

**GDS CREW**  
**TEAM DINNERS**  
**MANUAL**



Updated: February 2019

Calling all crew parents! Your support is vital to team functioning. Every single team activity and logistic is planned and executed by parent volunteers -- with the singular exception of coaching.

**Each family is needed to volunteer for a minimum of two jobs during the season, and volunteering is part of the commitment your family makes to the GDS Crew Team.**

**Hosting a Friday night team dinner counts as two jobs.**

**To sign up to host a team dinner, please use this link:**

<https://www.signupgenius.com/go/30e0b4daaaf2aa7f49-2016>

***THANK YOU FOR CONTRIBUTING TO YOUR TEAM!***

## ***OVERVIEW***

Host team dinner on the Friday before a regatta. Novice and varsity rowers and parents attend. Hosts supply chips, pizza, pasta, drinks, salad, and cookies. The team volunteer coordinators will email guidelines regarding the amount of food and reimbursement procedures. It is helpful if host lives close to GDS, because prior to dinner, the team will be in Georgetown rigging boats.

## ***DETAILED INSTRUCTIONS***

**MAXIMUM REIMBURSEMENT FOR DINNER IS \$200:** The team operates on a tight budget, for everyone's benefit. The Board has allotted a maximum reimbursement of \$200 per team dinner. Experience has shown this should be enough to cover most if not all expenses.

**IMPORTANT NOTE ABOUT FOOD ALLERGIES:** Don't serve anything with nuts. And much as we can, we try to offer options that work for vegetarians and gluten free and/or non-dairy folks. For non-dairy folks, pasta with red sauce offers a good option.

**PLEASE TRY TO MINIMIZE PLASTICS:** It is an aim of the GDS Crew Team to reduce plastic and waste. Please consider using either your own plates and utensils or biodegradable paper plates. The Board will encourage athletes and parents to bring their reusable sports water bottles for beverages, but you should plan to have some paper cups available. To cut down on the number of cups,

leave a few sharpies next to paper cups so that athletes can mark their name on their cup.

SUGGESTED MENU FOR DINNERS (fine to improvise or adapt as you prefer; this menu is targeted to the \$200 budget):

The number of guests for the Friday dinners (rowers and parents) changes for each dinner. Rowers and parents will be asked to RSVP through TeamSnap for the Friday dinners, so we know how much food to buy. Numbers will be updated and communicated to hosts in the days leading to the dinner. The main aim of the dinner hosts, and the guidelines below, is to provide sufficient food for the rowers and coaches. Parents attending the dinner will be asked to contribute something potluck style.

- Tortilla Chips: 1 bag per 6 rowers/coaches. 1 large jar mild salsa per 12 rowers/coaches.
- Pizza: 1 Large or (ideally) X-Large Cheese Pizza per 4 rowers/coaches. Feel free to choose your pizza vendor. If you would like a suggestion, [Angelico Pizza](#) has easy online ordering for targeted delivery times, and very reasonable prices.
- Pasta: 1 pound of (non-linguine/spaghetti) pasta per 10 rowers/coaches. 1 jar of your preferred marinara sauce per 15 rowers/coaches.
- Veggies: Assortment of cut carrots and celery.
- Salad: One large green salad. Italian dressing or vinaigrette (bottled dressing is fine, but please make sure it is nut-free).
- Dessert: Safeway or store-bought cookies.
- Extras: Attending parents will be asked to bring fruit or some sort of side-dish.
- Drinks: Tap water is fine (and guests will be encouraged to bring their own water bottles). Juices and adult beverages are also fine if you care to offer them, and parent guests can also be asked to bring these. As noted above, it is helpful to provide some paper cups (and a sharpie) for anyone who needs a cup.

WHEN TO SERVE:

- Appetizers out at 6:00 pm: tortilla chips, guacamole, and salsa should be out, ready and waiting because rowers will start to arrive. The rowers are ravenous when they arrive and it's hard for them to wait.

- Serve Dinner 6:15 pm. Or earlier. Have pizza picked up or delivered and other dishes laid out so that at people may commence eating at 6:15 pm.
- Seriously, it is very hard for rowers to wait for dinner! If you want, set out dinner even earlier than 6:15 pm, but try not to serve it later.

YOU WILL BE REIMBURSED FOR YOUR EXPENSES UP TO \$200. Save your receipts and submit them to the team treasurer, Christina An ([gds.crew.club@gmail.com](mailto:gds.crew.club@gmail.com)).

A FEW TIPS FROM EXPERIENCE:

- For your own sanity, don't try to shop on the same day as the dinner. Start early and pace yourself. It's a large group of people!
- It would be nice to have name tag stickers and pens out for parents, to help integrate freshman parents.
- We recommend using real silverware forks since it makes eating a heck of a lot easier and cuts down on plastic waste.
- Reuse leftovers! Find a parent who is going to the regatta the next day and can take any leftovers. Or a rower or coach (they love cold pizza for breakfast!).

IN THE END, YOU'LL BE GLAD YOU DID IT! It's a fun evening where you'll get to know people better. Everyone will appreciate your hospitality.

WHAT IF YOU CAN'T HOST DINNER, AFTER ALL? Please contact Board President Tim Zimmermann to arrange a replacement ([timzimmdc@gmail.com](mailto:timzimmdc@gmail.com)).

QUESTIONS ABOUT INSTRUCTIONS? Contact Amy Dick at [andrewdick@yahoo.com](mailto:andrewdick@yahoo.com) or text 301 787-7082.