

Cedar Ridge High School Swimming & Diving Pasta Party

Host provides the main dish usually pasta, a place for everyone to eat, and then a place for an activity (optional). Previous activities have been Wii games, video games, karaoke, and scavenger hunt.

The timeframe is 6 – 8pm the night before the Swim Meet, they usually go to 8:30, but do not be shy about asking folks to wrap it up.

Please invite another parent to help with cooking and chaperoning

Swimmers are expected to bring something, see step-2 below. If a swimmer does not, then they are to contribute \$2 per **UIL rules**. Nothing should be free for an athlete; they either bring an item or \$2. Place a jar to collect the \$.

Pasta Party Steps

1. Enjoy. Have fun and KIS, simpler is better
2. Remember, there are limited opportunities like this during your child's HS years

3. Engage your child to help with the gathering

Tell him/her the boundaries and expected behavior and ask him/her to help control the group

Tell him/her to report anything that seems like trouble to you during the gathering

Have him/her greet guests

4. Review Sign-Up Genius to see how many are coming

To determine how much pasta to make, plan on about ½ lb. / person

Make a meatless option for vegetarians

Plan for late comers

5. Review Sign-Up Genius to see if all areas are filled. Here are the areas.

If some are not filled, determine what is important. Cups & Dishes are needed.

French bread (2-4 loaves total)

Drinks (4)

Gatorade or a case of water please

Paper plates (100 CT)

Forks (100 CT)

Dessert (2)

Fruit

Salad

Napkins (100 CT)

6. Greet the team as they arrive at 6pm

7. Start serving shortly thereafter at 6:15 or so, buffet style

8. Take pictures, group shots and surprise photos (these are best for year-end video)

8. Ask the team to help clean-up

9. Start fun event, socialize, etc.

10. Wind down

11. Thank your guests and see them off

Ask your swimmer what they would like to serve. Spaghetti is most popular, followed by lasagna, then pizza