



# Virtual Camps 2021

# Virtual ICD SPORTS CAMPS!



## ICD's one-of-a-kind camp!

Our Virtual Camps are multi-sport online sessions that provide diabetes support, education, mentoring and normalization, integrated with awesome workouts, skill development and a whole lot of summer camp fun for all ability levels.

We won't let our ICD family miss out on all the FUN and CONNECTION with your Diabuddies. We are still here to support and empower kids and teens living with t1, as they learn and grow towards independence in their diabetes management.

The best part? Camps can be accessed from anywhere in Canada. Over 6 weeks, and sessions in several time zones, we are committed to staying connected and having a blast! From on-air BG checks with their fellow campers, snacks, carb counting, and great diabetes discussions - we aim to bring the ICD Experience online! Camp is open to children with and without type 1 diabetes aged 5-15 each week -siblings and friends are welcome to join!

Our team includes passionate leaders and world class athletes who can provide participants with knowledge of life with T1D that can help them reach their goals. Participants will get active as a group and dive into a variety of sports and exercise while managing diabetes together. ICD is a leader in exercise and diabetes with experts in the science, who talk the talk and athletes who walk the walk.



Each camp session is 90 minutes long, and will connect campers with their Diabuddies, and ICD mentors and leaders! Campers will be in multi-age groups according to ratios of 1:8. Choose morning or afternoon sessions, or both! Each session is different!

Morning session 10am - 11:30am | Afternoon session 1:00pm - 2:30pm

ICD Sports Camp fees are \$50 per camper per week. Options for financial assistance are available through our Empowerment Fund. If finances are a barrier, empowerment codes are listed in each ticket. All camp tickets include a Camp at Home package mailed out to your camper!

We are able to offer subsidies through our Empowerment Fund due to the support of our program sponsors Medtronic Diabetes Canada, Ypsomed Diabetescare Canada, Tandem Diabetes Canada, Jumpstart Sport Relief Fund, and PrairieSky Royalty Ltd.

### **[Virtual Camp Session A](#)**

Week 1: July 12-16

Week 2: July 19-23

### **[Virtual Camp Session B](#)**

Week 1: July 26-30

Week 2: August 3-6

### **[Virtual Camp Session C](#)**

Week 1: August 9-13

Week 2: August 16-20

Please click the link for each session to find the times in each time zone!

Find more info about our charity and camps on our [website](#).

Email [info@ichallengediabetes.org](mailto:info@ichallengediabetes.org) with any questions!

See you online,  
Your ICD Camp Team