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| **Wednesday,****August 10** |  |
| 10:00 am – 12:00 pm | **Camper Registration**Admin TeamAtrium |
| 12:00 pm – 1:00 pm | **Lunch, Welcome and Staff Introductions**Dr. Matt CorcoranIntegrity |
| 1:30 pm – 3:00 pm | **Opening Lecture****Diabetes and Exercise – An Overview of Your Challenge**Dr. Matt CorcoranIntegrity |
| 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 TeamIntegrity |
| 9:15 pm – 10:00 pm | **Yoga/Relaxation Session**Meet in Hub |

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| **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 CorcoranIntegrity |
| 9:25 am – 12:30 pm | **Cycling**9:25 am – 12:30 pmMeet at the Bike Room | **Run/Walk** 9:25 am -11:15 amMeet in Hub | **General Fitness** 11:30 am – 12:30 pmMeet in Hub |
| 12:30 pm – 1:45 pm | **Lunch**Integrity |
| 2:00 pm – 3:15 pm | **Nutrition Lecture**Lyndsay GregersonIntegrity |
| 3:30 pm – 5:45 pm | **Fitness - Yoga**3:30 pm – 4:30 pmMeet in Hub | **Swim Session**3:30 pm – 5:45 pmMeet in Hub |
| **Fitness - Spin**4:45 pm – 5:45 pmMeet in Hub |
| 6:00 pm – 6:45 pm | **Dinner**Integrity |
| 7:00 pm – 8:30 pm | **Mental Skills Workshop #1 – Feed the Athlete** Carrie JacksonIntegrity |
| 8:45 pm – 9:30 pm | **KICKBALL with Commissioner Lyndsay Gregerson** |

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| **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 pmMeet at Bike Room | **Run/Walk**9:25 am -11:15 amMeet in Hub | **General Fitness** 11:30 am – 12:30 pmMeet in Hub |
| 12:30 pm – 2:00 pm | **Lunch and Learn**Integrity | **Tech Talk – Pump/MDI Breakout Session (Medtronic,Tandem, Omnipod, MDI)**Integrity1:00 pm – 1:45 pm |
| 2:00 pm – 3:00 pm | **Mental Skills Workshop: Battling the Butterflies**Carrie JacksonIntegrity |
| 3:30 pm – 5:20 pm | **Fitness** 3:30 pm – 4:20 pmMeet in Hub | **Swim Session**3:30 pm – 5:00 pmMeet in Hub |
| **Fitness - Spin**4:30 pm – 5:20 pmMeet in Hub |
| 5:30 pm – 6:30 pm | **Clip and Climb**Meet in Hub |
| 6:30 pm – Dark | **DTC BBQ & GAMES!**Outdoor BBQ |

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| **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 pmMeet 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 pmMeet in Hub | **Swim Session**3:30 pm – 5:45 pmMeet in Hub |
| **Pound Class with Lyndsay Gregerson**4:45 pm – 5:45 pmMeet in Hub |
| 6:00 pm – 6:45 pm | **Dinner with Coaches’ Forum** Moderator: Lyndsay GregersonIntegrity |
| 7:00 pm – 8:15 pm | **Mental Skills Workshop #3 – Get Your Goals**Carrie JacksonIntegrity |
| 8:15 pm – 9:30 pm | **Skit Preparation and Staff Meeting**Integrity |
| 9:30 pm – 10:00 pm | **DTC SKITS!!! -** Integrity |

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