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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 SimmonsIntegrity 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 CorcoranOutdoor 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 JacksonIntegrity |
| 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 GregersonMeet in Hub | **Workshop- Parents****Insulin Levels & Exercise**Dr. Matt CorcoranOutdoor 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 GregersonIntegrity |
| 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 SimmonsIntegrity |
| 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 CorcoranOutdoor 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 RobintonIntegrity |
| 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 SimmonsIntegrity  |
| 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 PowellMeet in Hub | **Small Group Session – Parents****Transitions & the Adult World**Dr. Anita SwamyOutdoor 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 PowellMeet in Hub | **Training Session – Parents OR****Mental Skills Team – Open Forum/Discussion** Carrie Jackson, Kristi PaguioMeet in Hub  |
| 5:15 pm – 6:00 pm | **Teen Group Discussion - Parents & Technology** Carrie JacksonIntegrity  | **Parent Group Discussion- Experience with Technology**Lyndsay Gregerson, Kristi PaguioOutdoor 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 SimmonsOutdoor Learning Space |
| 8:45 am – 9:15 am | **Q&A – Athletes**Dr. Kimber SimmonsOutdoor Learning Space | **Q&A – Parents**Dr. Matt CorcoranOutdoor 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 SimmonsOutdoor 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 CorcoranOutdoor Turf Field | **Training Session #2 – Parents OR****Mental Skills Team – Open Forum/Discussion**Carrie Jackson, Kristi PaguioIntegrity |
| 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 & TeamIntegrity |
| 3:00 pm and on | **Departures** |