

Feb. 27th, 2019

FROM: Carolyn Lee, CCA Swim & Dive Snack Coordinator
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RE: SNACK COORDINATION FOR SWIM MEET DAYS

Hello Raven Swim & Dive Families,

Thank you for your support of the 2018 CCA Swim & Dive Team!

Our first meet for 2019 is Thursday, March 7th. I know all of our kids have been working hard to get ready and are very excited. Please help your swimmer to perform their best, by coordinating snacks with other team families. The team snack schedule is posted on the team website under the Snack Schedule tab:

<http://ccaswimanddive.weebly.com/schedules.html>.

We have a large group with nearly 70 swimmers and divers on this year's team. CCA's lunch period starts at 11:15am, but swim meets won't end until after 6:30pm, 7-8 hours later. Our swimmers rely on these snacks ("mid-afternoon mini-meals") to fuel their performance in the pool. There is no team budget for snacks. Please help out, when it's your turn to provide team snacks.

*****If everyone forgets snacks that week, the entire team goes hungry.*****

Although rare, this actually happened at the first meet of 2018! To prevent this, I have asked the Team Captains and Club Officers to lead by example this year. These families have graciously agreed to provide snacks for our first meet of the year. Please thank those swimmers, when you see them.

GENERAL GUIDELINES ON TEAM SNACK COORDINATION

1. **Each swimmer is assigned to bring snacks, once per season.** Consult the Snack Schedule to determine what to bring and when. I've tried to mix and match swimmers every week, by grade and by ability level. Please see me well in advance, if you have a conflict. I will help you find a substitute.
2. **There are no snack assignments for invitational or championship meets.** Each swimmer packs their own lunch and healthy snacks on those meet days. Bring money for the host team's snack bar (optional). We want to help support that host team's snack bar fundraiser, so their teams will support ours, in turn.
3. **CCA is the host school for League Championships this year.** We will need a small army of parent volunteers to man and run this snack bar fundraiser, to benefit future team activities. It's an all-day Saturday meet on 4/27th, so it's a great volunteer opportunity for working parents. *More information TBD.*
4. **Post-Meet Clean Up:** On the day you are providing snacks, please pack an extra trash bag along with your snacks. Snack duty swimmers will help team captains lead the post-meet clean up. There is no janitorial staff to pick up anyone's mess, after swim meets. We are guests at every single pool venue, even our own "home pool" at Cathedral HS. Please

leave every pool deck cleaner than we found it, always. If our swimmers lead by example, all the other teams will step up to help clean up too.

5. **I will send out reminders about snack duty every week, multiple times if I have to.** Swimmers, I will keep reminding you, until you and/or your parent confirms with me about your snack assignment for that week. Please respond promptly.
6. **To help busy families, snacks can be delivered to my home the night before the meet.** Call me first, to make sure we're home.
The Betts/Lee Residence
13643 Boquita Drive, Del Mar, CA 92014

HINT: We live right next to Del Mar Heights Elem. School, at the end of a cul-de-sac. This school traffic jam is WORSE than CCA's. Plan accordingly.

ADDITIONAL HINTS ON SNACKS

- A. **Cream Cheese:** A bag of 50 individualized packets cost \$10 at certain Costco locations. They are currently stocked at Carlsbad, Morena Blvd, but NOT Carmel Mtn Ranch. Not every Costco stocks them! If they're sold out, you don't want to run all over the county at the last minute, looking for these when it's your turn to provide snacks. Buy them NOW; they keep for months, if refrigerated. *Please don't send large tubs of cream cheese, if it can be helped.* That gets really messy on a pool deck (no one remembers to provide knives, tubs of half melted cheese have overturned onto concrete, oily dribbles happen, etc)
- B. **Fresh Fruit:** Contact me, if you need advice on "easy-to-eat" fresh fruit snacks. Ants are always an issue around the Cathedral HS pool bleachers. There are NO mops or janitorial staff available to clean up sticky spills. Swimmers who spill food will find that food staring back at them, at next morning's swim practice...
- C. **I will provide ice on meet days, to help keep foods from spoiling.** Donations to help defray ice costs are gratefully appreciated, any time! CCA doesn't reimburse me for ice, and swimmers are grateful for ice-cold water bottles and non-spoiled food on a hot meet day.
- D. **Food allergies:** Contact me, if you have a food concern. We've had swimmers with life-threatening nut/peanut allergies, in past seasons. There is a suggested list of nut-free bars available on the team website, if swimmers/families are uncertain of which brands to buy. If in doubt, please check the label!
- E. **Tupperware Containers:** Unidentified Tupperware has been known to walk off, get tossed in the trash by mistake, and/or disappear, at the end of the day. If you love it, label it, and tell your swimmer to retrieve it, at the end of the day.
- F. **Non-Assigned Names:** There is a very small group of parents who are not assigned to the snack schedule, at this time. You may be asked to step in, as last-minute substitutes, if other families have scheduling conflicts. I will also ask unassigned families to help man a shift at CCA's snack bar, at League Championships on 4/27th. Don't worry, there will be PLENTY of snack bar volunteer opportunities for everyone else too.

Finally, I want to thank everyone for participating in team snack coordination for the 2019 CCA Swim & Dive Team.

Go Ravens!