

CHANDLER COMMONS

SWIM



TEAM

2011 HANDBOOK

OFFICERS:

President: Rachel Malley (238-4939)

Vice President: Peggy Courey (572-4955)

Treasurer: Antoinette Starkey (572-1686)

Secretary: Ann Matuch (238-9955)

REGISTRATION:

Eligibility:

All children living in the development *up to the age of 18*, as of June 1st, **who are able to swim the length of the pool** are eligible to join the team.

Team swimmers should have basic swimming skills. Familiarity with competitive strokes and technique are beneficial. Ages 6 and under swim backstroke and freestyle; all other age groups swim breast stroke and butterfly as well.

A consent and release form is included in the handbook.

All families must be in good standing with Chandler Commons Property Owners Association in order to participate on the swim team.

Fees:

1 child - \$82

2 children - \$143

3 children - \$185

4 children - \$205

*Registration fees are used to fund our operating expenses, coaches' salaries, equipment needs, ribbons, awards, and mandatory insurance on each child through the SSL.

***Registration (pg. 11) and other required forms (pgs. 12-16) should be filled out and returned to:**

PEGGY COUREY, 19556 Castletown by April 29, 2011.

All checks made payable to **CCST**.

A late fee of \$25.00 will be charged if not registered by 6:00 p.m. on Friday, April 29th.

NO REFUNDS

PRACTICES:

Attendance:

- All practices are mandatory. Attendance will be taken and is considered when deciding whether or not a swimmer is scheduled to swim in upcoming meets.
- Advance notice in writing must be given to the coach(es) prior to an expected absence.
- Tardiness to practice is unacceptable. Swimmers should arrive to practice at least 5 minutes prior to their scheduled time.
- Practice may be canceled if the temperature is at or below 55 degrees; however, deck work only may be scheduled on that day. Practice will continue if it is raining, but may be called off due to thunder or lightening. (Please check your email to see if a practice is cancelled.)

Rules:

- Chandler Commons pool rules must be followed at all time, including respect of pool property and respect for fellow swimmers' belongings. Spitting, hazing, or use of foul language will not be tolerated.
- Disruptive behavior will be subject to discipline. Parents will be consulted if problems persist, and the swimmer(s) may be subject to removal from the team (either temporarily or permanently).
- Parents are always welcome to attend practices, but must remain outside the pool fence and neither interfere with, nor undermine, the coaches authority.

Schedule:

Pre-season practice is voluntary. **Regular season practice is mandatory** and will be held Monday-Friday mornings between 9-11 a.m. Children aged 10 yrs. & under practice 9-10 a.m. and children aged 11-18 yrs. practice 10-11 a.m. Children are scheduled according to age initially, and then broken out by skill level and/or stroke development.

Mandatory practice will begin June 10th. There will be no practice on July 4th.

Mailbox:

A file box with individual files for each swim team family and for each coach is kept by the coaches' area in the storage room of the pool house. Any communication from CCST will be distributed into these files, including awards earned at meets. Any communication to the CCST board or coaches should be placed in their files. Parents must decide if their swimmer(s) are responsible enough to handle this task. If not, the parents should check their file in the box for any notices. Please note, mail is distributed very frequently.

Board members will also use email for important notices.

SWIM MEETS:

Attendance:

- If a swimmer intends to miss, be late to, or leave early from a meet, *notification in writing must be given to both coaches no later than 24 hours in advance of the scheduled meet.*
- **Meets begin at 6:00 p.m. unless otherwise noted. Swimmers are to arrive at the site of the meet by 5:00 p.m. for warm-ups. The line-up will be finalized at this time.**

2011 MEET SCHEDULE (DATES SUBJECT TO CHANGE!):

Tuesday, June 14	- Home meet against Westwood Farms
Thursday, June 16	- Away meet against Huntington Park
Tuesday, June 21	- Home meet against Deerfield Lake
Thursday, June 23	- Home meet against Bent Tree/Spyglass
Tuesday, June 28	- Away meet against Meadowood
Thursday, June 30	- Home meet against High Point
Tuesday, July 5	- Away meet against Ledgepark @Ledgewood
Thursday, July 7	- Away meet against Co-Moor
Tuesday, July 12	- BYE
Saturday, July 16	- Championship Meet at Rec Center (Meet begins at 8:30 a.m.; Arrival time for warm-ups to be announced later.)

