

A KMHS LASERS PASTA PARTY

Typically, the night before a meet, the team gathers together to load up on carbohydrates and have some fun. These are great bonding experiences for the athletes. The party is hosted by a teammate's parent. The host is responsible to provide their home, plates, cups, napkins, silverware, pasta, sauce, parmesan cheese, salad dressing, and butter. Options are meat sauce, meatballs, lasagna, baked ziti, or good ol' mac & cheese.

Families who have hosted in the past can be very helpful in advising how much pasta should be prepared for the team.

There are 38 runners on the team. You can usually expect 25 to 35 athletes at your home for the pasta party. Coaches Herod and Dussault usually attend the party to help supervise and motivate the team. Other parents may show up, and are helpful in watching the boys. Your choice to offer parents something (leftovers or dessert). You can choose what you wish the boys to bring, or have the coach decide. One idea is to have one class bring green salads (or breads), one class bring fruit or veggie dishes, one class bring desserts, and one class bring drinks.

If your athlete has a special dietary concern or restriction, please feel free to send something that is suitable for them to eat and have them join the party for the team bonding experience.

Drivers: Please give rides to the non-drivers who need to get to the party !

Suggestions to our Host on getting ready for your party...

● PASTA

- Amount: 5-6 people per pound of dry pasta (adjust if you serve lasagna).
- Preparation: In a large kettle with strainer, you can have the water boiling, ready to put the noodles on, right before the boys arrive. Have someone call you when practice is over. Allow more time for cooking a larger amount of pasta. You might want to cook the pasta in two or three separate batches or boils, so as to have pasta hot for each group of boys who arrive.
OR...You can cook the pasta in advance that day or night before. Add olive oil to the water. Drain, rinse with cold water, and store in large Ziploc bags to refrigerate.
- Serving: Heat a large kettle with strainer of water (takes over 30 minutes to boil). Dunk the steamer with cold noodles into water about 3 minutes. Take the noodles out, and you have the water still boiling for another batch!

● SAUCE

- Amount: Allow 1/2 cup per serving.
 - Preparation: Heat up the sauce and serve out of crock pot on warm.
 - Serving: Have both a meat sauce and a small pan of vegetarian sauce. Alfredo sauce is also liked.
- You may wish to have a plate of lasagna and/or meatballs.
 - Have paper plates, cups, napkins, plastic silverware ready in buffet line style.
 - Have a couple salad dressings to choose from.
 - Soft Butter for bread in buffet line.
 - Bread knife for loaves not cut.
 - Parmesan cheese.
 - Ice (small amount on hand).
 - Have large garbage bag/can available and in sight for trash.
 - Send out an email and/or flyer to the runners and parents about your party date, what runners need to bring, your address, phone number, and directions from the high school to your home.

THANK YOU FOR SUPPORTING THE CROSS COUNTRY TEAM'S PASTA PARTIES ♡