

## **Radnor Girls Crew Hospitality – Spring 2009**

Hospitality – lunch, snacks, drinks -- is provided at our races for the team and RGCC spectators in attendance. Each family is part of the Hospitality Committee and is asked to provide food, or to set-up or dismantle the tents and equipment on a rotating basis.

Typically, you will be assigned tasks for two or three different regattas. Families with two rowers are assigned up to 3 tasks. **We follow the waiter/waitress rule—that is, if you need to switch, please find someone to sub in for you and then let Mary Lou McLaughlin or Dawn Lally know about the change.**

Descriptions of the various assignments, the items and approximate quantities you are asked to bring, are set forth below. Some races are AM races for the Girls and some are PM races for the Girls, other races are day-long. Exactly what and how much you bring will vary somewhat depending on whether it is an AM or a PM set up. For example, experience shows that coffee is *always* welcome, but we need less if we are racing in the afternoon. As you would expect, we serve more people/more meals at day-long and major regattas (e.g. Stotesbury).

While this process is by far not an exact science, we ask that you bring what is requested and be guided by the quantities suggested, but if you wish to be creative and add to the mix, feel free. If your experience suggests modifying numbers, have at it! We estimate that we will be feeding 120+ people (58 rowers and their families) for the Girls Team. Even that estimate may be low, depending on weather conditions (expect more for nice sunny days and Stotesbury).

**Rowers Training Table:** We are working with the coaches to set up a training table for the Rowers who have not raced yet and those who are recovering post-race. The coaches want them to be careful about what they eat, so we will set a table of just those foods, contributed from several of the assignments below. In general, the training table should include carbs, certain kinds of fruits (especially bananas) and vegetables, bagels, power/energy -bars, and a light pasta salad (preferably with an olive oil based dressing.) For the training table there should be no meat, dairy, mayonnaise or anything too heavy or too hard to digest. Some light French bread might be a good contribution, animal crackers, or whole grain crackers (for example, Kashi Whole Grain Crackers) and peanut butter.

**Hospitality Trailer Towing:** We have a hospitality trailer, which we share with the Radnor Boys Crew Club, to ease the burden of transporting our “backyard barbecue” to the riverfront. The hospitality trailer is located at RHS in the front parking lot next to the equipment storage building and has a **combination lock on it (combination is 0102).** Tip: After you have set the 0102 combination, you need to push the bottom of the lock up first before pushing the lock down to release the lock. If you are coming at night to drop off items, bring a flashlight! The trailer leaves the front lot each race day by **6:00AM**. The Girls and Boys team share the responsibility in towing the trailer to and from the race sites, depending on which team is racing first that day.

If your hospitality assignment entails providing food or beverages, those items should be loaded onto the trailer *before* the driver's departure time. Please do not delay the trailer – vying for parking near our tent at the river can be enough of a challenge without arriving at the river later than intended. If you can't adhere to the driver's schedule, please bring your food and beverage contributions directly to the tent at the river in time for the girls' arrival.

**Stotesbury Regatta:** This two-day regatta differs from most others in that it is large (largest high school regatta in the world!) and incredibly exciting, with teams coming from far and wide to compete. Also, "Stotes" begins on a Friday (5/15 this year) with boats advancing to semi-finals and finals scheduled on Saturday. We have included Stotes assignments on the following schedule for Friday and will request volunteers to bring refreshments and training table items for Saturday once we know which boats have advanced.

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Two assignment sheets follow: First, the main grid, showing hospitality responsibilities by race and task. The second sheet is a listing by family, so you can easily locate your name and assignments. (They should match, but if you see discrepancies please ask Mary Lou or Dawn for clarification!)

Specific details about each task can be found in the sections that follow the assignment charts.