**** THE SWIM TEAM AWARDS PICNIC - DAY AND TIME TO BE ANNOUNCED**

Attitude:

- ** Good sportsmanship is the first order of business. Respect our opponents and cheer for our teammates.
- ** Pay attention to the events at the meet. Arrive at Clerk of Course on time, or you may scratch your own event and/or cause the cancellation of your relay team's event.
- ** Swim meets are a team sport as much as an individual sport; each swimmer's actions affect the whole team.
- ** Pool rules must be adhered to whether at our own pool or away. Respect for our hosts is mandatory. Each swimmer and parent represents Chandler Commons as a whole.
- ** Each swimmer and parent is responsible for cleaning up after themselves at each meet. Trash left behind will not be tolerated.

Swim Attire:

Suits: CCST team colors are blue and black. Team suits are available, but not required. The team is ordering swimsuits through the Strongsville Spirit Shop. This year's style is slightly different from last year. **If you would like to order a suit for your swimmer, please fill out the swimsuit order form on pg. 10 and take it to the Spirit Shop at the Strongsville Rec Center.** A sizing kit is available at the shop for your swimmer to try on a suit prior to ordering.

Please call Ann Matuch@ 238-9955 or Sue Walick (Spirit Shop) @ 572-2472 with any questions.

T-shirts: These will be provided to all swimmers registered by April 29th compliments of CCST. Please indicate your swimmer(s) size(s) on the Swim Team Apparel Order Form and *return with registration*.

Sweatshirts: Hooded sweatshirts with team logo may be ordered at an additional cost to you. To order, please fill in the information on the Swim Team Apparel Form and return with your registration by April 29th. Checks made payable to CCST.

Sweatpants: Sweatpants with CCST down the leg may be ordered at an additional cost to you. To order, please fill in the information on the Swim Team Apparel Form and return with your registration by April 29th. Checks made payable to CCST.

****Please call Ann Matuch @ 238-9955 if you have any questions regarding any apparel items.**

****Please label any belongings swimmers bring to the meets. CCST is not responsible for any lost items.**

Transportation:

**** Transportation is not provided to away meets. Parents are responsible for transporting swimmers. Carpooling is encouraged as parking is limited at some pools.**

****Parents must make sure their swimmer(s) are supervised at meets if they are unable to attend, as the coaches are not babysitters.**

**** See p.8 for directions to all away meets.**

Recommended Diet for Competition:

**** Avoid junk food, carbonated beverages, greasy, hard-to-digest, or salty foods.**

**** Drink plenty of fluids, such as water, fruit juice, or sport drinks.**

**** Eat small amount of complex carbohydrates for energy, such as whole grains, pasta, fruit, and vegetables.**

Events:

**** Coaches will determine which swimmer(s) will be placed in each event. A swimmer may swim a minimum of one exhibition event to a maximum of two individual events and two relays, within various age groups, per meet.**

**** When preparing the line-up, the coaches will consider the following:**

-ability

-attendance at practices and previous meets

-previously clocked times

-strengths and weaknesses of opponents

**** Parents and swimmers should respect the decisions made by the coaches.**

**** Swimmers will not participate in a meet if they have been excessively absent or tardy to practices or meets.**

The meet director is Rachel Malley. Any and all problems that may arise at a meet should be directed to her.

Parental Responsibilities:

A successful swim team program depends on the active participation of parents.

Participation of at least one parent per family is required in order for your child(ren) to be eligible to swim on the team. It is unfair for a small minority to carry the load for the whole team.

Volunteer Positions: The following committees are needed for *every* meet:

Clerk of Course, awards, scoring, and timers.

Additional committees are needed for *home* meets: raffle ticket sales, runners, pool set-up, and concessions. Everyone is responsible for cleaning up after themselves and their family.

Sign up: A volunteer sign-up list has been provided in this handbook. The CCST board reserves the right to assign jobs to any family who does not volunteer and to fill the committees as required.

AN ABSOLUTE MUST: IF YOU ARE UNABLE TO PERFORM YOUR ASSIGNMENT DUE TO A CONFLICT, YOU ARE RESPONSIBLE FOR SWITCHING DATES WITH ANOTHER MEMBER OF THAT COMMITTEE.

Spirit Committee:

The Spirit Committee will work throughout the season to encourage good sportsmanship and camaraderie between team members, provide entertainment, and enhance a good team atmosphere. Planned activities will be geared towards both separate age groups and the whole team. We encourage swimmers to attend these events and get to know their teammates better.

