



DiabetesTrainingCamp.com

## Daily Camp Agenda

Green Medical Topic	Orange Mental Skills Topic	Blue Nutrition Topic	Grey Fitness Topic
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<b>Wednesday, June 18</b>			
7:00 am – 12:00 pm	<b>HR Zone Sessions (pre-scheduled prior to camp)</b> Kesselman Hall Fitness Center		
10:00 am – 12:00 pm	<b>Camper Registration</b> Admin Team Kesselman Hall		
12:00 pm – 1:00 pm	<b>Lunch, Welcome &amp; Staff Intros</b> Dr. Matt Corcoran Fannie Lou Hamer (FLH) Event Room		
1:00 pm – 1:45 pm	<b>Camp Orientation Activities</b> Carrie Jackson and Team FLH Event Room		
2:00 pm – 3:00 pm	<b>Medical Lecture</b> Dr. Matt Corcoran FLH Event Room		
3:30 pm – 5:00 pm	<b>Cycling Intro &amp; Skills Session (mandatory for all cyclists)</b> Meet in the Hub	<b>Boardwalk Run &amp; Walk Session</b> DTC Staff Meet in the Hub	
5:30 pm – 6:30 pm	<b>Dinner</b> FLH Event Room		
6:45 pm – 8:15 pm	<b>Camp Orientation Activities</b> Dr. Matt Corcoran, Carrie Jackson and Team FLH Event Room		
8:30 pm – 9:15 pm	<b>Yoga/Relaxation Session</b> Melissa Goldstein FLH Event Room		



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<b>Thursday, June 19</b>	
6:00 am – 7:00 am	<b>Boardwalk Sunrise Cruise or Run/Walk</b> Meet at the Bike Room
6:30 am – 7:45 am	<b>Breakfast</b> FLH Event Room
8:00 am – 9:00 am	<b>Nourish to Flourish</b> Tiffany Rios and Lyndsay Gregerson FLH Event Room
9:25 am – 12:30 pm	<b>Cycling</b> Rick Crawford & Mike Hebe 9:25 am – 12:30 pm Meet at the Bike Room
	<b>Run/Walk</b> Megan Robinson 9:25 am – 11:15 am Meet in the Hub
	<b>Fitness with Darrian</b> 11:30 am – 12:30 pm Meet in the Hub
12:30 pm – 1:30 pm	<b>Lunch</b> FLH Event Room
1:30 pm – 3:00 pm	<b>Medical / Ex Phys Lecture</b> Dr. Matt Corcoran, Rob Powell, Jacob DeBlois FLH Event Room
3:30 pm – 5:00 pm	<b>Fitness with AJ</b> AJ Holland Meet in the Hub at 3:15 pm
	<b>Bay Swim</b> Laura Bassford Meet in the Hub at 3:15 pm
5:30 pm – 6:30 pm	<b>Dinner</b> FLH Event Room
6:45 pm – 8:45 pm	<b>Mental Skills Workshop</b> Part 1: Aligning with Purpose and Goal Setting Part 2: Relaxation Workshop Carrie Jackson FLH Event Room



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<b>Friday, June 20</b>			
6:15 am – 7:00 am	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> <b>Boardwalk Sunrise Cruise or Run/Walk</b> Meet at the Bike Room         </td> <td style="width: 50%; text-align: center;"> <b>Fitness with Darrian</b> Meet in the Hub         </td> </tr> </table>	<b>Boardwalk Sunrise Cruise or Run/Walk</b> Meet at the Bike Room	<b>Fitness with Darrian</b> Meet in the Hub
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6:30 am – 7:45 am	<b>Breakfast</b> FLH Event Room		
8:00 am – 8:20 am	<b>Individualizing Your Management Tools</b> Dr. Matt Corcoran FLH Event Room		
8:20 am – 9:00 am	<b>Tech Talk: Break Out #1 – Getting Back to the Basics</b> Small Group Sessions FLH Event Room		
9:25 am – 12:30 pm	<b>Cycling</b> Rick Crawford & Mike Hebe 9:25 am – 12:30 pm Meet at the Bike Room		
	<b>Run/Walk</b> DTC Staff 9:25 am – 10:15 am Meet in the Hub		
	<b>Aqua Class</b> Transport to JCC 11:00 am – 12:00 pm Meet in the hub at 10:30 am		
12:30 pm – 1:30 pm	<b>Lunch</b> FLH Event Room		
1:30 pm – 2:15 pm	<b>Tech Talk: Break Out #2 – Exercise Focus + Backup Plan</b> Small Group Sessions FLH Event Room		
2:15 pm – 3:00 pm	<b>Medical Lecture</b> Dr. Matt Corcoran FLH Event Room		
3:15 pm – 4:00 pm	<b>Fitness with AJ</b>		
4:30 pm – 6:00 pm	<b>Surf Clinic &amp; Beach Yoga (Yoga @ 5:15 pm)</b> Meet in the Hub		
6:30 pm – Dark	<b>DTC BBQ &amp; GAMES!</b> Outdoor BBQ		