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If you have any questions about anything at all to do with hospitality, please contact either:

**Mary Lou McLaughlin:**

(H) 610-526-9556,

(C) 610-331-0768,

e-mail [mlm@emeraldcapital.com](mailto:mlm@emeraldcapital.com), or

**Dawn Lally:**

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**RGCC rowers, coaches, families, and guests are welcome to eat food and drink all day. Bring your own chairs, blankets, binoculars, newspaper, etc. – it's FUN!!!**

*Many thanks – Rowers, Coaches and Board*

**Assignments:** Here is the grid, by regatta, listing each area of responsibility [described below] as well as the family assignments. Remember, if you can't fulfill your specific assignment, please find someone to trade with and be sure to tell Mary Lou McLaughlin or Dawn Lally about the change.

"THE GRID"	<i>Flick I</i>	<i>Flick II</i>	<i>Flick III</i>	<i>Shoebie Regatta</i>	<i>Flick IV</i>	<i>Flick V</i>	City Champs	<i>Dr. White</i>	<i>Stotesbury 1</i>
	Sun 3/15	Sun 3/22	Sun 3/29	Saturday 4/4	Sun 4/5	Sun 4/19	Sun 5/3	Sun 5/10	Fri 5/15
	TBD	TBD	pm		am	pm	am		pm
<b>Trailer to River</b>	MacCormick	Faulkner	Boys	Faulkner	Lally	Boys	Somes	MacCormick	Boys
<b>Ice/Water</b>	Blair	Howard E	Banky	Levenberg	Begg	Bickhart	Donnella		Hartman
								Frosh only	
<b>Set Up and Drinks (3)</b>	McLaughlin	Cantor	Chapin	Mazanek	Gregitis	Fitch	Olson	hospitality	Bickhart
	Lally	Doroski	Janizek	Miller	Howard E	Fox	Katz		Valicenti
	MacCormick	Howard, G.	Schug	Michelson	Donnella	Callinan	Neeson	Provided	Glassman
								by frosh	
<b>Bagels/Muffins</b>	Mariotti	Pegues	Fitch	Flail	Levenberg	Neesan	Cantor	Parents	Retzler
<b>Coffee</b>	Lally	Ballbach	Valicenti	Edelman	Burke	Silverman	Flail		Hernandez
<b>Fruit/Veggies/Snacks (2)</b>	MacCormick	Thomason	Mazanek	Kaney	Katz	Chapin	Chamblin		Gregitis
	Webster	Mancuso	Van De Beek	Chamblin	Michelson	Olson	Callinan		Mariotti
<b>Hoagies (2)</b>	Miller	McLaughlin	Begg	Blair	Doroski	Glassman	Faulkner		Janizek
	Press	Bos	Ballbach	Webster	Callaghan	McLaughlin	Kaney		Edelmann
<b>Grill Food Planners (2)</b>	Reid	Hartman	Fox	Lally	MacCormick	Van De Beek	Somes		Howard, G.
	Turner	Faulkner	Rand	Silverman	Connolly	Schug	Taylor		Banky
<b>Grill Cook -- Primary</b>	Turner	Chamblin	Burke	Hernandez	Mancuso	Mariotti	Taylor		Thomason
<b>Clean Up</b>	Kaney	Retzler	Webster	Press	Miller	Pegues	Levenberg		Rand
	Hernandez	Somes	Callaghan	Pegues	Reid	Lally	Bos		Michelson
	Flail	Press	Silverman	Somes	Edelmann	Connolly	Blair		Mazanek
<b>Trailer back to RHS</b>	Boys	Boys	Lally	Somes	Boys	Lally	Boys	MacCormick	Lally

