

About Pasta Dinners . . .

The team holds several Pasta Dinners throughout the season for the swimmers and divers. These evenings are not mandatory, but strongly encouraged for team-building and some spirit activities.

Check the website "calendar" for a complete schedule of pasta dinners.

The dinners are generally the evening before a meet (but not every meet) and hosted by seniors in their home. The *host's address will be posted on the website* the week of each dinner. Swimmers should arrive to the homes by 6:30 so they can begin dinner right away. Everyone is usually on their way by 7:30-8:00 p.m.

Each swimmer is assigned and asked to provide one item (pasta, salad/appetizer, bread, dessert, bottled water, or meet snacks) to serve approximately 8. *What to bring will be posted on the website*, indicated according to the swimmer's last name. Please remember a serving utensil if the assigned dish requires one.

Below are suggestions only. Be as creative as you want to be.

Pasta: Any pasta will do; lasagna, spaghetti, mac. & cheese, pesto, etc.

Salad/Appetizer: Green salad, fruit salad, etc. or appetizer.

Bread: Pre-sliced French bread or garlic bread, rolls, etc.

Dessert: Cookies, brownies, cobblers, etc.

Bottled Water: One case of bottled water. Leftovers from the dinners will be sent on the bus to the meets.

Meet Snacks: Granola bars, fresh fruit (clementines, cut pineapple, grapes (washed), bananas, etc.), fruit snacks, bagels, to-go yogurt, etc. Meet snacks are a new addition this year and will be collected at the pasta dinners. These will be available on the bus for the girls to enjoy at the swim meets.