

The Way to an Athlete's Heart

If you ask our swimmers and divers what **FAST LANE FANS** do for the team, they will unanimously respond that we **provide meals after home swim meets!**

Although FLF's provide many different services, our athletes rank the provision of meals after home meets as the most significant.

We can attest to the popularity of this service by the **OVERWHELMING** response, we get when serving the athletes!!

After competing at the meets, our swimmers and divers are hungry and dorm cafeterias are often closed. Providing meals is a way we can show pride and support for our athletes.

Preparing and serving nutritious meals is the responsibility of **ALL** parents. We can't thank you enough for your willingness to help with this project.

We are asking EVERY FAMILY, to contribute \$75 to the FOOD FUND and (where feasibly possible) to sign up for making meals. Please note: Food donations are separate from FLF membership money.

It's simple & easy ...

- 1) **Sign Up at the Welcome Banquet:** 4 – 6 families per meet will be cooking & serving
- 2) **Jill Weis will send you your recipes and food assignments, 2 weeks before your meet via email** – hopefully this will allow our families enough time for advance preparation -
- 3) **Bring your food to the “Wet Room” 1 hour before the meet** - (this room is down on deck where the timer meetings are held)
- 4) **Serve & Clean Up After The Meet:** Jill Weis & Beth Gilhooly will be there to help coordinate
- 5) **Turn in your receipts to Jill Weis for reimbursement at the swim meet!!**

If you are unable to attend the Welcome Banquet ... Food donation checks can be sent to Jill Weis

Thank you in advance for your support!!

Fast Lane Fan Food Coordinators:

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