t association united spirit association unit



2023 Home Camp Pep Flag Schedule

DAY 1

12:00 pm	Meet your Staff TeamMate
12.00 pm	Warm-ups
12:30 pm	Flag Technique
1:30 pm	Performance Routine A
2:30 pm	BREAK
3:00 pm	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 & Dismissal

DAY 2

9:00 am	Warm-ups
9:30 am	Quarter Break Routine
0:30 am	Performance Routine A2
2:00 pm	LUNCH
1:00 pm	Choose Your Challenge
2:00 pm	Performance Routine B2
3:30 pm	Team Building Activity & Team Up For St. Jude
3:30 pm	Material Review / Optional All American Evaluation
4:00 pm	Spirit Awards & Dismissal

DAY 3

9:00 am	Warm-ups
9:30 am	Flag Technique
10:00 am	Performance Routine A3
11:00 am	Quarter Break Routines Review
12:00 pm	LUNCH
1:00 pm	Choose Your Challenge
2:00 pm	Performance Routine B3
3:00 pm	TeamMaker Workshop & Unity Games
3:30 pm	Routine Showcase & Optional All American Evaluation
4:00pm	Spirit Awards & Closing