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| **Saturday, August 6** |  | |
| 8:00 am – 8:45 am | **Breakfast & Registration**  Integrity Conference Room | |
| 8:45 am – 9:15 am | **Teen Research Survey Completion**  Dr. Kimber Simmons  Integrity Conference Room | |
| 9:15 am – 9:30 am | **Welcome & Introductions**  Dr. Matt Corcoran and Team  Integrity | |
| 9:30 am – 11:00 am | **ORIENTATION ACTIVITIES**  Meet in Hub | |
| 11:00 am – 12:00 pm | **Challenges of Being an Athlete with T1D**  Dr Matt Corcoran  Outdoor Learning Space (Weather Permitting) | |
| 12:00 pm – 1:00 pm | **Lunch -** Integrity | |
| **Intro to Wearing Technologies –** Parents (starting at 12:15 in Integrity) | |
| 1:00 pm – 1:45 pm | **Teen Athlete Breakout**  **Managing Insulin Levels**  Dr. Matt Corcoran  Outdoor Learning Space | **Parent Breakout**  **Mental Skills: Control the Controllables**  Carrie Jackson  Integrity |
| 1:45 pm – 2:00 pm | **Break/Snack** | |
| 2:00 pm – 2:45 pm | **Open Gym - Athletes** | **Parents – Connect to Devices** - Integrity |
| 3:00 pm – 4:15 pm | **Training Session – Athletes**  **Focus: Know Your Insulin Levels/Know Your Numbers**  Lead: Lyndsay Gregerson  Meet in Hub | **Workshop- Parents**  **Insulin Levels & Exercise**  Dr. Matt Corcoran  Outdoor Learning Space |

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| **Saturday, August 6, continued** |  |
| 4:15 pm – 4:30 pm | **Break** |
| 4:30 pm – 5:30 pm | **Sports Nutrition Principles for the Teen Athlete**  Megan Robinson & Lyndsay Gregerson  Integrity |
| 6:00 pm – 7:00 pm | **Dinner –** Integrity |
| 7:00 pm – 8:00 pm | **Panel: Athletes Living with T1D – Joe Eldridge, Kate Hall and Dessi Zaharieva**  Moderated by Lyndsay Gregerson & Dr. Kimber Simmons  Integrity |
| 8:00 pm – 9:00 pm | **Amazing Race**  Meet in Hub |
| 9:15 pm – 10:00 pm | **Open Gym Time** |

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| **Sunday,**  **August 7** |  | |
| 7:00 am – 7:45 am | **Breakfast**  Forklift & Palate Restaurant | |
| 8:00 am – 8:45 am | **Lecture: Exercise Induced Hypoglycemia**  Dr. Matt Corcoran  Outdoor Learning Space | |
| 8:45 am – 9:15 am | **Q & A – Athletes –** Dr. Matt Corcoran  Outdoor Learning Space | **Q&A – Parents – Dr. Anita Swamy**  Outdoor Learning Space |
| 9:15 am – 9:30 am | **Break/Snack** | |
| 9:45 am – 10:30 am | **Small Group Session – Athletes**  **Feed the Athlete – Self Talk for Sports**  Carrie Jackson  Outdoor Learning Space | **Small Group Session – Parents**  **Nutrition for the Athlete**  Lyndsay Gregerson & Megan Robinton  Integrity |
| 10:30 am – 10:45 am | **Break/Snack** | |
| 10:45 am – 12:00 pm | **Training Session – Athletes**  **Focus: Fill Your Tank and Keep It Full**  Lead: Dr. Matt Corcoran  Outdoor Turf Field | **Lecture- Parents**  **Building the Home Team**  Carrie Jackson  Outdoor Learning Space |
| 12:00 pm – 1:00 pm | **Lunch - Integrity** | |
| 1:00 pm – 2:00 pm | **It’s Not Easy Having T1D**  Dr. Kimber Simmons  Integrity | |
| 2:00 pm – 2:15 pm | **Break** | |
| 2:15 pm – 3:15 pm | **Training Session – Athletes**  **Run** with Megan Robinson  **Weight Lifting Primer** with Rob Powell  Meet in Hub | **Small Group Session – Parents**  **Transitions & the Adult World**  Dr. Anita Swamy  Outdoor Learning Space |

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| **Sunday, August 7, continued** |  | |
| 3:30 pm – 5:00 pm | **Training Session – Athletes**  **Focus: Keep Doing What You Love – Stay In the Game**  Lead: Rob Powell  Meet in Hub | **Training Session – Parents OR**  **Mental Skills Team – Open Forum/Discussion**  Carrie Jackson, Kristi Paguio  Meet in Hub |
| 5:15 pm – 6:00 pm | **Teen Group Discussion - Parents & Technology**  Carrie Jackson  Integrity | **Parent Group Discussion- Experience with Technology**  Lyndsay Gregerson, Kristi Paguio  Outdoor Learning Space |
| 6:00 pm – 6:45 pm | **Dinner**  Integrity | |
| 6:45 pm – 7:45 pm | **Athletes with Type 1 Diabetes:**  **Balancing Nutrition, Insulin and Glucose Levels Around Exercise**  **Dessi Zaharieva**  Integrity | |
| 8:00 pm – 9:00 pm | **DTC KICKBALL with Commissioner Lyndsay Gregerson** | |
| 9:00 pm – 10:00 pm | **Open Gym Time** | |

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| **Monday, August 8** |  | |
| 7:00 am – 7:45 am | **Breakfast**  Forklift & Palate Restaurant | |
| 8:00 am – 8:45 am | **Exercise Induced Hyperglycemia**  Dr. Kimber Simmons  Outdoor Learning Space | |
| 8:45 am – 9:15 am | **Q&A – Athletes**  Dr. Kimber Simmons  Outdoor Learning Space | **Q&A – Parents**  Dr. Matt Corcoran  Outdoor Learning Space |
| 9:15 am – 9:30 am | **Break/Snack** | |
| 9:30 am – 10:15 am | **Small Group Session – Athletes**  **Control the Controllables**  Carrie Jackson  Integrity | **Small Group Session - Parents**  **Rap Session: Life with a Teen Athlete**  Dr. Kimber Simmons  Outdoor Learning Space |
| 10:15 am – 10:45 am | **Break/Snack**  **\*Parents - Technology Removal** | |
| 10:45 am – 11:45 am | **Training Session #4 – Athletes**  **Focus: Your Mindset Matters**  Leads: Carrie Jackson/Dr Matt Corcoran  Outdoor Turf Field | **Training Session #2 – Parents OR**  **Mental Skills Team – Open Forum/Discussion**  Carrie Jackson, Kristi Paguio  Integrity |
| 11:45 am – 12:30 pm | **Backyard Games**  Meet in Hub | |
| 12:30 pm – 1:30 pm | **Lunch** - Integrity | |
| 1:30 pm – 3:00 pm | **TBC Camp Wrap Up & Debrief**  Dr Matt Corcoran & Team  Integrity | |
| 3:00 pm and on | **Departures** | |