**RADNOR GIRLS CREW CLUB SPRING 2009**  
**Hospitality Assignments by Family**

<b>Ballbach</b>	3/22 3/29	Coffee Hoagies	<b>Flail</b>	3/15 4/4 5/3	Clean Up Bagels/Muffins Coffee
<b>Banky</b>	3/29 5/15	Ice/Water Grill Food	<b>Fox</b>	3/29 4/19	Grill Food Set Up & Drinks
<b>Begg</b>	3/29 4/5	Hoagies Ice/Water	<b>Glassman</b>	4/19 5/15	Hoagies Set Up & Drinks
<b>Bickhart</b>	4/19 5/15	Ice/water Set Up & Drinks	<b>Gregitis</b>	4/5 5/15	Set Up & Drinks Fruits/Veggies/Snacks
<b>Blair</b>	3/15 4/4 5/3	Ice/water Hoagies Clean Up	<b>Hartman</b>	3/22 5/15	Grill Food Ice/Water
<b>Bos</b>	3/22 5/3	Hoagies Clean Up	<b>Hernandez</b>	3/15 4/4 5/15	Clean Up Grill Food Coffee
<b>Burke</b>	3/29 4/5	Grill Cook Coffee	<b>Howard E</b>	3/22 4/5	Ice/Water Set Up & Drinks
<b>Callaghan</b>	3/29 4/5	Clean Up Hoagies	<b>Howard G</b>	3/22 5/15	Set Up & Drinks Grill Food
<b>Callinan</b>	4/19 5/3	Set Up & Drinks Fruits/Veggies/Snacks	<b>Janizek</b>	3/29 5/15	Set Up & Drinks Hoagies
<b>Cantor</b>	3/22 5/3	Set Up & Drinks Bagels/Muffins	<b>Kaney</b>	3/15 4/4 5/3	Clean Up Fruits/Veggies/Snacks Hoagies
<b>Chamblin</b>	3/22 4/4 5/3	Grill Cook Fruits/Veggies/Snacks Fruits/Veggies/Snacks	<b>Katz</b>	4/5 5/3	Fruits/Veggies/Snacks Set Up & Drinks
<b>Chapin</b>	3/29 4/19	Set Up & Drinks Fruits/Veggies/Snacks	<b>Lally</b>	3/15 3/15 3/29 4/4 4/5 4/19 5/15	Set Up & Drinks Coffee Tow to RHS Grill Food Tow to River Clean Up Tow to RHS Tow to RHS
<b>Connolly</b>	4/5 4/19	Grill Food Clean Up	<b>Levenberg</b>	4/4 4/5 5/3	Ice/Water Bagels/Muffins Clean Up
<b>Donnella</b>	4/5 5/3	Set Up & Drinks Ice/Water	<b>MacCormick</b>	3/15 3/15 3/15 4/5 5/10	Tow to River Set Up & Drinks Fruits/Veggies/Snacks Grill Food Tow Roundtrip
<b>Doroski</b>	3/22 4/5	Set Up & Drinks Hoagies	<b>Mancuso</b>	3/22 4/5	Fruits/Veggies/Snacks Grill Cook
<b>Edelmann</b>	4/4 4/5 5/15	Coffee Clean Up Hoagies			
<b>Faulkner</b>	3/22 3/22 4/4 5/3	Grill Food Tow to River Tow to Boathouse Hoagies			
<b>Fitch</b>	3/29 4/19	Bagels/Muffins Set Up & Drinks			

03/24/09 Questions/Changes/Concerns: Mary Lou McLaughlin (610-526-9556) or Dawn Lally (610-527-3984)

