



2023 Home Camp Pep Flag Schedule

DAY 1

12:00 pm	Meet your Staff TeamMate
12:15 pm	Warm-ups
12:30 pm	Quarter Break Routine
1:30 pm	Performance Routine A
3:00 pm	BREAK
3:30pm	Performance Routine B
4:30 pm	Quarter Break Routine
5:30 pm	Team Building & Unity Games
6:00 pm	Material Review/Optional All American Routine
6:30 pm	Spirit Awards & Dismiss

DAY 2

9:00 am	Warm-ups
9:30 am	Performance Routine A2
10:45 am	Quarter Break Routine(s) Review
12:00 pm	LUNCH
1:00 pm	Choose Your Challenge
2:00 pm	Performance Routine B2
3:00 pm	Team Building Activity & Team Up For St. Jude
3:30 pm	Performance Routines Showcase
4:00 pm	Spirit Awards & Dismiss Optional All American Evaluation