All team members will receive a calendar with the meet and activity schedule. Past activities have included decorating cars prior to away meets, Fun Fridays, and sidewalk chalk messages for home meets. Other ideas are always welcomed. Parents are encouraged to participate in the activities planned. Please continue to encourage your swimmers to be involved in the activities to get the most out of the experience.

Championship Meet:

- ** The Championship Meet is scheduled for **Saturday, July 16, 2011 at 8:30 a.m.** at the Ehrnfelt Recreation Center.
- ** The meet typically last the whole day possibly until 5:00 p.m., so plan accordingly.
- ** *Written Notification in advance* of a swimmer's inability to attend is required.
- ** Proper attitude and behavior at this long meet by both parents and swimmers is especially important, including parental supervision of their swimmer(s) and other children.
- ** Seeding for this meet will be determined by the coaches, pursuant to the criteria previously listed.
- ** CCST's responsibility this year is Champs T-Shirts.
- ** Championship t-shirts will be available for pre-sale with a limited number being sold at the Championship meet. Order forms will be made available at a later date.
- ** Further pertinent information will be given as the season progresses.

DIRECTIONS TO SSL POOLS:

Bent Tree: Hunt Rd. (turn left from Crown Point or right from Benbow) to Bent Tree Drive (turn right) to East Bend Drive (turn right) to Walking Stick Way (turn left).

Co-Moor: Pearl Rd. (north) to Idlewood Trail (turn left).

Deerfield Lake: Drake Rd. (west) to Howe (turn left) to Golden Star (turn right).

Ehrnfelt Recreation Center: Royalton Rd. (Rt. 82) to Target store. Turn into Target and follow signs. It is behind the store.

Forest Park: West 130th (north) to Royalton Rd. (turn left) to Webster (turn right) to High Point (turn left) to Pleasant Ridge (turn left) to Park Moss (turn left).

High Point: Drake Rd. (west) to High Point Club Blvd. (turn left) to Brandywine (turn left).

Huntingon Park: 130th (north) to Royalton Rd. (turn left) to Webster (turn right) to Bryn Mawr (turn left).

Ledgewood: Howe Rd. (north) to Royalton Rd. (turn left) to Falling Water (turn right).

Meadowwood: Prospect Rd. (north) to Albion Rd. (turn left) to Gate Post (turn right).

Waterford Crossing: Drake Rd. (west) to Waterford Pkwy. (turn left). Pool and Clubhouse are on the left before Kinsner Elementary School.

Westwood Farms: Prospect Rd. (north) to Greenfield Place (turn left). At stop sign, turn left onto Country Way. After "Duck Crossing" sign, turn right into the common area. The address for the clubhouse is 21832 Country Way.

SWIM TEAM TERMINOLOGY

Awards: the ribbons presented at a meet to swimmers from each event who placed first, second, third, fourth, or participant. Also, the committee of volunteers who fill in the ribbons.

Bye: a day in which a meet is not scheduled for a particular team.

Championship meet: the meet at the end of the season in which all SSL teams participate. Individual ribbons and medals are awarded, as well as team trophies. Swimmers are entered on the basis of their best times recorded during the season, available seeding openings, and their attendance.

Clerk of Course: the designated area where swimmers are to assemble to receive their event cards before swimming each event.

D.Q. (Disqualify): the determination by the official(s) of a false start, illegal stroke or illegal turn.

Dual meet: a swim meet between two teams.

Event: each numbered category of a meet, which is divided into age group, male/female, type of stroke and lengths of the pool to be swum. Each event has a two-heat maximum, except freestyle which has unlimited heats.

Event card: the printed form handed to each swimmer at Clerk of Course which indicates the swimmer's name (or names if a relay event), age group, event number, heat, lane, type of event, and distance. Swimmers hand their cards to the timers prior to the start of the heat. Timers write in the official times and the card is then passed to the scorers.

Exhibition: swimming only to time the event, not to be eligible for points.

False start: when a swimmer leaves the starting block before the starting signal is given. Two false starts in an event disqualify the swimmer for that event.

Free Relay: an event in which four swimmers comprise a relay team swimming freestyle.

Heat: a subdivision of an event when there are more swimmers seeded than can swim at once.