**RADNOR GIRLS CREW CLUB SPRING 2009**  
**Hospitality Assignments by Family**

<b>Mariotti</b>	3/15	Bagels/Muffins	<b>Taylor</b>	5/3	Grill Food
	4/19	Grill Cook		5/3	Grill Cook
	5/15	Fruits/Veggies/Snacks			
<b>Mazanek</b>	3/29	Fruits/Veggies/Snacks	<b>Thomason</b>	3/22	Fruits/Veggies/Snacks
	4/4	Set Up & Drinks		5/15	Grill Cook
	5/15	Clean Up	<b>Turner</b>	3/15	Grill Cook
<b>McLaughlin</b>	3/15	Set Up & Drinks	<b>Valicenti</b>	3/29	Coffee
	3/22	Hoagies		5/15	Set Up & Drinks
	4/19	Hoagies			
<b>Michelson</b>	4/4	Set Up & Drinks	<b>Van De Beek</b>	3/29	Fruits/Veggies/Snacks
	4/5	Fruits/Veggies/Snacks		4/19	Grill Food
	5/15	Clean Up	<b>Webster</b>	3/15	Fruits/Veggies/Snacks
<b>Miller</b>	3/15	Hoagies	3/29	Clean Up	
	4/4	Set Up & Drinks	4/4	Hoagies	
	4/5	Clean Up			
<b>Neeson</b>	5/3	Set Up & Drinks			
	4/19	Bagels/Muffins			
<b>Olson</b>	4/19	Fruits/Veggies/Snacks			
	5/3	Set Up & Drinks			
<b>Pegues</b>	3/22	Bagels/Muffins			
	4/4	Clean Up			
	4/19	Clean Up			
<b>Press</b>	3/15	Hoagies			
	3/22	Clean Up			
	4/4	Clean Up			
<b>Rand</b>	3/29	Grill Food			
	5/15	Clean Up			
<b>Reid</b>	3/15	Grill Food			
	4/5	Clean Up			
<b>Retzler</b>	3/22	Clean Up			
	5/15	Bagels/Muffins			
<b>Schug</b>	3/29	Set Up & Drinks			
	4/19	Grill Food			
<b>Silverman</b>	3/29	Clean Up			
	4/4	Grill Food			
	4/19	Coffee			
<b>Somes</b>	3/22	Clean Up			
	4/4	Clean Up			
	4/4	Tow to RHS			
	5/3	Grill Food			
	5/3	Tow to River			

## General Overview for when you are “On”:

Refer to the sections attached below that pertain to your assigned task(s). We have attempted to assign each family with 2 - 3 tasks, typically a combination of “purchased items” and “labor-related” tasks. Families with 2 rowers have been assigned 3 tasks. **Again, we follow the waiter/waitress rule—that is, if you need to switch, please find someone to sub in for you and then let Mary Lou McLaughlin or Dawn Lally know about the change.**

Some tasks will require coordination with one or two other families assigned to the same function for your race day. Please contact those other families and discuss your combined plans. Keep in mind that we are provisioning the racers – both pre-race (training table) and post-race (including sufficient quantities of cooked food, etc. reserved for the late-race rowers) as well as all of us RGCC spectators throughout the duration of each event.

Prior to the day before each event, the hospitality chairs will confirm that all fixed supplies are on the hospitality trailer, cleaned and ready for use. Fixed supplies are all labeled RGCC and include: 1 grill, propane fuel tank, 3 folding tables, 2 rolling coolers for storage, 1 barrel-cooler for drinks (Gatorade jug-cooler), and supply items (trash bags, plates, napkins, plastic ware, paper towels, small zip lock bags, condiments, tablecloths, hot/cold cups, serving utensils, etc.).

If you notice we are low on any supplies, please let Mary Lou or Dawn know so that we can get replacements.

Thanks for all of your help and enthusiasm!

Mary Lou McLaughlin and Dawn Lally  
RGCC Hospitality Chairs

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## 1. Ice/Water

- Purchase 3 large bags (20 lbs each) of ice and 8 - 2½ gallon water jugs. Stow it all on the trailer the evening before the race (before 6:30PM). It is **critical** that you ensure that the ice is in the coolers **before 6:30PM** so that the families bringing: grilled items, hoagies, and fruits/veggies/snacks can deliver their perishable food items to the trailer. We have 3 coolers – large white cooler, light green cooler and a smaller royal blue cooler. Please don't break the bag for the ice in the royal blue cooler, as we intend to keep this as clean ice for drinks.

