



www.diabetestrainingcamp.com

teen Boot Camp!

If you are a teen athlete with T1D currently in high school or you are the parent of a high-school aged athlete with T1D, this is a wonderful & unique opportunity to learn clinical, mental skills and fitness strategies — not only to manage T1D while exercising and training, but to take a training regime to the next level.

A highly qualified team of experts, including paediatric & adult diabetes specialists, an exercise physiologist, registered dietitians & CDE's, a mental skills coach, clinicians & a Licensed Clinical Social Worker will deliver the immersive & intensive program to facilitate open & healthy communication between teens & their parents/support systems, & vice versa, in order to set the teenager up to work toward & meet their health & performance goals.

Workouts will be challenging, informational & geared toward practicing strategies for diabetes management to help athletes excel. Parents will have the opportunity to share, learn & support their teen in parent-only lectures & family lectures, as well as on the field. And, teens will be surrounded by peers who are struggling with the same challenges & questions creating a community & bond that will last long after camp wraps up.

3pm
Dec 1 to
4:30pm
Dec 3 17
at Spooky Nook Sports
in Lancaster, PA
2017

\$175*

teen athlete

subsidized by the
Diabetes Training
Camp Foundation

\$475

per family member

includes 2 nights at The Warehouse Hotel
@ Spooky Nook, meals, programming, & a
reboot webinar 8-10 weeks after camp

**Athletes under 18 are required to
attend with at least one parent.*

*All parents are
encouraged to attend.*

register at

www.diabetestrainingcamp.com



Run by DTC founder and president, Dr. Matthew Corcoran and his team of experts • An intensive weekend at Spooky Nook Sports in Lancaster, PA, including lectures and workouts geared for teens only, parents only and full family • All attendees will exercise with our trainers

You Get It. We Get It Too. Come Experience That Magic.