Lane: the specified area in which the swimmer is assigned to swim. Lane assignments for each heat are determined by the Clerk of Course with the fastest swimmers from each team assigned to the inside lanes and the slowest swimmers assigned to the outside lanes.

Lane marker: continuous floating markers which separate the pool into lanes.

Line-up: swimming from one end of the pool to the other.

Long course: 50 yard/meter pool.

Medley Relay: an event in which four swimmers comprise a relay team with each swimming one of the following strokes in order: back, breast, butterfly, and freestyle.

Meet director: usually the president or vice president of a team who makes sure the meet is properly set up, running smoothly, all committees are manned, communicates with the officials, and attends to any problems which might arise.

Official: announces events to swimmers at the starting blocks, signals them to start, and determines and calls false starts, illegal strokes, and illegal turns.

Runner: volunteer who carries the timed score cards from the timers to the scorers after a heat.

Scorer: volunteer who records the order of finish and times of each swimmer in all events and compiles the team score.

Scratch: to withdraw from a scheduled event.

Seed: to distribute swimmers into heats according to their previously-recorded times.

Short course: 25 yard/meter pool.

Split times: the time recorded for one segment of a long event.

SSL: Strongsville Swim League consisting of the following teams: Bent Tree/Spyglass, Chandler Commons, Co-Moor, High Point, Huntington Park, Ledge Park (Ledgewood and Forest Park combined), Meadowwood, Recreation Center, Waterford Crossing, and Westwood Farms.

Starting Block: the diving blocks on the deep end of the pool on which swimmers take their marks and receive the signal to dive into the pool.

Timer: volunteer who determines and records times using a stopwatch. There are usually two timers per lane and one back-up timer covering all lanes.

SWIMSUIT ORDER FORM
CHANDLER COMMONS SWIM TEAM

FAMILY NAME: _____

PHONE #: _____

Swimsuits for Chandler Commons' swimmers are optional. As an option to you, suits are being ordered this year through the Strongsville Spirit Shop. This year's suit is a 100% Chloroban polyester **Dolphin Zephyr swimsuit.** (Polyester will not stretch, so please order true to your swimmer's size.)

***A sizing kit will be available at the Strongsville Spirit Shop in the Recreation Center. Please fill out and take this order form with you to place your order. Call Ann Matuch @ 238-9955 or Sue Walick at the Spirit Shop @ 572-2472 with any questions.**

FEMALE SWIMSUITS: (COST is \$37.75)

The girl's swimsuits are sized 22-40 and are fully lined.
Please indicate the quantity you wish to order next to each size.

_____ Size 22 (girls 3/4)	_____ Size 30 (girls 11/12)	_____ Size 38 (women 11/12)
_____ Size 24 (girls 5/6)	_____ Size 32 (women 5/6)	_____ Size 40 (women 13/14)
_____ Size 26 (girls 7/8)	_____ Size 34 (women 7/8)	
_____ Size 28 (girls 9/10)	_____ Size 36 (women 9/10)	

Total # of girl's suits @ \$37.75 each: _____

MALE SWIMSUITS: (COST is \$28.00)

The boy's suits are sized 22-40 and are front-lined, jammer style.
Please indicate the quantity you wish to order next to each size. Sizes represent waist size.

_____ Size 22	_____ Size 30	_____ Size 38
_____ Size 24	_____ Size 32	_____ Size 40
_____ Size 26	_____ Size 34	
_____ Size 28	_____ Size 36	

Total # of boy's suits @ \$28.00 each: _____

Total amount enclosed: _____

(Payment by: cash check credit card)

Checks made payable to: Strongsville Spirit Shop

**Bring this form and payment to the Spirit Shop to place your order.
DEADLINE TO ORDER SWIMSUITS IS MAY 7TH.**

CHANDLER COMMONS SWIM TEAM
REGISTRATION FORM

LAST NAME: _____

FATHER: _____ MOTHER: _____

ADDRESS: _____

HOME PHONE: _____ MOTHER'S CELL: _____
FATHER'S CELL: _____

EMAIL: _____
(All communication regarding practices and cancellations will be through email.)

