

## REGATTA-EVE ROWER PASTA PARTY

SC Crew has a tradition where the rowers (no parents) relax and socialize together every Friday night prior to a regatta. It is also an opportunity for rowers to eat foods that are appropriate for the night before a big race. These pasta parties are hosted by rowing families in their homes and typically run from after practice until about 9 pm.

All rowers are encouraged to attend.

Each of the rowers brings food for the dinner according to their seat in the boat. **Food assignments will generally vary from week to week** depending on leftovers from the previous week. Linda Jordan ([lycjordan@yahoo.com](mailto:lycjordan@yahoo.com)) will set food assignments each week and will also contact host families the week prior to their dinner to confirm arrangements and answer any questions.

Transportation to and from the parties is the responsibility of the rowers and parents. Carpools are recommended due to typical limited parking at rower's homes.

**Typical** assignments might be as follows:

- Seat 1:** Paper plates and plastic forks
- Seat 2:** 1 box angel hair pasta and 1 jar pasta sauce
- Seat 3:** 1 box angel hair pasta and 1 jar pasta sauce
- Seat 4:** healthy dessert (granola bars, angel food cake, fruit, or rice krispy treats)
- Seat 5:** healthy dessert (granola bars, angel food cake, fruit, or rice krispy treats)
- Seat 6:** drinks (water, Gatorade, or juice)
- Seat 7:** drinks (water, Gatorade, or juice)
- Seat 8:** bag of lettuce with ranch or Catalina dressing
- Coxswain:** bread or rolls that don't need baking