

Boat Dinners

Welcome to the wonderful world of TC Crew. Soon, you may have the opportunity to host your first Boat Dinner. We're here to share some of what we've learned over the last ten years as parents of rowers.

The evening before each race, individual boats (8 rowers and 1 cox per boat) gather at one of the rower's home for a boat dinner together. They usually arrive straight from practice and will be starving. It's great to have the food ready to go when they walk in the door. Quantity is the key here especially for the non-lightweight boats. You can serve anything that your family enjoys – just make lots more of it!

The girls' boats love Theme Dinners (Mexican Fiesta, Luau, New Orleans Mardi Gras, etc.) Here you can be as creative as you want and you'll have lots of help from your rowers with the "decorations".

Make sure that everyone knows if your child has any food allergies (nuts, seafood, etc.) or sensitivities (lactose or gluten intolerance) so these foods can be avoided.

With lightweight boats, try to offer lighter fare such as salads, fruit salads, low-carb dishes and maybe some grilled chicken. Stay away from salty foods and sports drinks as these can cause fluid retention. They have to weigh in very early in the morning on race day.

What to serve? Menu ideas below.

1. A baked pasta dish such as Lasagna or Chicken Tetrazzini. This can be prepared ahead of time and cooked right before serving.

Tossed Salad

French Bread

Cookies, Brownies or Ice Cream for dessert

2. **Cook Out**

Grilled marinated boneless chicken breasts or pork tenderloins

Black Beans

Yellow Rice

Salad

3. **Mexican Fiesta**

Fajitas (Grilled marinated chicken or steak)

Guacamole

Pico de Gallo (fresh salsa)

Pinto beans and Mexican rice

Condiments (grated cheese, sour cream, cilantro, limes)

Key Lime Pie

4. **Luau**

Teriyaki pork or chicken grilled kebabs

Grilled pineapple slices

Polynesian rice (cooked with coconut milk)

Black Bean Salad

Mango salsa

5. **New Orleans Dinner**

Shrimp Etouffee or Jambalaya

Mixed salad with vinaigrette

French Bread

Ice Cream with toppings (make your own sundaes)

6. **Hamburger Heaven**

Grilled hamburgers on whole wheat buns

Lettuce, tomatoes, pickles and condiments

Lightly salted potato chips

Cookies and Brownies

We have actually served all these menus to groups of rowers and have had so much fun getting to know these great kids. We love having them in our homes.

Disposable plates, cups and utensils are fine to use for these events. And for beverages, you can serve bottled water, lemonade, tea. There are used restaurant supply companies that have old diner china that can be purchased for about \$1 or \$2 per plate. We stocked up on these years ago.

If this is your child's novice year, you will be amazed at the transformation of your rower's body into that of a superb athlete. This wonderful sport conditions just about every muscle in the body. The food the kids eat is the fuel that keeps them going. Keep it nutritious and plentiful!

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