SWIMMER: _____ D.O.B. _____ AGE ON 6/1/11: _____

SWIMMER: _____ D.O.B. _____ AGE ON 6/1/11: _____

SWIMMER: _____ D.O.B. _____ AGE ON 6/1/11: _____

SWIMMER: _____ D.O.B. _____ AGE ON 6/1/11: _____

Chandler Commons Dues per Family:

- One Child \$82.00
- Two Children \$143.00
- Three Children \$185.00
- Four Children \$205.00

Subtotal of Family Dues: \$ _____

Fundraiser Fee: None

SSL Dues/Insurance: \$12.00/swimmer included in dues. \$ -0-

Total of optional apparel order from pg. 11: \$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

Check #: _____

***Add \$25 late fee for Registrations received after 6:00 p.m. on Friday, April 29, 2011.**

CHECKS MADE PAYABLE TO: CHANDLER COMMONS SWIM TEAM (CCST)

DROP OFF or MAIL TO: Peggy Courey
19556 Castletown Drive Strongsville, OH 44136

SWIM TEAM APPAREL ORDER FORM

FAMILY NAME: _____ **PHONE #:** _____

*ALL SHIRTS and SWEATSHIRTS ARE PRINTED WITH THE *CHANDLER COMMONS TIDAL WAVES LOGO*. This year our apparel will be heather gray with navy print.

PLEASE FILL OUT AND RETURN WITH REGISTRATION.
CALL ANN MATUCH @238-9955 WITH ANY QUESTIONS.

T-SHIRTS:

Each swimmer receives a t-shirt at no cost if registered by April 29th.

For your complimentary t-shirt, please fill in the information below and return with registration.

Sizes: Youth large (YL), Adult Small (AS), Medium (AM), Large (AL), X-Large (AXL), and XX- Large (AXXL).

Swimmer's Name: _____ t-shirt size: _____

Swimmer's Name: _____ t-shirt size: _____

Swimmer's Name: _____ t-shirt size: _____

Swimmer's Name: _____ t-shirt size: _____

Total # of Complementary t-shirts: _____

Please turn in this form along with your registration.

FURTHER INFORMATION REGARDING EXTRA T-SHIRTS, HOODED SWEATSHIRTS AND PAJAMA PANTS WILL BE AVAILABLE BY THE APRIL 28TH INFORMATIONAL MEETING. THESE SHOULD BE SIMILAR IN COST TO LAST YEAR.

VOLUNTEER SIGN-UP SHEET

I (We) agree to serve on one or more committee(s) listed below for both home and away meets. I (We) understand that if the committees are not voluntarily chosen, they will be appointed. Please choose a "job(s)" and place an "x" in the appropriate slot. Also, please include any important scheduling information. **Parents must work both home and away meets.**

DUE TO THE SIZE OF OUR TEAM, EVERY FAMILY MUST WORK EACH MEET!!

HOME MEETS: CHOOSE 1 COMMITTEE

<input type="checkbox"/> Awards	<input type="checkbox"/> Clerk of Course
<input type="checkbox"/> Concessions	<input type="checkbox"/> Raffle Tickets
<input type="checkbox"/> Runners	<input type="checkbox"/> Timers
<input type="checkbox"/> Scoring	

AWAY MEETS: CHOOSE 1 COMMITTEE

<input type="checkbox"/> Awards	<input type="checkbox"/> Clerk of Course
<input type="checkbox"/> Timers	<input type="checkbox"/> Scoring

CHAMPS: SATURDAY, JULY 16TH – CHOOSE ONE

<input type="checkbox"/> NOT ATTENDING
<input type="checkbox"/> Pre-Clerk of Course for our team – 2 hours
<input type="checkbox"/> Monitor Team Area – 2 hour shift

Comments (Known vacation dates):

FAMILY NAME (please print): _____

PARENT(S) SIGNATURE(S): _____

PHONE NUMBER(S): _____

**CHANDLER COMMONS
STRONGSVILLE SWIM LEAGUE 2011 CONSENT & RELEASE FORM**

I/We the undersigned, parent(s) and/or guardian(s) of the named youth(s), do hereby give our consent for participation in the training and competitive meets of the Chandler Commons Swim Team, member of the Strongsville Swim League (SSL), which will provide a supervised, competitive swim program. I/We, the parent(s) and/or guardian(s) of the above candidate(s), do hereby give my/our approval for participation in all scheduled activities during the 2011 season. I/We, do further release, absolve and hold harmless the SSL and the Chandler Commons Swim Team and the Officers and Coaches of both organizations. In case of injury to my/our child, I/we waive all claim against SSL and the Chandler Commons Swim Team organizers, the City of Strongsville, the Strongsville Recreation Department, sponsors, or any of the supervisors appointed by them. Any adult supervisor of the Chandler Commons Swim Team is hereby given authority to call for, permit and provide medical care for my/our child and to consent to the provision of care to such child by medical practitioners or a hospital. I/We also certify that my/our child is in good health and has no known disabilities which would keep him/her from participating in the Chandler Commons Swim Team practices and meets. I/We understand that swim team insurance will be included in the price of the registration fee.