## 2. Set Up and Drinks (3 families)

- **Drinks:** In order to provide more variety to our drink menu, we are asking **each** of the “set-up” families to bring 3 - 5 liters/jugs of soda or soft drinks (lemonade, ice tea) with them at set up for the spectators with a variety of regular and diet soft drinks. We will still continue to offer Gatorade, water, coffee and hot chocolate, but several folks have requested additional offerings. Bring what you like, but don't feel like you need to provide drinks for our whole crowd! These drinks may be placed on the trailer to facilitate transportation in the AM, but *please mark them RGCC so there is not confusion with the boys' goods.*
- **Morning Set-Up Procedures:**
  - Arrive at the river when the hospitality trailer arrives (usually by 6:30AM); confirm the estimated arrival time with driver of the hospitality trailer.
  - We generally set up near the painted pole—a telephone pole painted with stripes on its middle, that is located a good bit east of the St. Joe's boathouse at the 750 km marker.
  - Set up the new RGCC tent **and** the RBCC (Boys Team) tent at our set up spot – we try for the area slightly to the west of the painted pole, between a bench and a tree (try to claim the bench, too!). There are instructions for the tents in the bag, and tent stakes in the side pocket. The tents are pretty easy to set up, and fairly intuitive, but you do need four people (four corners!). *Please ensure that the stakes to the tent are hammered all the way into the ground* and attempt to locate the tent on the upper, flatter ground nearer the bike trail. There are side flaps for the tents. We won't always want these on all sides—use your judgment.
  - Set up the grill between the girls and boys tents and connect the propane tank. (No need to light the grill at this hour, but do be sure the grill is ready to light).
  - Set up three RGCC folding tables under the tents, on the grill end. Cover with tablecloths.
  - Unload the fixed supplies from the trailer – bins marked “RGCC Regatta Supplies” – plates, utensils, cups, napkins, etc.
  - Wind gusts are common along the river. Cups, plates, napkins, etc. should not be set out on tables without being anchored or contained in some way. Set up the Boys Team tables according to their preferred arrangement (to be provided). The Boys Team will take care of unloading their other equipment and supplies.
  - Make Gatorade in the 5-gallon jug cooler. Follow the directions on the container and use 2 of the 2.5 gallon water jugs that are stowed on the trailer. Long stirring spoons are in the fixed supplies.

- Set up the coffee and hot water dispensers on one of the general tables – the coffee and hot water will be in a plastic bin on the trailer. Set out tea bags, hot chocolate packets, and instant oatmeal – you’ll find them in the bins of fixed supplies.
  - If bagels and muffins are on trailer, place 2 dozen of the bagels (sliced) on the Training Table (remember to include a plain/sesame/multigrain mix). Place remaining bagels, cream cheese, mini-muffins and other items you are serving on one of the general food tables, with a slicing knife and cutting board. If the Bagels/Muffins are not on the trailer – no worries, that assigned person plans to bring the items and perform set up at the river.
  - Place fruits, vegetables, and snacks that are in the coolers and bins on the RGCC Rowers’ Training Table, along with the bagels.
  - Set up a selection of the supplemental drinks that you brought with you on the table and store the additional drinks in one of the coolers after its contents have been removed.
  - **Hang the Radnor team banners off the tents so everyone can find us**
- **Afternoon Set-Up Procedures:**
    - Arrive at the hospitality tents when the first of the girls need to report to the boat trailer (this will be announced by Coach Travis each week, or check with your daughter)
    - The Boys Team will unpack our supplies on our spot, but we will be responsible for putting up our new tent. *Please ensure that the stakes to the tent are hammered all the way into the ground* and attempt to locate the tent on the upper, flatter ground nearer the bike trail.
    - Unload the fixed supplies from the trailer – bins marked “RGCC Regatta Supplies” – plates, utensils, cups, napkins, etc.
    - Wind gusts are common along the river. Cups, plates, napkins, etc. should not be set out on tables without being anchored or contained in some way.
    - Make Gatorade in one of the 5-gallon coolers. Follow the directions on the container, using 2 of the 2½-gallon water jugs you purchased. Long stirring spoons are in with the fixed supplies.
    - Set up the coffee and hot water dispensers on one of the general tables – the coffee and hot water will be in a plastic bin on the trailer. Set out tea bags, hot chocolate packets, and instant oatmeal – you’ll find them in the bins of fixed supplies.
    - If the bagels and muffins are on trailer, place 1½ dozen of the bagels on the Training Table (remember to include a plain/sesame/multigrain mix). Place remaining bagels, cream cheese, mini-muffins and other items you are serving on one of the general food tables, with a slicing knife and cutting board. If the Bagels/Muffins are not on the trailer – no worries, that assigned person plans to bring the items and perform set up at the river.
    - Place fruits, vegetables, and snacks that are in the coolers and bins on the RGCC Rowers’ Training Table, along with the bagels.
    - Set up a selection of the supplemental drinks that you brought with you on the table and store the additional drinks in one of the coolers after its contents have been removed.

