



2023 Premier Resort Camp Pep Flag Schedule

DAY 1

9:00 am Camp Registration begins
LUNCH IS NOT PROVIDED
 12:00 pm Camp Registration Ends
 12:30 pm Arrive to main meeting area
 1:00 pm Opening Rally & Warm-ups
 1:30 pm **Coaches Welcome**
 NFHS Credentialing Intro
 Game Day Material
 2:30 pm Quarter Break Routine
 3:30 pm Performance Routine A
 4:30 pm **DINNER**
 6:30 pm Fight Song Evaluation/
 Home Routine Showcase
 7:30 pm **Coaches Goal Setting**
 Quarter Break Routine
 8:15 pm Material Review & All American
 Preview
 8:30 pm Unity Games & Spirit Awards
 9:00 pm All Camp Meeting

DAY 2

7:00 am ***BREAKFAST**
 8:00 am All American Routine
 8:30 am **Coaches Check-In/
 USA Legacy Speaker**
 Warm-Ups & Unity Routine
 9:00 am Team Flag Technique
 9:30 am Performance Routine B
 10:30 am Summertime of Our Lives
 11:00 am Staff TeamMate Time:
 Game Day Material Review &
 Coaching
 11:30 am **LUNCH**
 1:00 pm **Coaches Camp Assessment**
 Choose Your Challenge &
 Captain's Corner
 2:00 pm Performance Routine A2
 3:00 pm Get In the Game
 4:00 pm Team Up for St. Jude, Pin It
 Forward & Spirit Awards
 4:30 pm **DINNER**
 6:30 pm Free Time

DAY 3

7:00 am ***BREAKFAST**
 8:30 am **Coaches Check-In/
 USA Legacy Speaker**
 Warm-Ups & Unity Routine
 9:00 am Flag Technique – Skills & Drills
 9:45 am Performance Routine B2
 10:45 am Quarter Break Routine Review
 11:30 am **LUNCH**
 1:00 pm All American Routine Review
 1:30 pm Performance Routines A & B
 Evaluation
 2:30 pm Choose Your Challenge
 3:30 pm Staff TeamMate Time: Game Day
 Evaluation Demonstration & Game
 Day Coaching
 4:30 pm **DINNER**
 6:30 pm Summer Vacation Rally & Spirit
 Awards
 7:00 pm USA Dance Party
 7:30 pm Free Time

DAY 4

7:00 am ***BREAKFAST**
 8:30 am **Coaches Wrap-up**
 Warm-Ups & Unity Routine
 9:00 am Staff TeamMate Time:
 Game Day Coaching
 9:30 am Game Day Evaluation
 10:30 am All-American Tryouts
 11:30 am TeamMaker, Senior Spotlight & Pin
 it Forward
 12:00 pm Closing Rally & Final Awards

 Friends and family are invited to camp on
 Day 4 beginning at 9:15 am

 Day 4 will end at approximately 12:30 pm
 depending on the camp size

 Class times and offerings may vary by
 camp location

***BREAKFAST is not included at certain
 Resort/Hotel camp locations. Refer to the
 camp information on the MyVarsity portal
 or contact your State Director to inquire
 about a specific location.**