

2016 Pasta Party Guidelines

What is a Pasta Party?

The pasta parties are a time for the teams to eat and bond on the night before each home game. Generally, one parent opens up their home as a host and serves half the food. Another parent comes to the host's home as a co-host and brings the rest of the food. Each host and co-host should discuss what they are serving and who is providing what dishes.

Where is a Pasta Party?

A host and co-host for each team will sign up for each pasta party. There are some parents who would rather just purchase a meal for the team at a restaurant. That is fine too, as long as everyone knows where to go in advance.

What should be served at a Pasta Party?

We usually see a salad, a couple of pasta dishes, some bread, and some sort of dessert. These are just suggestions and you can serve what you like. We try to have 2 options for the main dish.

How do I pay for the food?

The cost of the food initially comes from the parents who are hosting, so it's especially important that we all help out. However, during the parties, the players are required to bring \$2 per UIL regulations to "pay" for their meals. Please have a basket or a bowl marked for their payments and have change for a couple \$20 bills. Depending on how you buy food, what you prepare, how much your co-host brings, will affect how much you spend vs. how much you are reimbursed. In my experience, you can spend a lot less by cooking instead of buying pizza, take out pastas, salads and breadsticks or even hosting at a restaurant.

Who attends the parties?

The JV silver team will go to the JV silver host's home the JV Navy team will go to the JV navy host's home (or designated location) and the Varsity team will go to the Varsity host's home (or designated location). The girls take off their shoes/cleats before entering the home! The coaches are welcome to attend if they are available.

How long does a Pasta Party last?

Dinner should be ready to eat immediately following practice. Practice is scheduled to go until 5 pm, so allow for travel time. Occasionally, practice ends early on the night before a game, so you may need to be a little flexible. (I usually have my daughter text me when she's leaving the field so I can be ready with any last minute preparations.)

Party should be considered "over" no later than 7:30 pm. If you choose to keep the players longer, that is up to you. Please keep in mind that it is a school night, the night before a game, and the girls have not been home, yet. However, this is also a great opportunity for some team bonding, so if you can, let them bond for a little bit after the meal.

How do I sign up to host or co-host a Pasta Party?

Check your calendar and plan ahead! The spots fill up and you may have a certain game to celebrate (rivalry, senior night, family attending, etc.) so if you reserve your spot, you'll be set for the season! Sign up at the Pot Luck Kick-off, or email Raquel Santa Cruz at vsantacruz@aol.com

IMPORTANT: HOW DO I let the team know the details about the Pasta Party?

The Pasta Party Coordinator will notify the Booster Club Secretary of the Hosts and Co-hosts for the week. That information will appear in the weekly emailed newsletters.

Also, please type up an invitation/flyer with your phone number, address AND directions. Email this to the Secretary, Lynn Bennett at ladycavsinfo@gmail.com for electronic distribution AND print out 25 copies for your daughter to take to school. On the day of the pasta party, your daughter will give the flyers to the coach who will hand them out to the players after practice.

- The players have just come from practice, so get those Scentsy warmers plugged in early!
- Feel free to have the players eat outside in decent weather.
- Depending on player attendance, a Pasta Party may be canceled with short notice. The better information we can provide up front, the better the attendance.