I/We also understand the need for parental involvement as a vital part of our child's/children's learning experience with the Team as well as the obligation to share in the activities of the Team. Therefore, by executing this form, I/we agree to participate in either the identified volunteered activities or ones that shall be assigned by the Chandler Commons Swim Team.

I/We grant permission for my child/children's photo/image/times and name(s) to be published on the SSL Strongsville Swim League public internet site (<http://www.strongsvilleswimleague.org>).

I am aware, there are potential dangers associated with the posting of personally identifiable information on a website since global access to the Internet does not allow control of who may access such information. These dangers have always existed; however, we as an organization do want to celebrate your child and his/her accomplishments.

If you, as the parent or guardian, wish to rescind this agreement, you may do so at any time in writing by sending a letter to the SSL President and such rescission will take effect upon the receipt by the SSL President.

Preferred Hospital: _____

Preferred Doctor: _____ Phone: _____

Preferred Dentist: _____ Phone: _____

Signature of Parent/Guardian: _____ Date: _____

Swimmers Names: (First, Last)	Birth Date:	Age as of June 1, 2011:
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Strongsville Swim League Swimmer, Parent, and Spectator Code of Conduct

1. Swimmers/parents/spectators should remember that the goal of summer swim league is: TO SUPPORT CHILDHOOD GROWTH AND DEVELOPMENT THROUGH SWIMMING-the fundamental techniques will be emphasized, with focus on sportsmanship, teamwork and having fun!

2. Swimmers/parents/spectators should keep in perspective what Strongsville's swim league is about-through sports; a child can experience attitudes which can help shape a happy, productive, and well-adjusted life. By creating a healthy environment on the team, ALL CHILDREN CAN BE WINNERS, regardless of the won-lost record.

3. Our children learn from what they observe- let your behavior '**SET THE EXAMPLE**' for our swimmers!

4. Parents/spectators should remember they are present to support the children, not to draw attention to themselves.

5. Parents/spectators should remember that coaches and officials are trying to help our children and are qualified in swimming. Unless they are invited to take an active part in coaching, should not complain/offer advice from the deck/gallery.

6. The official is in complete charge of the meeting and for the sake of the swimmers, his/her decision must be respected. If there is a complaint, it must be brought to your team President who will then take it to the SSL President if further action is needed.

7. Swimmers/parents/spectators who attend swim meets should promote well being and cheer for a job well done, regardless of which team the child is swimming for. Bullying another swimmer is NOT TOLERATED.

I have read and understand the above Code of Conduct and agree:

_____ Parent's Name (PRINTED)	_____ Parent's Signature	_____ Date
_____ Child's Name (PRINTED)	_____ Child's Signature	_____ Date
_____ Child's Name (PRINTED)	_____ Child's Signature	_____ Date
_____ Child's Name (PRINTED)	_____ Child's Signature	_____ Date
_____ Child's Name (PRINTED)	_____ Child's Signature	_____ Date

CONCESSIONS VOLUNTEER FORM

Every FAMILY is required to donate 1 case (24 cans) of canned beverages for the home meets.

Each FAMILY will be contacted by **Terri Matelski** or **Lori Silvis** regarding beverage and food donations. The drinks need to be brought to pool house by the 2nd swim practice on Monday, June 13th.

In addition to the beverage donation, please sign up for one or more of the items below:

_____ Cooked hot dogs with buns (4 lbs. w/buns)

_____ Sloppy Joes (3 lbs. meat w/36 buns)

_____ Rigatoni (4 lbs. with sauce)

_____ Ground beef taco meat (3 lbs.)

_____ Fresh fruit or vegetables (cut up and put in plastic bowls)

_____ Bakery/Dessert

Terri and Lori will develop a schedule telling you which home meet you will need to bring the prepared food items.

Please list any home swim meet dates you'll be unable to attend:

THANK YOU!

FAMILY NAME: _____

PHONE#: _____