## 2. Bagels/Muffins

- Purchase 4 dozen assorted bagels, cream cheese, and 3-4 dozen mini-muffins or other morning treats (be creative here). On PM race days, it probably makes sense to go lighter on the morning treats, **except the bagels** as the rowers seem to eat these all day long and they are a Training Table staple.

- Plain, sesame, and multi-grain bagels are racer-favorites and should be part of the selection offered on the training table.
- Deliver the bagels and muffins to the hospitality trailer well before its scheduled 6AM departure for the river, or plan to arrive early enough at the river, slightly behind the set up folks at 6:30AM. For PM regattas, you can either drop the bagels off at the trailer by 6AM as above, or drop off and set up the bagels at our tent slightly before the earliest time the girls are required to report to the river that afternoon. *Please ensure that everything is marked RGCC if you are dropping off at the trailer.*
- Place 2 dozen, sliced bagels on the Training Table (remember to include a plain/sesame/multigrain mix).
- Place remaining bagels, cream cheese, mini-muffins and other items you are serving on one of the general food tables, with a slicing knife and cutting board.
- Monitor your set up area periodically. It may need some straightening/cleaning from time to time.

### 3. Coffee/Hot Water/Hot Chocolate/Tea

- Obtain the 6 coffee/hot beverage containers from the trailer – 4 are 64oz WaWa containers and 2 are insulated metal dispensers. Ensure that the containers have been cleaned.
- Contact your nearest WaWa either the night before or early in the morning to advise them that you will be coming in to obtain 3 gallons of regular coffee at 5:00AM – 5:30AM. Bring the one metal dispenser into the store with you to fill directly in the store – it holds one gallon. Then, fill the four 64 oz. WaWa containers with regular coffee. WaWa should supply you with hot beverage cups, stirrers, sugar, creamers, and sugar substitutes. Our understanding is that the cost of filling a 64 oz container is approx. \$3.17 per container.
- Fill the other insulated metal beverage dispenser (marked with a blue dot) with boiling hot water from your house. This water will be used to make hot chocolate, tea, and oatmeal at the river.
- Purchase hot chocolate or tea, as needed. The Hospitality Coordinators will provide you with a sense of the weekly needs after reviewing the quantities left from the prior week.
- Transport the filled containers of coffee and water in the plastic bin to the trailer and ***place on the bin on the trailer by 6AM***, prior to the trailer departure. We strongly recommend that you transport the coffee to the river in the trailer since the filled bin will be very heavy and you will likely not be permitted to park at our site without a parking permit.
- Monitor the coffee station during the regatta. If the coffee stored in the WaWa 64 oz containers gets cold, there is a small stove with propane cylinders and 2 metal coffee pots which can be used to warm the coffee prior to refreshing the insulated metal coffee dispenser. The main grill can also be used for this purpose also if it is not in use. Additionally, please monitor the hot water supply and heat up water from our jugs to replenish the insulated hot water dispenser.
- At the end of the day, take the empty coffee and water containers home with you to be washed and returned to the trailer during the week but preferably before Thursday. You may want to coordinate directly with the “Coffee” person for the following week to drop off the containers at their house and review the process.

#### 4. Fruit, Vegetables, Snacks (2 families).

These foods are the main options for our rowers (pre- and post-race) so be sure to provide adequate quantities of selections from the training table staples and optional items suggestions listed below. Also, please coordinate between yourself and the other assigned family to ensure that the “staples,” as listed below, are sufficiently covered.

