



PARTICIPATION GUIDE

CARRY THE LOAD is a non-profit organization that provides active ways 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 provides a way to earn community service hours while learning about patriotism.

CARRY THE FLAG is an extracurricular activity that utilizes:

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

The group can meet 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



#BETHEFLAG

Events and activities that can be completed throughout the year:

- Raise, lower, fold and respect the flag on an ongoing basis at a civic organization near you
- Execute one or 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

Contact Carry The Load to receive a Carry The Flag Citizenship Certificate and approved hours for their Community Service.



WHO ARE YOU CARRYING?

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, 4809 Cole Avenue, Suite 255, Dallas, TX 75205