



PROGRAM GUIDE

CARRY THE LOAD is a non-profit organization that provides an active way to connect Americans to the sacrifices made daily by our military, veterans, first responders and their families. CARRY THE FLAG is an education program that inspires patriotism in our nation's youth. It gives kids of all ages a way to serve those who served for our freedom. It teaches the next generation about sacrifices made by our military, veterans, first responders and their families.

CARRY THE FLAG is an extracurricular activity that requires:

- **Program Administrator** to oversee the program
- **Community Volunteer** (i.e. parent, teacher, military veteran, first responder or patriot) to assist in the execution of the club's duties
- **Youth Group** dedicated to learning about patriotism and serving our country.

The group will meet monthly to participate in activities:

- Educate them on the sacrifices of our nation's protectors
- Teach them the importance of service and unity
- Highlight the history and meaning of the flag
- Define what it means to be an American patriot
- Challenge students to #BeTheFlag



Events and activities to be completed throughout the year:

- Raise, lower, fold and respect the flag in an ongoing basis at a civic organization near you
- Execute one or more community service projects benefiting those who have sacrificed for our safety and freedom
- Give a 3-minute presentation about how the flag represents what it means to be a patriot
 - Any medium can be used (i.e. art project, poster board, video, PowerPoint, song, poem, etc.)
 - Have the audience vote on the best presentation that will be showcased during Carry The Load's flagship event, The Dallas Memorial March, on Memorial Day weekend

At the end of the year, successful active participants will receive the Carry The Flag Citizenship Certificate and approved hours for their Community Service.





Monthly Meetings

Each monthly meeting should begin with the Pledge of Allegiance to the American Flag and a dedication to one of our Nation's Fallen Heroes. Carry The Load will help to provide the stories of our heroes, if needed. The following is a menu of monthly activities that will earn each student a certificate for their participation.

Activity 1 – Welcome!

- Discuss expectations for the year, set up daily/weekly schedule for teams to raise and lower the flag.
- Review flag etiquette video and information provided by Carry The Load for students to rehearse.
- Discuss #BeTheFlag projects and community service project ideas.

Activity 2 – Patriotic Awareness

- Share [#BeTheFlag](#) videos.
- Invite a Veteran to speak to the group on a topic related to *what the Flag means to them*.
- Select one day of each week to wear red, white and blue.
- Coordinate with school to lead Pledge of Allegiance on morning announcements with a short statement of what America means to you.

Activity 3 – Storyboard Group Project

- Identify a local hero (military servicemember, veteran or first responder) who died in service to their country.
- Write the narrative for their storyboard to be submitted. A copy of the storyboard will be sent to you [Story board submission form](#). Your storyboard will be displayed at all Carry The Load events so this hero will never be forgotten.

Activity 4 – Planning for upcoming Community Service Project and #BeTheFlag Presentations

Activity 5 – Community Service Project

- Submit photos or short video and description of your project to carrytheflag@carrytheload.org.
- Make sure photo release forms are complete with your submission.

Activity 6 – Carry The Flag Presentations

- Create a presentation of #BeTheFlag that illustrates *what the Flag means to them* (i.e. honor the history of the Flag, respect the Flag in your Community, educate others through your actions of patriotism).
- Select a date and invite parents, friends, mentors and community leaders to the presentation.
- Conduct the Carry The Flag presentations.
- Ask attendees to vote on winners for submission to Carry The Load.
- Submit student names and participating service hours to Carry The Load **by May 1** to receive certificates.

Activity 7 (May) – Organize and participate as a group in a [CARRY THE LOAD Rally](#), [along the Relay](#) or [Dallas Memorial March](#).

For assistance, more information and submitting projects (via email or mail):

Phone: (214) 723-6068 • **Email:** carrytheflag@carrytheload.org

Mail: CARRY THE FLAG, C/o CARRY THE LOAD, 514 S. Hall Street, Dallas, TX 75226