



# SoCo Crew Pasta Party Guide

## What is a Pasta Party?

Both the women's and men's teams gather at one team member's house to eat dinner as a team bonding event. The purpose is to ensure that everyone eats a hearty dinner before their race the next day. Pasta Parties start serving food at 7:00PM and everyone must depart by 9:00PM. Athletes can come to the party directly after practice or they may go home first. The captains and support families are responsible for up. The athletes provide their own transportation to and from the pasta party.

**Number of attendees:** This South County Crew Pasta Party Guide is based on a head count of sixty people. The volunteer coordinator will provide more specific information to the host prior to the party, and the host may need to adjust accordingly.

## Host and Other Parent Volunteers

At the start of the season, a Signup Genius is set up for all planned pasta parties. Crew families are asked to volunteer to host the pasta parties or be one of the helper families. This process divides the food supply and preparation activities. We ask five families to help with each Pasta Party – one host family and four helper families. Below is a suggested plan for sharing the responsibilities between each of the volunteer positions, but as a team, you are welcome to adjust this plan as needed.

## Items SoCo Crew will supply

SoCo Crew already has enough plastic utensils and napkins to last 5 years. The club also has one decent sized cooler on rollers. At the end of each pasta party, the host family will deliver this equipment to the next host.

- One (1) Cooler
- Countless plastic forks, knives, spoons and Napkins
- Rolls of paper towels
- Paper/disposable table cloths

All: Use medium-sized disposable tinfoil containers (available at minimal cost at grocery stores). These should arrive at the host house by 6:45PM.

## Host Family:

There are four helper families in addition to the Host family. Your responsibilities are to:

- Host the event (or arranges alternate location) for 60 rowers
- Provide Tables as necessary (rowers will provide their own chairs)
- Coordinate overall meal/menu with support families
  - Organize Menu
  - Ensure your support families are prepared to bring their pasta/entrees/sides over no later than 6:45pm, HOT if needed.
- Help with supplemental food as needed
- REMEMBER THE KIDS WILL BE HUNGRY AND EAT TWO ROUNDS OF FOOD.
  - Note from the past: the kids never stopped serving themselves food, and they can plow through 19 pounds of pasta/casseroles in one night.



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- Get from previous host the cooler, utensils, napkins, and any leftover food items.
- Buy, if necessary, paper plates so you have at least 60 plates and 20 paper bowls (for fruit, salad, etc). If you have extra plates after party is over, just pass to next host family.

### Suggestions:

*From a previous season, here is a suggestion as to how to divvy up food items among the other helper families. Pre-baked casseroles (baked ziti, mac-and-cheese) were very popular. Normal or vegetable lasagna is an option. For these baked casserole dishes, the volume of food assumes each dish is in one of the large ( 21"x13") disposable tin-foil containers or two of the smaller (9"x13") containers. These must arrive cooked and hot to the host house by 6:45PM*

- *Mac-and-Cheese #1*
- *Baked Ziti #1 (one of them can add some sort of meat, sausage was popular)*

### **Support Family #1**

- Provides Drinks for 60
- Provides Pasta/Dish(es) to feed 20 rowers (This is about 5-6 pounds of pasta/casseroles, etc)
- Delivers items to host family during setup period

### *Suggestions:*

- *Mac-and-Cheese #2*
- *Baked Ziti #2 (Meatless. Label for Vegetarian area).*

### **Support Family #2**

- Provides Bread for 60
- Provides Pasta/Dish(es) to feed 20 rowers (This is about 5-6 pounds of pasta/casseroles, etc)
- Delivers items to host family during setup period

### *Suggestions:*

- *Pre-made/sliced garlic bread that you could pop in the host's oven was very popular.*

### **Support Family #3**

- Provides Veggie Platter/Salad for 30 (Let's be honest, 60 kids are not eating salad 😊 )
- Provides VEGETARIAN Pasta/Dish(es) to feed 20 rowers
- Delivers items to host family during setup period
- Salad, or consider veggie plate, carrots, cucumbers, hummus, raw broccoli, etc.

### **Support Family #4**



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- Provides Fruit for 30
- Fruit – Strawberries, grapes, cut-up watermelon, etc.
  - Uncut whole fruits (apples, pears, etc) are not popular
- Help set up, brings additional pastas/sides as needed, and stay for the entire time for logistics/support, help clean up

### Miscellaneous Tips

- For parking, there's can be a lot of cars, so warn your neighbors ahead of time
- **NO DESERTS OR SWEETS. NO SUGAR DRINKS.** Coaches request is that we focus on health-- carbs, protein and getting enough sleep before the races next day! If you have a fire pit, then basic marshmallows/s'mores is probably OK.
- Athletes arrive in waves, so you don't have to feed 50 people all at once

### Expectations of the Captains

- Captains are in charge of making sure the pasta party runs safely and smoothly.
- Make sure you stay behind and clean up. The host has done a lot already, so be proactive about keeping the house clean.
- If people are being obnoxious, tell them to be respectful.
- If the host has rules, enforce them so nothing gets broken.

### Notes from a previous Host Family:

- We used our stove to boil water for pasta, the oven to keep meatballs warm until needed, and two crock pots to hold the sauce. We used our outdoor grill to cook the garlic toast.
- Two crock pots—one for red sauce, one for Alfredo sauce. Sauce volume fit easily with no refilling required. Crockpots took an hour to warm-up the sauces, can warm on stove first if time is short.
  - a. Meatless Marina Sauce – six (6) 24-ounce jars.
  - b. Alfredo Sauce – five (5) 15-ounce jars
- 7 boxes of spaghetti. Angel Hair pasta or Thin Spaghetti will take less time to cook. We did two boxes at a time in a large pot and broke the pasta in half before cooking (so would be easy for kids to fork-out the servings). We used two disposable tin foil pans to dump the cooked spaghetti in, one out on the table for kids to use, while the other was being filled with just cooked pasta. The kids come in spurts so cooking more pasta during the party was not a problem. Due to the popularity of the baked casserole dish options, the volume of spaghetti eaten was moderate.
- 2 large bags of pre-cooked small meatballs (4lb bag for example, any brand is fine). Each bag fills a separate 10x10 tin foil pan. Warmed up in oven starting 1 hour before event and took out when needed
- 2 bags of pre-cooked chicken strips (large family/club store size). These can all fit in all in single tin foil pan.



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- About 55 slices of Garlic Toast. (9 boxes with 6 pre-cut slices in each). We wanted to use the grill instead of the oven to cook these, cooks fast on grill, a few minutes on each side. Good job for one of the adult volunteer helpers. Used the pre-cut Texas-toast/garlic toast.
- 1 box of Gluten Free Pasta shells. There was a small but definite demand for gluten-free pasta. Was labeled and put in separate area where vegetarian dishes were also located so kids didn't get confused.
- Chaffing Dish—we did not need one – keeping items in oven to warm and pulling the next bin of meatballs out when the first one was used up worked. Making the spaghetti during the party worked. Baked items brought in were already warm, kids did not complain about anything being cold.

Please deliver to the home of the next pasta party host the items they will need, plus share any lessons learned from your own experience!

***Thank you for supporting South County Crew!***