PROSPECT GIRLS CROSS COUNTRY
Friday Night Pasta Party
Signup Sheet

Camaraderie and togetherness are important aspects of being a part of any team. The girls have said they want to build upon the Friday night pasta parties and one way to do this is through an activity that encourages camaraderie and togetherness. The pasta parties are a way for the girls to unite outside of practice and to sit around and talk while they prepare for the race the next day. Games and activities may be included to develop that bonding experience (Bonfire+S'mores, tye dying, movie night, egg toss, musical chairs, pumpkin carving, necklace making, etc)

The dates are listed below and please feel free to sign up on this google document or email me to reserve a date. There are approximately 30-35 girls that attend, the party usually starts around 5:45pm and they will conclude about 7:30/8:00pm). (*represents Home Football games)

2019 Meets and Dates	Family(s)
*Friday, Sept 6 (Fenton Invite)	Erickson
*Friday, Sept 13 (Lake Park Invite)	HOMECOMING - cancelled pasta party
*Friday, Sept 20 (Libertyville Invite)	Runkle
Friday, Sept 27 (Palatine Invite)	Zakula and Andryushchenko
Friday, Oct 4 (non-Top 7 athletes before Niles Invite)	Hindmand
*Friday, Oct 18 (MSL Conference)	Wasowicz
Friday, Oct 25 (Halloween theme, Regionals, Top 14)	Hubbard and Roberson
Friday, Nov 1 (Sectionals, Top 14)	Barbaric and Lettow/Nash

Guidelines and Helpful Tips for Hosting a Party:

1. **Thursday or Friday you daughter can handout invitation / information / directions and I will get a head count (approx 40).**
2. **One big room, adjoining rooms, or rooms where athletes may interact is preferable. Outside is great (weather permitting).**
3. **Pre-cooking ideas: Try to serve a balanced array of SIMPLE foods.**
4. **Please avoid: soda pop, sweets, spicy sauces, high fat foods, unhealthy desserts.**
5. **Appetizers or with meal (one choice): either lettuce salad (with dressings), vegetables (and dip), or maybe fruit salad (but this will go REALLY FAST).**
6. **Meal (probably two choices): either lasagna, baked mostaccioli, spaghetti, or another Italian noodle with a marinara sauce (one meatless for sure as some girls do not eat meat). Although pasta isn't necessary, the girls may have mutiny if they don't have it (it's what they're used to for pre-meet dinners).**
7. **Bread: garlic bread and plain French or Italian bread. They will eat way more than you would guess.**
8. **Drinks: water and Gatorade or Powerade, possibly lemonade or fruit juices.**
9. **Dessert (one choice): either fruit salad (girls really like fruit salad so be careful if you put out early it will go fast), fruit dipped in whip cream or chocolate, popsicles, Italian ice, Sorbet, etc. PLEASE AVOID CAKES, COOKIES, BROWNIES, RICE KRISPIE TREATS AS THESE FOOD PROVIDE VERY LITTLE NUTRITIONAL VALUE.**

RUN, FIGHT, WIN KNIGHTS!!