##### Training Table Staples:

- Bananas (3-4 bunches, about 25+ bananas)
- Orange wedges (pre-cut) from about 20 – 25 oranges
- Grapes (5 bunches of seedless)
- Apples (25 medium-sized, uncut)
- Power bars/Energy bars/Granola bars (Clif bars, Luna bars, Power bars, Oats ‘n Honey)
- Peanut Butter, Honey and Jelly

- Training Table Optional Items:

- Dried apples, Dried apricots, boxed raisins, trail mix
- Celery sticks, Carrot sticks, Cherry tomatoes, Red bell pepper strips, Broccoli
- Whole grain crackers, Animal Crackers, Goldfish, Granola bars, Pretzels, Bread sticks
- Hummus
- Almonds
- French/Italian bread and dipping oil
- Pasta salad/vinaigrette dressing

- General Serving/Spectator Table suggestions:

- Veggie trays with dip. If the dip is in bottles, look for the wide-mouthed style for dipping right into the containers.
- Green salad/croutons/vinaigrette dressing
- Cookies, brownies, or some other kind of sweet – variety is always welcome
- Anything from the ‘pre-racer’ list above, including salads

- Deliver the above items to the trailer **after 6:30PM the night before race day, or well before 6AM on the day** of the race (prior to the trailer departure to the river). *Please ensure that everything is marked RGCC if you are dropping off at the trailer.*
- Replenish and neaten each table area, as necessary, during the regatta.

#### 5. Hoagies (2 families)

- **Each family** should purchase ten 12-inch hoagies for PM regattas. Turkey and Italian hoagies are popular, but please make sure that there is a “vegetarian” offering of cheese and/or veggie hoagies

in the mix. For a morning regatta, you may want to reduce the quantity purchased by each family to eight 12-inch hoagies; however, we have had a lot of people at both AM and PM regattas with no leftovers!

- Fixings should be provided on the side – onions, hot and sweet peppers, pickles, mayonnaise packets. Mustard and ketchup are stocked with our standard grill supplies.
- Deliver the hoagies to the hospitality trailer either the night before the race after 6:30PM (ensure ice is in the coolers!) or well before the trailer's 6AM scheduled departure for the river on race day. *Please ensure that everything is marked RGCC if you are dropping off at the trailer.* If you can't get the hoagies to the trailer early enough, bring them directly to the hospitality tent at the regatta. It's worth trying to have them travel on the trailer though – it's very awkward transporting hoagies and all those containers of side fixings from the remote parking areas.
- At serving time (earlier than you might think – folks get hungry early and often at the water!), cut the hoagies into 3 or 4-inch small sandwiches and stack on a platter. Replenish the tray as the sandwiches are eaten.
- Reserve a small sampling of the sliced hoagies, wrapped and on ice, for the late rowers.
- By mid-regatta, all hoagies (except those set aside for the late rowers) should be served – we don't want these left over at the end of the day.

## 6. Grill Food Planners and Grill Cook (3 families)

- The grill food planners and grill cook should organize and split the cost between their respective three families – new food ideas are always welcome – anything you think of that can be easily cooked and managed at the river. Grill Food Planners should take the responsibility to purchase the food with the food costs split 3-ways between the 3 grill families. Breakfast sandwiches were a huge hit last year for morning regattas!
- Purchase the below items, and bring them to the hospitality trailer either the night before the race after 6:30PM (ensure ice is in the coolers!) or well before the trailer's 6AM scheduled departure for the river on race day. *Please ensure that everything is marked RGCC if you are dropping off at the trailer.* On days when the Girls race only in the morning, consider obtaining the necessary ingredients for breakfast sandwiches (eggs, bacon, sausage, cheese, rolls/English muffins) The bacon and sausage could be pre-cooked at home to reduce time and effort on the river. Use your judgment as to what the day calls for and also consult with the Grill Cook as to his/her cooking preference.
- Minimum Quantity Grill suggestions: (Go to Costco or BJs, if possible!)
  - 120 frozen hamburgers
  - 40 hotdogs (you can buy them in a box at Costco)
  - 1 dozen veggie burgers
  - 2 lbs. of American cheese
  - 13 dozen hamburger rolls
  - 40 hotdog rolls
  - 15-20 slit, boneless chicken breasts or tenders (consider seasoning or marinating the breasts in advance). The chicken breasts should be roughly the same size as a burger.
  - Ketchup and mustard will be in with the fixed supplies (no purchase necessary)
- Assist the Grill Cook throughout the day with wrapping cooked items and ensuring adequate quantities are on-hand and taking a turn on the grill to provide the cook with a needed break!

