
| 1:30 pm – 2:15 pm | **Small Group Sessions**  DTC Team - Integrity | |
| 2:30 pm - 3:15 pm | **Small Group Sessions**  DTC Team - Integrity | |
| 3:30 pm – 5:45 pm | **Fitness**  3:30 pm – 4:30 pm  Meet in Hub | **Swim Session**  3:30 pm – 5:45 pm  Meet in Hub |
| **Pound Class with Lyndsay Gregerson**  4:45 pm – 5:45 pm  Meet in Hub |
| 6:00 pm – 6:45 pm | **Dinner with Coaches’ Forum**  Moderator: Lyndsay Gregerson  Integrity | |
| 7:00 pm – 8:15 pm | **Mental Skills Workshop #3 – Get Your Goals**  Carrie Jackson  Integrity | |
| 8:15 pm – 9:30 pm | **Skit Preparation and Staff Meeting**  Integrity | |
| 9:30 pm – 10:00 pm | **DTC SKITS!!! -** Integrity | |

|  |  |
| --- | --- |
| **Sunday,**  **August 14** |  |
| 6:30 am – 7:45 am | **Breakfast**  Integrity |
| 9:00 am – Noon | **Camp Wrap Up**  Carrie Jackson  Integrity |
| Noon – 1:00 pm | **Lunch**  Integrity |
| 1:00 pm and on | **Departures**  **Keep in touch and come back soon!** |