



FRIDAY NIGHT TEAM DINNER VOLUNTEER JOBS

Friday Night Team Dinners have been part of B-CC Crew almost since its beginnings! These pasta and lasagna dinners are a great way for rowers to get together before a race to strategize with their coxswains and coaches and to go over any last minute changes to the race schedule. The dinners also provide a practical purpose – a healthy, carbo-loaded meal to fuel muscles and help athletes row hard the next day. Dinners start immediately after practice (between 6:30-7 pm) and last about two hours (between 8:30-9 pm).

Thank you for volunteering for a Friday Night Team Dinner job!

FRIDAY NIGHT DINNER COORDINATOR

The Friday Night Dinner Coordinator pulls together the volunteer lists for each of the dinners based on the sign-up sheets available at the Team Dinner in late January/early February. At the beginning of each week in which there is a dinner, the coordinator sends out a reminder e-mail to all of the persons with volunteer responsibilities for that dinner. Include in that e-mail are directions to the home of the host family. Also at the beginning of the week, the coordinator sends out an e-mail to the entire list serve so athletes and parents know the name of the host family and directions to the host family.

HOST FAMILY

The host family offers their home to the team members and coaches. Some families chose to have everyone inside. Others, if weather permitting, opt to have tables and chairs set up outside for the athletes. The athletes generally eat with fellow boat mates, so tables of ten (eight rowers and a coxswain) work out well if kids are going to be outside and also work out well for a post-dinner meeting that takes place between coxswain and rowers and a coach.

Duties: Give directions (from Chevy Chase Circle, Friendship Heights and B-CC) to your home to the Friday Night Dinner Coordinator for posting. Include any neighborhood parking restrictions that are relevant. If not home during the day of the dinner, let other volunteers know where to drop off supplies and drinks early-front porch, back porch, etc. Students come in large groups in a very short period of time. Food needs to be on the serving table, ready for the first wave of hungry athletes, and seconds and thirds ready on the stove or in the oven warming or in the refrigerator already prepared for serving. Drinks are better placed away from the food for ease and efficiency of food serving.

DINNER HELPERS

The dinner helpers lend a hand to the host family. Helpers should plan to arrive 30 to 45 minutes before the dinner and stay to clean up 30 to 45 minutes after the dinner.

Duties: Like the host family, move food from the kitchen to the serving tables as quickly as possible and attend to whatever minor emergencies may arise.

SUPPLY VOLUNTEERS

No matter how much food is on the table, you can't start feeding 80 hungry athletes without plates, cups, silverware or napkins. If you are providing the plates, cutlery, napkins and cups, please do not send these supplies with your son or daughter to bring after practice. Inevitably, your son or daughter will be in the last practice shift and will arrive after many of the other athletes have already walked through the door ready to eat.

Duties: Drop off these supplies a day or two before the dinner.

FOOD VOLUNTEERS

Be kind to your host and their helpers and have your food ready to serve and in disposable containers! There are three parent volunteer dinner helpers for each dinner who organize the feeding 80 very hungry athletes in a very short period of time.

Duties: Drop off assignments at the host's home no later than 5-5:30 pm the night of the dinner. **Pasta and lasagna** should be brought/cooked in disposable 11 x 15 aluminum pans. Please bring it hot. **Bread** should be brought sliced, pre-heated and wrapped in aluminum foil/plastic wrap. **Green and fruit salads** should be brought in a large disposable container, ready to be placed on the serving table. Dressing however should not be mixed into the salad so salad greens can be combined as necessary.

DRINK VOLUNTEERS

Eighty athletes tend to be very thirsty after practice and can easily drink more than 10 gallons of liquids in an evening. Water is the beverage of choice for the team. Fruit juices with a high content of sugar should be avoided. No sodas. Don't forget to purchase in gallons, not quarts.

Duties: Drink volunteers should drop off their assignments at the host's home no later than 5-5:30 pm this night of the dinner. Drinks can also be dropped off earlier.