- **Any leftover food can be: (1) given to Mary Lou McLaughlin for the next regatta; (2) taken home by the Grill Food Planners and Grill Cook or (3) distributed to others at the river for their use – no leftovers should be placed back in the coolers at the conclusion of the day.**

## 7. Grill Cook

- Coordinate with the Grill Food Planners as to the grilling menu for regatta and whether or not adjustments are needed for AM vs. PM regattas. The cost for the grilled food will be split among the 3 families, however, the Grill Food Planners are primarily responsible for making the purchases.
- Ensure that the grill is lit/on approximately 10 minutes prior to beginning the cooking process.
- Grill the above items, working with the Grill Food Planners, to ensure that an adequate supply is served on the general serving table and that there is a sufficient amount of grilled food set aside for the later rowers (typically, varsity 4-boats and 8-boats, etc.)
- Please ask for breaks from the grill food planners or any other parent – people are happy to chip in and help!
- **Please grill up a good number of burgers, hotdogs and chicken breasts at the end of the day and wrap in foil packets to keep hot for the girls who row last. Foil for this will be included with the grilling equipment.** We have thermal bags to store the hot foods in while waiting for those last girls to come eat.
- Work with the Clean Up folks on when to shut down the grill so it is cool enough to be cleaned before packing it up to go home.

## 8. Clean Up (3 families)

- **It is a good idea to start breaking down a little early, but we do need to be sure there is enough of a set up left so the girls who row last can get something to eat and drink.**
- Please be sure there is some of the more substantial food left for the girls who row last. The grillers will grill up burgers and chicken and put them in foil packets. Make sure these, some rolls, fruit and something more than snacks are left as these girls have not eaten much all day and will be hungry.
- Don't forget to look in the coolers for reserved hoagies to serve these girls, too. Make sure any leftover hoagies are given to families prior to departure, or thrown out at the river. **No leftover foods should be retained in the coolers after the regatta is over – give away or toss!**
- You can usually take down the tents [if both teams are finished racing] and pack some of the stuff up before the last rowers return, but we do want to make sure they have something good to eat and plenty to drink.
- **When the Girls Team races in the morning:**
  - Pack up all food, dishes, and supplies. Pack non-perishables and supplies that don't need to be washed onto the hospitality trailer. Either pack everything else (tablecloths, dirty serving dishes and utensils, Gatorade thermos) on the hospitality trailer for convenience, or take it to your own cars. If it goes on the trailer, retrieve any dirty items from the trailer at the high school later, so you can take them home for washing. Check with the Boys Team trailer driver for when they expect to return to the high school.
  - Please pack up the RGCC tent and place it in under the first shelf on the left.

- Continue with additional “Clean Up” responsibilities below
  
- **When the Girls Team races in the afternoon:**
  - Pack up all food, dishes, and supplies. Pack non-perishables and supplies that don’t need to be washed onto the hospitality trailer. Either pack everything else (tablecloths, dirty serving dishes and utensils, Gatorade thermos) on the hospitality trailer for convenience, or take it to your own cars. If it goes on the trailer, retrieve any dirty items from the trailer at the high school later, so you can take them home for washing.
  - Pack up all of the tables and tents [for both teams] and stow them on the hospitality trailer. The tent should be placed under the first shelf on the left.
  
- **Additional “Clean Up” responsibilities:**
  - At the river, the clean up team has to ***clean the grill***. (Included in the fixed supplies are paper towels and a good grease-cutting cleaner.) Of course you will need to let the grill cool down before cleaning it. Again, work with the Grillers to be sure it is turned off early enough to clean, but that there is plenty of food for the girls who row last.) Return the grill to the hospitality trailer.
  - **Please CLEAN and return ALL supplies in need of washing.** At home, clean the utensils and serving dishes, and wash the tablecloths before returning them.

***Many thanks to all.....See you on the river!***