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<b>Saturday, June 21</b>					
6:15 am – 7:00 am	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"><b>Boardwalk Sunrise Cruise or Run/Walk</b> Meet at the Bike Room</td> <td style="width: 50%; text-align: center;"><b>Yoga</b> Meet in the Hub</td> </tr> </table>	<b>Boardwalk Sunrise Cruise or Run/Walk</b> Meet at the Bike Room	<b>Yoga</b> Meet in the Hub		
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6:30 am – 7:45 am	<b>Breakfast</b> FLH Event Room				
8:00 am – 9:10 am	<b>Medical Lecture</b> Matt Corcoran FLH Event Room				
9:25 am – 12:30 pm	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"><b>Cycling</b> Rick Crawford &amp; Mike Hebe 9:25 am – 12:30 pm Meet at the Bike Room</td> <td style="width: 50%; text-align: center;"><b>Run/Walk</b> Megan Robinson 9:25 am – 11:15 am Meet in the Hub</td> </tr> <tr> <td></td> <td style="text-align: center;"><b>Fitness with AJ</b> 11:30 am – 12:30 pm Meet in the Hub</td> </tr> </table>	<b>Cycling</b> Rick Crawford & Mike Hebe 9:25 am – 12:30 pm Meet at the Bike Room	<b>Run/Walk</b> Megan Robinson 9:25 am – 11:15 am Meet in the Hub		<b>Fitness with AJ</b> 11:30 am – 12:30 pm Meet in the Hub
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	<b>Fitness with AJ</b> 11:30 am – 12:30 pm Meet in the Hub				
12:30 pm – 1:30 pm	<b>Lunch</b> FLH Event Room				
1:15 pm – 2:00 pm	<b>Mental Skills Workshop – Feed the Athlete</b> Carrie Jackson FLH Event Room				
2:15 pm – 3:15 pm	<b>“Speed Dating” with the Experts</b> FLH Event Room				
3:30 pm – 5:00 pm	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"><b>Bay Swim</b> Laura Bassford Meet in the Hub at 3:15 pm</td> <td style="width: 50%; text-align: center;"><b>Fitness with Darrian</b> 3:30 pm – 4:30 pm Meet in the Hub</td> </tr> <tr> <td></td> <td style="text-align: center;"><b>Restorative Movement</b> Nick Kundrat 4:30 pm – 5:00 pm Meet in the Hub</td> </tr> </table>	<b>Bay Swim</b> Laura Bassford Meet in the Hub at 3:15 pm	<b>Fitness with Darrian</b> 3:30 pm – 4:30 pm Meet in the Hub		<b>Restorative Movement</b> Nick Kundrat 4:30 pm – 5:00 pm Meet in the Hub
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	<b>Restorative Movement</b> Nick Kundrat 4:30 pm – 5:00 pm Meet in the Hub				
5:30 pm – 6:30 pm	<b>Dinner</b> FLH Event Room				
7:00 pm – 8:00 pm	<b>Beach Bash! Camp Fitness and Fun Event</b> Boardwalk				
8:15 pm – 9:30 pm	<b>Skit Preparation and Staff Meeting</b> FLH Event Room				
9:30 pm – 10:00 pm	<b>DTC SKITS!!! - FLH Event Room</b>				



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<b>Sunday, June 22</b>	
7:30 am – 8:45 am	<b>Breakfast</b> FLH Event Room
9:15 am – 12:00 pm	<b>Camp Wrap-Up</b> Carrie Jackson FLH Event Room  <b>*** NOTE: PLEASE PLAN TO STAY THROUGH THE ENTIRE CAMP WRAP-UP ***</b>
12:00 pm – 1:00 pm	<b>Lunch</b> FLH Event Room
1:00 pm and on	<b>Departures</b> <b>Keep in touch and come back soon!!</b>